



A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING BODY DYSMORPHIC DISORDER AMONG ADOLESCENT IN SELECTED URBAN AREAS, AT NOIDA”

Ms. Jaimika Patel

Assistant Professor,

Atal Bihari Vajpayee Medical University.

Abstract:

Body dysmorphic disorder is characterised by a pathological concern with a perceived or insignificant physical flaw to the point where it significantly affects one's mood or conduct in a variety of ways. BDD typically begins in the teenage years, when worry over one's looks is prevalent. The study aimed at improving the knowledge of adolescent on body dysmorphic disorder. The research design adopted for the present study is pre experimental one group pre & post-test design. The sample consisted of 120 adolescent who met the inclusion criteria and chosen by purposive sampling technique. Formal written permission was obtained. Data was gathered using the structured knowledge questionnaire, and on the same day Self-instructional module was given. After seven days, post test was conducted using the same questionnaire to assess the knowledge of adolescent on body dysmorphic disorder. The estimated "t" value, which was 13.44 at the 0.05 level of significance, showed that SIM was beneficial in boosting adolescent knowledge. Chi square was computed to test the association between pre-test knowledge score and the selected demographic variables. The self-instructional module was found to be an effective way for providing information and for improving the knowledge of adolescent on body dysmorphic disorder.

Keys: Body dysmorphic disorder, adolescent.

Introduction

Adolescence is a time of transition that separates early childhood from maturity and calls for extra care and protection. Early adolescence is a time of significant brain growth that affects both physical and mental talents as well as emotional capabilities. It's common to think of adolescence as the transitional period between youth and maturity. It is a moment when several important developments take place in a comparatively short amount of time.

Adolescence experience rapid growth and physical change, and they have a renewed interest in their looks. The way one feels about their looks is crucial since, particularly the teen years, body image can play a significant role in one's sense of self-worth. Teenagers frequently feel self-conscious about one or more aspects of their appearance. Adolescents who are worried and upset about their bodies or other physical faults all the time may have body dysmorphic disorder.

Need for the study

Body image is defined as how people see their bodies when they look in a mirror or imagine themselves and includes notions about their height, shape, weight, and age. Body image is essentially the perception of one's look in relation to others, which is frequently vastly different from one's real physical state or how one is actually regarded by others.

BDD typically begins in adolescence, and patients describe having been hypersensitive about their appearance for most or all of their lives, which causes them to recall and get fixated on incidents of teasing. While worrying about one's appearance is natural, those who suffer from body dysmorphic disorder (BDD) are markedly distressed, which frequently has crippling implications like time-consuming rituals, social anxiety, and depression.

The skin (73%), hair (56%), and nose (37%) are the three bodily parts that cause people the greatest worry, according to Phillips KA. ⁷ Any region, though, has the potential to be the focus of preoccupation. People with BDD are concerned with 5 to 7 different body areas on average throughout their lifetime. Some people are obsessed with how they look overall. This includes the muscle dysmorphic variant of BDD, which is characterised by the conviction that one's body is excessively tiny and lacking in muscle.

BDD sufferers are anxious and preoccupied. Although not everyone spends hours a day stressing about their appearance, it is still a severe issue. Regaining their ability to function in all key aspects of life requires them to refocus, lessen their obsession with looks, lift their spirits, ease their distress, and enhance their mood.

So the researcher intended to give self-instructional module among adolescence to gain adequate knowledge regarding body dysmorphic disorder.

Literature Survey

A descriptive study was conducted to identify prevalence and clinical features of Body Dysmorphic Disorder in adolescents and adult psychiatric inpatients. 101 consecutive adult patients and 21 consecutive adolescent patients presenting for psychiatric inpatient admission to a university teaching hospital participated in the study. 16 of the 122 subjects were found to have Body Dysmorphic Disorder and none of these subjects with Body Dysmorphic Disorder had been diagnosed with Body Dysmorphic Disorder by their treating physician during hospitalization. All 16 subjects reported that they would not raise the issue with their physician unless specifically asked due to feelings of shame. The researcher concluded that Body Dysmorphic Disorder is an under recognized and often severe psychiatric disorder and may be relatively common in psychiatric inpatient setting.

