

# ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING PHYSICAL ACTIVITY ON PREVENTION OF OBESITY AMONG ADOLESCENCE GIRLS AT SELECTED AREA AT NAGAPTTINGAM.

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**Abstract:-** Background of the study: Obesity is considered one of the growing health problems as it has great effects on the child and adolescent's health; leading to significant health problems either organic or psychological. The aim of the study is to assess the knowledge regarding physical activity on prevention of obesity among adolescents girls. To assess the attitude regarding physical activity on prevention of obesity among adolescents girls. To correlate the knowledge and attitude regarding physical activity on prevention of obesity among adolescents girls. To find out the association between knowledge of physical activity with their selected demographic variables. To find out the association between attitude of physical activity with their selected demographic variables. The research approach used for this study was quantitative approach. The research design for this study is Non experimental descriptive study design. Sample size was 100 adolescents girls. Convenient sampling technique was used for the study. The collected data was analyzed by using both descriptive & inferential statistics. The study results found that out of 100 samples the majority of adolescents girls 67(67%) had inadequate knowledge, 23 (23%) had moderately adequate knowledge and 10 (10%) of students had adequate level of knowledge regarding physical activity on prevention of obesity. Based on the attitude majority of the adolescents girls 56 ( 56%) had poor attitude, 32 ( 32%) had good attitude and 12 (12%) had very good attitude towards physical activity on prevention of obesity. The overall knowledge mean score 53.77. The overall attitude mean score 39.2. There was a significant association found between the knowledge and age, education of mother, dietary pattern, hobbies. There was a significant association found between the attitude and education of mother, place of living. The study concluded that adolescents girls had inadequate knowledge and poor attitude regarding physical activity on prevention of obesity...

**Keywords:** Knowledge, attitude, physical activity, obesity and adolescents girls.

## INTRODUCTION:

Obesity is considered one of the growing health problems as it has great effects on the child and adolescent's health; leading to significant health problems either organic or psychological. Obesity increases the risk for serious health conditions like type 2 diabetes, high blood pressure, and high cholesterol; all once considered exclusively adult diseases.

Obese kids may also be prone to low self-esteem that stems from being teased, bullied, or rejected by peers. However, it is a preventable problem for which a health education program can be designed and so its prevalence and its sequel can be reduced.

Adolescence is a particularly vulnerable time for the development of obesity because it is marked by a slowing of growth and corresponding decrease in physical activity. Personal behaviors beyond diet (physical activity, sleep, sedentary and

screen time, and stress) have also been independently associated with weight change and maintenance in adulthood. Combined with diet, these elements have synergistic and likely cumulative effects on an individual's ability to maintain or obtain a healthy body weight over the life course.

Obesity means having too much body fat. It is different from being overweight, which means weighing too much. The weight may come from muscle, bone, fat and body water. Both terms mean that a person's weight is greater than what is considered healthy for his/her height. The body mass index (BMI) is a statistical measure which compares a person's weight and height.

In children and adolescents, the high prevalence of obesity observed in different parts of the world has reinforced the need to implement new preventive strategies, highlighting the important role of physical activity (PA) and nutrition education (NE). The role of diet and physical activity in mitigating obesity risk and reducing prevalent obesity have received the most attention, and with good reason.

#### **STATEMENT OF THE PROBLEM:**

Assess the knowledge and attitude regarding physical activity on prevention of obesity among adolescents girls at selected area at Nagapattinam.

#### **Objectives:**

- To assess the knowledge regarding physical activity on prevention of obesity among adolescents girls.
- To assess the attitude regarding physical activity on prevention of obesity among adolescents girls.
- To correlate the knowledge and attitude regarding physical activity on prevention of obesity among adolescents girls.
- To find out the association between knowledge of physical activity with their selected demographic variables.
- To find out the association between attitude of physical activity with their selected demographic variables.

#### **RESEARCH METHODOLOGY:**

##### **Research approach:**

The research approach used for this study is Quantitative approach.

##### **Research design:**

The research design used for this study is Non experimental descriptive research design.

