Original Research Paper Nursing

EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON 'IMPORTANCE OF HEALTHY DIET AMONG ADOLESCENT GIRLS.

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ABSTRACT A study to assess the effectiveness of planned teaching programme on 'Importance of healthy diet among adolescent girls at selected college Dehradun. The objective of the study is to assess the level of knowledge of adolescent girls before planned teaching programme & after planned teaching programme & it measure the effectiveness of planned teaching programme & it also find the association between level of knowledge and selected demographic variables. Methodology includes quantitative research design, Pre experimental approach with one group pre-test post-test only design was used for study at Holy Angel Senior Secondary School, with non-randomized convenient sampling technique in 34 subjects. Results shows that all the adolescent girls (100%) were in the age group of [15-17 yrs.]. More than half of the girls 76.5% were belong to nuclear family, less than half of adolescent girl's father 41.2% had passed graduation and adolescent girls mother 14.7% had passed graduation. Mean post-test knowledge score was apparently higher than present knowledge score and our obtained value was Pre-test knowledge 13.9% Post-test knowledge 18.20% Which was significantly significant at $p<0.005$ level mean of pretest knowledge was computed 13.91% and also post-test knowledge score was computed 18.20% which was higher than mean of pre-test. The study concluded that Mean post-test knowledge score was apparently higher than the pre-test knowledge scores. Mean of the pre-test knowledge was computed 13.91% and also post-test knowledge score was computed 18.20% which was higher than that of the mean of pre-test knowledge scores, Hence the score predicts the significant difference between the mean of pre-test and post-test at $p<0.005$. Therefore, there was no evidence to accept the null hypothesis. Hence the researchers reject the null hypothesis and alternative hypothesis was accepted indicating the gaining knowledge was not by chance but because of the intervention.

KEYWORDS : Study, Assess, Effectiveness, Knowledge, Mid Adolescent, Healthy Diet, Planned Health Teaching Programme, Body Mass Index, World Health Organization.

Introduction: - Adolescent is a period of rapid growth and perhaps the last chance to grow. It is a transitional stage in human life. The exceptional rapid growth in this stage is characterized by a lot of individual's variation that possess difficulty in defining normality. In our society where priorities have been based on morbidity and mortality rates, adolescent have been overload by health planners. But recently their presence, care and counseling are coming to limelight. There is a high prevalence of malnutrition and anemia among them. Studies have shown that two third of adolescent girls are malnourished and anemic. Increased sports and other activities in adolescent warrant extra food which is often not obtained. Adolescent pregnancy is another problem faced by some. The adolescent child should take a balanced diet. Health and nutrition education can help in achieving this goal. Nutrition of adolescent girls should get priority as she is the prospective mother. Improving the nutrition of the girl child will help to reduce the incidence of low birth weight babies.[1]

The components of healthy diet are Protein, Vitamins, Minerals, Fat, Carbohydrate, Macronutrients, Micronutrients, Traces elements. The statistical data of anemia in worldwide affects 1.62 billion people (95% CI: 1.50-1.74 billion), which corresponds to 24.8% of the population (95% CI: 22.9- 26.7%) The highest prevalence is in preschool-age children (47.4%, 95% CI: 45.7-49.1), and the lowest prevalence is in men (12.7%, 95% CI: 8.6-16.9%). However, the population group within the greatest number of individuals affected is non pregnant women (468.4is Iron deficiency anemia is most prevalent among females with the age group of 15-17yrs. Surveys from a decade ago report 40% of pregnant women (a severe level) and 20% of non-pregnant women (a moderate level) are anemic due to iron deficiency in ability.[2]

Need of the study:

A study was done by "Research Scholar, Singahania University, Rajasthan" by survey method using formulated questionnaire addition to structured interview schedule. The results of the study revealed that the children of the target population have knowledge regarding nutrition but they are not well informed about nutritional needs.[3]

A cross-sectional study using nationally representative data was done by Yarlini S Balarajan, Wafaie W Fawzi, S V Subramanian" the result shows significant increase in anemia among India's women during this recent period is a matter of concern, and in contrast to secular improvements in other markers of women's health and nutritional status. While socioeconomic inequalities in anemia persist, the relative and absolute inequalities in anemia have decreased over time .[4]

Thematic analysis identified four key factors as barriers to healthy eating. These factors were: physical and psychological reinforcement of eating behavior, perceptions of food and eating behavior, perceptions of contradictory food related social pressures, and perceptions of the concept of healthy eating itself. Overall, healthy eating as a goal in its own right is notably absent from the data and would appear to be elided by competing pressures to eat unhealthily and to lose weight. This insight should inform the development of future food-related communications to adolescents .[5]

Problem statement:

"A study to assess the effectiveness of planned health teaching programme on "Importance of Healthy Diet" among Adolescents girls at selected college of Dehradun"

Objectives: -

- To assess the level of knowledge of adolescent girls before planned health teaching programme.
- To assess the level of knowledge of adolescent girls after planned health teaching programme.
- To find the effectiveness of planned health teaching programme.
- To find association between level of knowledge and selected demographic variables.

