



“A Study To Evaluate Effectiveness Of Structured Teaching Program On Knowledge Regarding Anorexia Nervosa Among Late Adolescent Girls In Selected Nursing College.”.

¹Ms.Sanjivani Pawar, ²Dr. Bharti Weljale,

¹Final year MSc, ² Principal

¹Psychiatric Nursing, ²Obstetrics and Gynecology Nursing,

Phd

S. N. D. Collage of Nursing, Yeola, Nashik, India

Abstract: **Aim:** The study aims to find the of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls. **Problem statement:** “A study to evaluate effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls in selected nursing college.”. **Primary objective:** the primary objective of study was to find out the effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls. **Secondary objective:** 1. To assess the existing level of knowledge regarding anorexia nervosa among late adolescent girls. 2. To evaluate the effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls. 3. To find out association between the pre-test level of knowledge regarding anorexia nervosa among late adolescent girls with their selected demographic variables. **Method:** A pre-experimental one group pre-test post-test study research design use for the study. It was conducted over 60 late adolescent girls by using non probability convenient sampling technique. **Result:** The mean pretest score was 7.1 ± 1.41 whereas the mean post-test score was found out to be 14.5 ± 0.94 . The mean difference was found out to be 7.4 with the standard deviation of mean difference was found out to be ± 0.219 . The calculated ‘t’ value was found to be 23.72 with ‘p’ value 0.0001* which is highly significant concluding that the structured teaching program was found to be effective in improving level of knowledge regarding anorexia nervosa among late adolescent girls. There was no any significant association of pre-test knowledge regarding anorexia nervosa among late adolescent girls with selected demographic variables. **Interpretation and conclusion:** The study was conducted to evaluate effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls in selected nursing college. The finding showed that the structured teaching program was effective in improving level of knowledge regarding anorexia nervosa among late adolescent girls. This will be helpful for community education as well. **Keywords:** evaluate, effectiveness, structured teaching program, knowledge, anorexia nervosa, late adolescent’s girls.

INTRODUCTION

Late adolescence, typically defined as ages 18–21, is a time of increased independence and identity exploration, which makes individuals particularly vulnerable to mental health challenges, including eating disorders. Among these, anorexia nervosa stands out as one of the most serious and life-threatening psychiatric illnesses¹. Nutrition is required to sustain life, and most individuals acquire nutrients from eating food; however, nutrition and life sustenance are not the only reasons most people eat food. Eating is the social activity; seldom does an event of any social significance occur without the presence of food. Hence, society and culture have a great deal of influence on eating behavior's. The term anorexia nervosa is derived from the Greek term from “loss of appetite” and Latin word implying nervous origin.” Anorexia Nervosa is a syndrome characterized by three essential criteria. The first is a self-induced starvation to a significant degree: the second is restless derived for thinness and the third is presence of medical signs and symptoms resulting from starvation². Anorexia Nervosa is common among teens; 10% of adolescent girls have anorexia, boys and men can also develop, but less often than girls and women; 1% of older adults and women have anorexia. However, it can be well before even puberty or well after that, even starving in midlife or beyond. It occurs much more often in females as compared to males. The common age of onset is adolescent (13 – 19 years of age).⁷

BACKGROUND OF THE STUDY

Globally, the burden of anorexia nervosa is growing. Although once thought to be more prevalent in Western societies, recent studies indicate a significant rise in cases across non-Western countries, including India. This rise is attributed to urbanization, increased exposure to Western media, changing beauty ideals, and a growing emphasis on slimness as a standard of attractiveness. Indian society is undergoing rapid transformation, and adolescents, especially females, are increasingly subjected to societal pressures regarding appearance, performance, and conformity to ideal body standards.⁹

NEED OF THE STUDY

Anorexia Nervosa occurs in approximately 0.5% to 3.7% of the female population. Its onset is usually between 13 to 20 years of age, but the illness can occur in any age group, including the elderly and pre pubertal children. Anorexia nervosa is also seen in male, who are thought to make up only 5% to 10 % of the anorectic population. The mortality from anorexia nervosa is estimated to be approximately 50%. The number of people with anorexia nervosa who fully recover is small. Although some patients improve symptomatically over time most continue to have disturbances with body image, distorted eating, and other psychiatric problems.¹⁴

Problem statement

“A study to evaluate effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls in selected nursing college.”

