



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ON KNOWLEDGE REGARDING POCRESCOPHOBIA AMONG JUNIOR COLLEGE STUDENTS IN SELECTED INSTITUTIONS

Nursing

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ABSTRACT

Pocrescophobia or obesophobia is an intense fear of gaining weight, which regulates an individual's eating habits and may lead to psychological disorders such as anorexia nervosa and bulimia. Adolescence is a vulnerable period marked by rapid physical growth, emotional changes, and sociocultural pressure related to body image, making junior college students more prone to fear of obesity and eating disorders. Limited knowledge regarding pocrescophobia and its consequences may result in unhealthy dietary practices and psychological distress. Hence, the present study was conducted to assess the effectiveness of planned teaching on knowledge regarding pocrescophobia among junior college students in selected institutions. **Objectives:** To assess the existing knowledge regarding pocrescophobia among junior college students, to evaluate the effectiveness of planned teaching on knowledge regarding pocrescophobia, and to associate the post-test knowledge score with selected demographic variables. **Methodology:** A quantitative research approach with a pre-experimental one-group pre-test post-test research design was adopted. Non-probability convenient sampling technique was used to select 80 junior college students aged between 16–19 years from selected institutions. Data were collected using a structured knowledge questionnaire. Planned teaching regarding pocrescophobia was administered after the pre-test, and post-test assessment was conducted on the seventh day using the same tool. Descriptive and inferential statistics were used for data analysis. **Result:** The findings of the study revealed that there was a significant improvement in post-test knowledge scores compared to pre-test knowledge scores, indicating that the planned teaching was effective in improving knowledge regarding pocrescophobia among junior college students. **Conclusion:** The study concluded that planned teaching is an effective method to improve knowledge regarding pocrescophobia among junior college students. Educational interventions can help in reducing fear related to weight gain and promote healthy attitudes toward body image among adolescents.

KEYWORDS

Planned Teaching, Knowledge, Pocrescophobia, Junior College Students.

INTRODUCTION

Pocrescophobia or obesophobia is an extreme and irrational fear of gaining weight. While general concern for body image is common among adolescents, pocrescophobia results in extreme behaviors including starvation, compulsive exercising, and avoidance of social or food-related situations. Despite being underweight, individuals continue to perceive themselves as fat.¹ The term originates from the Greek words “obese” meaning fat and “phobia” meaning fear. Untreated pocrescophobia can manifest into body dysmorphic disorder, obsessive-compulsive disorder, anorexia, bulimia, and depression.²

According to WHO, more than 1.2 billion people globally are overweight. India alone accounts for nearly 3 crore obese individuals. Adolescents constitute a particularly vulnerable group due to rapid physical, psychological, and emotional changes. Unrealistic beauty standards, social media influence, and peer pressure lead many adolescents to develop unhealthy dieting patterns.³

Eating disorders among adolescents cause significant physical and psychosocial impairment. Misconceptions, lack of awareness, and delayed recognition worsen outcomes.⁴ Therefore, improving knowledge levels through structured teaching is crucial to promote healthy body image and prevent eating disorders.

Thus, this study focuses on assessing and improving knowledge regarding pocrescophobia among junior college students.

BACKGROUND OF THE STUDY

Weight-related fears and unhealthy dieting practices are increasingly common among adolescents. Obesity and eating disorders are global health concerns influenced by sedentary lifestyle, high-calorie diets, peer pressure, and socio-cultural beauty standards. Studies show that adolescents often develop anxiety related to body shape and weight, leading to practices such as skipping meals, starvation, and extreme exercising.⁵

Pocrescophobia, or the fear of weight gain, can arise from constant exposure to slim body ideals. Adolescents may develop pathological

behaviors that can progress into severe eating disorders if untreated. India is witnessing an increase in obesity prevalence among school and college students due to major lifestyle changes.⁶

The researcher observed during community postings that many adolescent girls feared becoming obese but lacked proper knowledge about healthy dietary habits and exercise. This inspired the investigator to evaluate the effectiveness of planned teaching on pocrescophobia among junior college students.

