



A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING LIFESTYLE MODIFICATION IN PREVENTION OF OBESITY AMONG STUDENTS

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ABSTRACT

This Issue of obesity has enormous ramifications for health care providers dealing with Medical problems caused or exacerbated by obesity, and for the organizations including employers and governments covering the escalating cost of Health care. They all have to take steps in helping the public to come with life styles and Misperceptions that are fueling this public health issue.

It is estimated that globally there are about one billion over weight adults and at least 300 million of these are obese. It is estimated to affect about 20-30% adults and 10-20% of children and adolescents in developing country.

Prevalence of obesity worldwide is increasing, particularly in the developed nations of Northern Hemisphere such as United States, Canada, and most countries of Europe. Conservative estimates suggest as 250 million people (approximately 7% of estimated total world population) are obese and two to times more.

The life style modification means is changes in the eating pattern and daily life style activity. The objective of the self- instructional module is to improve the knowledge among obese persons about life style modifications to prevent obesity and to increase the awareness in obese persons to prevent obesity.

Key Words: : Obesity, Knowledge, Lifestyle, high-risk.

Introduction

Obesity is a type of malnutrition that is characterized by abnormal growth of adipose tissue. This can occur due to increase in size and number of the fat cells. Obesity is a condition characterized by excess body fat, relative weight is the actual weight divided by the desirable weight and multiplied by 100. A relative weight greater than 120% is indicative of obesity.

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According to WHO (1984) obesity is defined by calculating Body mass Index (BMI) which is weight in kgs / weight in (meter)² It is also called Queen let Index. BMI of 18-25 is normal, 25-30 is overweight, 30-35 is grade I obesity, 35-40 is grade II Obesity and >40 is morbid obesity.

Prevalence of obesity worldwide is increasing, particularly in the developed nations of Northern Hemisphere such as United States, Canada, and most countries of Europe. Conservative estimates suggest as 250 million people (approximately 7% of estimated total world population) are obese and two to times more.

In developing countries such as India, especially in urban populations, student's obesity is emerging as a major health problem. College students have high risk to develop obesity due to lack of physical activity and habit to eat junk food.

NEED FOR THE STUDY

“Prevention is better than cure” therefore as nurse the researcher has a pivotal role in creating awareness among adolescent about the modification of lifestyle and prevention of future complication. Which can help to improve the quality of life by providing self-instructional module.

Student obesity was considered a problem of affluent countries. Today this problem is appearing even in developing countries, leading to considerable co-morbidity and increased mortality.

Research over the past four decades suggests that childhood is a period when dietary and life style patterns are initiated, that has implications for coronary heart disease and other morbidity risks in later adult life.

OBJECTIVES OF THE STUDY

1. To assess the knowledge and attitude regarding lifestyle modification in prevention of obesity among students studying in selected college at Jaipur.
2. To correlate the knowledge and attitude regarding lifestyle modification in prevention of obesity among students studying in selected college at Jaipur.
3. To associate the knowledge and attitude regarding lifestyle modification in prevention of obesity among students with their selected demographic variables.
4. To develop and validate a self-instructional module on lifestyle modification in prevention of obesity.

Need for the study

The question is not treating the individual cases suffering from overt picture of nutritional deficiencies, much more than that prevention of malnutrition. Preventing levels are family, community, national and world. In this view in family i.e., mother is the primary care giver, her knowledge is most significant in the preventive measures, for preventing malnutrition the supplementary feeding programmes in India includes applied nutrition programmer, mid day meal programmer for school children, special nutritional programme etc.

The Efforts should be made to prevent these children stepping down to severe malnutrition by nutrition education, health check up, early intervention and control of infection. Nutrition education should be specially directed to those members of the family or mothers, who make decisions, who can influence other persons in the family.

Teaching regarding prevention of protein energy malnutrition to the mothers of under five children will help their children to lead a health productive life as long as they live healthy and wealthy to the family and nation. In order to meet the learning needs of mothers of under five children, structured teaching programme has to be developed for the promotion of their children health and prevention of protein energy malnutrition among under five children.

REVIEW OF LITERATURE- The literature review is an extensive, systemic, and critical review of the most important published scholarly literature on particular topic. Research was done intensive review with available sources and found 100 plus article related to study

RESEARCH METHODOLOGY

The research methodology is a way to systematically solve the research problem. It is a science that deals with the various steps that are generally adopted by a researcher in studying their research problem along with the logic behind them. This part deals with the methodology followed by the investigator in his study to assessing the knowledge regarding life style modification to prevent obesity among students studying in selected colleges at Jaipur in view to develop self- instructional module.

