



EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING LIFESTYLE PRACTICES ON OBESITY AMONG ADOLESCENT GIRLS IN A SELECTED SCHOOL OF HARYANA.

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Abstract: Adolescent obesity has emerged as a significant public health challenge and is increasingly being recognized as a growing epidemic. Key contributing factors include unhealthy dietary habits and physical inactivity, both of which significantly influence weight gain during adolescence. As a result, the prevalence of non-communicable diseases (NCDs) and their associated risk factors is alarmingly high within this age group. Addressing this issue requires early identification and the implementation of effective health promotion strategies beginning at a young age. Therefore, it is crucial to understand current trends in overweight and obesity among adolescents to inform timely interventions. The planned teaching program will provide adolescent girls with comprehensive, unbiased information, empowering them to make informed decisions that lead to healthier and more holistic lives.

Keywords: Lifestyle practices, Obesity, adolescent girls.

I. INTRODUCTION

Adolescence is a period of growth and development between childhood and adulthood which is 10-19 years. The period is very crucial because this time an individual's physical, mental and behavioral changes take place. Adolescent girls face lot of problems in the time of their growth and development. One of the most problem that they facing through their lifestyle practices is obesity.

Obesity is a condition characterized by abnormal or excessive fat accumulation that may impair health. It has become a growing global health concern, with weight gain and obesity posing significant threats to population well-being.

The period of 13-18 is a critical stage of human life. And it is an ideal time to install healthy practices. Lifestyle practices refer to the daily habits, behaviors, and activities that individuals adopt, which influence their overall health, well-being, and quality of life. These practices include diet, physical activity, sleep patterns, social interactions, hygiene, mental health management, and other personal choices that shape a person's way of living. For adolescents, lifestyle practices are often influenced by family, peers, education, media, and societal norms, and they play a crucial role in their physical, emotional, and social development. early lifestyle interventions foster sustainable habits that can prevent obesity from continuing into adult life, making them a vital component of adolescent health promotion strategies.

The prevalence and health consequences of overweight and obesity need to be evaluated especially among adolescents in whom preventive and corrective measures can be instituted early. The International Obesity Task Force (IOTF) study shows that 1.1 billion adults are overweight and of these 312 million are obese. And with the new Asian body mass index (BMI) criteria of overweight at a lower cut-off of $>23.0 \text{ kg/m}^2$, the figure is even higher (1.7 billion). Although the highest rates of childhood obesity have been observed in developed countries, its prevalence is increasing in developing countries.

REVIEW OF LITERATURE

- **Section A:** Literature related to life style practices for obesity among adolescent girls.
- **Section B:** Literature related to knowledge regarding obesity.
- **Section C:** Literature related to effectiveness of planned teaching on lifestyle practices.
- **Teo, et. al. (2014)** A cross – sectional study was undertaken in the district of Kota Bharu, Kelantan, Malaysia. A convenience sample of 456 adolescents age 12 to 19 was recruited, a validated self – administered past one year PA (physical activity) questionnaire was used to assess the type, frequency and intensity of physical activity practiced by participants. The main findings of the present study indicated that higher physical activity duration and intensity is significantly associated with lower body fat and obesity risk while high screen-based sedentary behaviours have a significant adverse influence, especially when physical activity was low, and particularly amongst girls. Effective intervention strategies should emphasize the promotion of healthy and active lifestyles among school-aged adolescents.
- **Kumar (2021)** A pre-experimental study was conducted to evaluate the effects of STP on students' awareness of healthy behaviours in the prevention of obesity in selected high schools in Jaipur, Rajasthan. Purposive sampling was used to choose a representative sample of 60 students for this investigation. The results show that 90% of the sample had information on how to prevent obesity, while the 10% who didn't have any information. There was a 90 percent chance of students in this research having an average knowledge of healthy behaviours in the prevention of obesity, with a 3.33 percent chance of students having bad information and the remaining 6.67 percent of students having strong knowledge. The STP served as a vehicle for delivering lessons on risk factors and definitions. Management and prevention of obesity are covered in this section. This helped pupils learn about good eating habits and how they may help avoid obesity.
- **Muruges, et al. (2017)** A Quasi experimental study was conducted on Prevention of Obesity among High School Children. One group pre and post-test design was adapted. The study was conducted at urban area of Moradabad. Sixty children in the age group of 11 – 15 years students were taken from Bonny Anne Public School, Moradabad. Simple Random sampling was used to select the samples of this study. Collected data was analysed by using descriptive and inferential statistics. The study revealed that 55 % of the children had adequate knowledge and 41.66 % of the children had moderately 3.33% of the children had inadequate knowledge in pre-test, where as in post-test 100 % of children had adequate knowledge. STP on prevention of obesity was effective in enhancing the knowledge regarding prevention of childhood obesity.