Objectives:

Primary objective: The primary objective of study was to find out the effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls.

Secondary objective: 1. To assess the existing level of knowledge regarding anorexia nervosa among late adolescent girls.

2.To evaluate the effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls.

3.To find out association between the pre-test level of knowledge regarding anorexia nervosa among

late adolescent girls with their selected demographic variables

Hypothesis

H1: There will be significant difference between the pre and post-test knowledge regarding anorexia nervosa among late adolescent girls.

H01: There will be no significant difference between the pre and post-test knowledge regarding anorexia nervosa among late adolescent girls.

H2: There will be significant association between the pre-test level of knowledge regarding anorexia nervosa among late adolescent girls with their selected demographic variables.

H02: There will be no significant association between the pre-test level of knowledge regarding anorexia nervosa among late adolescent girls with their selected demographic variables.

REVIEW OF LITERATURE

- **Studies and literature related to anorexia nervosa**
- **Studies and literature related to impact of anorexia nervosa in adolescent girls.**
- **Studies and literature related to risk factors, prevention, management on anorexia nervosa**
- **Studies related to effectiveness of educational program on knowledge regarding anorexia nervosa among girls**

RESEARCH APPROACH

A quantitative-evaluative approach was used to assess the effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls in selected nursing college.

RESEARCH DESIGN

A pre-experimental one group pretest post-test design was taken into consideration to assess the effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls in selected nursing college.

POPULATION

Target population: late adolescent girls (17-19 years) in selected nursing college.

Accessible population: peoples available for the present research study were the accessible population.

SAMPLING

Sample: late adolescent girls (17-19 years) in selected nursing collage.

Sampling technique: non probability convenient sampling technique

Data and Sources of Data

The procedure of data collection was done over a period of 2 months in selected college. A permission for conduction of the study was obtained from the principal of selected nursing college. The participants under the study were introduced about the nature and purpose of the study and an informed consent were obtained from the subjects. Pre-test was done for assessment of knowledge regarding anorexia nervosa among late adolescent girls. A structured teaching program on anorexia nervosa was provided as an intervention among late adolescent girls. Post test was done on day 5 post intervention to assess pre-test level of knowledge regarding anorexia nervosa among late adolescent girls. The data collection for the main study was done over 2 months from 01/11/24 to 31/1/25.

