



## TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ON KNOWLEDGE REGARDING IDEAL BODY WEIGHT AMONG THE ADOLESCENTS.

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### ABSTRACT

Adolescence is the period of crucial phase of growth. During this phase physical changes including growth, the onset of menarche for the girls, and increase in fat and muscle mass takes place. Objectives: To assess the existing knowledge of adolescents regarding ideal body weight. To assess the effectiveness of planned teaching on knowledge regarding ideal body weight. To associate the post test knowledge scores with selected demographic variables. Method and Material: The study design was one group pre test and posttest and descriptive evaluatory approach. Population was adolescents in selected schools of Wardha. Sample size 60 adolescents. Result: The findings shows significant difference between pretest and post test knowledge scores interpreting effective planned teaching on knowledge regarding ideal body weight among adolescents. Mean value of pre test is 11.33 and post test is 19.95 and standard deviation of pre test is 2.174 and post test is 1.620. The calculated t-value is 25.056 and p-value is 0.000.

**KEYWORDS** : knowledge; ideal body weight

### 1. Introduction

The healthy of human body is perfectly shapely and is therefore thing of beauty, whatever the complexion (white, black, brown or yellow) or other racial characteristics. It is the ultimate achievement in nature's evolutionary process.<sup>1</sup>

Adolescence is the period of crucial phase of growth. During this phase physical changes including growth, the onset of menarche for the girls, and increase in fat and muscle mass takes place. This contributes to obesity.<sup>2</sup> Adolescent obesity is associated with increased morbidity and mortality in their adulthood. The prevalence of overweight was 15.8% in girls aged between 14 to 19 years in urban southern India and since 1980 the number of overweight adolescents has been tripled.<sup>3</sup>

According to Swami Nathan a person whose body weight is higher than normal by 15-20 % is considered as obese. An adolescent is considered as obese when the total body weight is more than 25% fat in boys and 32% in girls. For children and adolescents, overweight and obesity are defined using age and sex specific norm grams for body mass index.<sup>4</sup> Adolescent Children with body mass index equal to or exceeding the age-gender-specific 95th percentile are defined obese. Those with BMI equal to or exceeding the 85th but are below 95th percentiles are defined overweight and are at risk for obesity related co-morbidities.<sup>5</sup>

### 2. Problem statement

To assess the effectiveness of planned teaching on knowledge regarding ideal body weight among the adolescents

### 3. Objectives

1. To assess the existing knowledge of adolescents regarding ideal body weight.
2. To assess the effectiveness of planned teaching on knowledge regarding ideal body weight.
3. To associate the post test knowledge scores with selected demographic variables.

### 4. Methodology

**Research approach**- Descriptive evaluatory approach

**Research design**- One group pretest-posttest design

**Setting of study**- Selected schools of wardha

**Sample**- Adolescents

**Sample size**- 60

**Sampling techniques**- Non probability convenience sampling

**Tool**- structured knowledge questionnaire including demographic

variables will be used for the study.

**Independent variable**- planned teaching regarding ideal body weight.

**Dependent variable**- knowledge of adolescents regarding ideal body weight.

### SAMPLING CRITERIA

**INCLUSION CRITERIA:** Adolescents: 1. In the age group of 10 to 16 yrs. 2. Those who are available at the time of study. 3. Those who are willing to participate in the study. 4. Those who can read and write and understand English and Marathi.

**EXCLUSION CRITERIA:** Adolescents: 1. Those who have attended similar programs within 3 years. 2. Those parents belong to health profession.

### 5. Result

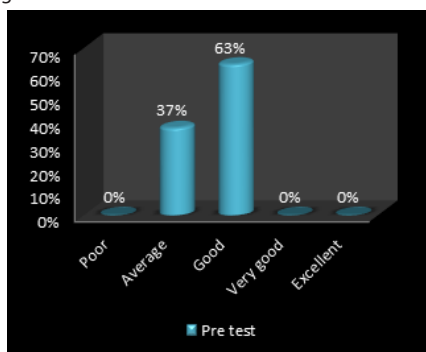
This section deals with the assessment of knowledge regarding ideal body weight. The level of knowledge is divided under following headings: poor, average, good, very good, excellent

**Table no. 1** Assessment of pretest knowledge score regarding ideal body weight among adolescents

Level of knowledge score	Score	Percentage score	Pretest Knowledge score	
			Frequency	Percentage
Poor	1-5	0-20%	0	0%
Average	6-10	21-40%	22	36.67%
Good	11-15	41-60%	38	63.33%
Very good	16-20	61-80%	0	0%
Excellent	21-25	81-100%	0	0%
Minimum score	7			
Maximum score	15			
Mean score	11.33±2.174			
Mean Percentage	45.32			

The above table shows that (0%) had poor level of knowledge, (36.67%) were having average level of knowledge, (63.33%) were having good level of knowledge (0%) were having very good level of knowledge and (0%) were having excellent level of knowledge score. The minimum score was 7 and the maximum score was 15, the mean score for the test was 11.33±2.174 and mean percentage of

knowledge was 45.32%.

