

EFFECTIVENESS OF EDUCATIONAL PACKAGE ON SELECTIVE ASPECTS OF BODYSHAMING AMONG ADOLESCENTS IN SELECTED PU COLLEGE, BENGALURU

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ABSTRACT

Nowadays it is a big challenge for adolescents to ignore body shaming. Adolescents are easily influenced by other. So, they are affecting more because of their overweight, dark skin, skinny figure, short height etc. A pre-experimental study using Random sampling technique was adopted to gather data among 60 adolescents at Siddharth PU College Bengaluru. A structured knowledge questionnaire was used to collect data. Flash cards, pamphlets, power point presentation and video clips are used as educational package. The data were subjected to quantitative analysis. The results of the study were 66.7% had inadequate knowledge in pre-test, and the percentage has reduced in post-test to 25% of knowledge score of adolescents on body shaming. The study concludes that t-test was done to evaluate the effectiveness of educational package and it was found to be effective. Chi-square test is done to assess the significance on adolescents and it was found that the pre-test knowledge of adolescents is associated with selected socio demographic variables.

Key words: Body shaming, adolescent girls.

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INTRODUCTION

*“Self-acceptance is key”***-Feminist Powerhouse Lena Dunham**

Body Shaming is one of the major problems in today's Generation. Body shaming has become a problem for both genders. Everyone is born into that body without a choice. Adolescents shouldn't be body shaming, should be motivating, supporting, and encouraging each other until everyone realizes that body shaming will continue to be an issue. Body shaming is an issue that will not be solved unless everyone learns how to accept their own body, and until people quit perpetuating this myth of a perfect body.⁽¹⁾

NEED FOR THE STUDY*“BE PROUD OF WHO YOU ARE, AND NOT ASHAMED OF HOW SOMEONE ELSE SEES YOU”*

Body shaming is the practice of making critical, potentially, humiliating comments about a person's body size or weight. The aim of this study was to examine whether body shame was predicting physical illness and negative self-reported physical health.⁽²⁾

Statistics reveals in Bengaluru about 34.9% adolescents have body shamed because of their chubby body and other 34.9% adolescents felt scared at the prospect of becoming fat. In India 67% of adolescent girl have felt scared at the prospect of becoming fat and only one third of them have attributed the fear to health reason.⁽³⁾

A study was conducted in 2014, Washington and reports concluded that body shame not only fails to encourage individuals to lose weight but causes physical harm by exacerbating weight gain.⁽⁴⁾ In Bangalore 51.8% adolescents are under weight. In rural area of Bengaluru 46.8% and in urban area 48% adolescents have body shamming because of thin skinny body.⁽⁵⁾

In Bengaluru about 95% persons have body shame because of this indulgence. In that 53% are adolescents.⁽⁶⁾ In a survey more than 20% adolescent girls and 12% adolescent boys agreed they would consider cosmetic surgery in their future for their dream physique.⁽⁷⁾

A study was conducted in Bengaluru in the year 2018 and the results was about 17% adolescents have body shamming because they feel that they are not trendy or they cannot adjust with new trends in daily life.⁽⁸⁾ In Bengaluru 53% adolescent girls have body shame because of the brown skin. To look fairer, they use many cosmetic products.⁽⁹⁾

In Bengaluru rural area 23% adolescent boys and 29% adolescent girls are having body shaming because of their short height and 53% urban boys and 50% urban girls in Bengaluru is also having body shame because of their short height.⁽¹⁰⁾

A survey revealed that 31.43% parents are provoking for the thought of bodyshaming, 39.71% family members are provoking for body shaming, 56.07% medical practitioner are provoking for thoughts of body shaming, 8.82% media, 30.15% stranger 11-58% other and 34.74% myself each provoking for the thoughts of body shaming.⁽¹¹⁾

Overall, we saw in adolescents 54.1% are having very deeply cursed by body shaming and 61.1% adolescents are affected by the thoughts of body shaming in Bengaluru.⁽¹²⁾

OBJECTIVES OF THE STUDY

1. To determine the pre-test level of knowledge on body shaming among adolescents.
2. To determine the post-test level of knowledge on body shaming among adolescents.
3. To evaluate the effectiveness of educational package on body shaming among adolescents in terms of gain in post-test level of knowledge.
4. To find out the association between the pre-test level of knowledge scores with selected demographic variables.

