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A STUDY TO ASSESS KNOWLEDGE REGARDING OBESITY AND ITS COMPLICATIONS AMONG NURSING STUDENTS IN SELECTED NURSING COLLEGE IN GUWAHATI, ASSAM

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Abstract

"Living a healthier life can not only extend our life, but also improve the quality of life. Feeling physically better and having control over our life can greatly enhance our mental health. While some aspects of physical and mental health are beyond our control, there are many things we can do to improve our quality of life. Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children, and authorities view it as one of the most serious public health problems of the 21st century."

Objective of the study is "The aim of the study is to assess the knowledge regarding obesity and its complications among nursing student in selected nursing college at Guwahati, Assam. Methodology of the present study is descriptive survey design and non-probability convenience sampling technique was used to select 60 nursing students in a selected nursing college, Guwahati, Assam. Pilot study was conducted the tool and study design were found to be feasible. The structured knowledge questionnaire used to collect the data. Collected data was analysed by using descriptive and inferential statistics.

Findings of the study revealed that, the majority of the study subject 66.6% Nursing students had average knowledge, 25% had adequate knowledge and 8.33% had inadequate knowledge regarding obesity and its complications.

Study findings also revealed that there is no significant association between knowledge Score of nursing students and their selected personal variables like age in year, religion, gender, income of the family, diet, physical activity.

The finding of this study revealed that there is average knowledge regarding obesity and Its complications among nursing student. It is essential to stress the increasing responsibilities of health professional in planning, implementing, various educational strategies to improve the knowledge regarding obesity and its complications.

Keywords: Knowledge; Obesity; Complications; Nursing Students; Guwahati, Assam.

Introduction

"Good health is a fundamental prerequisite for human productivity and development. It is essential for the all-around progress of a country. Health encompasses the overall well-being of individuals and communities, and is often aptly described as 'wealth'. Every individual has the right to enjoy good health, which means being mentally and physically fit. A healthy lifestyle is crucial for preventing chronic diseases and long-term illnesses. Taking care of one's health boosts self-esteem and self-image. However, obesity is a widespread form of malnutrition affecting both developed and developing countries, particularly among adolescents due to unhealthy lifestyle choices. Research confirms that unhealthy lifestyles are the cause of approximately 60% of diseases, which can often be prevented and controlled. Shifting the focus from disease treatment to prevention and health management is a growing trend in global health." [1]

The World Health Organization has acknowledged that obesity is increasing in the world and is a major public health problem of particular concern is the increasing incidence of child obesity. Obesity can be seen as the first wave of a defined cluster of non communicable disease called "New world syndrome" creating an enormous socio-economic and public health burden in poor countries. Obesity affects both physiologically and psychologically. Obese children are more prone for the psychological problem like depression, low self-esteem, sleep disorder anxiety and other problems and they typically separated on during school time and they are socially isolated, they don't have any friends' other children treat them like slaves these adversely effect on child.



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"During puberty, children and adolescents require nutrient-rich foods to support growth and development. However, they often consume high amounts of calorie-dense junk food, which can hinder their health. As they grow rapidly, their appetites increase to meet energy demands. Unfortunately, excessive junk food consumption combined with sedentary lifestyles can lead to health issues. The appealing taste and presentation of junk foods like pizza, burgers, and soft drinks make them hard for kids to resist." [2]

Childhood obesity is an increasingly urgent health problem in United States today. It occurs when a child's weight for exceeds the normal range for her height and age, a child's family, medical history may be factor that influence obesity and should educate adolescents and their parents about an active lifestyle and healthy caloric intake. The prevalence is increasing at a fast rate and presently, about 200 million school aged children are estimated to be overweight at the global level by 2025. In an estimation by WHO it is predicted that around two-thirds of the global burden of disease will be accredited to chronic non communicable diseases, most of them strongly associated with diet [3]

The 2030 Agenda for Sustainable Development recognizes NCDs as a major challenge for sustainable development. As part of the Agenda, Heads of State and Government committed to develop ambitious national responses, by 2030, to reduce by one third premature mortality from NCDs through prevention and treatment (SDG target 3.4) [4]

Objectives

- To assess existing knowledge regarding obesity and its complications among nursing students.
- To find association between knowledge regarding obesity among nursing students and their selected personal variables.

Hypothesis The following hypothesis is formulated for the study and will be tested at 0.05 level of significance

- H1: There will be significant association between knowledge regarding Obesity and its complications among nursing students with their selected personal variables.

Operational definition

- **Knowledge:** Facts, information acquired through the education or experience and theoretical or practical understanding of subjects. In this study knowledge refers to BSc. nursing student correct response to the structured knowledge questionnaire regarding obesity and its complications

- **Obesity:** Obesity refers to medical condition in which the excess body fat accumulated to an extent that it may have a negative effect on health. In this study obesity refers to BMI more than 30 kg/m²

- **Complications:** Complications refers to unfavourable result of a disease or treatment. In this study complication refers to the unfavourable results of obesity

Methodology Research approach/Design :

The present study aimed to explore the knowledge regarding obesity and its complications among nursing students in selected Nursing College at Guwahati, Assam. In view of research problem formulated and the objectives to be achieved, an exploratory survey approach and descriptive research design was selected for the study.

Variables :

1. Research variables: The research variable of the study is the knowledge regarding obesity and its complications among nursing students.



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2. Personal variables: Personal variables like age, gender, income of family, type of the family, area of residence, previous knowledge regarding obesity, source of information, dietary habit and habit of eating junk food.

3.Setting of the study: The study was conducted in selected nursing college at Guwahati, Assam

4.Population :Population comprises of the nursing students who are between 18 to 21years of age.

