

A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING JUNK FOOD AMONG NURSING STUDENTS IN SELECTED NURSING SCHOOLS IN MYSORE

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ABSTRACTS

Lifestyle has greatly contributed to obesity among adolescent girls over the last five years and obese children have been reported to be physically less active, more home-bound, spending more time on internet, playing video games and watching TV, as well as having easy access to junk food in urban setting. An experimental study was conducted to evaluate the effectiveness of structured teaching programme on knowledge regarding junk food among the selected nursing school students in Mysore. 40 samples from selected school of nursing were selected using purposive sampling. Data collection tool consisted of a personal profile and a structured questionnaire to assess the knowledge regarding junk food. Collected data was analyzed using descriptive and inferential statistics. Result shows that post-test knowledge scores of students were significantly higher than the pre-test knowledge score and the paired t test computed between the pre and post-test knowledge level score was statistically significant at 0.05 levels. The calculated value $t=14.16$ is greater than table value $t(39)=2.023$, no significant association found between pre-test knowledge score and selected demographic variables. Over all STP found to be effective in improving knowledge regarding junk food.

INTRODUCTION

Adolescence is a fascinating period of life and it is the most important age after childhood in all societies. Peer influences and education are of highest importance and these experiences ultimately instigate pattern of their life style, especially health habits. Taking into consideration the eating habits of teenagers there is a trend to adopt the stylish behaviours of their role models especially sports man. Tremendous challenges happening in an around the world which makes them to be lean always for participation in the reality shows which pursue them to adopt the unhealthy eating habits. With or without knowledge the younger generation is being unhealthy due to the consumption of junk foods and stressful technical occupation

NEED FOR THE STUDY

Now a day's adolescents are in the habit of eating or munching food while performing routine tasks. Most of them are careless about the type of food, timing, size and the portion of it. Junk food use was reported by 37% of the adult and 42 % of the adolescent. The harmful effects of junk foods significantly increase the level of risk

factors that can cause heart diseases such as high blood pressure and atherosclerosis.

OBJECTIVES

- To assess pre-test level of knowledge regarding junk food on health among adolescents.
- To evaluate the effectiveness of structured teaching programme on knowledge regarding junk food among adolescents.
- To find out the association between pre-test level of knowledge with selected demographic variables.

Hypothesis

- H1- There will be significant difference between mean pre-test level of knowledge and post-test level of knowledge regarding the effect of junk food.
- H2- There will be significant association between levels of knowledge with selected demographic variables.

Methodology

Research design: Pre –experimental design

Variables of the Study

- Dependent variables: Knowledge regarding effect of junk food on health among adolescents.
- Independent variables: Structured teaching programme regarding effect of junk food on health among adolescents.

Setting of the Study

The present study was conducted in selected College of nursing Mysore.

Sample

The sample of present study comprised of GNM students. 40 GNM students in the age group of 16-20 yrs were selected as sample for the present study.

Sampling Technique

A purposive sampling technique was used to select the sample.

Sampling Criteria

Inclusion criteria

- Young adolescents of both males and females those who are in Nursing
- Those who knows to read and write English.

Exclusion Criteria

- Who are not willing to participate in the study
- Not Available at the time of data collection

Data Collection Technique and Instruments

Based on the objective of the study, demographic data and structured questionnaire were prepared to assess the knowledge. After extensive and systematic review of literature the investigator developed this tool.

This tool was divided into two – section 1 and 2

Part 1- Demographic data of adolescents

RESULTS

Table 1: Section1: Frequency and Percentage Distribution According To Demographic Characteristics, N=40.

Demographic Variables		Frequency	Percentage
Age	16-17 yrs.	3	7.5%
	17.1-18 yrs.	4	10%
	18.1-19 yrs.	11	27.5%
	19.1-20 yrs.	22	55%
Sex	Male	3	7.5%
	Female	37	92.5%
Religion	Hindu	13	32.5%
	Christian	5	12.5%
	Muslim	4	10%
	Others	18	45%
Type of family	Nuclear	27	67.5%
	Joint	13	32.5%
	Extended	0	0%
Family income per month.	<5000	6	15%
	5000-10,000	18	45%
	>10,000	16	40%

Information of demographic data of adolescents include age, sex, religion, type of family, family income/ month, educational status of parents, place of residence, dietary pattern and source of information.