Material & Methods:

A study to assess the effectiveness of planned teaching programme on "Importance of healthy diet among adolescent girls" at selected college Dehradun. The study assesses the level of knowledge of adolescent girls before planned teaching programme & after planned teaching programme & it measure the effectiveness of planned teaching programme & it also find the association between level of knowledge and selected demographic variables. quantitative research design, Pre experimental approach with one group pre-test post-test only design was used for study at Holy Angel Senior Secondary School, with non-randomized convenient sampling technique in 34 subjects. Results shows that all the adolescent girls (100%) were in the age group of [15-17 yrs.]. Inclusion criteria Adolescent girls at the age group between 16-20, Adolescent girls willing to give consent for study, Adolescent girls who can understand English or Hindi languages, Adolescent girls who are available during data collection. Tool was divided into two sections, **Section 1:** Study aimed to identify the knowledge level among adolescent on healthy diet. Socio demographic profile consists of 8 components. & **Section 2:** Knowledge assessment multiple choice questionnaire on the basis of planned teaching programme on healthy diet. Overall tool contains of 30 questionnaires in which the scoring rate for positive response were given one and the negative response were zero. Knowledge level is assessed by the score obtained by the participants in which participants score from 0-10 having average knowledge, 11-20 having good knowledge & 21-30 having excellent knowledge.

Findings:

Table No 1 : Frequency and percentage distribution of demographic variables.

S.NO	Subject Profile	Frequency	Percentage
1	**Gender of participants**		
	Female	34	100
2	**Age of participants**	00	00
	15 yrs	14	41.2
	16 yrs	**20**	**58.8**
	17 yrs		
3	**Programme of participants**	16	47.1
		17	**50**
	Commerce	1	2.9
	PCB(physics, chemistry and biology) PCM(physics, chemistry and maths)		
4	**Educational status of Father :**		
	Primary		
	Secondary	2	5.9
	Senior secondary	6	17.6
	Graduation	11	32.4
	No formal education	**14**	**41.2**
	Educational status of Mother	1	2.9
	Primary	1	2.9
	Secondary	**11**	**32.4**
	Senior secondary	**11**	**32.4**
	Graduation	5	14.7
	No formal education	6	17.6
5	**Family income:-**	1	2.9
	<5000	5	14.7
	5001-10000	8	23.5
	10001-15000	2	5.9
	15001-20000	**9**	**26.4**
	20001-25000	7	20.6
	25001-30000	2	5.9
	>30000		
6	**Religion**		
	Hindu	**29**	**85.2**
	Muslim	2	5.9
	Sikh	3	8.8
	Others	0	0
7	**Type of family**	**26**	**76.5**
	Nuclear	8	23.5
	Joint	00	00
	Extended		
8	**Locality of participants**	11	32.4
	Rural	**23**	**67.6**
	Urban		
9.	**Dietary pattern of participants**	**14**	**41.2**
		13	38.2
	Vegetarian	2	5.9
	Non vegetarian	5	14.7
	Lacto vegetarian		
	Ova vegetarian		

Table No 1 illustrates the frequency and percentage distribution of socio demographic characteristics of study participants. All the participants are female adolescence girls, 47.1% were studying in commerce programme and most of them 50% in PCB (physics, chemistry and biology) programme. 41.2% of participant's father were graduate and 32.4% and 11(32.4%) of mothers were secondary and senior secondary school Passed. Majority 26.4% were having monthly family income Rs.20001-25000-/. 76.5% of participants belongs to nuclear family. Majority 67.6%) of participants belongs to urban area. Most 85.2% of participants belongs to Hindu religion. Majority 41.2% of participants were vegetarian and only 5.9% of participants were lacto vegetarian.

Table no. 2: Pre-test & Post-test Percentage

S.NO	LEVEL OF KNOWLEDGE	SCORE	PRETEST PERCENTAGE	POST-TEST PERCENTAGE
1	**Average**	**0-10**	**20.6%**	**0.00%**
2	**Good**	**11-20**	**79.4%**	**70.6%**
3	**Excellent**	**21-30**	**0.00%**	**29.4%**

Table No 2 shows that the total no of participants involved in pretest and posttest was 34. In pretest 20.6% students were having average knowledge about importance of healthy diet among adolescent girls whereas, 79.4% has good knowledge and nobody has excellent knowledge. In posttest 70.6% participants were having good knowledge, whereas 29.4% has excellent knowledge and nobody has average knowledge. Its shows that there was increased level of knowledge of adolescent girls after teaching programme.

