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### A study to assess the knowledge on eating disorders among school girls in a selected nursing school at district Sawai Madhopur, Rajasthan with a view to develop educational package on eating disorders

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#### **Abstract**

**Introduction:** Eating disorders in Western and non-Western countries and even from the researcher personal experience she felt that adolescent girls are concerned about their physical maintenance of the body, so they are much prone to eating disorders (Anorexia Nervosa, Bulimia Nervosa and Purging disorder). Thus, the researcher felt a need to assess the knowledge of adolescent girls regarding eating disorders among adolescent girls in selected Nursing School of District Sawai Madhopur Rajasthan and thereafter prepare an educational package on prevention of eating disorders to promote a disease free healthy lifestyle in adolescent girls.

**Methodology:** A Quantitative Survey research approach was used to assess the knowledge on eating disorders among school girls in a selected nursing school District Sawai Madhopur Rajasthan. A Non-experimental Descriptive Research design was used to assess the knowledge on eating disorders among school girls in a selected nursing school at District Sawai Madhopur Rajasthan, and their relationship with selected variables. In the non-experimental research design the researcher does not manipulate the independent variables and observes the phenomena as they occur naturally. Descriptive survey method is the entailed precise measurement of phenomena as they currently exist within a single group.

**Result:** This deals with analysis and interpretation of the data collected from 100 school girls on eating disorders in a selected nursing school at District Sawai Madhopur Rajasthan. The data thus analyzed and interpreted by using descriptive and inferential statistics. The level of significance chosen was  $P < 0.05$ . Regarding good level of knowledge on eating disorders among school girls, maximum 38 (66.67%) school girls who were taking meal 2 times in day and minimum 19 (33.33%) school girls who were taking meal 3 times in a day. Regarding average level of knowledge on eating disorders among school girls, maximum was 19 (70.37%) school girls who were taking meal 2 times in day and minimum 8 (29.62%) school girls who were taking meal 3 times in day. Regarding excellent level of knowledge on eating disorders among school girls, maximum 8 (50%) school girls who were taking meal 2 times in day as well as 3 times in a day. There was statistically non-significant relationship between Level of knowledge on eating disorders among school girls and number of meals in a day at  $P < 0.05$ .

**Conclusions:** The study recommended that educational package for school girls on the prevention of eating disorders among school girls was prepared to enhance their knowledge regarding prevention of eating disorders. This educational package will be effective in bringing about a desired change in the school girls to adopt the preventive measures to prevent eating disorders among school girls.

**Keywords:** Assess, eating disorders, Sawai Madhopur, Anorexia

#### **Introduction**

Eating disorders are a group of conditions characterized by abnormal eating habits that may involve either insufficient or excessive food intake to the detriment of an individual's physical and emotional health. Athletes and dancers are particularly vulnerable to developing eating disorders around the time of puberty as they may want to stop or suppress growth (both height and weight). Some athletes and runners are also encouraged to be weightless or shed body fat at a time when they are biologically destined to gain it. In the United States, as many as 10 million females and 1 million males are fighting a life and death battle with an eating disorder such as anorexia or bulimia. Millions more are struggling with binge eating disorder. 1 in 5 women struggle with an eating disorder or disordered eating. Eating disorders affect up to 24 million Americans and 70 million worldwide. An estimated 10-15% of people with anorexia or bulimia are male.

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90% of those who have eating disorders are women between the ages of 12-25. It is estimated that currently 11% of high school students have been diagnosed with an eating disorder. 35% of normal dieters progress to pathological dieting. Of those, 20-25% progress to partial or full syndrome eating disorders. According to a recent study, 51% of 9-19 year old girls feel better about themselves if they are on a diet. 42% of 1st-3rd grade girls want to be thinner. 46% of 9-11 year olds are "sometimes" or "very often" on diets, and 82% of their families are "sometimes" or "very often" on diets. As a part of National health and wellbeing survey of secondary school, New Zealand in 2007. In total 9107, students aged 13-18 participate, students who attempted to lose weight adopted 90% were eating less fatty food, and 52% were eating fewer sweets things. Some students adopt unhealthy weight control techniques such as 7.8% vomiting, diet pills, 3.5%, smoking cigarettes 9%, fasting 12.5% and skipping meal 31.4%. They should include a healthy eating plan and change their lifestyle. About every 4 in 10 people who have deep seated eating disorders and suffering seriously from this illness will actually make a full recovery and others do improve if they undergo proper counseling and treatments. When treated properly the mortality rate can be reduced dramatically. The first step is to find out the disorder early enough to start treatment immediately. The chance for recovery increases, the earlier anorexia nervosa is detected. Therefore it is important to be aware of some of the warning signs of anorexia nervosa.