Part 2- Assessment of young adolescents “knowledge regarding effects of junk food on health.”

It comprises of 30 items as multiple choice questions.

Scoring and interpretation

The items are phrased in a multiple choice form with four options, three as distracters and one correct response. The correct response was given a score of 1 and incorrect response as 0 score.

To interpret the level of knowledge, the scores subjected as follows

Knowledge Level	Knowledge of scores
Inadequate	1-7
Moderate	8-14
Adequate	15-20

Data Collection Procedure

Data collection is the process of acquiring subjects and collecting information needed for the study. Sampling of 40 adolescents was selected .In order to obtain free and fair response of subjects was explained the purpose and usefulness of conducting the study. Pre-test was administered to adolescents, same day STP regarding effects of junk food was given. After 7 days post test was conducted to assess the effectiveness of STP.

Educational status of father.	Non formal	10	25%
	Secondary	18	45%
	Graduated	9	22.5%
	post graduated	3	7.5%
Educational status of mother.	Non formal	13	30%
	Secondary	16	40%
	Graduated	9	22.5%
	post graduated	2	5%
Place of residence at present.	Hostel	32	80%
	with parents	6	15%
	with relatives	2	5%
Dietary pattern	Vegetarian	5	12.5%
	non vegetarian	35	87.5%
Source of information	Mass media	27	67.5%
	Relatives	6	15%
	Neighbours	2	5%
	Health member	5	12.5%

SECTION -2 Evaluation of effectiveness of planned teaching programme in terms of knowledge score regarding junk food among the nursing students.

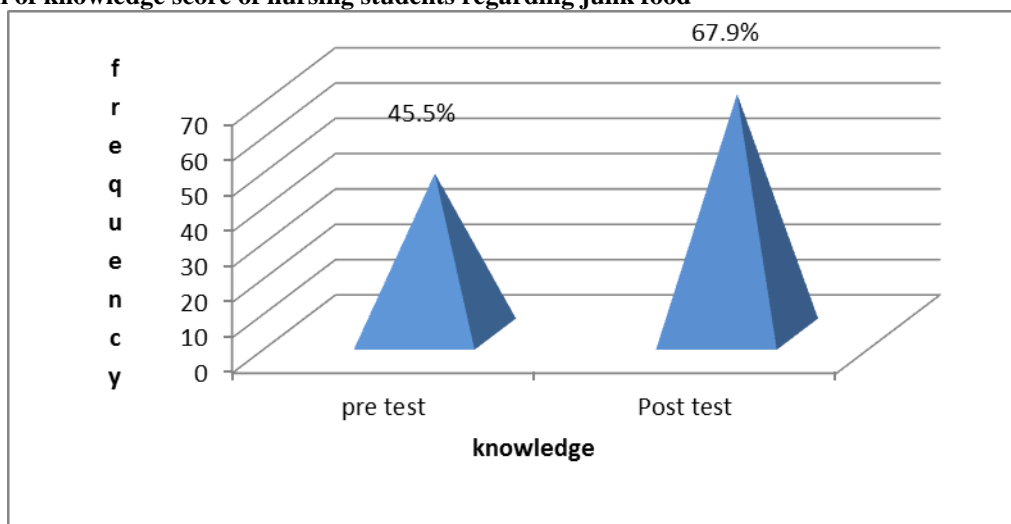
The data presented in table 02 shows that the paired t test computed between the pre and post-test knowledge level score was statistically significant at 0.05 levels. The calculated value $t=14.16$ is greater than table value $t(39)=2.023$. The post-test knowledge scores of students were significantly higher than the pre-test knowledge score. Hence the research hypothesis was accepted and that structured teaching programme on effectiveness of junk food was an effective method of increasing knowledge of students.

