



## A DESCRIPTIVE STUDY ON KNOWLEDGE REGARDING EFFECTS OF HIGH HEELED FOOT WEAR AMONG ADOLESCENT GIRLS.

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### ABSTRACT

The use of high heeled footwear is a habit increasing among adolescent girls. A descriptive study was conducted "to assess the knowledge regarding effects of high heeled footwear among adolescent girls of Karthika Thirunal Govt. Vocational and Higher Secondary School for Girls Manacaud, Thiruvananthapuram. The study objectives are to assess the knowledge of adolescent girls regarding effects of high heeled footwear, to determine the association between knowledge regarding effects of high heeled footwear and selected demographic variables. The hypothesis of our study is there will be a significant association between knowledge regarding effects of high heeled footwear with selected demographic variables. Descriptive design was used as the research design. Convenient sampling technique was adopted and selected 60 adolescent girls from higher secondary section. The tool used for data collection consisted of socio personal proforma, and questionnaire to assess the knowledge regarding effect of high heeled footwear. The data was collected by self reporting method. Data were tabulated and analyzed by using descriptive and inferential statistics. Result showed that, there is significant association between knowledge and age, knowledge and monthly income, knowledge and type of family, knowledge and occupation of parents and no significant association between knowledge and area of residence .

**KEYWORDS :** adolescent girls, Knowledge, high heeled footwear, effects .

### INTRODUCTION :

High heels are considered as a part of our fashion life, especially among adolescents. They are always imitating celebrities fashion. The effects of high heels mostly affect adolescent girls rather than adult women, because they are finding new modalities in their walking and cosmetics styles. But in some instances use of high heels aims at competitive winning of men and women at high tech companies for getting better compliments.

A total of 3294 representing as estimated 123,355 high heel related injuries well treated in emergency departments within the united states from 2002 to 2012. over all rate of high heel related injuries for the study was 7.32 per 100000 females (95% confidence interval 7.08-7.56) The injury rate was greatest rate observed for those aged 20-29yrs (18.38 per 100000 females) and those aged 30-39yrs (11.07 per 100000 females). The results from the present study suggest that high heel related injuries have nearly doubled during 11 year period from 2002-2012. Injuries from high heels are differential by body region, with most injuries occurring as sprains and strains to the foot and ankle. Although high heels might be stylish from a health stand point, it could be worthwhile for females and those interested in wearing high heel to understand the risks of wearing high heeled shoes and the potential harm that precious activities in high heeled shoes can cause. The results of the present study can be used in development of a prospective cohort study to investigate the risk of injury from high heeled shoes, according for the exposure line and studying differences in demographics.

The number of adolescent girls wearing high heeled footwear has increased now a day. A descriptive study was conducted by M.A Maarau (2015) at Egypt revealed that 68% of the business women prefer wearing high heels because they believe that it gives them more tall and attractiveness.

We felt that adolescent girls are the most vulnerable group revealed use of high heeled footwear because at this stage, there is intense growth and development of the musculoskeletal system. When the foot slants forward, a much greater weight is transferred to the hall of the foot and the toes, increasing the likelihood of damage to the underlying soft tissue that supports the foot. In many shoes, style dictates function either compressing the toes or foreign them together, possibly resulting in blisters, corns, hammer toes, bunions (hallux valgus) Mortons neuroma, plantar fasciitis and many other medical conditions, most of which are permanent and

require surgery to alleviate the pain. High heels because they tip the foot forward put pressure on the lower back by making the rump push outwards, crushing the lower back vertebrae and contracting the muscles of the lower back.<sup>(10)</sup>

According to podiatrists, high-heeled shoes are one of the most common causes of ingrown toenails. This toenail problem, which occurs when the toes are compressed so that the big toenail grows into the skin, is usually nothing more than a painful annoyance. But ingrown toenails can become infected, sometimes necessitating the removal of the entire nail. But heels can harm more than just the toes.<sup>(11)</sup>

Hence we felt a need to assess knowledge among adolescent girls, regarding the effects of high heeled footwear .

