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## A Study to Assess the Knowledge and Attitude Regarding Awareness of Ideal Body Weight among Adolescents at V.O.C School, Karaikal

G.Raji

Associate Professor, Vinayaka Mission's College of Nursing, Karaikal, Puducherry, India.

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### Abstract

A study to assess the knowledge and attitude regarding awareness of ideal body weight among adolescents at V.O.C school, Karaikal. To assess the knowledge and attitude regarding awareness of ideal body weight among adolescents at V.O.C school, Karaikal. To associate the knowledge and attitude regarding awareness of ideal body weight among adolescents with selected demographic variables at V.O.C school, Karaikal. Descriptive research design was used to assess the knowledge and attitude regarding awareness of Ideal Body Weight among adolescents at VOC school, Karaikal. A total of 100 students were selected by simple random sampling technique. Data was collected by questionnaire method. A booklet on awareness on ideal body weight given to each student. Regarding knowledge 60% student had moderately adequate knowledge, 39% had inadequate knowledge and 1% had adequate knowledge. Regarding the attitude 11% of them had unfavorable attitude, 69% of them had moderately favorable attitude, and 20% of them had favorable attitude. The study shows that there was significant association between knowledge on ideal body weight among adolescents with who attended health camp ( $p < 0.031$ ) and there was no significant association between other demographic variables such as age, sex, education etc. The study shows that there was significant association between attitude on ideal body weight among adolescents with ( $p < 0.018$ ) sex and there was no significant association between other demographic variables such as age, sex, education etc. This study conclude that knowledge and attitude regarding ideal body weight most of students had moderate knowledge and moderately favorable attitude.

**Keywords:** Knowledge, Attitude, Body Weight, Adolescents.

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### Introduction

The worldwide obesity trends are causing serious public health concern and in many countries threatening the viability of basic health care delivery. It is an independent risk factor for cardiovascular disease and significantly increases the risk of morbidity and mortality. Due to these may co-morbid condition like metabolic, cardiovascular, psychological, orthopedic, neurological, hepatic pulmonary and renal disorders. According to a global estimated by the World Health Organization in 2005 were about 1.6 billion over weight persons aged 15 years and above. The highest rate of obesity in Asia is in Thailand (15) and the lowest in India (8) followed by Philippines (10). The overall prevalence of boys and girls having normal BMI were 72.5% and 79.0% respectively. The prevalence of overweight was 14.3% (95% confidence interval (CI) 6.6 -24.5% among boys and 9.3% (CI) 3.6 -22.5%) among girls prevalence of obesity was 2.9% (CI 0.07-4.0%) in boys and 1.5% (CI 0.05 -5.0%) in girls. There were was a higher

prevalence of overweight in boys compared with girls, but difference was not significant. States of India ranked in order of people who are overweight on data from the 2007 National family health survey. In Tamilnadu (19.8) male, female (24.4), Kerala male (24.3), female (34) Karnataka male (14) female (17.1), Andhrapradesh male (17.6) and female (22.7), Maharastra male (15.9) and female (18.1).

### Statement of the Problem

A study to assess the knowledge and attitude regarding awareness of ideal body weight among adolescents at V.O.C school, Karaikal.

### Objectives

- To assess the knowledge and attitude regarding awareness of ideal body weight among adolescents at V.O.C school, Karaikal.
- To associate the knowledge and attitude regarding awareness of ideal body weight among adolescents with selected demographic variables at V.O.C school, Karaikal.

### Correspondence

G.Raji

E-mail: rajishobika22@yahoo.in

**Methodology****Research approach**

Descriptive approach

**Research design**

Descriptive survey design

**Setting of the Study**

This study was conducted at V.O.C higher secondary school at Karaikal.

**Population**

The population of this study was Adolescents.

**Samples**

Age group between 14-16 years, studying V.O.C higher secondary school, Karaikal.

**Sample size**

In this study sample size was 100.

**Method of sample collection**

Simple random sampling technique.

**Criteria for sample selection****Inclusion Criteria**

- ❖ Age group between 14-16 Years
- ❖ Present during data collection
- ❖ Students who are able to understand Tamil

**Exclusion Criteria**

- ❖ Students who are not willing to participate in the study

**Description of the Tool**

The tool collect the data from the samples consisted of 3 parts

**Section-1:** Demographic variables such as age, sex, education, residence, income, weight, height etc.

**Section-2:** Knowledge regarding ideal body weight. It consists of 30 questions.

**Section-3:** Attitude regarding ideal body weight. It consists of 10 statements.

**Score Interpretation****Knowledge**

Below 50%- Inadequate Knowledge.

51-75% - Moderately adequate Knowledge

76%-100% - Adequate Knowledge

**Attitude**

Unfavourable -21-30%

Moderatelyfavourable - 31-40%

Favourable -41-50%

**Data Collection**

A total of 100 students of 11<sup>th</sup> and 12<sup>th</sup> standard at V.O.C school were selected for the study using simple random sampling method. Data collection was conducted by using structured questionnaire. After data collection, prepared booklet on awareness of ideal body weight has given to each student to enrich and reinforce the knowledge and attitude regarding ideal body weight.

**Major Findings of the Study****Findings regarding demographic data:**

Regarding demographic data 76% belongs to 15-16 years of age and 24% belongs to 17-18 years, regarding education 95% from 11<sup>th</sup> standard and 5% from 12<sup>th</sup> standard, regarding sex 48% of them were male and 52% of them were female.

**Findings regarding knowledge on ideal body weight**

Regarding knowledge 60% student had moderately adequate knowledge, 39% had inadequate knowledge and 1% had adequate knowledge.

Table 1

*Distribution of Level of Knowledge Regarding Ideal Body Weight among Adolescents*

S.No	Level of Knowledge	Frequency	Percentage
1	Inadequate (Below50%)	39	39%
2	Moderately adequate (51-75%)	60	60%
3	Adequate (Above76%)	1	1%
	<b>Total</b>	<b>100</b>	<b>100%</b>

**Findings regarding attitude on ideal body weight**

Regarding the attitude 11% of them had unfavorable attitude, 69% of them had moderately

favorable attitude, and 20% of them had favorable attitude.

Table 2

*Distribution of Level of Attitude Regarding Ideal Body Weight Among Adolescents*

S.No	Level Of Attitude	Frequency	Percentage
1	Unfavourable (21-30%)	11	11%
2	Moderately Favourable (31-40%)	69	69%
3	Favourable (41-50%)	20	20%

### Findings regarding association between knowledge and attitude with demographic variables

The study shows that there was significant association between knowledge on ideal body weight among adolescents with who attended health camp ( $p < 0.031$ ) and there was no significant association between other demographic variables such as age, sex, education etc. The study shows that there was significant association between attitude on ideal body weight among adolescents with ( $p < 0.018$ ) sex and there was no significant association between other demographic variables such as age, sex, education etc.

### Conclusion

Childhood and adolescents are critical periods for developing and forming healthy life style habits and behaviors that can last a life time. Most of the adolescents do not meet the recommended level of physical activity and engaged in sedentary activities have increased, and there widespread changes in dietary patterns. There lifestyle behaviors may contribute to the prevalence of obesity and other chronic diseases in childhood.

### Recommendations

- Study can be replicated on large sample to validate and generalize its findings.
- A comparative study can be conducted to assess the knowledge and attitude regarding ideal body weight among adolescents in rural and urban schools
- A comparative study can be conducted to assess the knowledge and attitude regarding ideal body weight among adolescents for male and female student
- A study can be conducted to evaluate the effectiveness of structured teaching programme regarding Ideal Body Weight among adolescent students in schools.

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