

Effectiveness Of Structure Teaching Programme To Assess The Knowledge Regarding Childhood Obesity among school going children(12to15)Years age group At Selected School In Rural Area

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ABSTRACT

Childhood obesity is a serious medical condition that occurs when a child's weight is above the healthy range for their age, height, and sex. . It is defined as having a body mass index of more than 30 kg. It's a major public health concern that can lead to a number of health problems, including diabetes, high blood pressure, high cholesterol, depression, and poor self-esteem. **OBJECTIVES OF THE STUDY:** To assess the pretest knowledge regarding their childhood obesity among the school going children (12 -15) years age group at selected school in padappai. To assess the posttest level of knowledge regarding childhood obesity among the school going children (12 - 15) years. To evaluate the effectiveness of structured teaching programme to assess the knowledge regarding childhood obesity among school going children (12-15)years. **METHODOLOGY:** Pre experimental research design was used. The total study sample consisted of 30 school going children in padappai,in Rural area.

RESULTS: Our result showed that the childhood obesity knowledge level was significantly different among groups with different age, educational status, occupation, living are, and type of family, economical. In school going children Posttest knowledge is higher than pretest .In pretest 3(10%) hadadequate knowledge level, 5(16.6%) had moderately knowledge level, 22(73.3%) had inadequate knowledge level comparatively Posttest 16(53.3%) had adequate knowledge level, 10(33.3%) had moderately adequate knowledgelevel, 4(13.3%) hadin adequate knowledgelevel.conclusion: Due to the risk of obesity, encourage parents to never use food as a reward. To prevent obesity, establish regular meal times and offer healthy foods and snacks. Encourage parents to praise their child's good food choices and to role model appropriate eating and exercise.

KEYWORDS: Effectiveness, childhood obesity surveillance initiative(COSI),Body Mass Index(BMI),Non-insulin-dependent diabetes mellitus(NIDDM),Fatty liver disease(FLD),World obesity Federation(WOF),United Nations International Children Emergency Fund (UNICEF)

How to Cite: Prof. B. Dhanalakshmi, Prof. S. Umamaheswari, (2025) Effectiveness Of Structure Teaching Programme To Assess The Knowledge Regarding Childhood Obesity among school going children(12to15)Years age group At Selected School In Rural Area, Vascular and Endovascular Review, Vol.8, No.5s, 448-450.

INTRODUCTION

Obesity is defined as using age and sex specific monograms for body mass index (BMI).Children with BMI equal to or exceeding the gender-specific 95th percentile are defined obese. Those with BMI equal to or exceed the 85th but are below 95th percentiles are defined overweight and are at risk for obese related co-morbidities.

Childhood obesity is a growing problem. The number of overweight children has doubled, while the rate for teens has tripled. The principle causes of this increase in obesity are unhealthy eating habits and decreased physical activity. In Obese children and adolescents and can affect cardiovascular health hypercholesterolemia, dyslipidaemia, hypertension, the pulmonary system musculoskeletal system, the endocrine system, perinsulinism, insulin resistance, impaired tolerance, type 2 diabetes mellitus, menstrual irregularity, and mental health status (depression and low self-esteem).2024),overweight and obesity are a growing threat to children' swell being globally, largely driven by a trap of unhealthy and highly processed foods combined with a lack of physical activity and sedentary behaviour. Almost 40 million under-fives around the world are overweight, equivalent to nearly 6 per cent of this age group. Among children aged 5 to 19 years, rates are significantly higher; it is estimated that more than 340 million are overweight, almost 18 per cent.

OBJECTIVESOFTESTUDY:

To assess the pre-test knowledge regarding childhood obesity among school going children to years age group at selected school in padappai

To assess the posttest level of knowledge regarding childhood obesity among school going children to years age group at selected school in padappai

To evaluate the effectiveness of structured teaching programme to assess the knowledge regarding childhood obesity among school going children 12-15 years age group at selected school in padappai

MATERIALS AND METHODS:

RESEARCH APPROACH:

The evaluative approach was used to conduct the present study to assess the effectiveness of structured teaching program regarding childhood obesity in terms of knowledge among school children of age 12-15 Years in rural area.

RESEARCH DESIGN:

A pre-test post-test design (pre-experimental design) was used for this study to assess the effectiveness of structured teaching Programme on knowledge regarding the Childhood obesity. Paired T test for pre-experimental group for sample 30 paired samples.

SELECTION OF AREA:

The target population of the study was from school going children was collected from padappai, chennai.

SELECTION OF SAMPLES:

For the study, 30 samples from pre and post-test collected. Random sampling technique was used

CRITERIA FOR SELECTION OF THE SAMPLE:

Inclusion criteria:

- School going children (12-15 years)
- School children who can understand Tamil.

