ARTICLES

A STUDY TO ASSESS THE KNOWLEDGE OF SCHOOL CHILDREN REGARDING OBESITY AND ITS RISK FACTORS

Ms. Mini Paul

Family Nurse Practitioner, Health Care Clinic, Walgreens, Oviedo, Florida.

ABSTRACT

Obese children are more likely to be obese adult. Increasing prevalence of overweight and obesity is an important public health problem contributing to significant excess in morbidity and mortality. The descriptive study was conducted to assess the knowledge regarding obesity and its risk factor among school children belonging to the age group 10 – 14 years and to find the association between knowledge and selected demographic variables. 100 school children aged between 10 – 14 years were participated from the selected school. The sample was collected by simple random techniques and data collected by administrating structure knowledge questionnaires. The result showed that the majority of sample 60% had moderate knowledge regarding obesity and its risk factor, mean was 18.2, SD 6.50. The study finding revealed that there is moderate knowledge regarding obesity and its risk factor among school children indicating the need to impart the knowledge regarding obesity and its risk factor.

KEY WORDS: Knowledge, obesity and its risk factor, School.

ABOUT AUTHOR

Author Ms. Mini Paul is currently working as full time Family Nurse Practitioner and Manager at Health Care Clinic. Autonomously, conduct physical assessments, perform and interpret diagnostic tests, diagnose and treat common conditions, provide screenings, interventions, counseling, and prescribe medications as needed to patients in specified age categories. She has also worked as registered nurse (part time24 hrs./week) in the Cardiovascular surgical ICU with 28 beds at University Health Network, Toronto, Canada (2008-2009), as Assistant Lecturer/Clinical Instructor with Mahatma Gandhi University. Mahatma Gandhi University, Kerala, India (1997-1999), as Clinical Instructor with PSG College of Nursing PSG College of Nursing, Coimbatore, India (1995-1997).

INTRODUCTION

Obesity is a key risk factor in natural history of other chronic and non-communicable disease, the typical time sequence of emergency of chronic disease following the increased prevalence of obesity is important in public health planning. The first adverse effects of obesity are hypertension, hyperlipidemia and glucose intolerance, while coronary heart disease and long-term complication of diabetes.

Obesity is becoming a worldwide problem affecting all levels of society and is thus being described as a global epidemic. On one hand the highest rates of childhood obesity have been observed is the developed countries, its prevalence is increasing in the developing countries also. The World Health Organization (WHO) describes overweight and obesity as one of today's most important public health problems, which is escalating as a global epidemic.

It is also increasingly recognized as a significant problem in developing countries and countries undergoing economic transition. The problem of overweight and obesity is confined not only to adults but also being reported among the children and adolescents of developed as well as developing countries. Since, adolescence is a period of transition from childhood to adulthood; it assumes critical position in the life cycle of human beings, characterize by an exceptionally rapid rate of growth. 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 the developing world, though less rapidly.

The complication of overweight and obesity among children has increased markedly in the last 2 decades in the kingdom of Saudi. Many different factors contribute to the development of obesity mainly the imbalance between calorie intake or consumption and energy parent may have obese children due to shared genes and environment such availability of certain energy rich food and decreased exercise and physical activities. The tendency towards obesity is fostered by lack of physical activity combined with high calorie low-cost food; low activities levels and Excessive television watching were strongly related to overweight status.

OBJECTIVES

1. To assess the knowledge regarding obesity and its risk factor among school children belonging to the age group 10-14 years.
2. To find the association between knowledge and selected demographic variables.

HYPOTHESIS

H_{01}- There will be no significant association between level of knowledge regarding obesity and it risk factor and selected socio demographic variables.

METHODOLOGY

A descriptive study approach was used to assess the knowledge regarding obesity and its risk factor among school children in selected school at lucknow. The research design selected for the study was non-experimental descriptive study with 100 samples of subjects. Population was school children belonging to the age group of 10-14 years. The sample size was 100 and the sample selected by using simple random technique. The structured questionnaire was constructed in two sections: -

SECTION A

Section A includes demographic variables of respondents about age, gender, father education, mother education, father occupation, family monthly income, child order among his sibling, studying in year, number of meals per day, number of snacks, child watching T.V, habit of doing exercise, in obesity and its complication.

SECTION B

Section B consists of 25 questions classified under 5 aspects related to knowledge on obesity and its risk factor. The subject were requested to put a tick mark for correct response in the space provided, every correct response is given a score of "1" and every incorrect responses is a given a score of "0". Reliability of the tool was established by using split half technique which measures the coefficients. The reliability of the split half was marked by using Karl Pearson correlation method and the tool prepared was reliable.

Data was collected after obtaining formal permission from the concerned school at Jaipur. The collected data was tabulated, analyzed and interpreted by using descriptive and inferential statistics.

MAJOR FINDINGS AND RESULT

1. The result of the study showed that 20% of school children had inadequate knowledge level as compared to 60% respondents with moderate knowledge level and remaining 20 % respondents with adequate knowledge level regarding obesity and its risk factor.

2. There was significant association found between knowledge level of respondent and their age, gender, father education, child among sibling, and number of meals per day($p < 0.05$) at 5% level.

The study finding reveled that there is moderate knowledge regarding obesity and its risk factor among school children which indicating the need to impart the knowledge regarding obesity and its risk factor

RECOMMENDATION FOR FURTHER STUDY:

On the basis of the findings of the study it is recommended that:

1.   Similar study can be undertaken with a large sample for better generalization of findings.
2.   A comparative study can be conducted by assessing knowledge regarding obesity between Government school children and Private school children.
3.   A comparative study can be conducted by assessing knowledge regarding obesity between rural school children and urban school children.
4.   A study can be conducted in other parts of the country to see the effects of cultural practices.

REFERENCES:

1.   Manu Raj, K.R. Sundaram, Mary Paul, A.S. Deep, R. Krishna. Obesity in Indian children. Indian Med Journal.2007 Nov; 26 (6): 288-299.
2.   Manal Saud Al- Sharif Al- Harthy. Risk Factors associated with obesity in children. J Pediatric. 2011 Mar-Apr; 87(2):169-174.
3.   Popkin BM. The nutrition transition and obesity in the developing world. J Nutr. 2001; 131: 871-873.
4.   Solipeta Sailaja. Effectiveness of Structured teaching programmed on obesity. Nizan Institute of Medical Sciences, 2010; 6(6): 15-16.