



A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ABOUT KNOWLEDGE AND ATTITUDE REGARDING OBESITY RELATED PSYCHOSOCIAL PROBLEMS AMONG SCHOOL CHILDREN IN SELECTED SCHOOL

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ABSTRACT

Aims: - To evaluate the effectiveness of planned teaching about knowledge and attitude regarding obesity related psychosocial problems among school children in selected school. **Material and Methods:** Non probability purposive sampling technique was used to select the sample. Quantitative research approach with pre- experimental one group pre-test post-test research design was used. The data collected during the month of December 2019 among school children. Total 100 samples were selected by using sample calculation formula. After obtaining consent from the subject demographic data, structured questionnaire for knowledge and modified likert scale for attitude were administered and data were collected. **Result:-** The comparison between the mean of pretest and post test for knowledge showed that the mean of differences was 15.06, the calculated 't' value was 40.48. The comparison between the mean of pre-test and post test for attitude showed that the mean of differences was 32.68, the calculated 't' value was 10.33. The correlation index between knowledge and attitude regarding the obesity related psychosocial problems among school children in selected school was not significantly correlated with each other. **Conclusion:-** The analysis of the study revealed that there was a significant improvement in the level of knowledge and attitude of the school children. The planned teaching proved to be effective in improving the knowledge and attitude of the school children in selected school.

KEYWORDS : Obesity, psychological problems, social problems, Psychosocial problems, effectiveness.

INTRODUCTION

Obesity is one of the country's fastest-growing and most serious health issues. If you have a very high BMI, it suggests that you are much heavier than what is deemed healthy for your height.¹ Many obese patients are emotionally troubled people who have learned to employ hyperphasia as a coping mechanism for psychological problems due to the availability of the overeating mechanism in their circumstances.² Being overweight or obese can have psychological consequences such as low self-esteem and anxiety, as well as more serious conditions including depression and eating disorders like binge eating, bulimia, and anorexia.³

Half of all lifetime mental problems start before the age of 14, and 75% start before the age of 24. In India, 14-40 percent of teenage students are thought to be suffering from mental health issues.⁴ Obese youth have poorer self-esteem than their non-obese classmates, according to recent studies.⁵ Obesity is well known for increasing the risk of acquiring various health problems, as well as having an emotional impact. Obesity may raise an individual's risk of developing a psychiatric problem, and obesity may increase an individual's risk of developing a psychiatric disorder.^{6,7} Recent studies have shown that many cases of obesity are the result of such mental illnesses as depression, anxiety, post-traumatic stress disorder, binge eating disorder, and night eating syndrome.⁸

Back Ground Of The Study

India is in the midst of a full-fledged obesity problem, which is only expected to get worse in the coming years. According to a research published earlier this year, more than 135 million Indians are obese.⁹

Obesity is seen as "weak-willed" and "unmotivated" by society. Obese people are more likely to be aware of and absorb these unfavourable beliefs, putting themselves at risk for mood, anxiety, and substance addiction disorders. They perceive interpersonal and workplace prejudice, which leads to low self-esteem and unhappiness with one's own body (body image dissatisfaction).¹⁰

Social stress has been linked to obesity and metabolic problems in numerous epidemiologic studies. However, determining whether stress contributes to the development of metabolic dysfunction or is a result of metabolic dysfunction can be difficult.¹¹

Need For The Study

Obese children are more prone to suffer from psychological issues including anxiety and depression, as well as low self-esteem and a lower self-reported quality of life, as well as social issues like bullying and stigma. Obesity stigma, taunting, and bullying are all too common, and they can have substantial emotional and physical health and performance implications.¹²

Children were at high risk for obesity, according to the researcher, and they encountered physical and psychosocial difficulties as a result of their obesity, including sadness, anxiety, discrimination, low self-esteem, low confidence, and so on. Because of a lack of understanding and a negative attitude about obesity-related psychosocial difficulties, it has a significant impact on children's emotional health. As a result, the researcher is interested in raising knowledge among children about obesity-related psychological difficulties, as well as their prevention and management, in order to assist them establish a positive attitude.

OBJECTIVES OF THE STUDY

Primary Objectives:- 1. To evaluate the effectiveness of planned teaching about knowledge and attitude regarding obesity related psychosocial problems among school children in selected school.

Other objective

1. To assess the pretest level of knowledge and attitude regarding obesity related psychosocial problems among school children in selected school.
2. To assess the effectiveness of planned teaching about knowledge and attitude regarding obesity related psychosocial problems among school children in selected school.

