Original Research Paper

Nursing

ASSESS THE RELATIONSHIP BETWEEN KNOWLEDGE ABOUT NUTRITIONAL STATUS AND BODY IMAGE PERCEPTION AMONG ADOLESCENT GIRLS.

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ABSTRACT

Background: Adolescent's nutrition is important for supporting the physical growth of the body and for preventing further health problems. Any nutritional deficiency experienced during this period of life can critically affect the future development of the individual and their off-springs. Teenage girls lack adequate knowledge about how to maintain a healthy food habits, even though they are mature enough to take up the responsibility of their nutritional intake. Bringing attention to a positive body image perception among adolescent students can have an impact on their health outcomes and nutritional health behavior.

Materials & Methods: Structured knowledge questionnaire and checklist was administered to the subjects to collect the data regarding nutritional knowledge and body image concept. Pearson's correlation test revealed that there is no significant relationship between the knowledge and the perception. Chi-square test and fisher's exact test was used to find out the association between knowledge about the nutritional status and body image perception.

Result & Conclusion: The finding of the study showed that there is no significant relationship between knowledge about the nutritional status and body image perception. And also found that there is a significant association between age of the student and body image perception. It was also witnessed that there is significant association between the educational status of mother as well as type of family on knowledge about nutritional status of adolescent girls.

KEYWORDS :

Introduction

Adolescence is the transition period between childhood and adulthood, a window of opportunity for the improvement of nutritional status and correcting poor nutritional practices. During this time, physical changes may affect the body's nutritional needs, while changes in one's lifestyle may affect eating habits and food choices.

Adolescent's nutrition is important for supporting the physical growth of the body and for preventing further health problems. Failure to consume an adequate diet can result in delayed sexual maturity and delayed or retarded physical growth. Adolescent girls are particularly vulnerable to malnutrition because they are growing faster than other stages of life. They need protein, iron and other micro-nutrients to support the growth spurt and meet the body's increased demand for iron during menstruation.

Body image perception is a person's perspective about their own physical appearance or how they look like. Adolescent girl who are subjectively distort their body image or there is a mismatch between their image and the environment are at risk of many serious psychiatric disorders. Many adolescent girls believe that physical appearance is a major part of their self-esteem and their body is a major sense of self. The experience of body dissatisfaction can be lead to poor eating habits and low self-esteem.

Materials & Methods

A quantitative evaluative approach was used for this study to assess the relationship between knowledge about nutritional status and body image perception among adolescent girls. 100 samples were selected by using purposive sampling technique. Pearson's correlation test revealed that there is no significant relationship between the knowledge and the perception. Chi-square test and fisher's exact test was used to find out the association between knowledge about the nutritional status and body image perception.

Conceptual Framework based on Pender's Revised Health Promotion Model was used for this study. The target population was adolescent girls between 16 - 18 years who were selected by purposive sampling method. This study was limited to 100 adolescent girls who study in 1st and 2nd PUC classes selected from a rural college Kanachur Institute of Management and Science in Mangaluru. The data collection instruments were Tool 1: Demographic proforma, Tool 2: Checklist to assess body image perception and Tool 3: Structured questionnaire to assess knowledge regarding nutritional status.

Results

Correlation between body image perception and knowledge on nutritional status

Variables			Perception	Knowledge
Perception on Body Image	Pearson's Correlation		1	.221*
	Sig. (2-Tailed)			.027
	N		100	100
Knowledge on Nutritional Status	Pearson's Correlation		.221*	1
	Sig .(2-Tailed)		.027	
	N		100	100

Correlation is significant at the 0.05 level (2-tailed).

To find out the relationship between knowledge and perception Pearson's correlation was used. Knowledge and perception are significant at 5% level. The 'r' value was 0.122 and 'p' value was 0.227. Since the 'p' value is more than 0.05 there is no relationship between knowledge about the nutritional status and body image perception. So H_1 is rejected.

Level of body image perception and knowledge on nutritional status

Graph-1: Level of body image perception and knowledge on nutritional status

	GOOD	MODERATE	POOR
KNOWLEDGE	11%	76%	18%
PERCEPTION	45%	47%	8%
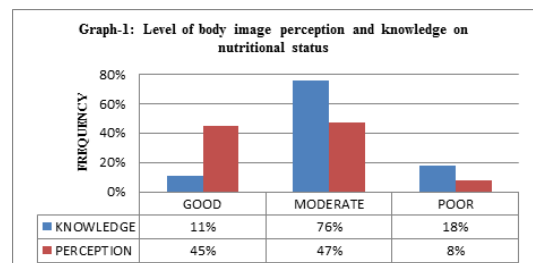
Association between the knowledge on nutritional status score and body image perception with the selected demographic variables

There is significant association between demographic characteristics and body image perception among adolescent girls in case of age of the students when the 't' value was 9.57 which was

greater than the calculated value 2.92 at 0.05 level significance (p<0.05).And there is significant association between weight and the perception on the body image where the't' value is 8.358 which was greater than the calculated value of 2.92 at 0.05 level significance (p<0.05)

Moreover, there issignificant association between demographic characteristics and knowledge about the nutritional status among the adolescent girls in case of educational status of mother as well as the type of family. When the calculated′ is 9.469 and 12.197 respectively, which were carrying greater of table value 2.92 at 0.05 at significance.

DISCUSSION
In present study age of adolescent girls have a significant association between body image perceptions. When the calculated't' value is 9.57 which was greater than the table value 2.92 at 0.05 level significance. The present study findings are supported by a study done by Dr. N Ganga Nagamani, Dr.AKrishnaveni on nutritional status among adolescent girls in urban slums of vishakhapatanam city, Andrapradhesh.

The findings in the present study show that, no significant relationship between level of knowledge about the nutritional status and the body image perception among adolescent girls.A study was conducted among adolescent girls on eating behaviors and body weight concern by Nadirs Malik and Subha Roy, Susmitha, factors like family environment and peer pressure ,socio -cultural , media habits ,eating away from home, concern over body image ,gender and age are influencing body image[20]

CONCLUSION
NURSING IMPLICATION
The various areas where the present study can implement are nursing education, nursing practice, nursing research and nursing administration.

NURSING EDUCATION
Nursing professionals should have concrete awareness of the existing knowledge about nutritional status and the body image perception among adolescent girls. So that they can provide education to the adolescent girls. And make them chose an appropriate diet pattern to maintain proper health.

NURSING SERVICE
The nurse has responsibility to assess the nutritional status of the adolescent girls and the major role in identification of the nutritional requirement of a teenager, problems related to the imbalanced nutrition and the factors accelerate nutritional imbalance. Identification of problems will help for the provision of nutrition health service to the adolescent girls.

The present study it revealed that demographic proforma, checklist on body image perception and structured nutritional questionnaire are effective methods to assess the relationship between knowledge about nutritional status and body image perception in adolescent age group.

NURSING RESERCH
The ultimate purpose of nursing is to provide high quality care. Nurses need to engage in research activities in order to improve the knowledge and by implementing it in health care industry. Researcher can improve the knowledge, skill, and attitude of nurses through their findings where the ultimate improvement in standards of nursing profession takes place.

NURSING ADMISTRATION
Health administration should have awareness about nutritional health and the problem related to imbalanced nutrition. The nursing administrators must be aware of the relationship between knowledge about nutritional status and the body image perception among the adolescent girl. The nurse administrator should plan to give education to the adolescent girls and their parents about the nutritional intake and health.

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