
Research Article



Available Online at: www.ijphr.com
An African Edge Journal

**International Journal of
Pharmaceuticals and
Health care Research**

SJ Impact Factor – 5.546

ISSN: - 2306 – 6091

**ASSESS THE KNOWLEDGE AND LIFE STYLE FACTORS ON
OBESITY AMONG OBESE CHILDREN AGED BETWEEN
12 – 15 YEARS AT SELECTED SCHOOL**

^{*1}Kavitha P, ²Vinoth S

^{*1}Research Scholar in Nursing, Annamalai University, Chidhabaram &

Assistant Professor, Dhanalakshmi Srinivasan College of Nursing, Perambalur, India

²Assistant Professor, Dhanalakshmi Srinivasan College of Nursing, Perambalur, India

Abstract

A study was done to assess the Knowledge and life style factors on Obesity among Obese Children Aged between 12 – 15 Years at Selected School, Perambalur. Descriptive design was adopted for the study. 50 samples were selected from School through convenient sampling technique. The demographic data were collected from the preschool children. Weight and height of the children were measured, using which BMI was calculated. Using Checklist the life style factors on Obesity was assessed. Majority of the subjects had inadequate knowledge regarding obesity & their life style practices lead to obesity. Significant association was found between the level of knowledge and demographic variables such as age, educational status, type of family and total number of children at P level > 0.005.

Keywords: Knowledge, Obesity, Obese children& life style factor.

Received on- 20.12.2018;

Revised and accepted on- 01.01.2019;

Available online- 06.01.2019

Introduction

Obesity is perhaps the most prevalent form of malnutrition. As a chronic disease, prevalent in both developed and developing countries, and affecting children as well as adults. Early childhood overweight that persists is associated with more severe obesity among adults. Among adolescents' self-image is most important both in school and home.

Excess intake of calories, sugar, fat, cholesterol and sodium is common among adolescents. It is found in all income and social /ethnic groups and both genders.

The prevalence of overweight and obesity among children and adolescents has increased significantly

in the developed countries during the past two decades and similar trends are being observed even in developing world, through less rapidly.

The consequences that are associated with adolescent obesity both during adolescence and adult life which include increased incidence of coronary artery disease, hypertension, diabetes, obstructive sleep apnea, esophageal reflux and gastric emptying disturbances, osteoarthritis, flat feet, psychological dysfunction, disturbed self-esteem and social isolation. All these consequences increases morbidity and mortality in later life.

Author for Correspondence:

Kavitha P

Email: convey2kavi@gmail.com

Statement of Problem

“A Descriptive study to assess the Knowledge and life style factors on Obesity among Obese Children Aged between 12 – 15 Years at Selected School”.

Objectives

- To assess the knowledge of the School age children regarding obesity.
- To assess the life style factors of School age children regarding obesity.
- To determine the association of knowledge on management of obesity with selected demographic variables.
- To design information booklet on healthy life style practices to prevent obesity.

Hypothesis

- There will a significant association between the level of knowledge and the selected demographic variables.

Methodology

Descriptive design was adopted for this study. The study was conducted at the selected School, Perambalur. The target Population of this study was School Children age between 12-15 years. The Sample consisted of 50 school children who were having BMI above 25. Sampling technique used for this study was Non Probability convenience sampling.

Description of tools

- Demographic Data
- Knowledge Questionnaire
- Check list to assess life style factors.

Section-I

Demographic characteristics of school age include age, educational status, sex, Father's occupation, education of the parent's, family income, type of family, total number of children, food habits, Religion.

Section-II

Consisted of knowledge questionnaire to assess the knowledge related to definition, causes, assessment, management, prevention and complication of obesity.

Section-III

Check list to assess the life style factors of obese children.

Scoring Procedure

Part I

The total score of multiple choice items on knowledge was 20. Each item was given 'one mark' for correct answer and zero mark for wrong answer.

The result score was ranged as follows

Level of knowledge

Score

Adequate

76-100%

Moderately adequate

51-75%

Inadequate

0-50%

Part II

Check list consists of 20 items. 4 Point rating scale used for this study.

(Rare -1, Sometimes -2, Often-3 & Never-0)

Data collection procedure

The data collection was conducted after obtaining consent from the each participant who fulfilled the criteria. The demographic data, knowledge and life style practice of the participants were assessed using structured Questionnaire and check list.