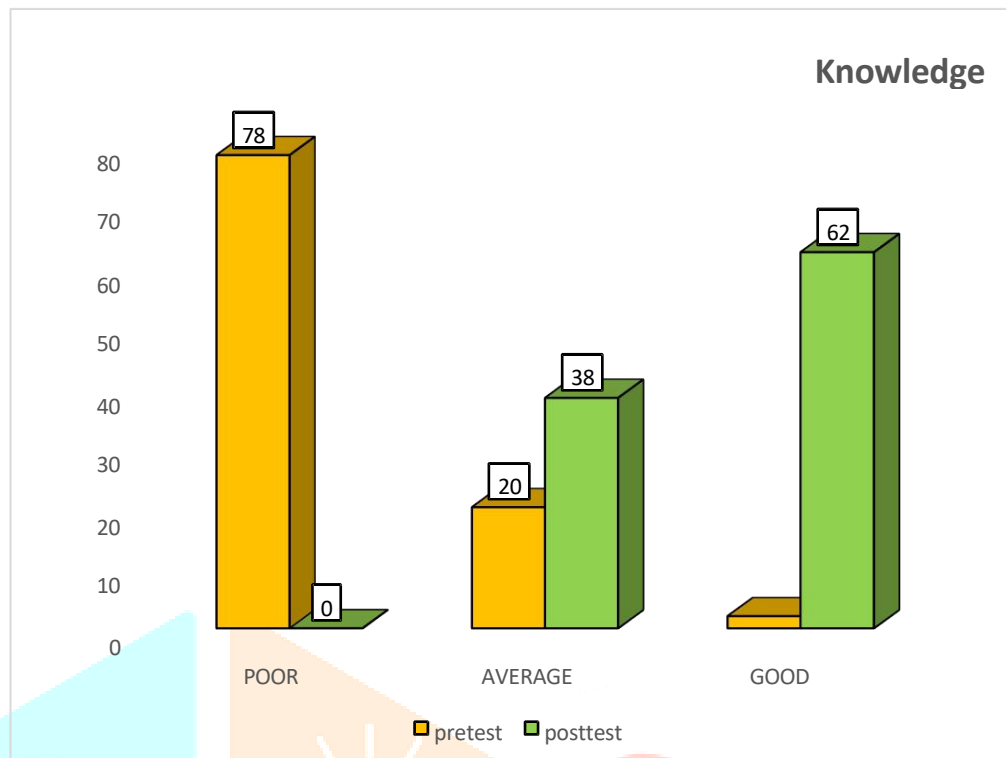
PLAN FOR DATA ANALYSIS

- The demographic variables were analyzed by using descriptive statistics (frequency and percentage).
- The pre-test and post-test level of knowledge regarding anorexia nervosa among late adolescent girls (mean, standard deviation).
- The effectiveness of structured teaching program on level of knowledge regarding anorexia nervosa among late adolescent girls was analyzed by using inferential statistics (Mean differences, paired 't' test)
- Association between pre-test level of knowledge regarding anorexia nervosa among late adolescent girls their selected demographic variables was analyzed by (chi square analysis).
However, the tabulated data were planned to analyze underfollowing heading –

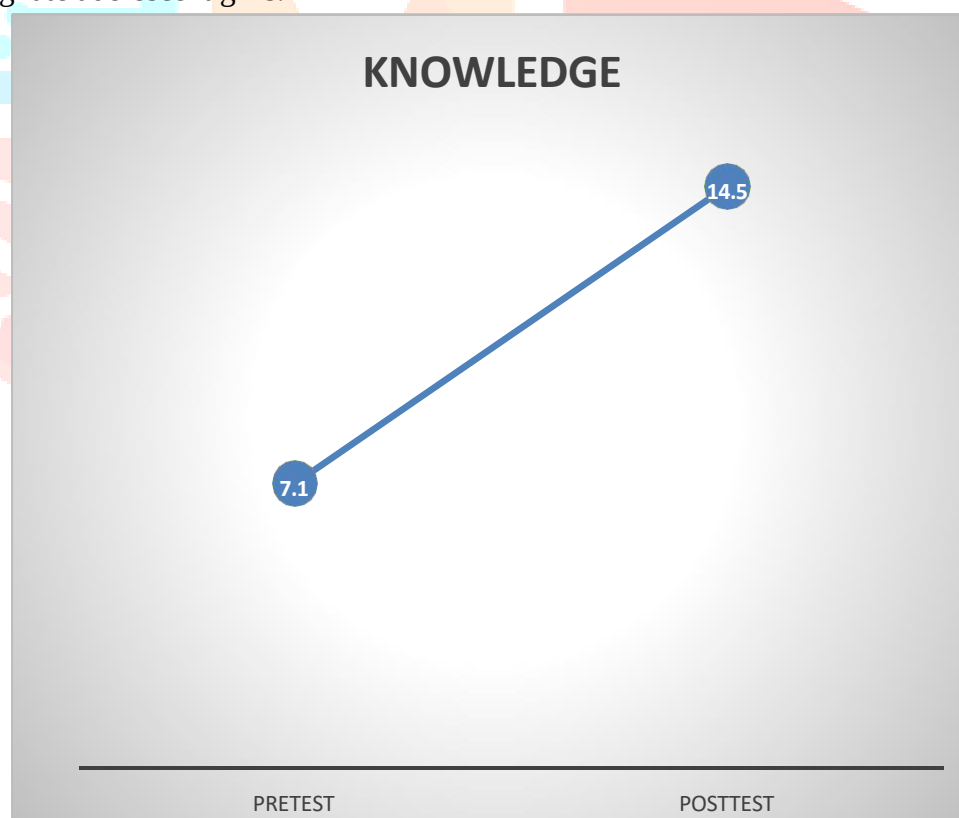
SECTION – I: Distribution on demographic variables of late adolescent girls.

