"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EATING DISORDER AMONG ADOLESCENTS GIRL IN SELECTED SCHOOL AT MEERUT"

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ABSTRACT

This study was has been undertaken to assess the level of knowledge before and after administration of structured teaching programme on knowledge regarding eating disorder among adolescents girl in selected school at Meerut", To evaluate the effectiveness of structured teaching programme on knowledge regarding eating disorder among adolescents girl in selected school at Meerut" To find out the association between pre-test knowledge score regarding eating disorder among adolescents girls with their selected demographic variables. **Methodology:** One group pretest and post test experimental design. The samples for this present study consisted of 50 adolescents selected by using Non probability convenient-sampling technique. A questionnaire and check list was used to assess the knowledge. **Result:** According to the data the age 33(66%) were aged between 15 -16 years, (18%) were aged between 16-17 years, 8 (16%) were aged between 17-18. According to the data shows that the type of family 30 (60%) were belongs to nuclear family, were 20 (40%) belongs to joint family. According to the data shows that the education 08 (16%) were from 9th class , 16 (32%) in 10th class , 12 (24%) were in 11th class and 14 (28%) were in 12th class . According to the data shows that the source of information 24 (48%) got information through health professionals, 4 (8%) through mass media and 22 (44%) through friends. The data depicts that the pre test score is poor knowledge range was higher after administrating teaching plan the knowledge level was become good it become 14% to 47 % it was clearly explain the teaching was fully effective for adolescents . The data shows that the pre test mean score was 14.5 and post test mean score was 20. The calculated t value 15.5 at (49 df) is significant at 0.05 level. **Findings**: The finding implies that the structured teaching programme has significant effect in the

improvement knowledge regarding ill effects of alcohol. The data shows the association of the post test score of knowledge with selected demographic variables age, sex, type of family, education, occupation of family, source of health information,. It shows that there was no significant association between variables with the knowledge score of post test .Inferential and Descriptive statistics were used to analyze the data. The obtained "t" value in knowledge was higher than the table value. **Conclusion:** The study revealed that there is an improvement in knowledge after delivering the structured teaching programme.

Keywords: Effectiveness, Assessment, Knowledge, Adolescent girls, eating disorder, Teaching plan.

INTRODUCTION

Eating disorders such as Anorexia Nervosa and Bulimia Nervosa are characterized by a serious course and outcome in affected people. Anorexia Nervosa results in mortality including a high suicide rate, distorted self image and can combine with other chronic psychiatric disorder or another psychiatric illnesses without an eating disorder. Bulimia Nervosa is marked by purging behaviour, self induced vomiting and obsessive-compulsive features that takes long recovery. The patient appear with physical and psychological symptoms but social and personal relationship tends to be normal. However the symptoms drastically affect the person and can lead to life time impairment of body functions.

NEED OF THE STUDY

Eating disorders are common in adolescents and usually associated with medical and psychiatric illnesses. One of the most cardinal symptoms of eating disorder I.e. Anorexia Nervosa is Amenorrhoea that again gets complicated with Osteopenia. Eating disorders can be encountered with team approach consisting physician, nutritionist and therapist, weight restoration, nutritional rehabilitation and resumption of spontaneous menses. Calcium and vitamin D supplementation and few weight-bearing exercise can also be prescribed.

POPULATION AND SAMPLE

The population of the study include adolescents girls in senior secondary school at Meerut.

The sample refers to the adolescents girls in senior secondary school at Meerut who fulfilled the inclusive criteria of sampling.

DATA AND SOURCES OF DATA

After getting permission from the selected school, the researcher met the adolescents girls. The purpose and duration of the study was explained to the participants and their informed oral consent was obtained. The study was carried out for a period of 4 weeks.

VARIABLES OF THE STUDY

The independent variable of this study was Structured Teaching Programme and dependent variable was Adolescents Girls.

ANALYSIS AND INTERPRETATION OF DATA

SECTION-I

Table.1Distribution of Demographic Variables

(n =50)

S.No.	Demographic Variable	Frequency(f)	Percentage(%)
1.	**Age**		
	a) 14-16Years	33	66%
	b) 16-17Years	9	18%
	c) 17-18Years	8	16%
3.	**Type of Family**		
	a) Nuclear family	30	60%
	b) Jointfamily	20	40%
4.	**Education**		
	a) 9th	8	16%
	b) 10th	16	32%
	c) 11th	12	24%
	d) 12th	14	28%
6.	**Source of Health Information**		
	a) Health professional	24	48%
	b) Massmedia	4	8%
	c) Friends	22	44%
7.	**Family Monthly Income**		
	a)Lessthan 5000/month	10	20%
	b) 5001/-to 10000/-	16	32%
	c)10001/-to 15000/- month	19	38%
	d)More than 15000/-month	5	10%

SECTION–II Assessment of the pre-test and post-test level of knowledge regarding eating disorder among adolescents girls

Table.2: Frequency and percentage distribution on level of knowledge regarding eating disorder among adolescents girls

Level of Knowledge	Pre-test score		Post test score	
Poor	43	86%	0	0%
Average	7	14%	38	76%
Good	0	0%	12	24%

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