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Effectiveness of structured Teaching Programme on Knowledge regarding healthy habits in prevention of Obesity among Students.

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Abstract

According to this research, students' awareness of good eating habits and how they might help avoid obesity was evaluated. It was decided to use a pre- and post-experimental study design with a carefully selected sample group. A total of 60 pupils from a single high school were surveyed for this research. A organized training program was implemented once pretest knowledge was shown to be lacking. The results of the post-test knowledge assessment were compared to those of the pre-assessment. Descriptive and inferential statistics were used to examine the data. The results of the research clearly reveal that students' understanding of the importance of healthy behaviors in preventing obesity increased significantly when they were taught in a systematic manner. As a result, students may benefit from an organized teaching program that teaches them about good behaviors for weight loss and prevention, and they can put what they learn into practice in their everyday lives.

Keywords: An organized course of study for students

Introduction

Having a lot of fat on your body is considered obesity. Adults and children alike have been affected by their bad eating habits and sedentary lifestyles, which has led to a worldwide obesity pandemic.

A wide range of "non-communicable" illnesses have become more common due to industrialisation, urbanization, and globalization. Individuals have become almost immobile as a result of their reliance on technological devices, computers, the internet, and cell phones. Fast and junk food culture is also a major factor in the rise of obesity, high cholesterol in blood, diabetes, and hypertension, among other conditions.

alterations in way of life Unhealthy eating habits and poor food selections: Snacks with a high calorie count, the junk food revolution, and chilled cola. Sedentary activities include watching television and movies, playing video games, surfing the internet, and engaging in idle conversation over the phone with friends. The Obesogenic schools' and Tuition courses There are limitations on the kind of physical activities you may participate in. When people spend more time in front of the television, they tend to consume more calories, fat, sugary and salty foods, and carbonated drinks, while also consuming less fruits and veggies.

In order to avoid childhood obesity, schools must provide a secure and supportive environment with rules and practices that encourage healthy behavior. Parents may assist prevent their children from growing overweight at home by modifying the family's eating habits. School-based initiatives aimed at combating childhood obesity and increasing students' physical activity and good eating habits.

Problem Statement

A pre-experiment to evaluate the effects of STP on students' awareness of healthy behaviours in the prevention of obesity in selected high schools in Jaipur, Rajasthan.

OBJECTIVES OF THE STUDY

In Jaipur's senior secondary schools, assess pupils' previous knowledge of weight-loss programs and best practices.

STP's effectiveness in reducing obesity among students in Jaipur, Rajasthan, was also evaluated.

Pre-test knowledge of healthy behaviours was assessed in Jaipur, Rajasthan, senior secondary school students as a preventive step against obesity.

HYPOTHESIS

H1: Students in selected Rajasthani senior secondary schools would have much better post-test knowledge of good behaviours for preventing obesity than their pre-test knowledge.

H2: There will be a strong correlation between students' understanding of good behaviors for weight loss in Jaipur, Rajasthan high schools and certain demographic variables.

Research Methodology

Researchers used an evaluative technique to assess the efficiency of a structured training program on healthy behaviors in the prevention of obesity among students in a small sample of high schools.

Research design

This study used a pre-experimental research design with a single group undergoing pre- and post-testing.

Variables under study Independent variable

Students at a few Jaipur, Rajasthan, high schools are part of a planned educational program designed to teach them good eating habits and how to avoid being obese..

Dependent variable

Students at selected high schools in Jaipur, Rajasthan, have a better understanding of the importance of good practices in preventing obesity.

Demographical variable

Age, gender, religion, school of instruction, family dietary habits, family type, involvement in extracurricular activities, and knowledge of obesity prevention are all factors to consider.

SETTING

India International School Jaipur, Rajasthan, hosted the research.

SAMPLE AND SAMPLE SIZE

In a research, the "sample" is a subset of the whole population. There were sixty students that satisfied the inclusion criteria specified for this research.

SAMPLING CRITERIA

Inclusion criteria

The school student

- Available for use at the time of research.
- I'd be happy to join in this project.
- The ability to converse in English is a prerequisite for employment..
-

Exclusion criteria

Secondary school students who aren't enrolled in a postsecondary institution. Other than the 14-18 year old age group, students.

SAMPLING TECHNIQUE

Purposive sampling was used to choose a representative sample of 60 students for this investigation.

Duration Of study: 6 weeks

Development and description of the tool

When putting together the instrument, relevant literature was consulted.

In order to build the device, professionals in nursing and medicine were consulted for advice.

