

## Research Article

# A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ANOREXIA NERVOSA AMONG DEGREE STUDENTS IN SELECTED COLLEGES AT TUMKUR

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## ABSTRACT

Anorexia nervosa is a serious psychological eating disorder primarily affecting adolescents and young adults, though it can occur at any age. It is characterized by extreme food restriction, an intense fear of gaining weight, and a distorted body image. This disorder not only poses significant physical risks, such as malnutrition, organ failure, and bone loss, but also causes long-term psychological consequences, including depression, anxiety, and social isolation. **Objectives:** 1. To assess the knowledge regarding Anorexia nervosa among degree students in selected colleges at Tumkur. 2. To assess the effectiveness of structured teaching program by comparing pre- test and post test knowledge score. 3. To find out the association between pre-test knowledge of degree students and selected demographical variables. **Methodology:** In this study a quantitative evaluative research approach was used with the pre-experimental one-group pre-test post-test design, by using Simple Random sampling technique, 60 students from Degree college were selected for the study, a pre-test was conducted by using structured knowledge questionnaire regarding Anorexia nervosa and post-test was conducted after 7 days of intervention the data obtained was analyzed by using descriptive such as frequency percentage mean, mean percentage and SD and inferential statistics such as paired 't' test and chi-square test. **Results:** Data was analyzed by using descriptive and inferential statistics such as mean, median standard deviation and paired t-test and chi-square test, pretest findings of the study revealed that the overall score of the pre-test findings mean 6.51 (21.72%), standard deviation of 3.14 in addition to that post-test findings mean 29 (96.66%). Regarding the effectiveness of STP, the calculated value of paired t test ( $t_{cal}=51.09$ ) is greater than the table value ( $t_{tab}= 2.000$ ) at 0.05 level of significance. **Conclusion:** The overall findings of the study revealed that there was a very significant increase in the knowledge of degree students regarding Anorexia nervosa after administration of structured teaching programme. Therefore, it was concluded that the structured teaching programme was highly effective in improving the knowledge of degree students of selected colleges.

**Keywords:** Effectiveness, structured teaching programme (STP), Degree students, random sampling technique, one group pre-test post-test design, paired 't' test, chi square test. Assessment, hypothesis, purging.

## INTRODUCTION

Adolescence is the transitional phase between childhood and adulthood, typically characterized by physical, psychological and social changes. WHO defines 'Adolescents' as individuals in the 10-19 years age group and 'Youth' as the 15-24 year age group. While 'Young People' covers the age range 10-24 years.<sup>1</sup>

Nutrition is one of the most important elements for human being to sustain and survive the individual's life. Moreover, eating is one of the social activity, seldom does an event of any social significance that occur without the presence of food. Hence, society and culture have a great deal of influence on eating behaviours.<sup>2</sup>

The term anorexia nervosa is derived from the Greek word means "loss of appetite" according to Latin word implying nervous origin", However Anorexia Nervosa is a syndrome characterized by three essential criteria's. The first is a self induced starvation to a significant degree, the second is restless derived for thinness and the third is presence of medical signs and symptoms resulting from starvation.<sup>3</sup>

The cause of anorexia nervosa is not known. Factors influences such as hereditary, genetics, family and learned behavior, restrictive

eating, emotional stress during puberty or pre puberty. And also brain chemistry, a tendency towards perfectionism and family history of anorexia. Approximately, 95 percentages of those affected by anorexia were female, but males can develop the disorder as well. However, it begins to manifest itself during later adolescence, and young common adults.<sup>4</sup>

Anorexia Nervosa is common in teens, 10% of adolescent girls have anorexia, boys and men can also develop, and also 1% of older adults and women have anorexia. However, it can be well before even puberty or well after that, even starving in midlife or beyond. It occurs much more often in females as compared to males. The common onset of age group of 13 – 19 years of age.<sup>5</sup>