RESEARCH APPROACH

In view of the nature of the problem selected for the study, a survey approach was found appropriate. Survey approach is a technique to collection data by asking the questions to people who are thought to have desired information. Its goal is to assess knowledge and attitude regarding life style modification to prevent obesity among students studying in selected colleges at Jaipur through self-administered questionnaire.

RESEARCH DESIGN

Non-experimental descriptive survey design was chosen.

SETTING OF THE STUDY - This study was conducted in Shri Shyam Mahavidhalaya, Chandwaji, Jaipur.

SAMPLE AND SAMPLING TECHNIQUE- 100 sample were selected with the help of non-probability Convenient sampling technique.

DATA ANALYSIS AND INTERPRETATION OF FINDINGS

Analysis and interpretation of data obtained from structured knowledge questionnaire regarding obesity and. Then the findings were printed in different graphs and tables of percentage.

SECTION I: DESCRIPTION OF DEMOGRAPHIC VARIABLES OF THE STUDENTS**Table : 1 Description of demographic variables of the students N=100**

S.NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1	Age (in years)		
	17-20	59	59.0
	21-24	35	35.0
	25 and above	6	6.0
2	Gender		
	Male	82	82.0
	Female	18	18.0
3	Course of study		
	B. A	31	31.0
	B. Com	35	35.0
		29	29.0
	Others (diploma course)	05	5.0
4	Family income per month		
	Below 5000Rs/month	31	31.0
	5001-10000Rs. /month	15	15.0
	10001-15000Rs. /month	22	22.0
	Above 15001Rs. /month	32	32.0
5	Religion		
	Hindu	79	79.0
	Muslim	19	19.0
	Christian	2	2.0
	Others		
6	Food Patterns		
	Vegetarian	40	40.0
	Non-Vegetarian	60	60.0
7	Marital status		
	Unmarried	84	84.0
	Married	16	16.0
	Divorced	00	00
	Separated	00	00
8	Attended any awareness program on lifestyle modification to prevent obesity		

Yes	19	19.0
No	81	81.0
If yes Source of information		
NA	81	81.0
Seminar	4	4.0
Conference	5	5.0
Workshop	5	5.0
Other	5	5.0

SECTION II: DESCRIPTION AND ANALYSIS OF STRUCTURED KNOWLEDGE QUESTIONNAIRE AND ATTITUDE SCALE REGARDING LIFE STYLE MODIFICATION TO PREVENT OBESITY.

This section deals with the analysis and interpretation of data related to life style modification to prevent obesity and attitude scale. This helps in identifying the deficiencies in knowledge and to decide the priority needs of the obese students.

Knowledge score of obese students were obtained by structured knowledge questionnaire regarding life style modification to prevent obesity and attitude were obtained by Likert scale.

