

A QUASI-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF EDUCATION PROGRAMMES ON FOOD DIARY MAINTENANCE AMONG OBESE ADOLESCENT GIRLS AT SELECTED SCHOOLS IN INDORE

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Introduction

Adolescence begins around the ages of ten, eleven, or twelve and lasts between the ages of eighteen and twenty-one. It is important to remember that age alone does not indicate the beginning and end of adolescence; rather, attaining key developmental milestones indicates when a specific stage of development has begun or concluded. (Chirsclause, 2016) Adolescence is a stage of physical and psychological human development that generally occurs between puberty and legal adulthood (age of majority). Adolescence is most closely associated with the adolescent years, though its physical, psychological, and cultural manifestations can begin earlier or later. For example, while puberty has historically been associated with the onset of adolescent development, it now typically begins prior to the teenage years, and there has been a normative shift toward it occurring in preadolescence, particularly in females (see precocious puberty). Physical growth, as opposed to puberty (especially in males), and cognitive development typically seen in adolescence, can continue into the early twenties. Thus, chronological age is only a rough indicator of adolescence, and scholars have struggled to agree on a precise definition of adolescence.

Obese teens have significantly lower self-esteem than normal-weight teens. Loneliness, nervousness, and sadness are common symptoms of low self-esteem. Teens who have low self-esteem may also engage in risky behaviour, such as experimenting with drugs, alcohol, or cigarettes. Obese adolescents who experience low self-esteem during childhood and adolescence frequently carry these feelings into adulthood. Richard Strauss, M.D. (2013) The food journal was the most important factor in that study. Those who kept a food diary on a regular basis lost an average of 12.8 percent of their weight, while those who exercised lost only 8.5 percent. Anne Mc Tiernan, Ph.D. (2012) A study discovered that those who kept a food diary seven days a week lost an average of nearly 18 pounds over the course of the experiment. Jack Hollis, M.D. (2011)

As the incidence and complications of adolescent obesity increase, so does the risk of complications. So the researcher is interested in conducting a study on obese adolescence in order to reduce complications and increase self-esteem by educating the adolescent about the food diary and its upkeep.

Methodology

The Kings theory of goal attainment served as the conceptual framework for this study. The current study's research design was a quasi experimental design with a pre and post test with a control group. The study was conducted in Madhya Pradesh, and the study's target population was obese adolescent girls who were present during the data collection period.

The sample size for this study was 50 obese girls, 25 of whom were in the experimental group and 25 of whom were in the control group. The Purposive Sampling Technique was used in this study, and the Rosenberg Self Esteem Scale was used to assess the level of Self Esteem among obese adolescent girls. The content validity was obtained from experts such as paediatric nursing personnel, paediatricians, dieticians, and statisticians, and the tool was modified based on their suggestions and recommendations. The tool's reliability was tested using the test-retest method, and it was found to be reliable. ($r_1=0.86$). The 'Spilt half method' was used to test the tool's reliability, and the tool was found to be reliable. ($r_2=0.85$)

The primary research was carried out in selected schools in Indore, Madhya Pradesh. The samples were chosen using the Purposive Sampling Technique from those who met the sampling criteria. The Rosenberg Self Esteem Scale was used to collect data. The collected data were analysed using descriptive and inferential statistical methods, and interpretation was made based on the study's objectives.

Results

The majority (64%) of the adolescent girls in the experimental group came from urban families. Sixty percent of adolescent girls were not vegetarian. Most Sixty-eight percent of adolescent girls had a family history of obesity. The majority (68%) of the adolescent girls in the control group came from urban families. Sixty-six percent of adolescent girls were not vegetarian. Most In the experimental group, 64% of the adolescent girls had a family history of obesity. In the pre-test, 60% of the obese adolescent girls had low self-esteem. In post test I, 64% of the obese adolescent girls reported having normal self-esteem. In post-test II, 52 percent of the obese adolescent girls reported having normal self-esteem. In the control group. In the pre-test, 44 percent of the obese adolescent girls had low self-esteem. In post test I, 52 percent of the obese adolescent girls had low self-esteem. In the post-test, 56 percent of the obese adolescent girls had low self-esteem.

It reveals that there is no significant association between post test scores of the experimental group and age, residential area, type of family, birth order, Diet Pattern, menstrual cycle ($P>0.05$), and there is only a significant association between post test scores of the experimental group and family history of obesity and family income. It reveals that there is no significant association between post test scores of the control group and age, type of family birth order, menstrual cycle, or diet pattern ($P>0.05$), and there is only a significant association between post test scores of the experimental group and residential area and family history of obesity.

Conclusion

The difference in mean score value observed was purely coincidental and not indicative of a true difference. Except for menstrual cycle and family history, it appears that food diary maintenance was effective on obese adolescence regardless of demographic variables. Obesity has a long history.

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