METHODOLOGY

The objective of the study was to assess the level of knowledge regarding lifestyle practices on obesity among 13-19 years of adolescent girls.

The study was conducted at Govt. Senior Secondary Girls School, Pataudi, Haryana.

The research approach used for the study was quantitative research approach. Purposive sampling technique was used to select 50 adolescent girls. The research design chosen for the study was Pre experimental One. The tool used in the study comprised of

1. **Socio Demographic:** Demographic data includes age, gender, religion, class, no. of siblings and father's occupation.

2. **Assessing the level of knowledge among adolescent girls**

There were 20 items in the tool. The score ranges from 0-20.

Reliability of the Self Structured questionnaire was assessed by split half method. The formula used was Karl Pearson's Correlation Coefficient formula and Perceived Stress $r = 0.83$.

Results and Discussion

The findings of the study were discussed under the following headings:

Section I: Discussion based on Demographic Variables of the Research Study

The demographic profile of working mothers revealed several significant trends influencing stress levels during their children's virtual education:

- The present study consisted of 60 working mothers of 5-10 years children at selected colleges in Amity University Gurugram Haryana.

Section I: Discussion based on the Objectives of the Research Study

Objectives 1: To assess Pre-test knowledge regarding lifestyle practices on obesity among adolescent girls.

The present the result reveals that 80% of adolescent girls were having moderate knowledge in pre-test and 14% of the adolescent girls were having inadequate knowledge. Only 6% of the participants exhibited adequate knowledge. These results suggest that most participants had a moderate level of knowledge before the intervention, with a few showings either inadequate or adequate knowledge levels.

Jabada M, (2014) conducted study on the effectiveness of planned teaching program on knowledge regarding lifestyle practices on obesity among 120 adolescent girls of 8th and 9th class in selected English medium private high schools of Belgaum. Overall pre-test knowledge of high school adolescents regarding obesity was low which suggested there is need for planned teaching program.

Objective: 2. To assess Post-test knowledge regarding lifestyle practices on obesity among adolescent girls.

The present the result reveals that 20% of adolescent girls were having moderate knowledge in post-test and 80% of the adolescent girls were having adequate knowledge and none of the participants fell into the inadequate knowledge category. This indicates a positive impact of the intervention on improving knowledge levels.

Murugesh K, (2017), conducted a study on the effectiveness of structured teaching program on prevention of obesity and knowledge regarding it. The study was conducted at Bonny Anne Public school,

Moradabad. The study revealed that in the pre-test 55% of them had adequate knowledge, 41.66% had moderate and 3.33% had inadequate knowledge. Where in the post-test 100% of children had adequate knowledge. It showed effective enhancement in knowledge.

Objective: 3. To compare pre-test and post-test knowledge regarding lifestyle practices on obesity among adolescent girls.

The present study was conducted to evaluate the comparison between pre and post-test level of knowledge regarding lifestyle practices on obesity. The result reveals that Pre-test mean score and SD was 13.02 ± 2.27 And Post-test mean score and SD was 17.54 ± 2.20 , the calculated paired test value is 15.495 which is highly significant. And it was significant at 0.05 level ($p < 0.001$)

Youtham S, (2022) conducted a study to assess the effectiveness of structured teaching program 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. The pilot study was conducted at Lucknow U.P Higher Secondary School, Lucknow U.P with 12 samples. Results showed that in pre-test level of knowledge 81.77% of adolescent girls have inadequate knowledge and 18.23% of them have moderate knowledge and none of them have adequate knowledge. In post-test, 25% of students have moderate knowledge and 75% of them have adequate level of knowledge and none of them have inadequate knowledge. There was significant association with the effectiveness of structured teaching.