Exclusion criteria:

- School children who were absent during the data collection.
- School children who cannot understand Tamil.

SELECTION OF THE TOOL:

A Structured questionnaire was used assess the knowledge of the participant.

DEVELOPMENT OF TOOL:

According to study methods used to collect data are intended to allow the research to construct a description of the variable under study. Structured questionnaires were used to assess the knowledge of participants.

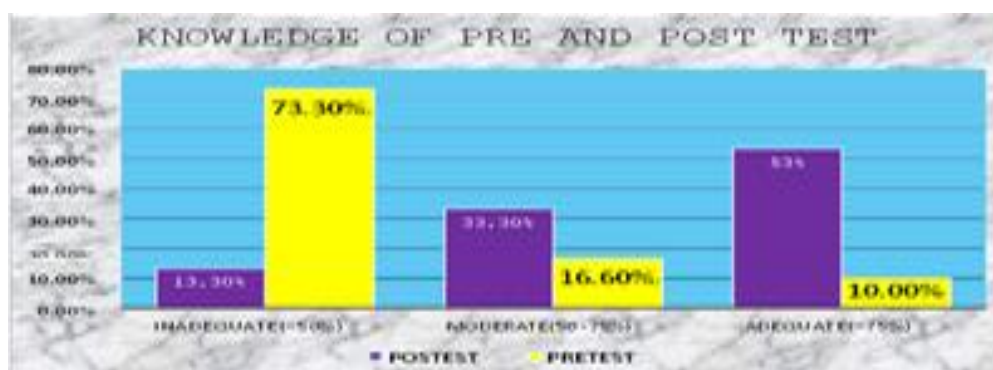
The content validity of the instrument was assessed by obtaining opinion from five experts in the field of nursing, medicine and statistician. As per suggestions the changes were incorporated in the tool.

Data Analysis

Researchers attempt to explain the findings in light of prior evidence, theory, and their own clinical experience and in light of the adequacy of the methods they used in the study. Interpretation also involves determining how the findings can best be used in clinical practice, or what further research is needed before utilization can be recommended. This study was focussed school students get knowledge regarding obesity

PERCENTAGE DISTRIBUTION OF THE PRE AND POST TEST KNOWLEDGE ON CHILDHOOD OBESITY:

S.NO	SCHOOL CHILDREN KNOWLEDGE	PRE TEST		POST TEST	
		NO	%	NO	%
1	INADEQUATE (Below 50%)	22	73.4%	4	13.4%
2	MODERATE (50-75%)	5	16.6%	10	33.3%
3	ADEQUATE (Above 75%)	3	10%	16	53.3%



It denoted the level of knowledge of school children in pre-test and post-test regarding childhood obesity. In pre-test, 22(73.3%) school children had inadequate knowledge, 5(16.6%) school children are moderately adequate and 3(10%) school children had adequate knowledge.

In post-test, 4(13.3%) school children had inadequate knowledge, 10(33.3%) school children are moderately adequate and 16(53.3%) school children had adequate knowledge.

Paired T test for pre-experimental group for sample 30 paired samples statistics

GROUP	MEAN	N	Standard Deviation
Pair-1 Pre	10.16	30	3.347
post	14.36	30	4.593

Paired t-test for pre-experimental group is significant p value is < 0.05

It revealed that effectiveness of health education to assess the knowledge regarding childhood obesity between pre-test and post test score of pre-experimental group has been done using paired t test, Pré-test mean score of pre-experimental group is 10.16 and post-test mean score is 14.36, standard deviation of pre-test is 3.347 and post-test is 4.593 and the mean difference is 5.6, standard deviation is 4.378, t value is 7.00, df is 29 and the significant value is 0.000 which is less than 0.05 shows that there is a significant difference between pre and post test score and the intervention is effective.

SUMMARY AND CONCLUSION

The study was conducted to assess the knowledge about childhood obesity among school going children 12-15 years age group convenient sample technique was used and cache group 30 group sample were collected questionnaires was prepared and given to every individual after obtaining their consent establish good rapport with the students the investigator performed the interviews scheduled successfully with the cooperation from the sample the investigator was able to collect the data. The data collected was analysed and the findings were interpreted Small health education given with PowerPoint presentation about childhood obesity students gained knowledge. The study highlights the needs for structured teaching programme to create awareness regarding childhood obesity. In school going children Post-test knowledge is higher than pre-test .In pre-test 3(10%) had adequate knowledge level, 5(16.6%) had moderately knowledge level, 22(73.3%) had inadequate knowledge level comparatively Post-test 16(53.3%) had adequate knowledge level, 10(33.3%) had moderately adequate knowledge level, 4(13.3%) had inadequate knowledge level

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