##### **Research setting:**

The study was conducted in selected area at Nagapattinam district.

##### **Population:**

The population comprised all adolescence girls at selected area at Nagapattinam.

##### **Sample size:**

The sample size was 100 adolescence girls who fulfilled the inclusion criteria.

##### **Sampling technique:**

Convenient sampling technique was adopted for the study.

##### **Inclusion criteria:**

- adolescents girls who were willing to participate in this study.
- who were able to read and write tamil & english

##### **Exclusion criteria:**

- Who are not willing to participate in the study.
- Who are absent at the time of data collection.

##### **Data collection process:**

**Part 1:** Demographic variables consists of age, educational status, education of mother, family monthly income, area of residence, type of family, dietary pattern, hobbies.

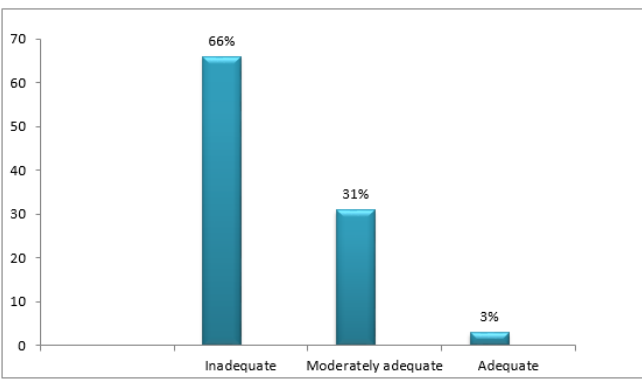
##### **Part 2 :**

- a) It consists of structured knowledge questionnaire regarding physical activity on prevention of obesity.
- b) It consists of attitude questionnaire regarding physical activity on prevention of obesity.

**TABLE 1:** DATA ON FREQUENCY AND PERCENTAGE WISE DISTRIBUTION ON LEVEL OF KNOWLEDGE REGARDING PHYSICAL ACTIVITY PREVENTION OF OBESITY.

S.NO	SCORE	FREQUENCY	PERCENTAGE %
1	Inadequate	66	66
2	Moderately adequate	31	31
3	Adequate	03	03

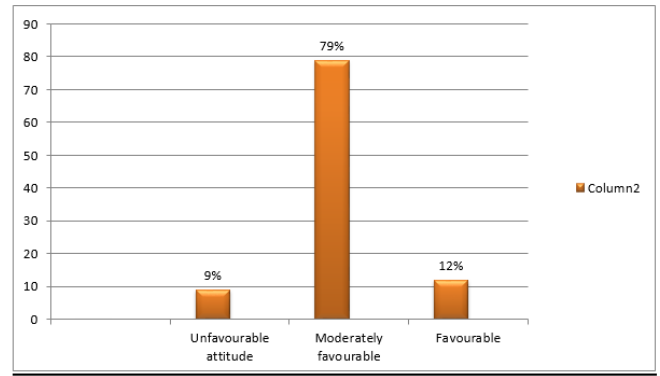
The above table shows that 66 % of adolescents girls had inadequate knowledge, 31 % had moderately adequate knowledge, 3 % of adolescents girls had adequate knowledge.



**TABLE 2:** DATA ON FREQUENCY AND PERCENTAGE WISE DISTRIBUTION ON ATTITUDE REGARDING PHYSICAL ACTIVITY ON PREVENTION OF OBESITY.

S.NO	SCORE	FREQUENCY	PERCENTAGE %
1	Unfavourable attitude	09	9
2	Moderately favourable	79	79
3	Favourable	12	12

The above table shows that 9% of adolescents girls had unfavourable attitude, 79% had moderately favourable attitude, 12% had favourable attitude regarding physical activity of prevention of obesity.