### Methods

The strength of the students in the school is about 200 and only GNM course is there in the institute. The rationale for the selection of this school was that the investigator was familiar with the setting and convenience in getting cooperation from the concerned authorities for conducting the study.

The investigator adopted Convenient sampling Technique to select a sample of 100 school girls of a selected nursing school.

Convenient Sampling technique refers to a type of non-probability sampling which involves the sample being drawn from that part of the population which is close to hand.

The self-administered questionnaire was used in the study to assess the knowledge on eating disorders among school girls

in selected nursing school at District Sawai Madhopur Rajasthan. The structured questionnaire was developed under the guidance of experts in the field of nursing, extensive review of literature, investigator's own experience.

Self-structured questionnaire to assess the knowledge on eating disorder among school girls in selected nursing school. The self-structured questionnaires were related to introduction of eating disorder, types of eating disorder, management of eating disorder. Each question had 4 options and out of which one is correct answer. There were total 40 multiple choice questions.

### Level of knowledge

**Table 1:** Criterion measurement for assessment of knowledge was as

Level of knowledge	Percentage (%)	Score
Excellent	76-100	31-40
Good	51-75	21-30
Average	26-50	11-20
Poor	0-25	0-10

100 school girls who met the inclusion criteria were selected by using convenient sampling technique. Verbal consent was taken from all the subjects for the participation of the study and confidentiality and anonymity was assured. The self-structured questionnaire was administered to the school girls to assess the knowledge on eating disorders and interview method was used for collecting the data. The time was taken to fill the questionnaire was 20-25 minutes by each school girl. Using the descriptive and inferential statistics by calculating percentage, mean, standard deviation, and Chi Square was used to assess the relationship of knowledge on eating disorders among school girls.

### Results

It was concluded that most of the school girls were in the age group of >24 years, most of the school girl were from GNM 3<sup>rd</sup> year, maximum of the school girls were Sikhs, majority of the school girls were vegetarian, maximum of the school girls belonged to the nuclear family, most of the school girls belonged to family having monthly income Rs. 10,001-20,000, maximum of the school girls were from the rural areas and maximum of the school girls were taking meals 2 times in a day.

**Table 2:** Percentage distribution of samples according to demographic variables (N = 100)

Demographic variables	f	%
<b>Age</b>		
16-18 years	-	-
19-21 years	30	30.00
22-24 years	28	28.00
≥ 24 years	42	42.00
<b>Educational status</b>		
(Course) G.N.M 2 <sup>nd</sup> year	37	37.00
G.N.M 3 <sup>rd</sup> year	38	38.00
G.N.M Interns	25	25.00
<b>Religion</b>		
Sikh	80	80.00
Hindu	17	17.00
Muslim	3	3.00
Christian	-	-
<b>Dietary habits</b>		
Vegetarian	62	62.00

Non-Vegetarian	28	28.00
Eggetarian	10	10.00
<b>Type of family</b>		
Nuclear	77	77.00
Joint	23	23.00
<b>Family income (in Rs.)</b>		
>10,000	-	-
10,001-20,000	55	55.00
20,001-30,000	36	36.00
About 30,000	9	9.00
<b>Place of domicile</b>		
Rural	71	71.00
Urban	15	15.00
Semi-urban	14	14.00
<b>Number of meals in a day</b>		
2 times	65	65.00
3 times	22	22.00
More than 3 times	13	13.00