However, anorexia is an emotional problem that is focused on food. Yet, it is really an endeavor to manage their body shape and a craving to control things by carefully directing food and weight of individuals with anorexia, frequently feel that how they look. Anorexia is progressively regular, particularly among young ladies in growing culture where social desires urge ladies to be thin, obsessions with lean and slim body.<sup>6</sup>

In addition to this, cultural influences, impact on adolescent girls regarding healthy body image were revealed in a study of music videos, which featured scantily clad female model of the ultra-thin socio-cultural ideal young women. 16- 19 years group adolescent girls reveals increased body dissatisfaction.<sup>7</sup>

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## NEED FOR STUDY

Anorexia nervosa is approximately 0.5% to 3.7% of the female population. Its onset is usually between 13-20 years of age, but the illness can occur in any age group, including the elderly and prepubertal children. The mortality from anorexia nervosa is estimated to be approximately 50%. The number of people with anorexia nervosa who fully recover is low. Although, some patients improve symptomatically over time most continue to have disturbances with body image, distorted eating, and other psychiatric problems.<sup>8</sup>

The global incidence rates of anorexia nervosa have seen significant changes over the years. Between 2000 and 2006, the calculated incidence rate was 3.4%. However, more recently, between 2013 and 2018; the incidence rate has increased to 7.8%. These figures highlight the growing prevalence of anorexia nervosa worldwide.<sup>9</sup>

A 19-yr-old Kerala girl dies after extreme fasting to lose weight on **12/03/2025** in Meruvambayi, Kerala's Kannur. Lost her life after months of extreme "water fasting regimen, influenced by weight loss advice dished out online. She had abstained from proper food for nearly a year and had been surviving mainly water. Doctors said the death resulted from complications arising from anorexia nervosa, an eating with mental, behavioural problem Sreenanda, a 1<sup>st</sup> year degree student of Pazhaniraja NSS College, was undergoing treatment at Thalassery Cooperative Hospital for the past 10 days.

However, Healthy generation is needed for the upliftment of every nation. Particularly a developing country like India needs young healthy generation, so that the country can develop in all aspects. But our teenagers are being trapped by so called 'Barbie doll syndrome', where the teenagers are starving themselves daily to attain ideal figure.<sup>10</sup>

The anorexia nervosa is one of the major leading causes of psychological problem in community Therefore, researcher by keeping the entire above scenario, as a part of our requirement, decided to conduct research study to assess the effectiveness of structured teaching program on knowledge regarding anorexia nervosa among degree students at selected colleges at Tumkur.

## OBJECTIVES OF THE STUDY:

1. To assess the knowledge regarding Anorexia nervosa among degree students in selected colleges at Tumkur.
2. To assess the effectiveness of structured teaching program by comparing pre-test and post test knowledge score.
3. To find out the association between pre-test knowledge of degree students and selected demographical variables.

## HYPOTHESIS

- H1-** There will be significant difference between pre-test and post-test knowledge score of degree students regarding Anorexia nervosa.
- H2-** There will be significant association between knowledge of degree students regarding Anorexia nervosa with the selected demographical variables.

## METHODOLOGY

The research design of the study was pre experimental one group pre-test post test design. The population was degree students, a quantitative research approach was used in this study and the simple

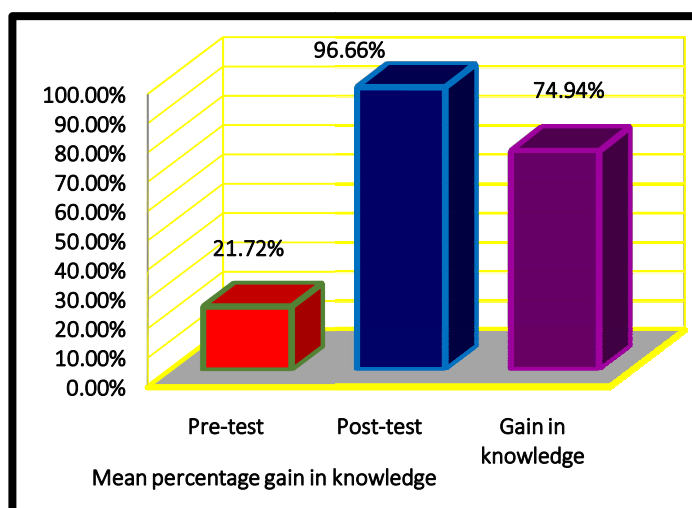
random sampling technique was used to select 60 samples from selected colleges at Tumkur. The pre-test was conducted using structured questionnaire and structured teaching program was given after pre-test on same day. The post test was conducted after 7 days of intervention by using the same questionnaire. The data were analyzed by using descriptive and inferential statistics.