A Quasi-experimental, one group pre-test and post-test design was used to assess the effectiveness of Structured Teaching Programme on Knowledge regarding selected Adolescent Behavioural Problems and its Prevention among Students in selected colleges at Bangalore The study was conducted in Dhanalakshmi Srinivasan Education College. 60 students (science group) were selected by simple randomization with lottery method. Structured knowledge questionnaire was used to collect the needed data. Results The mean pre-test level of knowledge is 14.4 and means percentage is 36 with a SD of 5.27. And majority of respondents (76.67%) fall in inadequate knowledge level in the pre-test.. In the post test, significant increase in knowledge was found. Mean post- test level of knowledge was 32.7 and the mean percentage was 81.75 with a SD of 3.05. And majority of respondents (73.33%) fall in adequate knowledge level. Interpretation and Conclusions 76.67% of participants had inadequate level of knowledge before structured teaching programme and 73.33% gain adequate knowledge after structured teaching programme. Hence the structured teaching programme was found to be effective in improving the knowledge students.

Statement of Problem

A study to assess the effectiveness of self-instructional module on knowledge regarding body dysmorphic disorder among adolescent in selected urban areas, at Noida.

Methods / Approach

The objectives of the study were: 1. To assess the knowledge on body dysmorphic disorder among adolescent. 2. To find the effectiveness of self-instructional module on body dysmorphic disorder among adolescent in terms of gain in knowledge scores. 3. To determine the association between knowledge of the adolescent and selected demographic variables. Hypothesis: All hypothesis will be tested at 0.05 level of significance. H1: There will be significant difference between the mean post- test knowledge scores and pre - test knowledge scores of adolescent regarding BDD. H2: There will be significant association between pre-test knowledge scores of adolescent with selected demographic variables.

Quantitative research approach and Pre-experimental one group pre-test- post-test research design were adopted. The study was conducted at selected urban area in Noida. 120 samples were selected using Purposive sampling technique. The tool for data collection had two parts. Part 1 consisted of demographic variables and Part 2 consisted structured knowledge questionnaire was used to assess the knowledge among adolescent. As a measure of reliability was estimated by Split-half method. The reliability of the structured knowledge questionnaire was found to be $r = 0.91$ is considered satisfactory.

Results and Discussion

The collected data was organized, tabulated and analyzed by using descriptive and inferential statistics including paired “t” test and Chi-square test. The results are discussed in following four sections.

Section-1: Findings related to frequency and percentage distribution of demographic variables of adolescent.

In the adolescent 54% were in the age group of 18-21 years, all were female in the gender, 60% were Christian, majority 36% were having good family income, 85% were living in the nuclear family, 40% adolescent were having 2 siblings in the family. Nobody was having any previous knowledge about body dysmorphic disorder.

Section-2: Findings related to Pre-test and post-test knowledge score among adolescent.

N= 120

The effectiveness of Self-instructional module on knowledge regarding body dysmorphic disorder among adolescent in terms of frequency and percentage. (Pre-test & Post-test)

Level of knowledge	Pre-test frequency	Percentage %	Post-test frequency	Percentage %
Poor knowledge	26	22	0	0
Moderate knowledge	94	78	38	32
Good knowledge	0	0	82	68