Need For The Study

Pocrescophobia is associated with extreme behavioral and psychological disturbances. Adolescents with inadequate knowledge may adopt harmful practices that can lead to serious health consequences. WHO identifies obesity and weight-related disorders as major public-health concerns affecting both physical and mental health.⁷

Early identification, awareness, and educational interventions are essential for preventing complications associated with eating disorders. Adolescents form a critical group where preventive measures can have long-term effects. The researcher recognized the need to educate this population regarding healthy dietary habits and misconceptions about weight gain.⁸ Hence, the study aimed to evaluate how planned teaching influences knowledge about pocrescophobia among adolescents.

OBJECTIVES

PRIMARY OBJECTIVE

1. To evaluate the effectiveness of planned teaching on knowledge regarding pocrescophobia among junior college students in selected institutions.

SECONDARY OBJECTIVES

1. To assess the existing knowledge regarding Pocrescophobia among junior college students in selected institutions.
2. To evaluate the effectiveness of planned teaching on knowledge regarding Pocrescophobia among junior college students in selected institutions.

3. To associate the post-test knowledge score regarding Porescophobia among junior college students with their selected demographic variable.

Review Of Literature

A cross-sectional study was conducted to examine the increasing trend of obesity among adolescents in rural Wardha. The study aimed to determine the prevalence of obesity in the adolescent population attending PHC Anji, District Wardha, Maharashtra. A total of 405 adolescents were randomly selected. Among them, 182 (44.9%) were males and 223 (55.1%) were females. The findings showed that 5.4% of participants were overweight (85th–<95th percentile), 59.3% had a normal BMI (<85th percentile), and 35.3% fell into the thin category (<5th percentile). Additionally, only 2.2% of adolescents had a waist circumference above the cut-off value (>90th percentile). The study concluded that the rising prevalence of obesity in rural communities is a matter of concern. Early detection of cardiometabolic risk factors is essential to prevent or delay the onset of metabolic syndrome, diabetes, and cardiovascular diseases.⁹

A survey study was conducted on to estimate prevalence of obesity and its risk factors in adolescent school children in western Maharashtra, India in Kolhapur in 2018. The objectives to estimate prevalence of obesity and its risk factors in school students of age group 11 to 16 years. The study was carried out on 207 adolescent school children from selected school. The data was collected from the questions about demographic characteristics with the statistical analysis MS Excel and SPSS 16. Result showed that among participants 58.9% were boys, 66.7% students were in the 13 to 14 yrs. of age group as per BMI 46.9% children were underweight and 8.7 were obese, 77.3% participants were eating junk food more than once in a week. Here the study recommended that health education on dietary habits and physical activity was needed for adolescent children to prevent development of obesity and complications related to it.¹⁰

METHODOLOGY:

Research Approach: Quantitative research approach

Research Design: Pre experimental one group pretest posttest design. The design may dramatically represent as below.

Table: Shows Assessment Of Pretest And Posttest Knowledge.

Group	Pre test	Intervention	Posttest
Pre experimental group	O ₁	X	O ₂

O₁ = Pre-test assessment of knowledge of group.

X = Administration of planned teaching regarding porescophobia among junior college students in selected institutions.

O₂ = Post-test to evaluate the level of knowledge about porescophobia among junior college students in selected institutions.

Setting: The study was conducted in selected junior college.

Study Duration: 18 Month

Study Population:

- **Target population:** The target population of the study was junior college students.
- **Accessible population:** The accessible population of the study was junior college students belong to age group 16-19 years.

Sample Size:

The sample consists of 80 junior college students.

Sampling Technique:

Non probability convenient sampling technique

Method Of Selection Of Study Subject (Eligibility Criteria)

Inclusion Criteria

- 1) Age-group of 16-19 yrs.
- 2) Subjects who could read and write English.

Exclusion Criteria

- 1) Subjects who were absent at the time of study.
- 2) Subjects who did not fulfill the criteria of age.
- 3) Subjects who had gone through the educational programme regarding porescophobia.

Research Variable

Independent Variable: Planned Teaching

Dependent variable: In this study level of knowledge regarding porescophobia among junior college students in selected institution.

Extraneous variable: Demographic variable such as age, religion, education, family income of women.