Preparation of the tool's final draft

Editing of the instrument

Section A: Variables pertaining to the population's demographics

A self-structured knowledge questionnaire with 30 questions to measure students' knowledge of healthy practices in the prevention of overweight and obesity is included in Section B of this document.

Section C: Development of a formal curriculum for the instruction of healthy lifestyle behaviors as a means of preventing obesity.

Scoring procedure:

There were four possible answers to each question, and each sample had to choose one of them. The correct answer was 01, while the incorrect response was 00. The following is how the scores were interpreted:

0 to 33% of the population has a low degree of education.

From 34% to 59% of the population has a basic understanding of the subject matter.

60-74% of people have a high degree of expertise.

75-100 percent of one's expertise is excellent.

Intervention

Students at a chosen senior high school were subjected to a 45-minute structured instruction session.

Methods for acquiring information

The samples provided informed consent, and the research was approved by the appropriate authorities.. Data was gathered as follows:

Phase 1 : Students were given a 30-item structured knowledge assessment to see how well-versed they were in healthy lifestyle routines for weight loss prevention before the exam..

Phase 2 : Students were given a 45-minute lecture on healthy eating practices as a preventative measure against obesity.

Phase 3: On the seventh day, students were given the same 30-item structured knowledge questionnaire to measure their post-test knowledge score on healthy practices as a means of preventing obesity.

Plan for Data Analysis

The data collected was to be evaluated using descriptive and inferential statistics in accordance with the study's goals.

- First, the data was sorted and then examined in terms of frequency and percentage.
- The frequency, percentage, mean, and standard deviation of knowledge of healthy practices in the prevention of obesity.

You may identify significant differences in post-test and pre-test knowledge scores using paired t tests.

- Chi-square x2 is used to examine the correlation between students' knowledge of healthy practices and demographic characteristics.

The demographic variables of students are given as below:

The sample's age breakdown reveals that the vast majority of respondents (80%) were between the ages of 16 and 18, with the youngest participants being around the 14-year-old age range (20 percent). Results reveal that 86.67% of the individuals were female and that the lowest percentage was made up entirely of males (13.33 percent). According to the findings, 98% of the sample was Hindu, while just 3% was non-Hindu (1.67 percent). Results show that 56 percent of the sample belongs to the scientific stream, 23 percent to commerce, and the rest to the arts (21 percent). The bulk of the sample (76.67 percent) were vegetarians, whereas the other respondents were of the mixed type (23.33 percent).

Table no 1: distribution of demographic variables of the students.

S.NO.	VARIABLES	FREQUENCY	PERCENTAGE
1	**AGE IN YEARS:**		
	14-16	12	20%
	16-18	48	80%
2	**GENDER:**		
	FEMALE	52	86.67%
	MALE	8	13.33%
3	**RELIGION**		
	HINDU	59	98.33%
	OTHERS	1	1.67%

4	FACULTY OF EDUCATION:		
	SCIENCE	33	55%
	ARTS	13	21.17%
	COMMERCE	14	23.33%
5	**FOOD PATTERN OF FAMILY**		
	VEGETARIAN	46	76.67%
	MIXED	14	23.33%
6	**TYPE OF FAMILY**		
	NUCLEAR FAMILY	34	56.67%
	JOINT FAMILY	22	36.67%
	EXTENDED FAMILY	2	3.33%
	SINGLE FAMILY	2	3.33%
7	**INTERESTED IN EXTRA CO CURRICULAR ACTIVITIES**		

	IF YES	56	93.33%
8	**HAVING INFORMATION REGARDING PREVENTION OF OBESITY**		
	IF YES	54	90%
	T.V/MEDIA.RADIO	26	48.15%
	TEACHER	9	16.67%
	FRIENDS AND RELATIVES	3	5.56%
	FAMILY	16	29.63%
	NO	6	10%

Among the sample, the majority (57 percent) are members of a nuclear family, while the subjects who are joint family members (37 percent) and those who are members of extended families (3 percent) make up the remainder of the sample (3 percent). The study found that 93% of the students were interested in participating in extracurricular activities, whereas just 7% of the students were uninterested. Sports attracted 33.92 percent of them, music at 23.21 percent, theater at 25 percent, and discussion at the remaining 27 percent (17.85 percent).

The results show that 90% of the sample had information on how to prevent obesity, while the 10% who didn't have any information in this diagram (48.15%) had information from TV/MEDIA/RADIO, 16.67% had information from their teacher, and 5.56 percent had information from friends and family. The 10% who didn't have any information in this diagram (48.15%) had information from their family (29.3 percent).
There was a 90 percent chance of students in this research having an average knowledge of healthy behaviors 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..