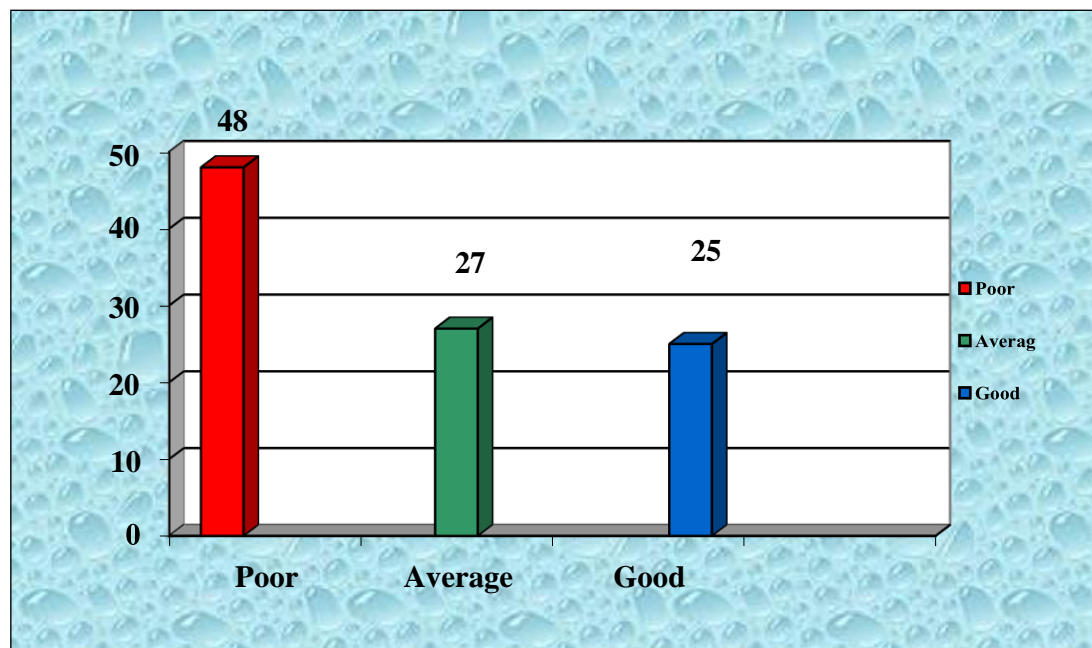


Figure-1. Bar diagram shows the level of knowledge regarding of the regarding of Lifestyle modification in prevention of obesity

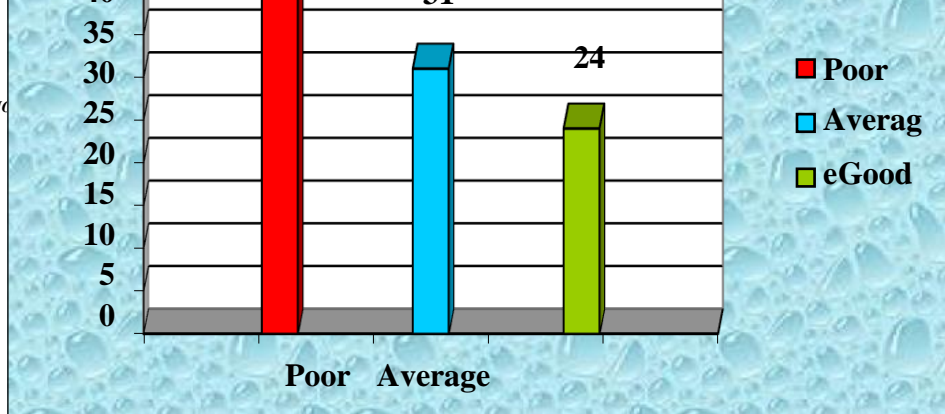


Figure-2. Bar diagram shows the level of knowledge of Attitude regarding of Lifestyle modification in prevention of obesity.

