A Study to Evaluate the Effectiveness of Self Instruction Module on Knowledge Regarding Anorexia Nervosa Among Adolescent Girls in Selected P.U Colleges at Bangalore

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Abstract—**Background: Anorexia nervosa is an eating disorder characterized by extremely low body weight and body image distortion with an obsessive fear of gaining weight. It is common among adolescent girls. The field of eating disorder research is continually evolving, and treatments are being developed and refined based on these discoveries. Given the complex nature of eating disorders, it is not surprising that the factors that contribute to these diseases are multifaceted.**

There is not one single cause responsible for the formation and development of an eating disorder, but rather, an accumulation of several possible compounding factors that each play a role in the development and continuation of these diseases. These factors can be biological, sociological, emotional, environmental etc.

Objectives:

- **To assess the existing knowledge regarding anorexia nervosa among adolescent girls In a selected P.U college at Bangalore**
- **To assess the effectiveness of self instructional module on knowledge regarding**
- **Anorexia nervosa among adolescent girls in selected P U Colleges at Bangalore.**
- **To associate knowledge score with selected demographic variables among adolescent Girls at selected PU colleges at Bangalore.**

Materials and methods

A pre experimental one group pre test post-test research design was used for the study. The knowledge level of the subjects were determined using a structured knowledge questionnaire following which self instructional module was administered on the same day. The conceptual frame work is based on General system theory. A post test was conducted to determine the knowledge level of the subjects on the seventh day by using the same questionnaire which was conducted in selected PU Colleges at Bangalore. 40 adolescent girls were selected using a convenient sampling technique.

Results:

Regarding demographic variables out of 40 ,Majority of respondents 20(50%) of them were between the age group 18-19 years ,Majority of the respondents 24(68%) were belongs to Hindu religion, 20(50%) of the respondents were studying in PUC I Year, 24(62%) had studying science stream, ,20(50%) of the respondents were living in hostel, 12 (33.36) from mass media they are getting information, 28 (63.33%) respondents have the nuclear family, Family income per month of respondents out of 40, 13 (33.34%) had income Rs.6000-9000.

Regarding pretest knowledge score of adolescent girls regarding anorexia nervosa that is out of 40, majority 16(43.33%) respondents have the inadequate knowledge, 15 (41.67%) respondents have moderately adequate knowledge and 09(15%) respondents have adequate knowledge. Regarding posttest knowledge score of adolescent girls regarding anorexia nervosa that is 11(33.33%) respondents have the adequate knowledge, 28 (63.34%) respondents have moderately adequate knowledge and 1(3.33%) respondents have adequate knowledge.

There were no associations between pre tests knowledge scores with any of the selected demographic variables such as age, religion, stream of studying, year of studying, type of family and monthly income at 0.05% level of significance.

Conclusion:

The findings of the study support the effectiveness of self instructional module is increasing the knowledge score among the adolescent girls regarding anorexia nervosa.

I. INTRODUCTION

Anorexia nervosa is an eating disorder characterized by extremely low body weight and body image distortion with an obsessive fear of gaining weight. It is common among adolescent girls.The field of eating disorder research is continually evolving, and treatments are being developed and refined based on these discoveries. Given the complex nature of eating disorders, it is not surprising that the factors that contribute to these diseases are multifaceted. Adolescence can be a time of confusion. It's not surprising given the physical and mental changes that take place during this time. After all, moving from the world of the child to the world of the adult requires great adjustment . Eating healthy food is important at any age, but it's especially important for teenagers. As their body is still growing, it's vital that you eat enough good quality food and the right kinds to meet your energy and nutrition needs.1Body image, or the mental representation of what we think we look like, plays a crucial role in the development of self-esteem. Body image also influences emotions and behaviors in both men and women. Poor body image can be a driving force in eating disorders, manipulating many to alter their lifestyles based on a distorted perception of their own body

II. OBJECTIVES

- To assess the existing knowledge regarding anorexia nervosa among adolescent girls

In a selected P.U college at Bangalore

- To assess the effectiveness of self instructional module on knowledge regarding

Anorexia nervosa among adolescent girls in selected P U Colleges at Bangalore.

