"IMPACT OF PLANNED NURSING INTERVENTION ON ANOREXIA NERVOSA AND HEALTH STATUS AMONG ADOLESCENT GIRLS AT SELECTED PRIVATE SCHOOLS MORADABAD".

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Abstract

Introduction: The youth health survey shows that psychological problem are more prevalent in girls as compare to boys, higher number of girls is affected with common Psychological problems like anxiety, sleeping disorders, depression and eating disorders for the past decades, the studies have shown that most common psychological disorders among adolescent girls is Anorexia nervosa

Objectives*:* To assess the pretest and posttest level of anorexia nervosa and health status among adolescent girls. To evaluate the effectiveness of planned nursing intervention on level of anorexia nervosa and its impact on health status among adolescent girls. To determine the correlation between the level of anorexia nervosa and health status among adolescent girls.

Materials and Methods: A Quantitative approach and Quasi Experimental with time series design was adopted for the study. The Independent variable was planned nursing intervention and Dependent variables were Anorexia nervosa and health status. The study was conducted in 3 schools. The sample size was estimated by power analysis and considering the attrition of 10 % 120 samples were selected. Adolescent girls were screened using Eating attitude test (EAT- 26) scale for the level of Anorexia, self-reported semi structured questionnaire was used for Demographic variables, and observational health assessment checklist used to assess the health status. The Pilot study revealed that the tool was reliable and the study was feasible. Planned nursing intervention included planned teaching programme and nutritional ball. The investigator adhered to the ethical principles of human rights, beneficence and non-malfeasance, dignity, confidentiality and justice in all the aspects. SPSS statistical package was utilized for the data analysis.

Results*:* The obtained t value for pretest was t =1.656, p= 0.100, posttest-1 was t= 6.877, p= 0.0001 and posttest-2 was t=12.111, p=0.0001. The t-test revealed that there was no significant difference between both the groups at pretest scores whereas there was a significant difference between both the groups at posttest scores**.** To compare the health status checklist score in experimental and control group. The obtained t value for pretest was t =1.033, p= 0.304, posttest-1 was t= 5.229, p= 0.0001 and posttest-2 was t=10.115, p=0.0001. The t-test revealed that there was no significant difference between both the groups at pretest scores whereas there was significant difference between both the groups at posttest scores. The study finding shows that in study group a strong positive significant correlation was found between level of anorexia nervosa and health status in pretest i.e. r= 0.345 p= 0.001. And in control group strong positive significant correlation was found between level of anorexia nervosa and health status in pretest- i.e. r= 0.397, p= 0.002. ***Conclusions:*** The present study assessed the Impact of planned nursing intervention on anorexia nervosa and health status among adolescent girls. The participants were comfortable and cooperative throughout the study. Based on the analysis of the findings, the following inferences were drawn. There was evident reduce in the level of anorexia nervosa and improve in the level of health status after administration of planned nursing intervention. Thus it was proved that planned nursing intervention was effective method for reducing cases of anorexia nervosa among adolescent girls.

Keywords: Assess, Impact, Planned Nursing intervention, Anorexia Nervosa, Health status & Adolescents Girls

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BACKGROUND OF STUDY-
Girls are supposed to be more focused about their physical look than the boys in adolescent period. Adolescent females more often worry for weight reduction with the scare of getting "fat". Anorexia nervosa a type of self –starvation, is an eating disorders characterized by the distorted body figure that result in restricted eating pattern and other behaviours which prevent a someone from gaining weight, it common occurs in teenager's girls although body's are also not spared especially with in the prepubertal age group.[1]

Anorexia nervosa are type of psychiatry disorder. When Persons are having abnormal features of eating habits that badly affects physical or mental health. Anorexia Nervosa is a eating disorder that is characterized by restrictions of eating which leads to abnormal weight loss and having fear of obesity or increasing body weight. It is kind of self starvation due to presence of eating disorder which leads to restriction in eating and other abnormal behaviours that prevents a person to gain his/her weight. In comparison to male, females are more affected with this disorder. Highest number of girls is affected with common psychological problems like anxiety, sleeping disorder, depression, tension, and eating disorders. Studies have shown that most common psychological disorders among adolescent is anorexia [2]

Kshirabdhi Tanaya,etal 2020. A research study conducted in selected college, Bhubaneswar a purposive sampling technique was used, total 370 Variety of samples (Adolescent girls16-19) were taken. Study concluded that Adolescence females had only little knowledge about the disease anorexia nervosa, so because of to lack of data about consequences of improper intake of diet for each beauty consciousness which will result in development of physical and psychological problems in future**.**

STATEMENT OF THE PROBLEM-
A study to assess the Impact of planned nursing intervention on anorexia nervosa and health status among adolescent girls at selected private schools Moradabad.

OBJECTIVES OF THE STUDY-
1. To assess the pretest and post test level of anorexia nervosa and health status among adolescent girls.
2. To evaluate the effectiveness of planned nursing intervention on level of anorexia nervosa and on health status among adolescent girls.

3. To determine the correlation between the level of anorexia nervosa and health status among adolescent girls.

Materials and Methods
A Quantitative approach and Quasi Experimental with time series design was adopted for the study. The Independent variable was planned nursing intervention and Dependent variables were Anorexia nervosa and health status. The study was conducted in 3 schools. The sample size was estimated by power analysis and considering the attrition of 10 % 120 samples were selected. Adolescent girls were screened using Eating attitude test (EAT- 26) scale for the level of Anorexia, self-reported semi structured questionnaire was used for Demographic variables, and observational health assessment checklist used to assess the health status. The Pilot study revealed that the tool was reliable and the study was feasible. Planned nursing intervention included planned teaching programme and nutritional ball. The investigator adhered to the ethical principles of human rights, beneficence and non-malfeasance, dignity, confidentiality and justice in all the aspects. SPSS statistical package was utilized for the data analysis.