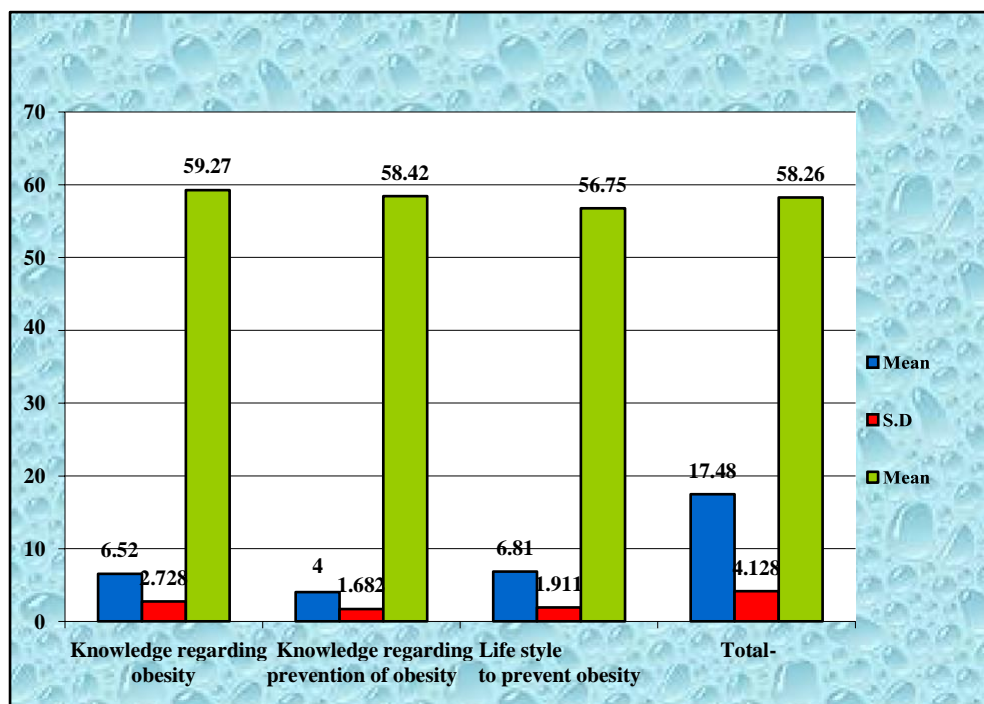


Figure-3. Bar diagram, shows the overall knowledge Regarding lifestyle modification in prevention of obesity among students studying in selected college at Jaipur is 58.26%. The mean is 17.48 and SD is 4.128.

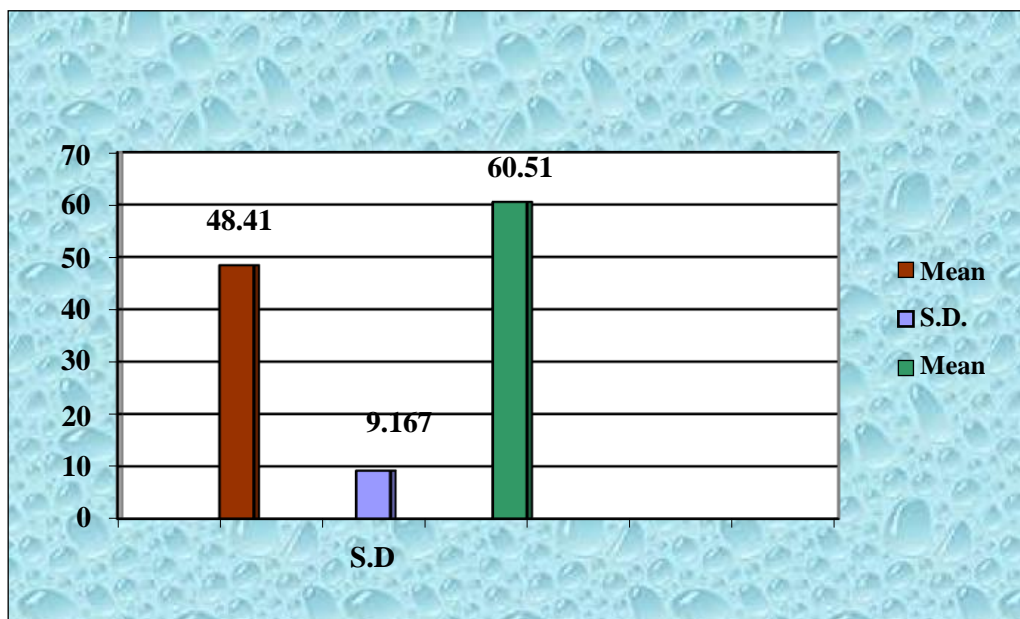


Figure-4 Bar diagram, shows the overall attitude regarding lifestyle modification in prevention of obesity among students studying in selected college at Jaipur is 60.51%. The mean is 48.41 and SD is 9.167.

SECTION III: ASSOCIATION BETWEEN KNOWLEDGE LEVELS OF STUDENTS WITH DEMOGRAPHIC VARIABLE

Table 2

This section deals with an association between knowledge score of life style modification to prevent obesity and with their demographic variables. It was associated by using chi square test