5.Sample and sample size :The sample of present study is consisting of nursing students who are between the age of 18 to 21years in selected nursing college at Guwahati, Assam. In the present study sample size is 60 nursing students.

6.Sampling technique Non-probability convenience sampling technique is used to select the sample for the study.

7. Sampling criteria:

a) Inclusion criteria

1. Adolescent who are • Between age group of 18 to 21 years.

2. Available at the time of data collection.

b) Exclusion criteria • Those who are not willing to participate in the study.

Data collection technique and instrument: Based on the extensive review of literature the following tools were developed by the investigators. Structured knowledge questionnaire was developed to explore the knowledge of nursing students regarding obesity and its complications. Tools for data collection consists of two parts:

• **Section A:** Proforma of selected personal variables

• **Section B:** Structured knowledge questionnaire regarding obesity and its complications.

Content validity: The content validity is the degree to which the questions or items in a knowledge questionnaire can adequately measure the phenomenon being researched. The proforma for selected personal variables, structured knowledge questionnaire was content validated by giving to 07 experts from nursing field. They were requested to give their opinion and suggestions regarding the items in the tool. There was 100% agreement for all the items in the knowledge questionnaire however few suggestions were given which was incorporated. **Reliability :** The reliability is the degree of consistency and dependability with which an instrument measures the target attribute which is design to measure. The structured knowledge questionnaire was assessed for reliability by using split half method. To test the reliability, the tool was administered to 30 samples who met inclusion criteria, Karl Pearson's coefficient of correlation was used to find out coefficient of correlation and was found to be 0.76. Hence the tool was found to be reliable.

Results, Discussion and Conclusions

Section A: Description of selected personal variables of study subjects .The study sample comprises of 60 nursing students. The selected personal variables of the subjects are age, gender, type of family, family income, habit of eating junk food, dietary habit, place of residence, previous knowledge regarding obesity and source of information. The data related to the frequency and percentage distribution of sample according to their selected personal variables is presented in table 1.

Sl. no	Sample characteristics	Frequency	Percentage(%)
1	Age in year	48	80
	18 - 19	12	20



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	20 - 21		
2	Gender		
	Female	58	96.66
	Male	2	3.33
3	Type of family		
	Nuclear	43	71.66
	Joint or extended	17	28.33
4	Family income in rupees		
	<20000	28	46.66
	>20000	32	53.33
5	Habit of eating junk food		
	Yes	25	41.66
	No	35	58.33
6	Dietary habit		
	Vegetarian	6	10
	Non vegetarian and mixed	54	90
7	Place of residence		
	Rural	43	71.66
	Urban	17	28.33
8	Whether have previous knowledge regarding obesity		
	Yes	49	81.6
	No	11	18.33
9	If yes source of information		
	Friends and relatives	25	51.02
10	Mass media and health personnel	24	48.97

Table 1: Frequency and percentage distribution of nursing students according to their selected personal variables n = 60

In this study majority 48 (80%) nursing students were in the age group of 18 - 19 years and 12 (20%) nursing students were

in the age group of 20 - 21 years, majority 58 (96.66%) nursing students were females and 2 (3.33%) nursing students were males. 43(71.66%) nursing students belongs to nuclear family and 17 (28.33%) nursing students were belong to joint family, majority 32(53.33%) nursing students were having family income

> Rs 20,000 and 28(46.66%) nursing students were having family income ≤ Rs 20,000. Majority 35(58.66%) nursing students were not having the habit of eating junk food and 25(41.66%) nursing students were having the habit of easting junk food. 54(90%) nursing students having non vegetarian or mixed diet and 6(10%) nursing students having vegetarian



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diet. Majority 49(81.66%) nursing students had previous knowledge regarding obesity and 11(18.33%) had no previous knowledge regarding obesity.

Section B: Knowledge scores of nursing students regarding obesity and its complications

Table 2: Frequency and percentage distribution of level of knowledge of nursing students regarding obesity and its complications n = 60.

It is evident that table 2 that majority 40(66.66%) nursing students had moderate knowledge, 15 (25%) had adequate knowledge and 5(8.33%) had inadequate knowledge.

	Mean	Median	Range	SD
Knowledge scores	13.33	13	07-19	±6.59

Table 3: Mean, median, range and standard deviation of knowledge scores of nursing students regarding obesity and its complications n = 60.

Description of knowledge scores of nursing students regarding obesity and its complications. The data related to knowledge of nursing students regarding obesity and its complications was collected through structured knowledge questionnaire. Total knowledge scores ranged from 0 - 20. The knowledgescores were further arbitrarily divided as poor knowledge (0 -9), average knowledge (10 - 14), good knowledge (15 - 20). The findings were presented in table 2.

The data presented in table 3 shows that, the knowledge scores of nursing students regarding obesity and its complications ranged from 7 - 19 with the mean knowledge score 13.33 with standard deviation of ±6.59.

Section C: Association of Knowledge Scores of Nursing Students Regarding Obesity and its Complications With their Selected Personal Variables

Chi square computed showed significant association between level of knowledge and their selected personal variables like age in year (obtained value is 5.08*, $p < 0.05$) and source of information (obtained value is 4.85*, $p < 0.05$). Hence the null hypothesis is partially accepted and is inferred that knowledge of nursing students regarding obesity and its complications is associated with their selected personal variables like age in year and source of information.

Recommendations

The following recommendations were made based on results of the study:

- A study can be conducted on large scale to generalize the findings.
- A Comparative study can be conducted to evaluate and compare the urban and rural adolescent's knowledge regarding obesity and its complications.
- A study may be conducted to assess the effectiveness of structured teaching programs regarding obesity and its complications.
- An explorative study can be conducted to assess the factors influencing obesity.

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