Objective: 4. To find out the association between the pre-test level of knowledge regarding lifestyle practices on obesity among adolescent girls with selected socio-demographic variables.

The present study reveals that none of the demographic variables are significantly associated with their pre-test level of knowledge score. Statistical significance was calculated using chi-square test and fisher exact test.

Moreshwar S. (2014) conducted a study using pre- experimental one group pretest-post-test design. The study was conducted on 120 adolescents of 8th and 9th standard from selected Private high schools using simple random sampling. Instruments used for data collection were structured knowledge questionnaire. After the administration of planned teaching program, the pre-test and post-test data analysis revealed that the mean post-test score (24 ± 2.68) was higher than the mean pre-test score (15.59 ± 3.16). The Chi-square test was computed to find out the association of knowledge of Private high school adolescents with selected demographic variables. Computed values were not significant at 0.05 level of significance. Hence, there was no statistically significant association between knowledge and selected demographic variables.

CONCLUSION

The present study assessed the effectiveness of planned teaching program on knowledge regarding lifestyle practices on obesity among adolescent girls. The result revealed that about 80% of adolescent girls have adequate knowledge and 20% of adolescent girls have moderate knowledge.

NURSING IMPLICATIONS

According to Tolsma (1995), the section of research report that focuses on nursing implication usually includes specific suggestions for nursing practice, nursing education, nursing administration and nursing research.

NURSING PRACTICE

- Nurses should be trained for preparedness, initiative and other surveillance activities that identify risk factors and monitor the incidence of obesity and using the effective method of education.
- The nursing personnel can be able to develop specific knowledge and skill in providing health education regarding lifestyle practices on obesity among adolescent girls.

NURSING EDUCATION

- The planned teaching programme can be taught to all the nursing students to upgrade their knowledge on lifestyle practices on obesity among adolescent girls.
- Planned teaching programme should prepare nurses to identify problems in the school. Nurses plays a key role in educating the people and create awareness understanding among adolescent girls through maintenance of good IPR in the school.
- Nursing educators should prepare the nurses to impart health education to all the adolescent girls regarding lifestyle practices on obesity.

NURSING ADMINISTRATION

- The nursing administrator takes part in making of health policy, development of protocols and standing orders with respect to various health problems facing by the adolescent girls.
- Findings of the study can be used by the nurse administrator to assess the need for educating the adolescent girls regarding lifestyle practices on obesity, which is a topic of concern among adolescent girls.
- Periodic workshop, conference and exhibitions can be arranged by the nurse at the college level in prevention of obesity.
- Encourage research activities for nurses in these areas.
- The nurse administrators should try to update the knowledge of the society regarding lifestyle practices on obesity and to develop appropriate learning materials, which will help in providing quality care.

NURSING RESEARCH

- Nurses plays a key role in providing healthcare to the patients and being close to them. They can conduct projects and research studies in the hospital and community. They need to engage in multidisciplinary research, so that it will help to improve their knowledge and by applying it, many health problems can be solved. Adequate research has to be carried out to teach the adolescent girls about lifestyle practices on obesity.
- The study will be the valuable reference and pathway for future researchers.

- This study finding motivate the other investigators to conduct further studies regarding lifestyle practices on obesity.
- The study finding can be used as the baseline data and further studies can be planned and conducted.

RECOMMENDATIONS

- A comparative study can be conducted between rural and urban adolescent girls on knowledge regarding lifestyle practices on obesity.
- A similar study can be conducted in other setting with large and different age group to generalize the finding.
- A similar study can be done to test the effectiveness of different teaching program like video assisted teaching program in imparting knowledge on lifestyle practices on obesity.

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