**TABLE 4:** RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE ON PHYSICAL ACTIVITY REGARDING PREVENTION OF OBESITY:

N=100		
Relationship of Physical activity on prevention of obesity	Correlation	'P' value
Knowledge	r =0.068	P = 0.500
Attitude		

**ASSOCIATION BETWEEN CHI -SQUARE RESULTS OF DEMOGRAPHIC VARIABLES AND KNOWLEDGE ON PHYSICAL ACTIVITY AMONG ADOLESCENTS GIRLS.**

S.No	Demographic variables	chi-square value	Df	P Value	Results
1.	Age	2.837	6	0.829	Not Significant
2.	Educational status	9.334	2	0.009	Significant
3.	Education of mother	2.640	8	0.955	Not significant
4.	Family monthly income	10.71	8	0.819	Not significant
5.	Area of residence	9.590	5	0.048	Significant
6.	Type of family	2.250	5	0.325	Not Significant
7.	Dietary habits	0.266	5	0.005	Not Significant
8.	Hobbies	7.241	4	0.124	Not significant

The association found to be significant with respect to educational status and area of residence. There is no association between the knowledge level and, age, education of mother, family monthly income, area of residence, type of family, dietary pattern and hobbies.

ASSOCIATION BETWEEN CHI –SQUARE RESULTS OF DEMOGRAPHIC VARIABLES AND ATTITUDE ON PHYSICAL ACTIVITY AMONG ADOLESCENTS GIRLS.

S.No	Demographic variables	chi-square value	Df	P Value	Results
1.	Age	0.733	3	0.866	Not Significant
2.	Educational status	0.000	1	0.009	Not Significant
3.	Education of mother	0.588	4	0.964	Not significant
4.	Family monthly income	3.753	4	0.440	Significant
5.	Area of residence	2.727	2	0.256	Not Significant
6.	Type of family	3.751	5	0.879	Not Significant
7.	Dietary habits	6.173	4	0.187	Not Significant
8.	Hobbies	0.420	4	0.981	Not significant

The association found to be significant with respect to family monthly income. There is no association between the attitude level and age, education status, education of mother, family income, area of residence, type of family, dietary pattern, hobbies .

The study recommendations are the following:

A similar study may be conducted on larger samples at different areas for generalize findings.

An experimental study can be undertaken with control group to assess the effectiveness of planned teaching programme on role of physical activity regarding prevention of obesity among college students.

A comparative study can be conducted by comparing the knowledge and attitude of adolescence towards prevention of obesity.

**DISCUSSION:**

The aim of the study to assess the level of knowledge and attitude on physical activity regarding prevention of obesity among adolescents girls. The research design used for the study is non experimental descriptive research design. The subjects were assessed by using structured knowledge questionnaire and attitude .

The study findings were supported by Ranjit kaur et al, has a study on assess the knowledge and attitude of adolescents on obesity at selected schools. A total of 100 Adolescents age

group between 15 and 18 years was selected by convenient sampling technique. The results showed that (66%) samples are having Inadequate knowledge, (31%) samples are having moderately adequate knowledge and (3%) are having adequate knowledge on physical activity regarding prevention of obesity. With respect to attitude (9%) samples are having unfavourable attitude, (79%) samples are having moderately favourable attitude and (12%) are having adequately favourable attitude regarding obesity. The correlation coefficient (r) showed that moderately negative correlation between knowledge and attitude on physical activity regarding prevention of obesity.

**CONCLUSION:**

This study conducted that to determine the knowledge and attitude on physical activity regarding prevention of obesity. The analysis of findings reveal that overall knowledge mean score of the sample is found to be 12.63. The analysis of findings reveal that overall attitude mean score of the sample is found to be 46.48. The correlation between knowledge and attitude results show that the calculated correlation coefficient (r) was 0.068 with P Value 0.005, which shows that there was moderately negative correlation between knowledge and attitude. The association between the knowledge level and demographic variables are found to be significant with respect to educational status, area of residence. Further the findings of the study also reveal that association between the knowledge level and, age, education of mother, family monthly income, area of residence , type of family, dietary pattern and hobbies are found to be statistically non - significant. The association between the attitude level and demographic variables are found to be significant with respect to family monthly income. Further the findings of the study also reveal that association between the attitude level and age, education status, education of mother, family income, area of residence, dietary pattern, hobbies are found to be statistically non-significant. The study suggests that there is a need to create awareness on prevention of obesity for adolescents.

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