S.No.	Demographic variable	'F'	Poor	Average	Good	Ch-Sq.	d.f.	Table Value	Results
1	Age (in years)								
	17-20	59	32	14	13	13.810 ^a	4	0.008	Sig
	21-24	35	15	13	7				
	25 and above	6	1	0	5				
2	Gender								
	Male	82	45	23	14	16.125 ^a	2	0.000	Sig
	Female	18	3	4	11				
3	Course of study								
	B.A	31	12	10	9	13.440 ^a	6	0.037	Sig
	B.Com	35	13	10	12				
	B.Sc.	29	21	4	4				
	Others (diploma course) ⁴	5	2	3	0				
4	Family income per month								
	Below 5000Rs./month	31	15	8	8	10.596 ^a	6	0.102	NS
	5001-10000Rs./month	15	12	1	2				
	10001-15000Rs./month	22	11	7	4				
	Above 15001Rs./month	32	10	11	11				
5	Religion								
	Hindu	63	29	17	17	.927	4	0.921	Ns
	Muslim	32	17	8	7				
	Christian	5	2	2	1				
	Others								
6	Food Patterns								
	Vegetarian	40	17	14	9	2.167	2	0.338	NS
	Non-Vegetarian	60	31	13	16				
7	Marital status								
	Unmarried	84	46	22	16	12.569 ^a	2	0.002	Sig
	Married	16	2	5	9				
	Divorced								
	Separated								
8	Attended any awareness programme on lifestyle modification to prevent obesity								
	Yes	19	9	6	4	.330	2	0.848	
	No	81	39	21	21				
	If yes Source of information								
	NA	81	38	22	21			0.664	
	Seminar	4	4	0	0	7.264			
	Conference	5	2	1	2	0.001			
	Workshop	5	2	2	1				
	Other	5	2	2	1				

Table 3

This section deals with an association between attitude score of life style modification to prevent obesity and with their demographic variables. It was associated by using chi square test

	Attitude scores								Results
	Sample Hemant	'F'	Poor	Average	Good	Ch-Sq.	d. f.	Table Value	
1	Age (in years)								
	17-20	59	31	19	9	7.256	4	0.123	NS
	21-24	35	11	11	13				
	25 and above	6	3	1	2				
2	Gender								
	Male	82	38	25	19	0.351	2	0.839	Ns
	Female	18	7	6	5				
3	Course of study								
	B.A	31	14	12	5	5.924	6	0.432	Ns
	B.Com	35	15	8	12				
	B.Sc.	29	15	9	5				
	Others (diploma course) ⁴	5	1	2	2				
4	Family income per month								
	Below 5000Rs./month	31	16	11	4	13.845 ^a	6	0.031	Sig
	5001-10000Rs./month	15	7	6	2				
	10001-15000Rs./month	22	11	8	3				
	Above 15001Rs./month	32	11	6	15				
5	Religion								
	Hindu	79	35	27	17	3.940	4	.414	NS
	Muslim	19	9	3	7				
	Christian	2	1	1	0				
	Others								
6	Food Patterns								
	Vegetarian	40	16	19	5	9.899	2	0.007	Sig
	Non-Vegetarian	60	29	12	19				
7	Marital status								
	Unmarried	84	42	27	15	11.392	2	0.003	Sig
	Married	16	3	4	9				
	Divorced								
	Separated								
8	Attended any awareness programme on lifestyle modification to prevent obesity								
	Yes	19	6	8	5	1.925	2	0.382	

No	81	39	23	19					NS
If yes Source of information									
Na	81	38	23	20	9.217	8	0.324		NS
Seminar	4	3	0	1					
Conference	5	2	3	0					
Workshop	5	2	2	1					

Table 4

This section deals with a correlation between level of knowledge and attitude score of life style modification to prevent obesity. It was associated by using Pearson Correlation

		TTM	th1	th2	th3	Total ATT
TTM	Pearson Correlation	1	0.818**	0.586**	0.457**	0.218*
	Sig. (2-tailed)		0.000	0.000	0.000	0.029
	N	100	100	100	100	100
th1	Pearson Correlation	0.818**	1	0.357**	0.019	0.263**
	Sig. (2-tailed)	0.000		0.000	0.850	0.008
	N	100	100	100	100	100
th2	Pearson Correlation	0.586**	0.357**	1	-0.048	0.117
	Sig. (2-tailed)	0.000	0.000		0.635	0.245
	N	100	100	100	100	100
th3	Pearson Correlation	0.457**	0.019	-0.048	1	0.010
	Sig. (2-tailed)	0.000	0.850	0.635		0.919
	N	100	100	100	100	100
Total ATT	Pearson Correlation	0.218*	0.263**	0.117	0.010	1
	Sig. (2-tailed)	0.029	0.008	0.245	0.919	
	N	100	100	100	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

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

CONCLUSION

- The conclusions were drawn on the basis of findings of the study:
- The findings showed that knowledge of students regarding lifestyle modification in prevention of obesity was inadequate before given the self -instructional module.
- The self -instructional module will help the students to understand more regarding lifestyle modification in prevention of obesity.
- The findings showed the need to develop a self- instructional module to increase the knowledge regarding lifestyle modification in prevention of obesity.

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