S.NO	Level of knowledge	% of score	Pre-test		Post-test	
			frequency	Frequency %	frequency	Frequency %
1	Poor	0-33	2	3.33	0	0
2	Average	34-59	54	90	0	0
3	Good	60-74	4	6.67	24	40
4	Excellent	75-100	0	0	36	60

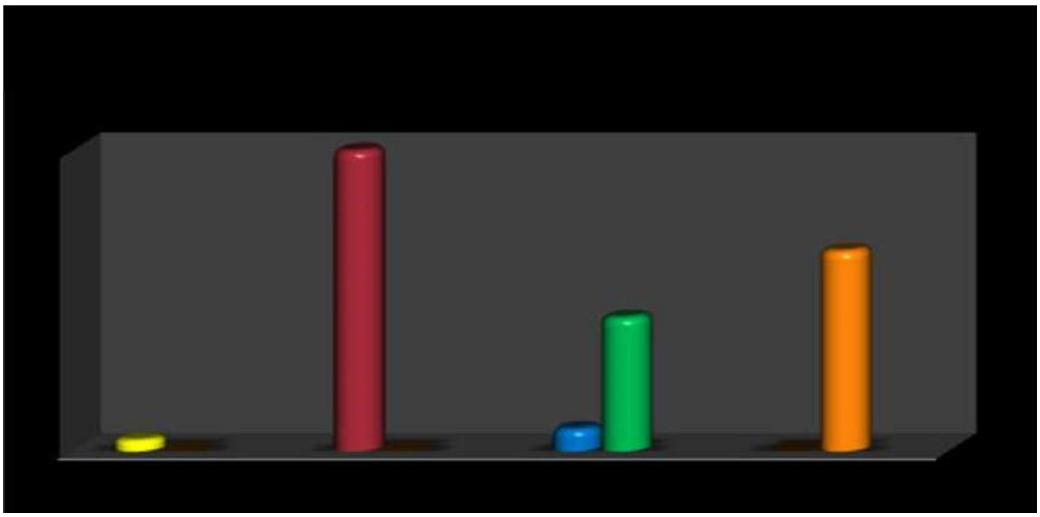
Overall, the pre-test knowledge scores had a mean percentage score of 48.22, with a mean + standard deviation of 14.466+ 8.3942. In the introduction, the mean percentage of knowledge was 46.33, and the BMI was 4.633+_2.7072, on a scale from 0 to 100. pathophysiology, etiology, and risk factors At 53.5%, the prevalence of obesity-related complications was on average 5.35 standard deviations (+ 2.553). There was a mean percentage of 44.833 in the diagnosis, treatment, and prevention of obesity with an SD of 4.4833+ 3.134. This shows that students' understanding of healthy practices as a means of preventing obesity was average across all regions.

Area wise analysis of pre- test knowledge score

Table no. 3: Area wise mean, mean percentage and standard deviation of pre - test knowledge score

S.NO.	Area	No of items	Maximum score	Mean	Mean %	SD

1	Structured knowledge questionnaire regarding introduction and BMI of obesity	**10**	**10**	**4.633**	**46.33**	**2.7072**
2	Structured knowledge questionnaire regarding risk factors, aetiology, pathophsiology, Complication of obesity.	**10**	**10**	**5.35**	**53.5**	**2.553**
3	Structured knowledge questionnaire regarding diagnosis, management, and prevention of obesity.	**10**	**10**	**4.4833**	**44.833**	**3.134**
Total	**Overall**	**30**	**30**	**14.466**	**48.22**	**8.3942**



CONCLUSION

The study's primary goal was to determine whether or not STP was helpful in teaching healthy practices to students at a single senior secondary school in Jaipur, Rajasthan in order to avoid obesity. 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.

Recommendations:

There are many suggestions for further research based on this study's results.

In order to draw more precise results and generalize, a bigger sample size might be used in a comparable research.

- The research might be carried out again at a new location.

- A control group might be used in an experiment.

NURSING PRACTICE

The research shows that a preventative and community-based strategy to obesity is needed. It emphasizes the need of giving new and up-to-date information on healthy practices to avoid obesity, which is the primary preventative strategy to be implemented as the issue increases..

NURSING ADMINISTRATION

Nursing administrators need to employ performance evaluation, guidelines and standard updates in order to keep up with the times. Teachers, children, families, and the community would all benefit from the nurse administrator's efforts to develop and implement programs to help community health nurses learn about healthy practices and how to avoid obesity.

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