

A study to assess the effectiveness of structured teaching programme on knowledge of obesity and obesity related disorders among obese adults of selected area of Pune city

¹ Veena D Sakhardande, ² Juwal Thomas, ³ Prajakta Kamble, ⁴ Karan Soni, ⁵ Ghanshyam Kolhe

¹ Assistant Professor, Bharati Vidyapeeth College of Nursing, Pune, Maharashtra, India

^{2, 3, 4, 5} Fourth year B.Sc. Nursing Students, Bharati Vidyapeeth College of Nursing, Dhankawadi, Pune, Maharashtra, India

Abstract

Obesity now days leads to many high risk disorders. The objectives of study were to assess knowledge on obesity related disorders among obese adults before structured teaching programme, to assess knowledge on obesity related disorder among obese adults after structured teaching programme, to determine effectiveness of structured teaching program on obesity related disorder among obese adults. Quantitative approach was chosen for the research study. The research design used for the study was quasi-experimental. The study consists of 60 samples which are selected by Non Probability purposive sampling. Study was conducted at Selected area of Pune city. The major findings of the study were, mean pre-test score in control group was 44.06 and post test score was 18.06. The mean pre-test score in experimental group was 45.36 and post test was 37.96 which shown the effectiveness of structured teaching programme on knowledge level among the obese adults.

Keywords: structured teaching programme, knowledge, obesity, obesity related disorder, obese adults

1. Introduction

Obesity is defined as a condition in which excessive accumulation of fat in the adipose tissues has taken places. It arises when the intake of food is in excess of physiological needs. Obesity is the most common nutritional disorder in the western countries and among the higher income groups in the developing countries ^[1].

More women than men are obese and the obesity rate has increased faster in men than women ^[2]. Urbanization might also play a major role in the development of obesity. Obesity now considered as a "killer lifestyle" disease is an important causes of preventable death worldwide ^[4]. Overweight and obesity are known risk factors for a number of chronic medical conditions like cancer, diabetes and heart diseases, than in turn are primary drivers of health care spending, disability and death ^[5].

2. Objectives

The objectives of study were to assess knowledge on obesity related disorders among obese adults before structured teaching programme, to assess knowledge on obesity related disorder among obese adults after structured teaching programme, to determine effectiveness of structured teaching program on obesity related disorder among obese adults.

3. Method and material

This was a quantitative quasi experimental pre- post control – experimental group study of 60 obese adults, aged between 22 -60 years in selected area of Pune city. The data was collected from 22nd August 2016 to 29th August 2016 among 60 samples in which 30 samples of experimental and 30 from control group. Knowledge on obesity related disorders among obese adults were assessed. Obese samples were identified.

Obese who are suffering from obesity related disorder by self-reporting and structured questionnaire tool after instructions and written consents.

4. Result

4.1 Demographic data (experimental group)

It was found that Maximum 53.3% of obese adults were from the age group of 41-50 years 20% of obese adults were from the age group of 51-60% and remaining 26.6% belong to the age group of 22-40 years.

Maximum 50% of obese adults belonged to the Post-Graduate group, 33.3% people were Graduate and 6.6% of people were vocational as well as secondary group, and minimum of 3.3% people found to be higher secondary and there was no illiterate person in experimental group.

According to occupational status maximum 60% of people were working in private service, and 20% were working in government service, only 13.3% of people were home-maker. There is no Farmer, Labour and self-employed in experimental group. Maximum number of people in experimental group were from urban area 100%. 86.6% of people was married and 6.66% of people was single whereas, 3.33% of people was divorced and widow in experimental group. The families maximum 83.3% were nuclear and 16.6% were living in joint family. People belonging to experimental group were maximum Hindu 80% and 10% Christian, 6.6% was Muslim and whereas others were 3.3%. The people with maximum 60% were earning more than 31000rs, 23.3% of people were earning between the range of 21000-30000, and only 13.3% were earning in the range of 11000-20000. People suffering from obesity related disorder was 40% it concludes with maximum diabetes mellitus 20%, Hypertension 16.6% and only 3.3% with Breathing difficulty.

