



## **A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF OBESITY AMONG ADOLESCENT GIRLS AT SELECTED HIGHER SECONDARY SCHOOL, IN LUCKNOW U.P.**

**Dr. Sneha Sahay Youtham<sup>1</sup>, Rajimol D.<sup>2</sup>**

<sup>1</sup>Research Guide, <sup>2</sup>Research Scholar

Obesity can be described as the "New World Syndrome". Its prevalence is on continuous rise in all age groups of many of the developed countries in the world. Statistical data reveals that the problem of obesity has increased from 12–20% in men and from 16–25% in women over the last ten years. Recent studies suggest that nearly 15–20% of the middle aged European population are obese and that in USA alone it is responsible for as many as 3,00,000 premature deaths each year . Obese patients have been associated with increased risk of morbidity and mortality relative to those with ideal body weight . Even modest weight reduction in the range of 5–10% of the initial body weight is associated with significant improvements in a wide range of co-morbid conditions . Obesity, which was once viewed as the result of lack of will power, or a lifestyle "choice" – the choice to overeat and under exercise, is now being considered more appropriately by the modern world as a chronic disease, which requires effective strategies for its management. Obesity, in simple terms, may be defined as a state of imbalance between calories ingested versus calories expended which would lead to excessive or abnormal fat accumulation. Body Mass Index (BMI) is a measure of weight corrected for height and which reflects the total body fat and has been the most accepted parameter for defining over weight.

The study was conducted to ascertain the effectiveness of structured teaching programme on knowledge regarding prevention of obesity among adolescent girls in

selected higher secondary school at Lucknow U.P It was a quantitative approach. The main objectives of the study is to assess the effectiveness of structured teaching programme with one group pre- test and post- test design. The study was conducted at Lucknow U.P Higher Secondary School, Lucknow U.P 120 school children were included in the study based on the inclusion criteria. Self administered questionnaire was used to determine the level of knowledge among school children's. The pilot study was conducted in Lucknow U.P Higher Secondary School, Lucknow U.P with 12 samples. No modifications were made after pilot study.

The review of literature provided the base to construct the tools to select the methodology. The conceptual framework of the study was based on the Pender's Health Promotional model. Data was collected in 4 weeks. Initially the investigator got formal permission from Lucknow U.P Higher Secondary School, Lucknow U.P Informed written consent was obtained from each sample after explaining the purpose of the study and was given assurance for keeping the information confidentially. The data was collected by using a convenient sampling technique. The knowledge regarding obesity was assessed by semi- structured knowledge questionnaire. Structured teaching programme regarding prevention of obesity was given to the samples after the knowledge assessment to improve the knowledge. Data analysis was done by using descriptive and inferential statistics.

### **Result-**

In assessing pre test level of knowledge 81.77% of adolescent girls are having inadequate knowledge and 18.23% of them having moderate knowledge and none of them are having adequate knowledge.

In post test, 25% of student are having moderate knowledge and 75% of them having adequate level of knowledge and none of them are having inadequate knowledge.

Area wise knowledge regarding prevention of obesity showed that out of 120 samples general information score regarding obesity is 72.60%. The causes and health effects of obesity knowledge score is 73.00%. Prevention and control measures of obesity knowledge score 76.67%.

There was significant association with the effectiveness of structured teaching

programme regarding prevention of obesity and their age of student [ $\chi^2$  value = 9.58 ,  $p = 0.01^*$ ]

There was significant association with the effectiveness of structured teaching programme regarding prevention of obesity and their type of family [ $\chi^2$  value = 7.28,  $p = 0.03^*$ ]

There was significant association with the effectiveness of structured teaching programme regarding prevention of obesity and their education status of mothers [ $\chi^2 = 10.56$ ,  $p = 0.05^*$ ]

There was significant association with the effectiveness of structured teaching programme regarding prevention of obesity and their income of the family [ $\chi^2 = 10.70$ ,  $p = 0.05^*$ ].

#### **Reference-**

1. Diabetes Prevention Program (DPP) Research Group, Knowler, W. C. , Fowler, S. E., Hamman, R. F., Christophi, C. A., Hoffman, H. J., Nathan, D. M. , et al. (2009). 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. *Lancet*, 374(9702), 1677–1686. [PMC free article] [PubMed] [Google Scholar]
2. Dobbins, M., Decorby, K., & Choi, B. C. (2013). The association between obesity and cancer risk: A meta-analysis of observational studies from 1985 to 2011. *ISRN Preventive Medicine*, 2013, 680536 10.5402/2013/680536. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
3. Ehemann, C., Henley, S. J. , Ballard-Barbash, R. , Jacobs, E. J. , Schymura, M. J. , Noone, A. M., Edwards, B. K. , et al. (2012). Annual Report to the Nation on the status of cancer, 1975–2008, featuring cancers associated with excess weight and lack of sufficient physical activity. *Cancer*, 118(9), 2338–2366. [PMC free article] [PubMed] [Google Scholar]
4. Emery, C. F. , Olson, K. L. , Lee, V. S. , Habash, D. L. , Nasar, J. L. , & Bodine, A. (2015). Home environment and psychosocial predictors of obesity status among community-residing men and women. *International Journal of Obesity*, 39(9), 1401–1407. [PMC free article] [PubMed] [Google Scholar]

5. Fabricatore, A. N. , Wadden, T. A. , Higginbotham, A. J. , Faulconbridge, L. F. , Nguyen, A. M. , Heymsfield, S. B. , & Faith, M. S. (2011). Intentional weight loss and changes in symptoms of depression: A systematic review and meta-analysis. *International Journal of Obesity*, 35(11), 1363–1376. [PMC free article] [PubMed] [Google Scholar]
6. Fabricatore, A. N. , Wadden, T. A. , Womble, L. G. , Sarwer, D. B. , Berkowitz, R. I. , Foster, G. D. , & Brock, J. R. (2007). The role of patients' expectations and goals in the behavioral and pharmacological treatment of obesity. *International Journal of Obesity*, 31(11), 1739–1745. [PubMed] [Google Scholar]
7. Felson, D. T. , Zhang, Y. , Anthony, J. M. , Naimark, A. , & Anderson, J. J. (1992). Weight loss reduces the risk for symptomatic knee osteoarthritis in women. The Framingham Study. *Annals of Internal Medicine*, 116(7), 535–539. [PubMed] [Google Scholar]
8. Foy, C. G. , Lewis, C. E. , Hairston, K. G. , Miller, G. D. , Lang, W. , Jakicic, J. M. , ... the Look AHEAD Research Group , et al. (2011). Intensive lifestyle intervention improves physical function among obese adults with knee pain: Findings from the Look AHEAD trial. *Obesity (Silver Spring)*, 19(1), 83–93. [PMC free article] [PubMed] [Google Scholar]
9. Fruh, S. M. , Mulekar, M. S. , Hall, H. R. , Adams, J. R. , Lemley, T. , Evans, B. , & Dierking, J. (2013). Meal-planning practices with individuals in health disparity zip codes. *Journal for Nurse Practitioners*, 9(6), 344–349. [PMC free article] [PubMed] [Google Scholar]