Table No 3: Pre-test, Post-test, Mean Difference, Standard Deviation & T Value

Knowledge score	Mean	Mean difference	Mean percentage	Standard deviation	T value	P value
Pre test	13.91	4.3	40.91	3.414	8.94	0.0354
Post test	18.20		53.53	3.715		

Paired sample t' test was used. T tab=2.042,

Table No 3 compares the mean pretest and post-tests knowledge score. The mean post-test knowledge score (18.21+_3.715) was apparently higher than that of mean pre-test knowledge score (13.91+_3.414).

The calculated' value was 8.94 and p value was 0.0354. As the p value was less than 0.05 (probability of type 1 error is less than 5%), the null hypothesis was rejected and the research hypothesis was accepted. So the mean post-test knowledge score was significantly higher than that mean pre-test knowledge score.

Table No 4: Association between the pretest knowledge score of adolescent girls with their selected demographic variables. **N=34**

S.NO	Variables	n	Knowledge below median (<=14)	Knowledge above median (>=15)	Chi value	P value (at 0.05 level)
1	**Age of participants**	14	8	6	0.013	0.909
	16yrs	20	11	9		
	17yrs					
2	**Programme of participants**	16	13	3	9.796	0.007
	Commerce	17	5	12		
	Physic, chemistry & biology	1	1	0		
	Physics, Maths chemistry &					
3	**Educational status of father**	2	0	2	3.739	0.442
		4	3	1		
	Primary	13	7	6		
	Secondary	14	8	6		
	Senior secondary	1	1	0		
	Graduation					
	No formal education					
4	**Educational status of mother**	1	1	0	9.893	0.042
		9	7	2		
	Primary	15	9	6		
	Secondary					
	Senior secondary	7	1	6		
	Graduation	2	0	2		
	No formal education					
5	**Family income**	1	1	0	15.627	0.015
	<5000	5	1	4		
	5001-10000	9	8	1		
	10001-15000	2	0	2		
	15001-20000	8	3	5		
	20001-25000	7	6	1		
	25001-30000	2	0	2		
	>30001					
6	**Religion**	29	15	14	1.912	0.590
	Hindu	2	2	0		
	Muslim	3	2	1		
	Sikh	0	0	0		
	others					
7	**Type of family**	26	16	10	1.432	0.488
	Nuclear	8	3	5		
	Joint	0	0	0		
	Extended					
8	**Locality of participants**	18	11	7	0.423	0.515
	Urban	16	8	8		
	Rural					
9	**Dietary pattern of participants**	13	6	7	2.112	0.549
		12	8	6		
	Vegetarian	2	2	0		
	Non vegetarian	5	3	2		
	Lacto vegetarian					
	Ova vegetarian					

Table No. 4 compares the mean knowledge score of participants' based on their selected demographic variables

There was no significant association between knowledge score of participants and their age, educational status of father, religion, type of family, locality of participants and dietary pattern of participants ($p>0.05$). And there were significant association between programme (commerce, PCB, PCM), educational status of mother and family income ($p<0.05$). This revels that there was significant association between level knowledge score and some demographic variables.

DISCUSSION

The main aim of the study was to assess the effectiveness of planned teaching programme on the importance of healthy diet among mid adolescent girls in a selected area, Dehradun.

A total of 15-17 age group girls were selected through convenient sampling technique. Pre-test was conducted by structured questionnaire. An instructional module was given by the investigator. After seven days the post test conducted by using same questionnaire.

An open module was given regarding importance of healthy diet in mid adolescent girls. After intervention knowledge score were increased in posttest.

The findings of the study have been discussed with references to the objectives and hypothesis in lights of other study conducted in same area.

Baseline data presented show that most of adolescent girls (100%) were in the age group15-17years of age. More than half of girls (76.5%) were belongs to nuclear family. Less than half of adolescent girl's father's monthly income was more than 20000-25000 half of the adolescent girl's father (41.2%) had passed graduation. and adolescent girls mother (14.7%) had passed graduation.

Mean posttest knowledge score was apparently higher than the pretest knowledge scores and the obtained value was: Pretest score: 13.91, Post test score: 18.20

Which was statically significant at $p< 0.005$ level. Mean of pretest knowledge was computed 13.91 and also posttest knowledge score was computed 18.20 which was higher than that of the mean of pretest knowledge score. Hence the score predicts the significant difference between the mean of pretest and posttest at <0.005 level. There for there was no evidence to accept the null hypothesis. Hence the researcher rejected the null hypothesis and alternative was accepted indicating the gaining knowledge was not by chance but because of the intervention

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