



Effectiveness of Participatory Adolescent Strategic Health Action (Pasha) Regarding Lifestyle Practices among Adolescent

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Abstract

Health is a valuable resource for living, not an end in itself. It's a good idea that emphasize social and personal assets in addition to athletic ability. It is multifaceted and refers to the state of being healthy in body, mind, and spirit, particularly the absence of physical disease and discomfort. The purpose of this is to assess the effectiveness of participatory adolescent's strategic health action (PASHA) regarding lifestyle practice among adolescent so the participants will be able to recognize their own needs with a spirit of choice and flexibility in decision-making. This study was designed with a pre experimental one group pretest and posttest design because intervention is going to affect the experiment. The study's findings indicated that, posttest overall mean score of level of practice was 106.43 which was found to be higher than the pretest overall mean score of level of practice was 97.4. The overall improvement in the mean score of lifestyle practice was 9.030 and the obtained paired t-value was 6.4195 which was significant at $p < 0.001$ level.

Keywords: Participatory Adolescent Strategic Health Action (PASHA), Lifestyle practices, Adolescent, Effectiveness.

1. Introduction

Health is a valuable resource for living, not an end in itself. It's a good idea that emphasize social and personal assets in addition to athletic ability.. It is multifaceted and refers to the state of being healthy in body, mind, and spirit, particularly the absence of physical disease and discomfort. A huge number of determinants influence one's health. Physical activity is necessary for a healthy lifestyle. Overall wellness and wellbeing of a child. A well-designed workout regimen can help you feel better in physical, psychomotor and intellectual attainment of a child. Long-term health advantages are dependent on maintaining physical activity, which improves well- being and promotes a child's healthy development. Lifestyle diseases clearly affect not only adults and the elderly, in regards to the younger generation. Sickness that Formerly, the domain of senior individuals have not only become more prevalent, but are also impacting the younger generation.

2. Material and Methods

The aim of the research was to establish and analyses the efficiency of a need- based approach strategy that is participatory Adolescent Strategic Health Action with Participation (PASHA) for improvement in adolescent style of living. A quantitative research approach was applied with a pre experimental one group pretest and posttest design. The study was

conducted at Rajendra Academy Moradabad U.P. The sample of this study includes Adolescents of 9th and 10th standard at Rajendra's Academy Moradabad who fulfills the inclusion criteria. The sample size of the study was 58 sample size had calculated by power analysis which was taken by using probability stratified random sampling technique. Data was collected by using interview method with the two tools, Questionnaire regarding lifestyle practices based on Rating scale and Demographic Profile.

3. Result

Section A: Pretest Level Of Lifestyle Practices

For measuring of the criteria of pretest practice the score level such as poor, moderate & good with minimum score (32) and maximum score was (160).where majority of score was moderate 31(53.4%),poor 26(44.8%) and good was 1(1.7%).For the pretest practice descriptive statistics data, mean was 97.40,S.D.=10.929,median score = 97.5,maximum 132 ,minimum 75,range 57 and mean% was 60.90.Category to measuring the pretest practice score where majority of score was moderate level of 55(94.8%),poor was 2 (3.4%)and good was 1(1.7%).

For posttest practice descriptive statistics data, mean was 106.43,S.D.=5.939,median score = 106,maximum 132 ,minimum 94,range 38 and mean% was 66.50.The mean combined score for healthy lifestyle prevention was raised 75.65- 81.56.similarly the number of adolescent with score for a healthy lifestyle aslo increased 28.2-53.4% after practicing 180 days. The combined health status score were increased from 31.1-54.4% after PASHA practise. Analysis of report PASHA motivated participants to modify their lifestyle behaviour according to the results.

Section B: Effectiveness of Participatory Adolescent Strategic Health Action (Pasha) Regarding Lifestyle Practices.

For assessing the effectiveness its being analyzed into three category like pretest practice, posttest practice & difference and along with this it is also divided into three category with percentage such as pretest practice score %, posttest practice score %, and difference % of score. Where pretest practice was 97.40., posttest practice was 106.43 and difference was 9.03 whereas pretest practice score was 60.87%, posttest practice score was 66.52% and difference was 5.65%.Out of 15 demographic variables there were no significant association for assessing the effectiveness of PASHA.

Section C: Association between the Pretest Levels of Lifestyle Practices among Adolescent with Their Selected Demographic Variable.

This section reveals that, Chi-square test used to associate the level of practice and selected demographic variables. Shows that association between pretest level of lifestyle practices among adolescent with their selected demographic variable are not significant at the level of 0.05 level of significance. The calculated chi-square values were less than the table value at the 0.05 level of significance.

4. Conclusion

The study's findings indicated that, posttest overall mean score of level of practice was 106.43 which was found to be higher than the pretest overall mean score of level of practice was 97.4. The overall improvement in the mean score of lifestyle practice was 9.030 and the obtained paired t-value was 6.4195 which was significant at $p < 0.001$ level. The study found

that after administering PASHA, there was a significant improvement in level of lifestyle practice in the post-test.. Thus, PASHA was effective to improve the level of lifestyle practices among adolescents. In the study it was also found that there was a significant association between mean difference levels of lifestyle practices with their chosen demographic variables.

Conflicts of Interest - The author claims to be free of any conflicts of interest.

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