

Knowledge And Attitude Of Adolescents Regarding Obesity In A Selected School In Alappuzha District

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Abstract—The present study was intended to assess the knowledge and attitude of adolescents regarding obesity in a selected school in Alappuzha district. The objectives of the study were to assess the knowledge regarding obesity among adolescents to assess the attitude regarding obesity among adolescents, to determine the association between knowledge of adolescents regarding obesity with selected demographic variables, determine the association between attitude of adolescents regarding obesity and to prepare informational booklet on obesity and its consequences.

Conceptual framework adopted for this study was Rosenstock's Health Belief Model. Descriptive cross-sectional design used in this study. Two hundred and fifteen adolescents who were studying in 8,9,10 standards was selected consecutively from Govt. Higher secondary school Kakkazham, Alappuzha were knowledge and attitude of adolescents regarding obesity assessed using sociopersonal data sheet, structured questionnaire and attitude scale by using self report method. Study findings were analyzed using descriptive and inferential statistics. The result showed that among the adolescents 6.5% have high knowledge regarding obesity, 56.7% participants have moderate knowledge and 36.7% have low knowledge regarding obesity. 46% of participants have negative attitude towards obesity, 48.8% have neutral attitude and 5.1% have positive attitude towards obesity.

Index Terms—Knowledge, Attitude, Obesity, Adolescents

I. INTRODUCTION

Adolescent period is considered as transitional period that requires special attention and protection.¹ Latin word adolescent describe the meaning 'to grow or to mature'.² It is a phase separates from both early childhood and late adulthood. High levels of self awareness and self control during mid adolescent will help to make adulthood healthier.³

Overweight and obesity are 5th leading risks for global deaths. Prevalence of overweight and obesity among children and adolescents has widely increased worldwide, making it one of the most common chronic disorders in this age group.⁴ The number of adolescents who are obese is increasing in both low and high income.⁵ Globally, over two billion children and adults suffer from health problems being obese.⁶ Obesity is a serious health problem and its prevalence has increased dramatically over the past 20 years. The proportions of children and adolescents who are overweight and obese have also been increasing. The magnitude of overweight ranges from 9% to 27.5% and obesity ranges from 1% to 12.9% among Indian children.

Long term health effects of obesity include heart diseases, Type 2 diabetes, Stroke etc.⁷ The present study will be conducted with the following objectives ;To assess the knowledge of adolescents regarding obesity, to assess the attitude of adolescent regarding obesity, to determine association between knowledge and attitude of adolescent with selected demographic variables with a view to develop an informational booklet on obesity and its consequence. Nowadays obesity is raised as one of the major factors affecting health.

The stigma of obesity carries psychological and social consequences as well, including an increased risk of depression, as obese adolescents are rejected more frequently by their peers, teased and ostracized because of their weight.⁷ Hence the gap in knowledge is growing risks that necessitate the need to systematically investigate the knowledge of obesity among adolescent. Based on the findings health education programmers can be conducted in different settings like schools, colleges, and the community.⁸ This challenged the researcher to explore the importance of knowledge and attitudes of adolescent

regarding obesity, and to impart the knowledge regarding obesity and its consequences.⁹

According to WHO ,obesity is one of the most common yet , the most neglected public health problem in both developed and developing countries .According to WHO world health statistics report 2012, one in 6 adult is obese and nearly 2-8 million individual die each year due to over weight or obesity. Due to increase risk of morbidity and mortality obesity is now being recognized a disease in its own right. Obesity is strongly associated with other metabolic disorder including diabetes, hypertension, dyslipidemia, cardiovascular disease and even some cancers .The risk for these disorders appears to start from a body mass index of about 21 kg/msquare.¹⁰ There is no simple solution to obesity and no fast way to create the energy deficit required for sustainable loss of fat –weight loss requires long term commitment to permanently change eating and exercise habit. Valid advice is to reduce overall energy intake include more vegetables ,fruits and whole grain product, fewer foods high in saturated fat , sugar and salt.¹¹ While mind full of the need to encourage individuals to make changes ,the medical profession need to lead the change to advocate for changes to our obesogenic environment.¹⁰

II. STATEMENT OF THE PROBLEM

A study to assess the knowledge and attitude regarding obesity among adolescents in a selected school in Alappuzha district.

Objectives

1. To assess the knowledge regarding obesity among adolescents
2. To assess the attitude regarding obesity among adolescents
3. To determine the association between knowledge of adolescents regarding obesity with selected demographic variables.
4. To determine the association between attitude of adolescents regarding obesity with selected demographic variables.
5. To prepare informational booklet on obesity and its consequences

Operational definitions

- Knowledge- Refers to the awareness of adolescents

regarding obesity which is assessed by the self-administered questionnaire.

- Attitude- Attitude refers to the positive or negative view of adolescents about obesity which is assessed by rating scale.
- Obesity- Refers to excessive deposition of fat in the body manifested by disproportionate weight to the height with the body mass index of more than 25.
- Adolescents-Refers to the students studying VII, VIII, IX and X standards of school in Alappuzha.
- Informational booklet - Refers to a booklet gives information regarding obesity
- Socio demographic variables - Refers to age ,religion ,sex ,studying class, education of mother ,education of father ,family income ,type of family ,area of residence ,hobbies.

Hypotheses

H₁: There is a significant association between knowledge of adolescents regarding obesity and selected demographic variables.

H₂: There is a significant association between attitude of adolescents regarding obesity and selected demographic variables.