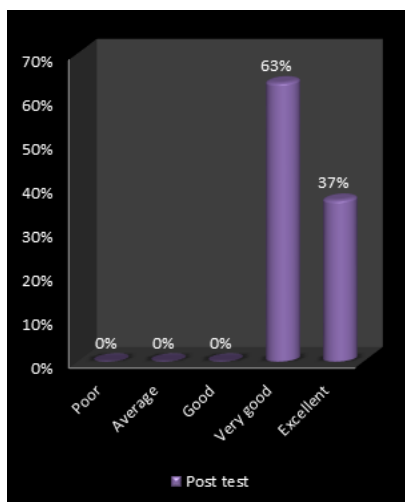


**Graph 1: knowledge score regarding ideal body body weight among adolescents in pretest**

**Table no. 2 Assessment of pretest knowledge score regarding ideal body weight among adolescents**

Level of knowledge score	Score	Percentage score	Posttest Knowledge score	
			Frequency	Percentage
Poor	1-5	0-20%	0	0%
Average	6-10	21-40%	0	0%
Good	11-15	41-60%	0	0%
Very good	16-20	61-80%	38	63.33%
Excellent	21-25	81-100%	22	36.67%
Minimum score	16			
Maximum score	23			
Mean score	19.95±1.620			
Mean Percentage	79.8%			

The above table shows that (0%) had poor level of knowledge, (0%) were having average level of knowledge, (0%) were having good level of knowledge (63.33%) were having very good level of knowledge and (36.67%) were having excellent level of knowledge score. The minimum score was 16 and the maximum score was 23, the mean score for the test was 19.95±1.620 and mean percentage of knowledge was 79.8%.



**Graph 2: knowledge score regarding ideal body body weight among adolescents in posttest**

**6. Discussion**

Findings of the study were based on the objectives of the study Mean value of pre test is 11.33 and post test is 19.95 and standard deviation values of pre test is 2.174 and post test is 1.620 . The calculated t-value is 25.056 and p-value is 0.000. The findings shows that there is a significant difference between pretest and post test knowledge scores. Thus it is concluded that planned teaching was

effective in increasing the knowledge of the adolescents regarding ideal body weight

A study was designed to find out the extent of the problem of obesity and people's awareness of risk factors and complications of obesity. A section survey was conducted in Coimbatore district between March and September 2003 in which 537 urban women and 661 rural women aged 20 years and older in Coimbatore were randomly selected, interviewed and BMI was assessed. 43% of women failed to recognize that obesity can lead to diabetes and 37% failed to do so regarding its contribution to heart attack. In general awareness was found to be higher in overweight group compared to normal weight. Age, education, occupation, standard of living and place of residence were found to be associated with the knowledge about obesity as a risk factor for heart attack and diabetes. When asked about causes, being happy were suggested as a cause by 60%, whereas 30% failed to maintain excess eating and 26% failed to mention lack of exercise. Among the overweight women a large proportion of them (30%) did not consider them to be overweight.

**7. Conclusion**

The findings shows that there is a significant difference between pretest and post test knowledge scores interpreting effective planned teaching on knowledge regarding ideal body weight among adolescents. Mean value of pre test is 11.33 and post test is 19.95 and standard deviation values of pre test is 2.174 and post test is 1.620. The calculated t-value is 25.056 and p-value is 0.000. Hence it is statistically interpreted that the planned teaching on knowledge regarding ideal body weight among adolescents was effective. There was no significant association between age, educational status, gender, religion, parents education both mother and father, family monthly income, previous source of information.

**8. Recommendation**

On the basis of findings of the study, it is recommended that the following studies can be conducted -

- A similar study can be undertaken for large sample to generalize the findings.
- A similar study can be conducted to assess the knowledge regarding ideal body weight among adolescents in view to develop an information booklet.
- A similar study can be conducted to assess the knowledge regarding ideal body weight among student nurses on a large population.
- A comparative study can be conducted about obese and non obese.
- A structured teaching programme may be used in hospitals, so that the entire nurses can participate in improving the knowledge regarding ideal body weight.
- Instead of planned teaching self instructional module can be used.

**9. Reference**

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