Results
In the present study pertest score showed majority of girls (70%) in experimental group and (60%) in control group had mild level of anorexia nervosa. In post-test-I, most of the girls (60%) in experimental group had no risk of anorexia nervosa whereas (58.3%) in control group had mild level of anorexia nervosa. In post-test-II, most of the girls (91.7%) in experimental group had no risk of anorexia nervosa whereas (58.3%) in control group had mild level of anorexia nervosa. In the present study pre-test score showed all girls (100%) in experimental group and control group were underweighted. In post-test-I,(63.3%) in experimental group, (91.7%) in control group were underweighted. In post-test-II (75%) in experimental group had normal weight and (80%) in control group were underweighted. In the present study pertest score showed majority of girls (70%) in experimental group whereas (60%) in control group had mild level of health status. In post-test-I, half number of girls (50%) in experimental group had normal health status whereas (58.3%) in control group had mild health status. In post-test-II, (53%) in experimental group had normal health status whereas (53.3%) in control group had mild health status**.** To compare the level of eating attitude test score in

experimental and control group. The obtained t value for pre-test was t =1.656, p= 0.100, posttest-1 was t= 6.877, p= 0.0001 and posttest-2 was t=12.111, p=0.0001. The t-test revealed that there was no significant difference between both the groups at pertest scores whereas there was a significant difference between both the groups at post test scores**.** To compare the health status checklist score in experimental and control group. The obtained t value for pre-test was t =1.033, p= 0.304, posttest-1 was t= 5.229, p= 0.0001 and posttest-2 was t=10.115, p=0.0001. The t-test revealed that there was no significant difference between both the groups at pertest scores whereas there was significant difference between both the groups at post-test scores. The study finding shows that in study group a strong positive significant correlation was found between level of anorexia nervosa and health status in pre-test i.e. r= 0.345 p= 0.001. And in control group strong positive significant correlation was found between level of anorexia nervosa and health status in pertest- i.e. r= 0.397, p= 0.002. Demographic variables did not have any significant association on level of anorexia nervosa of adolescent girls in study group except order of birth. Demographic variables did not have any significant association on level of anorexia nervosa of adolescent girls in control group except age, parent occupation, Family income per month, history of eating disorders in the family, medium of instruction in school, food fad, Involvement in social media, Has habit of taking selfie, photos (per day), How many likes do you get for your post and Change DP. Demographic variables did not have any significant association on level of health status of adolescent girls in study group except parent occupation and how many likes do you get for your post**.** Demographic variables did not have any significant association on level of health status of adolescent girls in control group except age, parent occupation, Number of friends in school, food fad, photos (per day) and how many likes do you get for your post.

DUSCUSSION

In the present study pertest score shows majority of girls (70%) in study group and (60%) in control group had mild level of anorexia nervosa. In post-test-1, most of the girls (60%) in study group had no risk of anorexia nervosa whereas (58.3%) in control group had mild level of anorexia nervosa. In post-test-2, most of the girls (91.7%) in study group had no risk of anorexia nervosa whereas (58.3%) in control group had mild level of anorexia nervosa.

This result was supported by **G S Tak, S K Maheshwari** (2016) Effectiveness of Psycho-education regarding eating disorders on knowledge among adolescent girls shows that pre-test of study group majority 22(73%) and in control group majority 26(86.7%) were in poor category whereas during post-test in study group majority 18(60%) was in average category and in control group majority 15(50%) was in both average and poor category.

In the present study ANOVA test was performed and the obtained F value in study group was 83.265 and p value was 0.0001 which was statically significant at < 0.05 level whereas in control group was 1.672 and p value was 0.191 which was not statically significant at < 0.05 level.

Independent't'-test was performed to compare the level of eating attitude test score in study and control group. The obtained t value for pertest was t =1.656, p= 0.100, posttest-1 was t= 6.877, p= 0.0001 and posttest-2 was t=12.111, p=0.0001. The t-test revealed that there was no significant difference between both the groups at pre-test scores whereas there was significant difference between both the groups at post-tests scores.

This result was supported by **G S Tak, S K Maheshwari** (2016) Effectiveness of Psycho-education regarding eating disorders on knowledge among adolescent girls shows that the obtained t-value was 25.941, p=0.0001, which shows significant difference between pre-test and post-test level of knowledge in study and control group and planned teaching programme seems to be effective in improving knowledge of adolescent girls regarding eating disorders.3

In the present study in study group a strong positive significant correlation was found between level of anorexia nervosa and health status in pertest i.e. r= 0.345 p= 0.001.and in control group strong positive significant correlation was found between level of anorexia nervosa and health status in pre-test- i.e. r= 0.397, p= 0.002.

This result was supported by **Cebi Paul** (2021) Effect of a school based Intervention on self-esteem, body image, eating attitudes and behaviour of adolescents shows that moderate positive correlation of body image was identified with eating attitude (r=0.51, p=0.002).4

In the present study there was no significant association between age, educational status of mother, educational status of father, parent

occupation, Family income per month, History of Eating disorders in the family, Number of friends in school, medium of instruction in school, number of meal, habit of food pattern, food fad, being favourite celebrity, Doing Exercise, involvement in social Media, Has habit of taking selfie, photos (per day), How many likes do you get for your post and Change DP whereas there was significant association between order of birth.

This result was supported by **Mukesh Kumar** (2020) on the Effectiveness of Structured Teaching Programme on Knowledge regarding eating disorders among adolescent girls shows that there was no significant association between gain in knowledge regarding eating disorders and demographic variable like Age, Religion, Standard/Class, Monthly income of the family, Family history of the eating disorders, Residential area, Sources of information.[5]

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