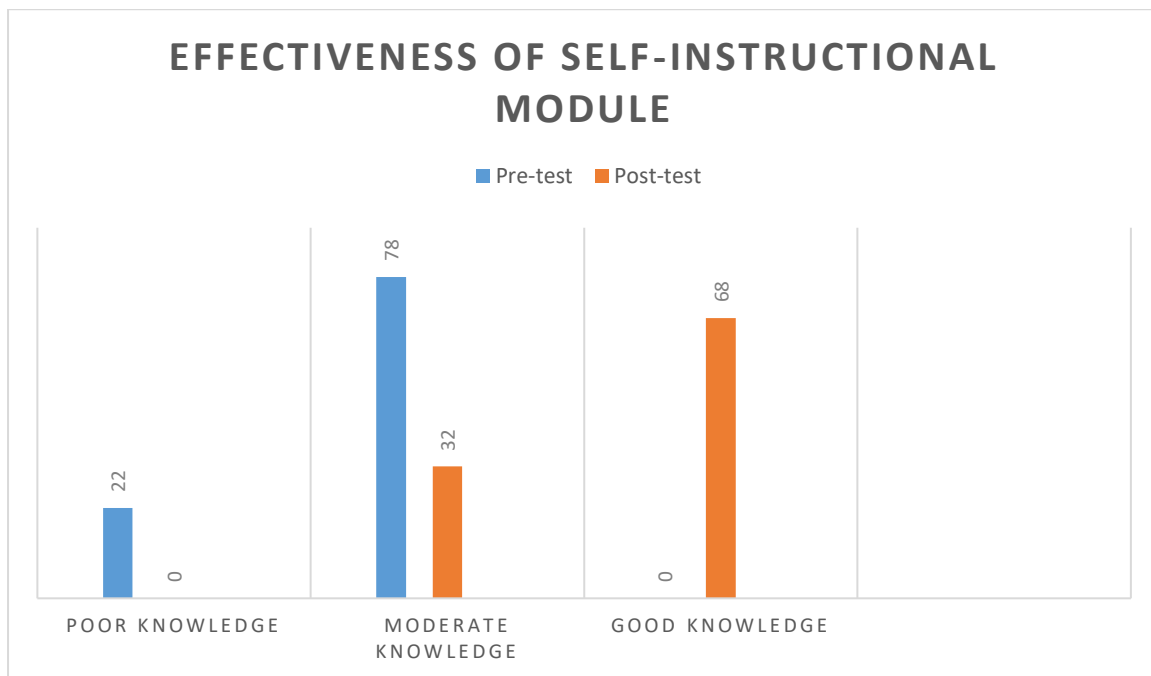


Figure 1: Bar Chart Showing frequency and percentage distribution of knowledge regarding body dysmorphic disorder among adolescent in pre-test and post-test

Section-3: Effectiveness of Self-instructional module on body dysmorphic disorder among adolescent.

post-test mean was found to be 21.52 ± 3.615 which was higher than the pre test mean (13.47 ± 3.191). The mean difference and standard deviation difference was (8.05 ± 4.64). The calculated „t“ value at 13.44 is higher than the tabled value ($t_{119} = 1.67$, $p < 0.05$) level of significance. It proves that self-instructional module on body dysmorphic disorder among adolescent was effective and null hypothesis was rejected hence the H1 is accepted.

Section-4: Association between pre-test knowledge scores with selected demographic variables.

This section deals with the association between the pre-test knowledge score and selected demographic variables. Chi square test was carried out to analyse the association between the pre- test knowledge score and selected demographic variables. To test the statistical significance the following null hypothesis was stated. H02: There will be no significant association between pre-test knowledge scores of adolescent with selected demographic variables.

By using Chi-square and Yates correction the relationship between pre-test score and selected demographic variables was examined. The test results revealed no correlation between the pre-test knowledge score and demographic variables like, age ($X^2 = 1.35$), Religion ($X^2 = 0.431$) Income of the family ($X^2 = 0.121$) Types of family ($X^2 = 0.005$) Number of siblings (0.011) with 0.05 level of significance.

Conclusion:

Pre -test findings showed moderate knowledge score 78% and poor knowledge score 22%. The Self-instructional module tested in the study found to be effective in improving the knowledge as the post test score showed that 68% adolescent had good knowledge. Self-instructional module is an effective method simple and cost effective in improving the knowledge. It is well accepted and appreciated by adolescent.

Future Scope:

- Similar study can be conducted on a larger sample to generalize the findings.
- Comparative study can be conducted between rural and urban areas regarding body dysmorphic disorder,
- A similar study can be conducted by selection of samples by random sampling method.

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