Data analysis and interpretation

Section I

- Out of 50 samples 5 (10%) of respondents were of 12 yrs, 7 (14%) of were 13 years, 23(46%) of were 14 years and 15(30%) of were 15 years.
- Regarding their educational status 1(2%) was in class 7, 5(10%) in class 8, 29 (58%) in 9thstd, and 15(30%) in 10th std.
- Regarding the sex 23 (46%) were girls and 27(54%) were boys.
- In relation to their parents occupation 21(42%) of them were farmers, 12(24%) of them were coolie, 12(24%) of them were working as private employers, and 5(10%) were government employers.
- Regarding the family income 19(38%) of them had income of Rs. 5,000-10,000/ month, 10 (20%) of them had income of Rs. 10,001-15,000/ month, 11(22%) of them had income of Rs.15,001-20,000/ month and 10(20%) of them had income above Rs20,000 above.

- 14(28%) of respondent belonged to joint family and 36 (72%) of them belonged to nuclear family.
- 10(20%) respondent were single child, 29(58%) of respondent had either one brother/sister and 11(22%) of respondent having 2or more brothers / Sisters).
- Regarding food habit 10(20%) were vegetarian and 40 (80%) were non vegetarian.
- 46(92%) were Hindu and 4(8%) were Muslims.

Section II

Level of knowledge of the subjects regarding obesity

S.No.	Level of Knowledge	Frequency	Percentage
1)	Inadequate knowledge (<50%)	7	14%
2)	Moderate knowledge (51-75%)	37	74%
3)	Adequate knowledge (>75%)	6	12%

Table show the level of knowledge of the subjects regarding obesity. Out of 50 samples, 7 (14%) pf them had inadequate knowledge and 37 (74%) of

them moderate knowledge and 6 (12%) of them adequate knowledge.

Section III

Check list on life style practices of obesity

S.No	Questions	No. of students having the habits	Percentage
1.	Habits of taking non-vegetarian per week	36	72%
2.	Habits of taking hotel foods per week	37	74%
3.	Habits of taking chocolates & snacks per day.	44	88%
4.	Habits of taking sweet drinks (Fruits juices) per day	37	74%
5.	Habits of taking Fried foods	38	76%
6.	Habits of taking more amount of milk per daily (500ml)	26	52%
7.	Habits of taking Ice creams per day	23	46%
8.	Habits of taking packed Juices per day	25	50%
9.	Habits of taking any snacks in morning instead of taking foods	23	46%
10.	Habits of taking pizza (or) Noodles	22	44%
11.	Habits of taking snacks while watching TV.	40	80%
12.	Habits of doing exercise per day	35	70%
13.	Habits of indoor games	35	70%
14.	Habits of outdoor games	41	82%
15.	Habits of taking heavy foods after exercise	16	32%
16.	Habits of taking TV& playing videogames	39	78%
17.	Habits of spending excess time spending in computer	44	88%
18.	Habits of going parties along with the parents	35	70%
19.	Will the parents get all the snacks what will you ask	43	86%
20.	Will you parents restrict you while eating snacks	35	70%

Section IV

There was a significant association between the level of knowledge and demographic variables such as age, educational status, type of family and total number of children at P level > 0.005.

Conclusion

The present study assessed that the majority of the subjects had inadequate knowledge regarding obesity & their life style practices leading to obesity. Considering the study findings efforts were made by the investigator to prepare information

booklet on healthy life style practices to prevent obesity and was given to the subjects and an awareness was created regarding obese.

References

1. Chen my etal (2005) considering the factors of gender and body weight in the promotion of healthy behavior among adolescents journal Nursing research, vol 13 (3), 235 – 43.
2. Howely SR et al (2006) Development of obesity prevention and management journal of community health nursing, vol 23 (2) 69-80.
3. M. Mesta et al. (2007) Obesity amongst affluent adolescent girls Indian Journal of pediatrics, volume 74 – 23 – 25.
4. Manuraj et al. (2007) obesity in Indian children time trends and relationship with hypertension The national medical journal of India, vol 20 106, 288 – 90.
5. Melynk BM, (2007) The COPE Healthy life styles TEEN program journal of pediatric health care, vol 21 (5), 315 – 22.
6. Sukhpalkaur, (2008) Role of nurses in Assessment and prevention of obesity Indian journal of continuing nursing education, vol – 9, 16 – 18.
7. Sumitra chakraborty (2009) Child hood obesity A negated vial issue The nursing journal of India, vol – XIII, 180 – 82.
8. Tarek Tawfik et al (2008) Overweight and obesity and their association with dietary habits Indian journal of community medicine, vol – 33, 172 – 81.

Indexed by - Scientific index, Research bible, Jour-Informatics, Google Scholar, Inno-space.org, Cosmos: Germany

*Registered & Approved by:
ISSN International Centre, Bibliographic Data Section,
45 rue de Turbigo, 75003 Paris, France.*