



A STUDY TO ASSESS THE EFFECTIVENESS OF EDUCATIONAL PROGRAMME ON KNOWLEDGE REGARDING OBESITY AMONG SCHOOL CHILDREN IN SELECTED SCHOOL, PUDUCHERRY

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ABSTRACT

Introduction: Obesity is becoming an increasingly prevalent problem in both developing and developed world. Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his/her age and height. The important obesity risk factors in which different studies revealed genetic history, lack of physical activity, high birth weight, and type of milk of consumed during infancy, more than two hours television watching per day, number of regular meals and parental overweight as the risk factors of obesity. **Objectives:** To evaluate the effectiveness of educational programme on knowledge regarding childhood obesity among school children. To associate the level of knowledge on obesity with selected demographic variables. **Methods and materials:** Quantitative research approach was used to find out the knowledge on childhood obesity among school children. The research design was adapted for the study was Pre...experimental one group pre test and post test design with the objective of evaluate the effectiveness of educational programme on knowledge regarding childhood obesity among 148 school children 8th and 9th standard in Dr.Ambethkar government higher secondary school, Kirumampakkam village, Puducherry. Non-Probability convenient sampling technique was used to select the samples. Structured questionnaire were used to assess the knowledge of school children regarding childhood obesity. **Major findings:** The overall analysis of level of Pre test knowledge of children regarding childhood obesity shows that, out of 148 samples 111 (75%) children had inadequate knowledge, 35(23.6%) children had moderate adequate knowledge and 2(1.4%) children had adequate knowledge. After the educational programme, the post test knowledge of 148 samples were, 84(56.8%) children had moderate knowledge and 64(43.2%) children had adequate knowledge. There was no significant association between the demographic variables and knowledge level of the children. **Conclusion:** The results shown that, the educational programme of obesity was improved the knowledge regarding obesity among the school children.

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INTRODUCTION

Childhood obesity is the most serious problem and public health challenges of the present century. The problem is affecting Low and middle income settings, particularly the urban settings. Overweight and obese children are developing obesity in their adulthood and also developing Non communicable disease.

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. The fundamental causes of childhood obesity are modernized food pattern, increased sedentary activities and decreased Physical activities.

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According to WHO, in worldwide about 2.3 billion overweight people aged 15 years and above, and 700 million obese people in 2015.

The prevention and reduction of overweight and obesity depend on individual lifestyle changes through health education on prevention of obesity and awareness regarding obesity then further research on motivations for behavioural changes especially the adolescents. Hence the researcher interested to assess the effectiveness of educational programme regarding obesity among school children at Kirumampakkam, Puducherry.

Statement of the Problem

A study to assess the effectiveness of educational programme on knowledge regarding obesity among school children in selected school, Puducherry

Objectives

1. To assess the level of knowledge regarding obesity among school children
2. To evaluate the effectiveness of educational programme on knowledge regarding obesity among school children.
3. To associate the level of knowledge on obesity with selected demographic variables.

METHODOLOGY

Quantitative research approach was used to find out the knowledge on childhood obesity among school children. The research design was adapted for the study was Pre...experimental one group pre test and post test design with the objective of evaluate the effectiveness of educational programme on knowledge regarding childhood obesity among school children. The study was conducted in Dr.Ambethkar government higher secondary school, Kirumampakkam village. It is 14km away from Puducherry.

The sample size of present study was 148 school children studying 8th and 9th standard in selected school Puducherry children in selected school Puducherry. Non-Probability convenient sampling technique was used to select the samples.

Criteria for selection of tool

Inclusion criteria

The school children studying 8th 9th standard.
The school children available during the data collection period and children who understand Tamil.

Exclusion criteria

The school children, who are all not available during the period of data collection.

Development and description of tool

The data has been collected through using of structured interview schedule to evaluate the effectiveness on knowledge regarding childhood obesity among school children studying 8th and 9th standard in selected school, Puducherry. The tool consists of section- A, section-B.

Section A:It deals with socio-demographic variables of the children.

Section B: Structured questionnaire to assess the level of knowledge regarding contributing factors of childhood obesity it contains 23 questions..

Scoring technique: Knowledge regarding childhood obesity. Each correct answer carries one mark.

Validity of tool: The tool is validated by faculty members specialized in child health nursing, medical surgical nursing, community in various nursing colleges.

Data analysis: The data is analyzed by descriptive statistics, Percentage, Mean and standard deviation were used.

RESULTS

Socio demographic variables

Out of 148 samples boys are majority gender 79(53.4%) and girls are 69 (46.6%).With regard to father education 107 (72.3%) had an education up to 10th standard and mothers

education 81(54.7%) had an education up to 10th standard 91(61.5%) fathers occupation were unskilled workers, and 138 (93.2%) mothers were housewives, most of them 106(71.6%) belongs to Nuclear family, 102(68.9%) from Rural area and most of the children 140(94%) belongs to Hindu.

Table 1 Frequency and percentage distribution of Pre test and Post test knowledge among school children regarding obesity. N=148

SL.NO.	Knowledge Level	Pre Test		Post Test	
		Frequency	Percentage	Frequency	Percentage
1	Inadequate knowledge	111	75	0
2	Moderately adequate knowledge	35	35	84	56.8
3	Adequate knowledge	02	1.4	64	43.2

Table 1 Denotes that', the analysis of Children knowledge regarding childhood obesity, out of 148 samples 111 (75%) children had inadequate knowledge, 35(23.6%) children had moderately adequate knowledge and 2(1.4%) children had adequate knowledge. After the educational programme, the post test knowledge of 148 samples were, 84(56.8%) children had moderately adequate knowledge and 64(43.2%) children had adequate knowledge.

Table 2 Effectiveness of Educational programme on knowledge and Post test knowledge regarding childhood obesity among school children N=148.

Si.no		Knowledge	
		MEAN	Standard Deviation
1	PRE TEST	8.98	3.67
2	POST TEST	17.74	2.95

The above table indicates the mean in pre test was 8.98 with a standard deviation of 3.67 and in the post test was 17.74 with a standard deviation of 2.95. The t value was which was highly significant at p<0.001 level which can be attributed to the effectiveness of educational programme.

There was no significant association between the level of knowledge and socio demographic variables.

DISCUSSION

It deals with discussion in accordance with the objectives of the study.

The objectives of the study are,

To assess the level of knowledge regarding obesity among school children. The reduce rate of obesity prevalence is possible only with an improvement of knowledge and awareness regarding obesity. The overall analysis of level of Pre test knowledge of children regarding childhood obesity shows that, out of 148 samples 111(75%) children had inadequate knowledge, 35(23.6%) children had moderate adequate knowledge and 2(1.4%) children had adequate knowledge. After the educational programme, the post test knowledge of 148 samples were, 84(56.8%) children had moderate knowledge and 64(43.2%) children had adequate knowledge.

To evaluate the effectiveness of educational programme on knowledge regarding obesity among school children. The results indicates the mean in pre test was 8.98 with a standard deviation of 3.67 and in the post test was 17.74 with

a standard deviation of 2.95. The t value was which was highly significant at $p < 0.001$ level which can be attributed to the effectiveness of educational programme.

To associate the level of knowledge on obesity with selected demographic variables.

There was no significant association between the level of knowledge and socio demographic variables.

CONCLUSION

The most important strategies for preventing obesity are healthy eating behaviours, regular physical activity and reduced sedentary activity. Education and awareness regarding obesity are the vital part to prevent Non communicable disease in adulthood period. Following these guidelines helps to promote the health and reduce the risk for chronic diseases.

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