Ethical Aspects

- Prior permission will be obtained from the institutional ethical committee.
- Prior permission will be obtained from the college authorities.
- Prior permission is to be taken from principal of selected college.
- Informed written consent will be obtained from the study subjects.

Data Collection Procedure

Prior permission was obtained from the institutional ethical committee and the principal of the selected institutions. The purpose of the study was explained to the subjects and informed written consent was obtained. Confidentiality was assured and the subjects were informed about their right to withdraw from the study at any time. On day one, a pre-test was conducted using a structured knowledge questionnaire to assess the knowledge regarding porescophobia among junior college students. Planned teaching regarding porescophobia was administered on the same day. Post-test assessment was conducted on the seventh day using the same structured knowledge questionnaire to evaluate the effectiveness of planned teaching.

RESULT

The findings of the study revealed that most of the subjects (37.5%) were in the age group of 16–17 years, the majority were females (78.7%), belonged to the Hindu religion (77.4%), and lived in nuclear families (56.2%). Most subjects had a monthly family income between ₹15,001–₹20,000 (40%), followed a vegetarian diet (52.5%), and obtained information mainly through mass media (70%). Pre-test findings showed that the majority of subjects (61.3%) had a good level of knowledge regarding porescophobia, with a mean score of 13.62 ± 3.139 . After the planned teaching programme, there was a marked improvement in knowledge, with most subjects attaining very good (62.5%) and excellent (37.5%) levels of knowledge, and a higher mean post-test score of 23.86 ± 1.874 . The paired 't' test showed a statistically significant difference between pre-test and post-test knowledge scores ($t = 26.261$, $p < 0.05$), confirming the effectiveness of the planned teaching programme. No significant association was found between post-test knowledge scores and demographic variables such as age, religion, type of family, monthly family income, and dietary habits, while gender showed a significant association. Overall, the findings indicate that the improvement in knowledge was mainly due to the planned teaching programme.

Table No. 1: Effectiveness of planned Teaching Programme on Knowledge Score (Pre-test vs Post-test).

Overall	Mean	SD	Mean Difference	t-value	p-value
Pre-Test	13.62	3.139	10.23 ± 3.486	26.261	0.0001
Post-Test	23.86	1.874			S.P<0.05
P<0.05 level *significant					

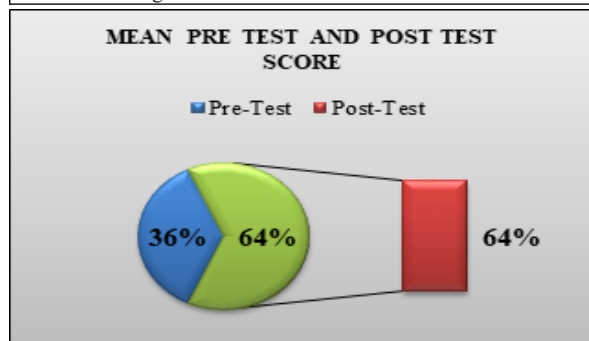


Figure No. 1: Effectiveness Of Planned Teaching Programme On Knowledge Score (Pre-test vs Post-test)

DISCUSSION

The study findings showed that post-test knowledge scores were higher than pre-test scores following the planned teaching programme,

indicating improvement in knowledge regarding pocrescophobia among junior college students. The difference between pre-test and post-test knowledge scores was statistically significant at the 0.05 level, confirming the effectiveness of the planned teaching. No significant association was found between knowledge scores and selected demographic variables, suggesting that the improvement in knowledge was mainly due to the educational intervention.

CONCLUSION

The study concluded that the planned teaching programme was effective in improving the knowledge regarding pocrescophobia among junior college students. No significant association was found between knowledge scores and selected demographic variables. Hence, the written prepared material in the form of planned teaching developed by the investigator proved to be effective in enhancing knowledge regarding pocrescophobia.

RECOMMENDATIONS

Educational programmes on pocrescophobia should be conducted at primary and community health settings. The study may be replicated with a larger sample and in different settings for wider generalization. Further studies using different teaching strategies and experimental designs are recommended to assess the effectiveness of structured teaching on pocrescophobia.

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