S N	Demographic variable		Frequency	Percentage
1.	Age	17 years	20	33
		18 years	29	48
		19 years	11	19
2	Education	First year	27	45
		Second year	27	45
		Third year	6	10
3	Religion	Hindu	25	42
		Muslim	11	18
		Christian	5	8
		Others	19	32
4	Type of family	Nuclear	36	60
		Joint	23	38
		Extended	1	3
5	Type of diet	Vegetarian	27	45
		Non-vegetarian	3	5
		Mixed	30	50
6	Number of meals per day	Once a day	5	8
		Twice a day	37	62
		More than twice a	18	30
		Day		
7	Source of information	Family	5	8
		Mass media	39	65
		Books	12	20
		No information	4	7

SECTION – II: Pretest and post-test level of knowledge regarding anorexia nervosa among late adolescent girls.



SECTION – III: Effectiveness of structured teaching program on level of knowledge regarding anorexia nervosa among late adolescent girls.



Section IV: Association between pre-test level of knowledge regarding anorexia nervosa among late adolescent girls with selected demographic variables.

SN	Demographic variable		Poor	Average	Good	Chi square value	df	P value	Inference
1	Age	17 years	16	4	0	4.92	4	0.287	Not Significant
		18 years	21	7	0				
		19 years	9	1	1				
2	Education	First year	21	6	0	0.62	4	0.736	Not Significant
		Second year	20	6	1				
		Third year	6	0	0				
3	Religion	Hindu	17	8	0	2.66	6	0.849	Not Significant
		Muslim	11	0	0				
		Christian	1	3	1				
		Others	18	1	0				
4	Type of family	Nuclear	30	5	1	7.33	4	0.119	Not Significant
		Joint	17	6	0				
		Extended	0	1	0				
5	Type of diet	Vegetarian	19	8	0	3.84	4	0.512	Not Significant
		Non-vegetarian	2	1	0				
		Mixed	26	3	1				

ANALYSIS AND INTERPRETATION

Pre-test knowledge score

Table 1: Assessment with level of pre-test and post test knowledge score

SN	Level of knowledge	Pre test				Post test			
		Frequency	%	mean	SD	frequency	%	Mean	SD
1	Poor	47	78	7.1	±1.41	0	0	14.5	±0.94
2	Average	12	20			23	38		
3	Good	1	2			37	62		

The above table no III shows the pretest and post-test level of knowledge regarding anorexia nervosa among late adolescent girls which concludes that in the pretest majority of the late adolescent girls 47(78%) were having poor knowledge, 12(20%) were having average knowledge and 01(2%) were having good knowledge. The mean pretest score was 7.1 ± 1.41 . Whereas in the post-test majority of the late adolescent girls 37(62%) were having good knowledge, 23(38%) were having average knowledge and no one was having poor knowledge. The mean post-test score was found out to be 14.5 ± 0.94 . Hence the

hypothesis H1 was accepted.

Table 2 :Effectiveness of structured teaching program on level of knowledge regarding anorexia nervosa among late adolescent girls

	Mean	S.D.	Mean difference	SD (Mean difference)	't' test value	P value
Post test	14.5	±0.94	7.4	±0.219	23.72	0.0001*
Pre test	7.1	±1.41				

The above table no IV shows the effectiveness of structured teaching program on level of knowledge regarding anorexia nervosa among late adolescent girls where the mean pretest score was 7.1 ± 1.41 whereas the mean post test score was 14.5 ± 0.94 . The mean difference was found out to be 7.4 with the standard deviation of mean difference was found out to be ± 0.219 . The calculated 't' value was found to be 23.72 with 'p' value 0.0001* which is highly significant concluding that the structured teaching program was found to be effective in improving level of knowledge regarding anorexia nervosa among late adolescent girls, Hence the H1 hypothesis was accepted.

CONCLUSION

The study was conducted to evaluate effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls in selected nursing college. The finding showed that the structured teaching program was effective in improving level of knowledge regarding anorexia nervosa among late adolescent girls. This will be helpful for community education as well.

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