METHODOLOGY**RESEARCH APPROACH**

In the present study, by viewing the nature of problem and objectives the researchers adopted a quantitative approach because it involves the generation of data in quantitative form which can be subjected rigorous quantitative analysis in the firm and rigid.

RESEARCH DESIGN

Pre-experimental research design was adopted.

VARIABLES

Research variables: - In this study research variable is the educational package on Body Shaming among adolescents in selected PU College, Bengaluru.

Independent variable: - educational package

Dependent variable: - knowledge about selected aspects of body shaming.

Demographic variables: - age, gender, religion, education level of students, education status of father and mother, information regarding body shaming, occupational status of father and mother, residential area, family type, family income, and experienced about body shaming.

SETTING OF THE STUDY

The study was conducted in Siddhartha PU College, Bengaluru.

POPULATION

The population of the study consisted of 60 adolescents in Siddhartha PU college, Bengaluru.

SAMPLING TECHNIQUE

In this study simple random sampling technique was used.

SAMPLE SIZE

60 Adolescents who meet the inclusion criteria.

CRITERIA FOR SAMPLE SELECTION

1. INCLUSION CRITERIA: -

Adolescents

- Who are studying in Siddhartha PU college, Bengaluru.
- Who are willing to participate in the study.
- Both males and females.

2. EXCLUSION CRITERIA: -

Adolescents

- Who are absent at the time of study.
- Who are physically ill.
- Who are not in the age group of 15 – 18 years.

DEVELOPMENT AND DESCRIPTION OF THE TOOL:

PART-1: DEMOGRAPHIC DATA:

This section consists of items such as age of adolescents in years, gender, religion, educational status of father and mother, information on body shaming, occupational status of father and mother, residential area, types of family, income of the family, experience of body shaming among adolescents.

PART-2: STRUCTURED KNOWLEDGE QUESTIONNAIRE:

It consists of 30 objective items which are the part of body shaming. The items were multiple choice questions with only 1 correct answer. Score 1 was given for each correct response and score 0 for the wrong one. The total score of the knowledge questionnaire was 30.

The level of knowledge was as follows:-

- Inadequate knowledge: <50%
- Adequate knowledge: >=50%

DEVELOPMENT OF INFORMATION PAMPHLET

Information pamphlet was prepared by introduction, meaning, types, effects, and complication on body shaming with the view to increase the knowledge level regarding body shaming.

TESTING FOR THE TOOLS:

Content validity:

Content validity refers to the degree to which an instrument measures what it is intended to measure.

DATA COLLECTION PROCESS

The study will be conducted in Siddhartha PU College, kariyannapalya, Lingarajapuram, Bengaluru from August 24th-27th, 2019.

The structured questionnaire was developed by the investigator based on the review of literature and discussion with experts. The prepared tool along with the objectives, operational definitions, scoring key, criteria check list for validation were submitted to 12 nursing experts to establish content validity.

Prior to data collection, permission was obtained from concerned authorities, 60 participants were selected by using simple random sampling technique to assess the level of knowledge on body shaming.

PLAN FOR DATA ANALYSIS

Analysis is the systematic organization and synthesis of research data and descriptive statistics on the basis of objectives of the study. Master data sheet prepared by investigator to analyse the data. The data obtained will be analysed by using descriptive data analysis. The plan for data will be as follows:

SECTION A: SOCIO DEMOGRAPHIC DATA:

The demographic data will be analysed by using frequency and percentage.