Theoretical frame work

Health belief model by Irwin M Rosenstoch

III. REVIEW OF LITERATURE

Review of literature is a key step in research process. It is a critical summary of research on a topic of interest, often prepared to put a research problem in context. Hence an exclusive review of literature was done to assess the knowledge and attitude regarding obesity among adolescents.

IV. METHODOLOGY

Research approach

Quantitative research

Research design

descriptive ross-sectional research design.

Variables

Knowledge regarding obesity among adolescents

Attitude regarding obesity among adolescents

Setting of the study

The study was conducted in selected school in Alappuzha.

Population: Adolescents studying in selected schools in Alappuzha

Sample: Adolescents who are studying in vii , viii , ix , x standard in selected schools in Alappuzha.

Sample size: Sample consisted of 215 adolescents

Sampling technique: multistage sampling

Inclusion criteria

Adolescents who are:

- Willing to participate in the study
- Available during data collection time

Exclusion criteria

Adolescents who had undergone any educational program on obesity and its consequences on health in past 6 months prior to study period

Tools and technique

Tool:1 Socio-personal data sheet

Technique: self report

Tool:2 Questionnaire to assess knowledge of adolescents regarding obesity

Technique: self report

Tool 3: Rating scale for assessing attitude of adolescents regarding obesity

Technique: self report

V. RESULTS

Major findings of the present study are discussed below.

Socio personal variables of adolescents

- Among 215 adolescents,78.6% were in the age group of 14-16 years.
- 58.1% of the adolescents were muslims,40.5% adolescents belong to Hindu religion and 1.45% were Christians.
- 55.8% of the study adolescents were females.
- It was revealed that ,41.4% of mothers of adolescents had high school education.

- The study depicted that;40.5% of fathers of adolescents had higher secondary education.
- It is evident from the study that 42.8% of adolescents had a monthly family income less than Rs. 5000.
- It was clear from the study that,70.2% of adolescents were belonged to nuclear family.
- It is evident from the study that 64.7% of the adolescents were residing in rural area .
- It is clear from the study that 16.7% had exercise as their hobby.

Knowledge of adolescents regarding obesity

- The study showed that 56.7% of adolescents had moderate level and only 6.5% had high level of knowledge regarding obesity.

Attitude of adolescents regarding obesity

- From the study, it is evident that 48.8% of the adolescents had neutral attitude and only 5.1% had positive attitude regarding obesity

Association between knowledge of adolescents regarding obesity and selected demographic variables.

- The study indicated that there was a statistically significant association between knowledge and selected demographic variables such as gender, education of father ,hobbies as the p value less than 0.05 .

Association between attitude of adolescents regarding obesity and socio personal data.

- It is observed that there was no statistically significant association between attitude of adolescents regarding obesity and socio personal data such as religion, education of mother ,monthly family income , type of family and hobbies as the p value was greater than 0.05.

Table 1 Frequency distribution and percentage of adolescents based on knowledge regarding obesity (n=215)

Knowledge	f	%
Low	79	36.7
Moderate	122	56.7
High	14	6.5

Table 1 shows that 56.7% of adolescents were having moderate level of knowledge and 36.7% had low knowledge level.

Table 2 Frequency distribution and percentages of adolescents based on attitude

(n=215)

Attitude	F	%
Negative	99	46
Neutral	105	48.8
Positive	11	5.1

Table 2 shows that 48.8% of adolescents were having neutral attitude and 46 % had negative attitude regarding obesity.

VI. DISCUSSION

The findings of the study were discussed below in relation to observations made by other studies, which the investigators had reviewed. The present study was an attempt to determine the association between the knowledge and attitude of adolescents regarding obesity.

The study showed that only 6.5% of adolescents with high knowledge and only 5.1% adolescents with positive attitude. Findings of the present study is supported by a study conducted in Amritsar to assess knowledge and attitude of adolescents towards obesity in 100 adolescents age group between 15 and 18 years selected by convenient sampling technique. The study result showed that 67% had inadequate knowledge, 32% samples are having moderately adequate knowledge, only 1% had adequate knowledge on obesity and 6% samples having unfavourable attitude.

In the present study 6.5% had high knowledge among 215 study participants. The findings of present study is supported by cross sectional study at Thrissur in 2018 among 179 students and it was found that only 6.7% of them had high knowledge on obesity.

Summary

The present study was undertaken to assess the knowledge and attitude of adolescents regarding obesity. A quantitative cross-sectional descriptive design was used to assess the knowledge and attitude of adolescents regarding obesity. The study was

theoretically supported by the frame work based on Rosenstock Health Promotion Model. The study was conducted in selected Government schools in Alappuzha. A total of 215 students were included in the study. The samples collected consecutively. Data collection tools prepared by the researchers were used to collect the socio-personal data, knowledge and attitude of adolescents towards obesity. Tools were validated by 3 subjects experts. The data collected were analysed using descriptive and inferential statistics. The findings of the study showed that 56.7% of the study participants had moderate level of knowledge and only 6.5% had high level of knowledge regarding obesity. 48.8% of the participants had neutral attitude and only 5.1% had positive attitude regarding obesity. The most common problems identified were consumption of junk food, sedentary life style and poor knowledge regarding obesity.

VII. CONCLUSION

The objectives of the study were to assess the knowledge regarding obesity among adolescents, to assess attitude regarding obesity among adolescents, to determine association between knowledge of adolescents regarding obesity with selected demographic variables, to determine association knowledge of adolescents regarding obesity with selected demographic variables and to prepare informational booklet on obesity and its consequences. Based on the study findings the investigators came up with the following conclusions. 6.5% of the adolescents had high knowledge regarding obesity and 5.1% of the study participants showed positive attitude towards obesity.

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