### Literature related Summary .

A comparative study was conducted by A. Milka et al on 2012; evaluate the change in electromyography (EMG) activity of the erector spine muscles and pelvis kinematics during gait while wearing low- and high-heeled shoes in both young and middle-aged adult women. The study was conducted in 31 young women (20-25 yrs) and 15 middle-aged women (45-55 yrs) without back pain, the EMG activity of the erector spine muscle and pelvis kinematics in the sagittal, frontal, and transverse planes were assessed. The result shows that in younger women, significant differences in lumbar erector spine EMG activity in association with increased heel height. In middle-aged women, significantly higher lumbar erector spine EMG activity was noted during gait with high-heeled shoes compared with gait without shoes.

An article published by American podiatric medical association in journal proposed that use of high heeled under the heading of regarding the number on how much we suffer, and why we wear high heeled shoes on 2009. They were surveyed 503 women about their high heel habits. 72% of women wear high-heeled shoes (39% wear heels daily, while 33% wear them less often). 59% report toe pain as a result of wearing uncomfortable shoes; 54% report pain in the ball of the foot.

### Study Materials and Methods :

Research Approach of study was Non-experimental quantitative research approach. The study adopt a non experimental descriptive design among 60 adolescent girls selected by Convenient sampling. The setting of the study was Karthika Thirunal Govt. Vocational and Higher Secondary

School for Girls, Manacaud, Thiruvananthapuram. Adolescent girls who are willing to participate in the study and Adolescent girls of higher secondary section present during data collection are included in the study. The adolescent girls who had attended ill effects of high heeled foot wears related classes with in six months were excluded from the study.

Dependent Variables are Knowledge regarding effects of high heeled footwear where as are Demographic variable such as age, area of residence, monthly income, type of family and occupation of parents are Attribute Variables. The tools used are Section A is Socio-personal Proforma and Section B is Self administered questionnaire to assess knowledge regarding effect of high heeled footwear.

#### Data collection procedure :

By the approval of ethical committee and principal of SPFORT College obtained a written consent from the authorities, and selected 60 samples by convenient sampling technique. The benefits of the study was explained by the investigator to the participants as well as their parents and also Informed consent were taken from the participants and their parents. Self administered questionnaire were given to samples and 30 minutes given for them to complete it. Followed a structured teaching programme was given to the higher secondary adolescent girls with the help of AV aids.

#### RESULTS AND DISCUSSIONS:

Frequency and percentage were used for analysis of demographic variables and knowledge on effect of high heeled footwear among adolescent girls of higher secondary section. Chi-square was used to determine the association between the knowledge and selected socio- demographic variables.  $\text{Chi-square} = \sum (O-E)^2$  Where, O= observed frequency, E= expected frequency. The study findings reveals that 26.67% of adolescent girls have good knowledge level, about 68.33% have average knowledge level and 5% have poor knowledge of effect of high heeled shoes. According to socio demographic data, majority of the girls are belonging age between to 17 – 18 years and also from urban areas. Mostly they belong to below Rs.5000 income and (38.3%) belong to 5000-10000 range of income group. Considering the parent occupation, 6.67% of the parents of adolescent girls belong to govt. employee division, 16.67% belong to private employee and 76.66% belong to other works. The study findings shows that there is an association between knowledge and area of residences.

An experimental study was conducted by Chang Minlee et al on 2007 to assess the inference of high heeled shoes in static balance among young women. Fifty-three women between 18 and 30 years of age and accustomed to wearing high-heeled shoes participated in the study. Here in this study most of participants are in the age group between 17 to 18 years and also a very few belongs good knowledge. Most of them have adequate knowledge.

The study is limited only sixty adolescences are involved in the study and Convenient sampling is adopted for recruiting the participants, hence generalisation is not possible.

#### Summary :

Based on the finding of the study the following conclusions were drawn, Adolescent girls having adequate knowledge regarding effects of high heeled footwear. There was a significant association between knowledge and demographic variables such as area of residences.

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