SECTION B: ANALYSIS OF EFFECTIVENESS OF EDUCATIONAL PACKAGE:

The effectiveness of educational package on body shaming will be analysed in terms of mean, median, standard deviation, t-test, p value.

SECTION C: ASSOCIATION BETWEEN THE PRE-TEST LEVEL OF KNOWLEDGE SCORES AND SELECTED DEMOGRAPHIC VARIABLES:

Association between pre-test level of knowledge scores and selected demographic variables will be found out using chi-square test. The level of significance would be set as levels to test the significance of difference.

PROTECTION OF HUMAN RIGHTS:

The proposed study will be conducted after the approval of the research committee of the institute. Assurance will be given to the participants regarding confidentiality.

RESULTS

The data collected from adolescents was analysed using descriptive statistics. The findings have been tabulated according to plan of data analysis and interpreted under main objective of the study.

PRESENTATION OF DATA: -

The analysis of data is organised and presented under the following sections:

SECTION – A: Frequency and percentage distribution of socio demographic variables of adolescents.

SECTION – B: Level of pre-test and post-test knowledge of adolescents.

- a) Aspect wise assessment of pre-test knowledge score of adolescents on body shaming
- b) Aspect wise assessment of post-test knowledge score of adolescents on body shaming.
- c) Assessment of percentage wise distribution of pre-test and post-test knowledge score among adolescents on body shaming.
- d) Assessment of effectiveness of educational package on body shaming by t-test and p-value

SECTION – C: Association between level of pre-test knowledge scores with selected socio demographic variables.

DESCRIPTION**SECTION: A**

Description of socio-demographic variables of adolescents in selected PU College.

Frequency and percentage distribution of selected socio-demographic variables of adolescents.

1. Age
 - 40% of adolescents belong to 15-16 years of age group.
 - 60% of adolescents belong to 17-18 years of age group.
2. Gender
 - 46.70% of adolescents belong to Male.
 - 50% of adolescents belong to Female.
 - 3.30% of adolescents belong to others.
3. Religion
 - 45% were Hindu.
 - 35% were Muslim.
 - 18.3% were Christian.
 - 1.7% were Others
4. Educational level of students
 - 55% of adolescents were from 1st year PUC
 - 45% of adolescents were from 2ND year PUC
5. Educational status of father and mother
 - 11.07% of adolescent father & 10.00% of mother had no formal schooling.
 - 18.30% of adolescent father & 10.00% of mother had Primary schooling.
 - 31.70% of adolescent father & 41.70% of mother had gone upto High school.
 - 25% of adolescent father & 25% of mother had done PUC
 - 8.30% of adolescent father & 3.03% of mother are Diploma holders.
 - 5.00% of adolescent father & 10.00% of mother are Graduate.
6. Source of information regarding body shaming.
 - 43.3% of adolescent were not known of body shaming.
 - 8.30% of adolescent have gathered information through class room lecture.
 - 15.00% of adolescent have gathered information through mass media or social media.
 - 11.70% of adolescent have gathered information through family members.
 - 20.00% of adolescent have gathered information through friends.

- 1.70% of adolescent have gathered information through others.
- Occupational status of father and mother of respondents.
 - 21.7% of father & 70% of mother are daily wages worker.
 - 3.30% of father & 5.00% of mother are unskilled worker.
 - 45.00% of father & 18.30% of mother are skilled worker.
 - 30.30% of father & 3.30% of mother are professional.
 - 30.30% of father & 3.30% of mother are professional.
 - 3.30% of mother worked for others category.
 - Residential area
 - 74.00% resided in urban areas.
 - 23.00% resided in rural areas.
 - 3.00% resided in semi urban areas.
 - Types of family
 - 70% belongs to nuclear family.
 - 20% belongs to joint family.
 - 10% belongs to extended family.
 - Income of family
 - 33.33% of family income is less than Rs.10, 000.
 - 40.00% of family income is between Rs.10, 000. To 20,000.
 - 13.33% of family income is between Rs.20, 000. To 30,000.
 - 13.33% of family income is more than Rs.30, 000.
 - Experience of body shaming among adolescents
 - 53.00% of adolescents had experienced body shaming.
 - 47.00% of adolescents had not experienced body shaming.