## RESULT

**Table No. 1:** Frequency and percentage distribution of knowledge scores of subjects regarding Anorexia Nervosa.

n=60			
Mean % of knowledge score of subjects			
Total score	Pre-test	Post test	Gain in knowledge
1800	21.72%	96.66%	74.94%

Table No. 1 reveals that the mean percentage of knowledge scores in the pre-test was 21.72% and 96.66% in post-test. Hence the total gain in Knowledge is 74.94%.



**Graph 12:** The column graph represents the mean percentage gain in knowledge of the subjects according to their level of knowledge scores

## DISCUSSION

The research proposal was approved by the dissertation committee prior to pilot study. Permission was obtained from the head of the institution and also from the higher authority of Union Christian College and Shridevi Degree College, Tumkur. The objective and other details of this study were explained to the participants and consent was obtained to participate in the study. Assurance was given to the study participants on anonymity and confidentiality of the data collected from them. The results of the selected variables are as follows,

The pre-test mean knowledge score was mean 6.51, median 06, mode 03, standard deviation 3.14, and range 09. Whereas the post-test, mean knowledge score was 29, median 29, mode 29, standard deviation 1 and range 3. The overall difference in mean knowledge score was 22.49, median 23, mode 27, standard deviation 2.14 and range 6.

Majority of subjects 33(55%) had average knowledge, 14(23.33%) had poor knowledge and 13(21.66%) had good knowledge in the pre-test, whereas in post test 60(100%) of them had good knowledge.

Majority 90% of gain in knowledge was regarding Treatment and prevention about the anorexia nervosa, 75% Complication of anorexia nervosa, 70.83% General information, 70% anorexia nervosa & types, 66.66% Signs & symptoms of anorexia nervosa, 62.53% Etiology of anorexia nervosa, 41.67% Diagnosis of anorexia nervosa after Structured Teaching Program.

The calculated paired 't' value ( $t_{cal} = 51.09^*$ ) was greater than the tabulated paired 't' value ( $t_{tab} = 2.000$ ). **Hence,  $H_1$  was accepted.** This indicates that the gain in knowledge score was statistically significant at 0.05 level of significance. Therefore, the Structured Teaching Program was effective in enhancing knowledge regarding Anorexia Nervosa. The calculated chi-square value was more than tabulated value in case of family type. Hence there was statistical association between knowledge scores and family type **Hence,  $H_{2.6}$  i.e. family type was accepted.** There was no association found with other variables.

## CONCLUSION

### In the present study,

The pre-test had shown that the knowledge of Degree college students regarding anorexia nervosa was moderately adequate.

After the administration of structured teaching programme, the posttest level of Degree College students regarding anorexia nervosa had shown an adequate increase in knowledge.

The structured teaching programme used in this study was found to be an effective method in improving the knowledge of Degree College students participated in this study.

The demographic variables such as age, gender, birth, religion, type of family, type of diet, course of education, education of father, education of mother, family income, place of residence, family history of anorexia nervosa, source of information.

## RECOMMENDATION

On the basis of findings of the study the following recommendations were made:

1. A Similar study can be conducted using other strategies like Board, Handouts, Flashcard and pamphlets.
2. A comparative study can be undertaken between rural and urban community.
3. The study can be conducted in different settings.

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