3. To determine the association between level of knowledge regarding obesity related psychosocial problems among school children with their selected demographic variables.
4. To determine the association between level of attitude regarding obesity related psychosocial problems among school children with their selected demographic variables.
5. To find out the correlation between knowledge and attitude regarding obesity related psychosocial problems among school children in selected school.

Hypothesis:-

Primary Hypothesis :-

H₀: There is no significant difference in pre-test and post-test knowledge and attitude score of school children regarding the obesity related psychosocial problems which is measured at p<0.05 level of significance.

H₁: There is significant difference in pre- test and post- test knowledge and attitude score of school children regarding the obesity related psychosocial problems which is measured at p<0.05 level of significance.

Ethical Aspects:

- Prior permission was obtained from the institutional ethical committee.
- Prior permission from selected school was also taken.
- Written informed consents from subjects were obtained.
- Anonymity and Confidentiality was maintained throughout the study.
- A non-prejudicial treatment of individual who decline to participate and withdraw from the study after agreeing to participate.

Sampling Criteria

Inclusion Criteria

- Children in school present at the period of data collection.
- Children willing to participate in the study in selected school.
- Children understanding language English/Marathi in selected school.

Exclusion Criteria

- Children not willing to participate in the study.
- Children who are having psychosocial issues or undergone in any treatment process.

METHODOLOGY

Non probability purposive sampling technique was used to select the sample. Quantitative research approach with pre-experimental one group pre-test post-test research design was used. The data collected during the month of December 2019 among school children. Total 100 samples were selected by using sample calculation formula. After obtaining consent from the subject demographic data, structured questionnaire for knowledge and modified likert scale for attitude were administered and data were collected.

TOOLS:-

Section –A –Demographic data

It comprised of 6 items seeking information on demographic data such as age, gender, educational status, religion, family income and type of family.

Section –B –Questionnaire to assess the level of knowledge regarding the obesity related psychosocial problems consisted of 30 multiple choice questions.

Table 1 - Categorization of level of knowledge

Sr. No	RANGE	LEVEL
1	1-7	Poor
2	8-15	Satisfactory

3	16-22	Good
4	23-30	Excellent

Section –C – Likert scale to assess the level of attitude about obesity related psychosocial problem consisted of 25 statements measured in 4 response scale that is strongly agree, agree, disagree, strongly disagree.

Table 2 - Categorization of the level of attitude

LEVEL OF ATTITUDE	RANGE
Unfavourable attitude	<50%
Moderately favourable attitude	50-75%
Favourable attitude	>75%

RESULT:-

The findings of the study include, the analysis and interpretation of data collected from the school children in selected school. In this study, out of 100 subjects, most of the subjects 53 (53%) belonged to 13 to 14 years age group, the 62 (62%) subject were males, the educational status of most of the subjects 50 (50%) belongs to 7th-8th standard, majority of the subjects 82 (82%) were Hindu, 35 (35%) subjects had family income more than 30,001 per month, most of the subjects 46 (46%) belonged to nuclear type of family.

In pre test, 18% subjects had poor knowledge, majority of the subjects i.e. 70% had satisfactory knowledge, minority of the subjects 12% had good knowledge and nobody was in excellent group and majority of the subjects i.e,67% had unfavourable attitude and 33% of the subjects had moderately favourable attitude regarding the obesity related psychosocial problems and nobody had favourable attitude.

While in post test, out of 100 subjects 4% of the subjects had good knowledge and 96% had excellent knowledge about obesity related psychosocial problems and 3% of the subjects had moderately favourable attitude and majority of the subjects i.e. 97% had favourable attitude regarding the obesity related psychosocial problems .

The comparison between the mean of pretest and post test for knowledge showed that the mean of differences was 15.06, the calculated 't' value was 40.48. It showed that there was a significant improvement in the knowledge of the school children regarding the obesity related psychosocial problems.

The comparison between the mean of pre-test and post test for attitude showed that the mean of differences was 32.68, the calculated 't' value was 10.33. It showed that there was a significant improvement in the attitude of the school children regarding the obesity related psychosocial problems. so, the null hypothesis H₀ was rejected and the research hypothesis H₁ was accepted.

The correlation index between knowledge and attitude regarding the obesity related psychosocial problems among school children in selected school was not significantly correlated with each other.

CONCLUSION

The analysis of the study revealed that there was a significant improvement in the level of knowledge and attitude of the school children. The planned teaching proved to be effective in improving the knowledge and attitude of the school children in selected school.

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