SECTION: B Overall and aspect wise knowledge scores of respondents in pre-test and post-test.

The percentage distribution of pre-test knowledge score of adolescents according to aspect wise. The overall mean (13.6) of knowledge with standard deviation of 3.7 which shows the sample as moderate knowledge on body shaming.

This result indicated the need of updating the adolescent's knowledge on meaning of body shaming, types, incidence, effects and complications.

The distribution of post-test knowledge score of adolescents according to aspect wise. In regard to the remaining meaning, incidence, ill effects and complications mean was found to be 1.7, 2.3, 4.3 and 1.4 respectively.

The increased overall mean knowledge score in post-test is 20.0 with standard deviation of 4.9.

The overall percentage distribution of pre-test and post-test knowledge scores of adolescents on body shaming. In pre-test, 66.7% of adolescents had inadequate knowledge and 33.3% of adolescents had adequate knowledge regarding body shaming. In post-test, 25.0% of adolescents have inadequate knowledge and 75.0% of adolescents have adequate knowledge regarding body shaming.

This result indicates that the educational package was effective as is helped to increase the percentage of adequate respondents.

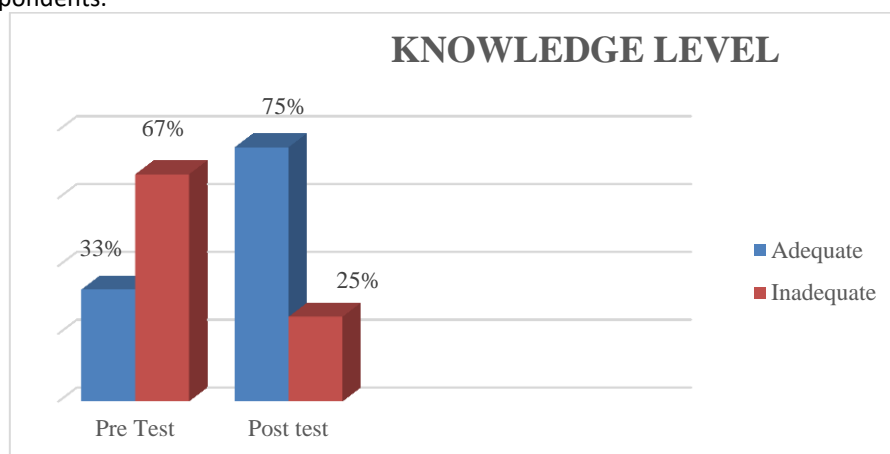


Fig 1: The bar graph shows the percentage of pre-test and post-test knowledge level among respondents.

CONCLUSION**NURSING EDUCATION**

1. The students should be aware of significance of body shaming and its harmful effects on the adolescents.
2. Active participation of the nurse by arranging teaching session, demonstration of procedures and conducting seminars for setting the better result.

NURSING PRACTICE

1. The nurses need to have a thorough knowledge regarding body shaming to provide frequent and unbiased information to educate the adolescents.
2. The nurse should counsel the adolescents to enable them to cope up with the situation.

NURSING ADMINISTRATION

The Nurse administrator should explore and encourage innovative ideas in preparations of an appropriate teaching material. She should organize sufficient manpower; money and material for disseminate information regarding body shaming and their ill effects and complications.

NURSING RESEARCH

Nursing research plays an important role in the field of nursing. Nursing research improves clinical expertise and personal knowledge, helps to implement changes to provide excellence in nursing care and helps to locate additional resources. Therefore, nurses must be vigilant and should adopt skills based on new scientific base.

RECOMMENDATIONS

Based on study, it is recommended that:-

1. A descriptive study may be conducted for the analysis of the data that will be applied to a given topic.

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