



**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON LEVEL OF KNOWLEDGE REGARDING OBESITY AND ITS ILL EFFECTS ON HEALTH AMONG ADOLESCENTS STUDENTS AT SREE VIDHYADHIRAJA VIDHYANILAYAM HIGHER SECONDARY SCHOOL, NEYYATTINKARA**

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**ABSTRACT**

A pretest study with one group pretest and posttest design without control group and experiment approach was under taken at sree vidhyadhiraja vidhyanilayam higher secondary school Neyyattinkara on 29-05-2017 and the post test done along with that. The data were collected from 100 students through convenient sampling technique to assess the knowledge regarding obesity and its ill effects on health through closed end questionnaire. Findings revealed that height percentage (74%) of students were in the age group of 14-15 years and highest percentage (58%) of students were males, and highest percentage of (58%) are in rural residence, students were Hindu, and highest percentage of (65%) students were and highest percentage of (91%) of students are have mixed food habits. Out of 100 sample taken, during the pretest only one have good knowledge level and zero of them have very good knowledge. Where as in posttest knowledge 36 students have very good knowledge and 36 students have good knowledge. Highly significant differences was found between pretest and posttest knowledge scores and significant association was found between the pretest scores when compared to the demographic variables.

**KEYWORDS :** Assess, Effectiveness, Level of knowledge, structured teaching programme, Obesity

**INTRODUCTION**

Obesity is a problem that has reached epidemic proportions in the developed world. Obesity and overweight among children have significant long term health consequences such as adult obesity higher levels cholesterol, high future incidence of 'Coronary Artery Disease'. In India, the emergence of obesity related childhood changes is a present cause for cancer, because of recent changes in the lifestyle and environment. Nationally representative data on this subject from India is lacking. The objective of the study was to find out the knowledge regarding obesity and its ill effects on health among school children among different socioeconomic status. But regardless of the reasons for the rise in obesity, maintaining healthy weight ultimately comes down to balancing the number of calories that eat and drink and number of calories, that burn through the exercise and everyday activities. Every day we make choices to eat differently, moves our bodies more and enjoy a healthier life.

**MATERIALS AND METHODS**

The research approach selected for the study is quantitative evaluative approach and the design selected for the study is one group pretest and posttest design. The research setting of the present study was sree vidhyadhiraja vidhyanilayam higher secondary school, neyyattinkara. The sample selected for the present study was adolescent girls in sree vidhyadhiraja vidhyanilayam higher secondary school, neyyattinkara. The sample selected for the study was 40 adolescent girls in sree vidhyadhiraja vidhyanilayam higher secondary school, neyyattinkara. Convenient sampling technique is used for the study. We obtained permission from the principal of NIMS College of Nursing Neyyattinkara to conduct a research study at sree vidhyadhiraja vidhyanilayam higher secondary school, neyyattinkara. We selected 40 samples by using 40 samples by using questionnaire. Then we had given structured teaching programme regarding importance of obesity and its ill effects on health among adolescents PowerPoint presentation, leaflets, charts, posttest was conducted on the same batch itself. The data is obtained and organized tabulated and analysed by using descriptive and inferential statistics.

**RESULTS**

With the results which was based on the findings obtained from statistical analysis. The study was conducted to assess the effectiveness of structured teaching programme regarding the importance obesity and its ill effects on health among adolescents students. so  $H_1$  was accepted and there is an

significance association between level of knowledge on obesity and its ill effects on health among adolescents students in there selected demographic variables.

**DISCUSSION**

The present study was focuses on to assess the effectiveness of structured teaching programme on level of knowledge regarding the importance obesity and its ill effects on health among adolescents students. The first objective of the study was to assess the level of knowledge on importance obesity and its ill effects on health among adolescents students and the study results revealed that most of them have average knowledge 57.5% and 32.5% having poor knowledge on pretest. Most of them have average knowledge 57.5% and 17.5% under good knowledge on post test.

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