- To associate knowledge score with selected demographic variables among adolescent

Girls at selected PU colleges at Bangalore.

Hypothesis

Following hypothesis will be tested at 0.05 level of significance

- H1-There will be significant difference in knowledge regarding anorexia nervosa before and after administration of self instructional module among adolescent girls.
- H2-There will be significant association between the level of knowledge with the demographic variables among adolescent girls.

Assumptions:

- Adolescent girls may have some knowledge regarding anorexia nervosa.
- Anorexia nervosa may develop due to the part maintaining body image among

adolescence.

- Self instructional module will enhance the knowledge regarding of anorexia nervosa among adolescent girls.
- Knowledge enhances the attitude and the practice among adolescence girls.
- Adolescent girl's knowledge of anorexia nervosa may vary with their selected

demographic variables.

Delimitation:

- Adolescent girls in selected PU college at Bangalore.
- The duration of the study is 6weeks only

III. MATERIALS AND METHODS

Research approach: Quantitative research approach is used.

Research design: Pre experimental with one group pretest and posttest design is used.

Variables:

- Dependent variable: In this study the dependent variable is knowledge regarding Anorexia Nervosa.
- Independent variable: in this study the independent variable is self instructional module.
- Sociodemographic variables: Age in Years. Religion, Year of study, Study stream, Place of residence, Type of family, Family income, Source of information, experience, Economic status etc.

Selection criteria:

Inclusion criteria:

- Adolescent girl who can understand, read English and Kannada.
- Adolescent girls who are willing to participate.

- Adolescent girls who are present during the time of data collection.

Exclusion criteria:

- Adolescent girls who are undergone the education program regarding anorexia nervosa.
- Adolescent girls who are not available at the time of data collection

Setting:

The study was conducted in selected PU colleges at Bangalore.

Study population:

In the present study population consists of Adolescent Girls of selected PU colleges at Bangalore.

Sampling technique:

Non randomized convenient sampling technique is used in this study.

Sample size: present consists of 40 participants.

Description of tools: In this study research instrument was divided into two different parts:

Part I: sociodemographic data sheet.

Part II: structured knowledge questions to assess the knowledge of lab technicians regarding biomedical waste management.

Data Analysis:

The data was analyzed as per the objectives of the study using descriptive and inferential statistics by computing the data in excel sheet.

The analysis of data involves the translation of information collected during the course of the research project into an interpretable and manageable form. It involves the use of statistical procedures to give an organizational meaning to the data. Descriptive and inferential statistics will be used for data analysis. The various categories for analyzing the numerical data based on the objectives of the study are given below.

• Demographic data will be analyzed using frequency and percentage.

• Knowledge and practice score will be analyzed by computing frequency, percentage, mean, Median, mean percentage and standard deviation

• Mean, mean deviation, standard deviation,'t' value showing significant difference between pre- test and post-test knowledge scores .

IV. RESULTS AND DISCUSSION

Section I: Description of sociodemographic variables:

Age

Out of 40, 10(25%) of the respondents were between the age group 16-17 years, 20(50%) of them were between the age group 18-19 years, 10(25%) of them were between the age group 20-21 years.

Religion

Majority of the respondents 24(68%) were Hindu, 14 (28%) were Muslim and only 2 (4%) respondents were Christians.

Year of study

20(50%) of the respondents were studying in PUC I Year and 20(50%) of the respondents were studying in PUC II year.

Study stream.

That majority of the Respondents 24(62%) had studying science, 10 (20%) of respondents had studying commerce, 06 (10%) of respondents had s studying education and 02(8%) respondents had studying arts.

Place of residence

20(50%) of the respondents were living in hostel and majority of 20(50%) of the respondents were living in home.