Table -2: Overall mean, standard deviation, paired test value between pre-test and post-test N=40.

Aspect	Max. Score	Mean	SD	Paired 't' test
Pre test	728	18.2	4.89	14.16*
Post test	1119	27.19	1.90	

*Significant

Description of knowledge score of nursing students regarding junk food



SECTION-3: Association between pre-test and knowledge score with demographic variables N=40

Demographic variable	No of Sample	Knowledge level		X2Test Value	Table value
		≤ Median	≥ Median		
Age	16-17 yrs.	3	2	2.954 NS	p=0.398
	17.1-18 yrs.	4	3		
	18.1-19 yrs.	11	4		
	19.1-20 yrs.	22	8		
Sex	Male	3	2	0.961 NS	P=0.326

	Female	37	14	23		
Religion	Hindu	13	9	4		
	Christian	5	2	3	2.25	P=0.521
	Muslim	4	2	2		
	Others	18	8	10	NS	
Type of family	Nuclear	27	18	9		
	Joint	13	5	7	2.14	P=0.1429
	Extended	0	0	0	NS	
Family income per month	<5000	6	4	2		
	5000-10,000	18	7	11	2.297	P=0.317
	>10,000	16	5	11	NS	
Educational status of father	Non formal	10	4	6		
	Secondary	18	10	8	0.969	P=0.808
	Graduated	9	5	4	NS	
	post graduated	3	2	1		
Educational status of mother	Non formal	13	7	6		
	Secondary	16	6	10	2.076	P=0.556
	Graduated	9	6	3	NS	
	post graduated	2	1	1		
Place of residence at present	Hostel	32	11	21	2.283	
	with parents	6	4	2	NS	P=0.319
	with relatives	2	1	1		
Dietary pattern	Vegetarian	5	2	3	2	P=0.156
	non vegetarian	35	5	30	NS	
Sources of information	Mass media	27	7	20		
	Relatives	6	3	3	3.14	P=0.370
	Neighbours	2	1	1	NS	
	Health member	5	3	2		
Previously attended any class	Yes	10	6	4	0.134	P=0.713
	No	30	16	14	NS	

Implication

Nursing practice

Proper nutrition plays a big role in disease prevention, recovery from illness and on-going good health. A healthy diet will help you look and feel good as well. Since nurses are the main point of contact with patients, they must understand the importance of nutrition basics and be able to explain the facts about healthy food choices to their patients. Nutrition classes provide the information necessary to sort the fact from fiction about healthy eating and pass that knowledge on to their patients. Not only must nurses be able to explain the ins and outs of a healthy diet, they must also lead by example.

Nursing education

Nursing education should focus most of its attention in giving health education as source of imparting knowledge. Nurse educator can teach through innovative teaching method to acquire adequate knowledge on effect of junk food on health.

Nursing administration

The nurse administrator should depute the nursing personal to attend the conferences, workshop, training programme take an initiative in creating health policy making and developing knowledge about junk food on health.

Nursing research

Nurses being the largest group in health care delivery system they should take initiative to conduct further research regarding effect of junk food on health. There is a need of extensive and intensive research in this area, so that strategies are for educating nurse for proper handling of patient.

Limitations

The study is limited to nursing students in selected school of nursing.

The study was conducted with a small sample size, which restrict the generalization.

Recommendation

- The different nursing personal should come forward to conduct the research studies.
- Regular in service education should be conducted for the nursing personal regarding effect of junk food on health.
- The student nurses should update the knowledge through work shop, presentation, conferences and, discussions.

CONCLUSION

The aim of the study was to evaluating the effectiveness of structured teaching program regarding junk food among selected nursing school students in Mysore. Calculated pre-test mean value is 18.2 and post-test value is 27.19. obtained “t” value is 14.16 which is greater than table value $t(39)=2.023$. The post-test knowledge scores of students were significantly higher than the pre-test knowledge score. Hence this study found out that structured teaching programme is an effective method for improving the knowledge of GNM students on junk food.

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