4.2 Demographic data (control group)

It was found that Maximum 53.3% of obese adults were from the age group of 41-50 years 26.6% of obese adults were from the age group of 51-60% and remaining 20% belong to the age group of 22-40 years. Maximum 56.6% of obese adults belonged to the Post-Graduate group, 30% people were Graduate and 3.3% of people were vocational, and 10% of people found to be higher secondary and there was no illiterate, primary or secondary people in control group. According to occupational status maximum 46.6% of people were working in private service, and 36.6% were working in government service, only 6.66% of people were home maker as well as self-employed. There is no Farmer, Labour and self-employed in control group. Maximum number of people in control group were from urban area (100%).76.6% of people was married and 20% of people was single whereas, 3. 33% of people was divorced and there is no widow in control group. The families maximum 56.6% were nuclear and 43.3% were living in joint family. People belonging to control group were maximum Hindu (73.3%) and 3.3% Christian, 13.3% was Muslim and whereas others were 10%. The people with maximum 83.3% were earning more than 31000rs, 3.3% of people were earning between the ranges of 21000-30000 and only 6.6% were earning in the range of 11000-20000. People suffering from obesity related disorder was 6.6% it concludes with maximum diabetes mellitus (6.6%).

4.3 Analysis of effectiveness of planned structured teaching programme on knowledge of obese adults on obesity related disorders in experimental group

Table 1

Knowledge score	Experimental group			
	Mean	SD	T	P value
Pre-test	45.36	7.84	15.3	0.0034
Post test	37.96	5.54		

Knowledge score	Control group			
	Mean	SD	T	P value
Pre-test	44.06	5.26	7.5	2.29
Post test	18.06	8.06		

Table No. 1 shows, the main findings of the study that there was an effect of structured teaching programme on knowledge of obesity and obesity related disorder among obese adults in experimental group as compared to control group. The mean pre-test score in experimental group was 45.36 and post-test was 37.96 which shown the effectiveness of structured teaching programme on knowledge level among the obese adults. The mean pre-test score in control group was 44.06 and post test score was 18.06. The calculated t value was 15.3 in experimental group and 7.5 in control group. The value shows increased knowledge level, as compared to control group and experimental group. The post-test value was increased in experimental group, so it was found that Structured Teaching Programme was effective on knowledge on obesity and obesity related disorders among obese adult.

5. Discussion

The findings of the study was discussed with the objectives and hypothesis stated the present study was undertaken to assess the effectiveness of structured teaching program on

obesity and obesity related disorder among the obese adults from selected area of Pune city. Researcher applied pair t-test for comparison of pre-test and day 7 post-test score of control and experimental group.

The main findings of the study shown that there was an effect of structured teaching programme on obese adults in experimental group as compared to control group. The mean score in control group pre-test score was 44.06 and post test score 18.06 The mean score in experimental group pre-test score was 45.36 and post-test 37.96 which shows the effectiveness of structured teaching programme on knowledge level among the obese adults. In control group the t value was 7.5.in experimental group. Even the t value was 15.3 in experimental group shows increase in the knowledge level As compared to control group and experimental group the post-test value is increased in experimental group, so it was found that structured teaching was effective among obese adult.

6. Equations

Karl pearson coefficient of correlation	pair t test
$r = \frac{n(\sum xy) - (\sum x)(\sum y)}{\sqrt{[n\sum x^2 - (\sum x)^2][n\sum y^2 - (\sum y)^2]}}$	$t = \frac{\bar{d}}{S_d / \sqrt{n}}$

7. Conclusion

The assessment of knowledge level will help to know the current knowledge level among the obese adults and found the peoples who were suffering from obesity related disorders. Hence the findings of study shown structured teaching program was effective on obese adult

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9. References

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