Source of information

Out of 60 respondents, 12 (33.36) from mass media, 07(16.66) from friends, 07 (16.66%) from family members, 07 (16.66%) from teachers and 07(16.66%) from health personnel.

Type of family

28 (63.33%) respondents have the nuclear family and 12(36.67%) respondents have joint family.

Family income per month.

Family income per month of respondents out of 40, 06 (16.66%) had below 3000 Rs, 12(31.66%) had income Rs 3000-6000, 13 (33.34%) had income Rs.6000-9000 and 07(18.34%) had income above 9001.

Section II

Assessment of pretest and posttest knowledge of respondents

Level of knowledge	Frequency	Percentage
Inadequate knowledge	16	43.33

Moderately adequate knowledge	15	41.67
Adequate knowledge	09	15
Total	40	100

Above table revels that pretest knowledge score of respondents out of 40, majority 16(43.33%) respondents have the inadequate knowledge, 15 (41.67%) respondents have moderately adequate knowledge and 09(15%) respondents have adequate knowledge regarding Anorexia Nervosa .

Assessment of post test knowledge of respondents

Level of knowledge	Frequency	Percentage
Inadequate knowledge	01	03.33
Moderately adequate knowledge	28	63.34
Adequate knowledge	11	33.33
Total	40	100

Above table revels that post test knowledge score of respondents out of 40, majority 11(33.33%) respondents have the adequate knowledge, 28 (63.34%) respondents have moderately adequate knowledge and 1(3.33%) respondents have adequate knowledge regarding anorexia Nervosa.

Section: III

Effectiveness of Self instructional Module

t-test	N	Mean	S.D	S.E	t-value
Pre test	40	13.85	4.37	0.5356	3.04
Post test	40	19.71	3.54	0.4277	

The above table revels that effectiveness of Self instructional Module on anorexia Nervosa among the adolescent girls of pretest that is 13.85 and posttest that is 19.71, standard deviation of pretest and post test is 4.37, 3.54 respectively and calculated t value is higher than the tabulated t value at 0.05 level of significance it indicates Self instructional Module is effective to increase the level of knowledge among adolescent girls.

SECTION IV

Association between the selected demographic variable and the level of knowledge.

Table no 5.13: Association between the selected demographic variable and the pre test level of Knowledge.

n=40

Sl. No	Demographic variables	χ^2	'P' value	df	Remarks
1	Age (in years)	2.123	0.199	2	NS
2	Religion	1.654	0.179	1	NS
3	Year of Study	2.456	0.142	3	NS
4	Study stream	5.206	0.905	2	NS
5	Type of family	6.492	0.093	3	NS

6	Family income	3.546	0.611	5	NS
7	Source of information	4.543	0.093	3	NS

Above Table reveals the association between pre test level of knowledge scores of respondents with selected demographic variables. There is no association between knowledge scores and age χ^2 =2.123(P=0.199), Religion χ^2 = 1.654(P=0.179), Year of study χ^2= 2.456(P=0.142), study stream χ^2= 5.206(P=0.905) type of family was χ^2=6.492(P=0.093), family income χ^2= 3.546(P=0.611), source of information χ^2=4.543(P=0.093) at 0.05 level.

V. CONCLUSION

The Mean post test knowledge score of adolescent girls is more than the Mean pre test knowledge score. So self instructional module is effective in changing the knowledge of the adolescent girls. Association between pre test level of knowledge scores of respondents with selected demographic variables. There is no association between knowledge scores and age χ^2 =2.123(P=0.199), Religion χ^2 = 1.654(P=0.179), Year of study χ^2= 2.456(P=0.142), study stream χ^2= 5.206(P=0.905) type of family was χ^2=6.492(P=0.093), family income χ^2= 3.546(P=0.611), source of information χ^2=4.543(P=0.093) at 0.05 level.

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CONFLICT OF INTEREST- None declared

ETHICALCLEARENCE- Ethical Clearance Certificate was obtained by Institutional Ethical Committee.

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