"A Pre Experimental Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Eating Disorder Among Adolescence Girls"

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Abstract

The aim of this study is to review and synthesize peer-reviewed research from scientific journals and books pertaining to eating disorders in adolescents. Our analysis will focus on both typical and atypical eating disorders, including their specific co morbidities, culture-related diagnostic issues, emotional issues, functional consequences, gender distribution, medical consequences, onset, psychosexual effects, symptoms, treatment, and cure. Additionally, we will examine the factors and predictors involved in their etiology. This study is a crucial step towards advancing Romanian research on eating disorders in adolescents. By thoroughly examining the existing literature, we hope to identify gaps in knowledge and areas for future investigation. Ultimately, our goal is to contribute to the development of effective prevention and treatment strategies for this vulnerable population

- Structured teaching program , eating disorder, adolescence girls

INTRODUCTION

The food what we eat is the main source of energy that help for the physical, mental and social development of an individual. There are people who knowingly abstain food for known and unknown reasons. There are related concerned about their how they look and can feel self conscious about their bodies. This can be especially true when they are going through puberty and undergo dramatic physical changes and face new social pressure. This will leads to a rare phenomenon of psychological disorder called Anorexia Nervosa. The term anorexia nervosa was established in 1873 by Sir William Gull, one of the Queen Victoria Personal physicians. The term is of Greek Origin 'An' prefix denoting negation and 'orexis' prefix denoting appetite. This means a lack of desire to eat.

REVIEW OF LITERATURE

➢ Studies and literature related to knowledge regarding eating disorders in adolescence girls

➢ Studies and literature related to impact of anorexia nervosa in adolescent girls.

➢ Studies and literature related to risk factors, prevention, and managementon anorexia nervosa.

➢ Studies and literature related to effectiveness of structured teaching programme on eating disorder among adolescence girls.

OBJECTIVES OF THE STUDY

1. To assess the knowledge level regarding eating disorder among adolescence girls in selected schools of Ambikapur , Chhattisgarh..
2. To assess the effectiveness of structured teaching programme on knowledge regarding eating disorder among adolescence girls in selected schools of Ambikapur, Chhattisgarh.
3. To find out the significant association between the post test knowledge level regarding eating disorder among adolescence girls with their selected demographic variables.

METHODOLOGY

An extensive review of literature was undertaken. The conceptual frame work adopted this studies based on kings goal attainment model theory. A qualitative experimental pre experimental research approach was adopted for the study as the present study aim to assess the knowledge regarding eating disorder . The research approach used will be qualitative pre experimental research design is considered appropriate for the study. In the present study, **Qualitative research design** was used since it aided in attaining first hand information and enhanced obtaining accurate and meaningful data. The study will be conducted in the selected schools of adolescence girls. The data tool collection is consisting of self structured questionnaire and rating scale is used. The reality of the tool was calculated using karl pearson methods and reliable tool was found r=0.9. Analysis and interpretation of the data was done using descriptive and inferential statistics

DEVELOPMENT & DESCRIPTION OF THE TOOL

Data collection tools are the procedures or instruments used by the researcher to observe or measure the key variables in the research problem **(Burns.N,Grove. K,2002).**

After wide reading, the researcher developed the tool as per the following:-

SECTION-A: deal with socio demographic variables.

SECTION B: self structured based questionnaire.

CRITERIA MEASURING SCORE

0-30 self structured questionnaire -

The score of questionnaire is categorized as –

S.NO.	CRITERIA	SCORE	PERCENTAGE
1.	POOR	0-10	0-35%
2.	AVERAGE	11-20	36-69%
3.	GOOD	21-30	70-100%

RELIABILITY

A reliability co-efficient for the knowledge test was calculated by using karls pearson method. The reliability of this was found by using karls pearson method formula. Reliability obtained was r = 0.97 which indicates the tool was highly reliable.

PILOT STUDY

The reliability of the instrument is the degree of consistency with which it measures the attribute it is supposed to be measuring.

A total 06 sample were selected from selected school.

A reliability co-efficient for the knowledge test was calculated by using split half method. The reliability of this was found by using karls pearson method formula. Reliability obtained was r = 0.97 which indicates the tool was highly reliable.

thecalculated by using Karl pearson's correction co-efficient formula and score of the test was 1that shows highly reliability of tool was established and was found to be statistically reliable for present study.

DATA COLLECTION PROCEDURE

It involves the use of statistical procedure to give organization and meaning of data. Descriptive statistics (frequencies, percentage, mean, standard deviation, Karl Pearson's (correlation coefficient) and inferential statistics (paired "t" tests, chi-square test) will be used for the analysis of the data.

Data was planned to be analyzed on the basis of objectives and hypothesis.

Section A: Distribution of sample characteristics

Section B: Determine the pre test and post test score on knowledge regarding eating disorder among adolescence girls in selected schools of Ambikapur c.g..

Section C: Evaluate the effectiveness of structured teaching programme on knowledge regarding eating disorder among adolescence girls selected schools of Ambikapur c.g. .

Part I- Knowledge score according to scoring criteria before and after administering

Structured teaching programme. .

Part II- Evaluating the effectiveness of video assisted teaching programme on knowledge regarding eating disorder by paired "t" test.

Section D: Find out the association between post test score on knowledge regarding eating disorder among adolescence girls selected schools of Ambikapur C.g. and their socio demographic variable.

PLAN FOR DATA ANALYSIS AND INTERPRETATION

Data will be analyzed by using descriptive and inferential statistics.

- Organization of data in master sheet.
- Calculate the frequency and percentage to show the distribution of subjects according to the baseline variables
- Calculate mean, standard deviation of the domains of eating disorder in same group.
- Value to compare at 5% level of significant for corresponding degree of freedom .
- Data will be expressed in table and figure for better clarification

RESULT

In pre test, that maximum 40(67%) subjects are having average knowledge, and 17(28%) is good, 3(5%) is subjects are having poor knowledge.

In post test, that maximum 55(92%) subjects are having good knowledge, minimum 5(8%) subjects are having average knowledge and 0(0%) none of the subjects having poor knowledge.

CONCLUSION

After the detail analysis, this study reveals or concluded that:

The study findings provide the statistical evidence which clearly indicate that structured teaching programme has significant effect on the level of knowledge in adolescent girls.

RECOMMENDATIONS

1. A similar study can be replicated on a larger sample with demographiccharacteristics.

2. A similar study can be replicated with broader content area on eating disorder .

3. A similar study can be done different setting.

4. A comparative study can be conducted to determine the knowledge of different age groups on eating disorder.

5. A comparative study can be conducted to assess the knowledge of urban and rural adolescent girls regarding eating disorder.

6. Same study can be conducted by using different teaching modalities

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