Maximum 57 (57%) school girls had good knowledge, 27 (27%) had average knowledge, 16 (16%) had excellent knowledge and none of the school girl had poor knowledge on eating disorders. Hence, it was concluded that maximum of the school girls had good knowledge on eating disorders. depicts that regarding good level of knowledge on eating disorders among school girls, maximum 26 (45.61%) school girls were in the age group of >24 years, followed by 16 (28.07%) were in the age group of 19-24 years, and minimum 15 (26.31%) school girls were in the age group of 22-24 years. Regarding average level of knowledge on eating disorders among school girls, maximum 10 (37.04%) school girls were in the age group of 22-24 years, followed by 10 (37.04%) school girls were in the age group of 19-21 years and minimum 7 (25.93%) school girls were in the age group of >24 year. Regarding excellent level of knowledge on eating disorders among school girls, maximum 8 (50%) school girls were in the age group >24years followed by 4 (25%) school girls were in the age group 22-24 years and minimum 4 (25%) school girls were in the age group 19-21 years. Level of knowledge on eating disorders among school girls was found to be non-significant at  $P<0.05$ . In the age 42 (42%) school girls were in the age group >24 years and only 28 (28%) school girls were in the age group 22-14 years. As per educational status 38 (38%) school girls were from GNM 3<sup>rd</sup> year and only 25 (25%) school girls were from GNM Interns. In the view of religion 80 (80%) school girls were Sikhs and only 3 (3%) school girls were Muslims. According to dietary pattern 62 (62%) school girls were vegetarian and only 10 (10%) school girls were vegetarian. Regarding type of family 77 (77%) school girls belonged to nuclear family and minimum 23 (23%) school girls belong to joint family. As per family monthly income 55 (55%) school girls belong to family having monthly income Rs. 10,001-20,000 and only 9 (9%) school girls belong to family having monthly income above Rs. 30,000. Regarding place of domicile 71 (71%) school girls were from rural area and only 14 (14%) school girls from semi-rural areas. 65 (65%) school girls were taking meals 2 times in a day and only 13 (13%) school girls were taking meals more than 3 times in day. Regarding good level of knowledge on eating disorders among school girls, maximum 26 (45.61%) school girls were in the age group of >24 years, followed by 16 (28.07%) were in the age group of 19-24 years, and minimum 15 (26.31%) school girls were in the age group of 22-24 years. Regarding average level of knowledge on

eating disorders among school girls, maximum 10 (37.04%) school girls were in the age group of 22-24 years, followed by 10 (37.04%) school girls were in the age group of 19-21 years and minimum 7 (25.93%) school girls were in the age group of >24 year. Regarding excellent level of knowledge on eating disorders among school girls, maximum 8 (50%) school girls were in the age group >24years followed by 4 (25%) school girls were in the age group 22-24 years and minimum 4 (25%) school girls were in the age group 19-21 years. There was statistically non-significant relationship between Level of knowledge on eating disorders among school girls and age at  $P<0.05$ . Regarding good level of knowledge on eating disorders among school girls, maximum 38 (66.67%) school girls who were taking meal 2 times in day and minimum 19 (33.33%) school girls who was meal taking 3 times in a day. Regarding average level of knowledge on eating disorders among school girls, maximum was 19 (70.37%) school girls who were taking meal 2 times in day and minimum 8 (29.62%) school girls who were taking meal 3 times in day. Regarding excellent level of knowledge on eating disorders among school girls, maximum 8 (50%) school girls who were taking meal 2 times in day as well as 3 times in a day. There was statistically non-significant relationship between Level of knowledge on eating disorders among school girls and number of meals in a day at  $P<0.05$ .

### Discussion

The first objective of the study was to assess the level of knowledge on eating disorders among school girls. The findings of the present study were that 57 (57%) school girls had good knowledge, 27 (27%) had average knowledge, 16 (16%) had excellent knowledge and none of the school girl had poor knowledge on eating disorders. The second objective of the study was to determine the association of the level of knowledge on eating disorders among school girls with selected variables. The findings of the study revealed that age, educational status, religion, dietary habits, type of family, family income, place of domicile, and number of meals in a day had no impact on the knowledge on eating disorders among school girls in selected school girls. According to third objective, investigator had prepared educational package on eating disorders for school girls. Concluded structured teaching programme was effective in improving the knowledge of girls regarding anorexia nervosa and its management. discussion of findings of the

study with the similar and contradictory studies regarding level of knowledge on eating disorders among nursing school girls in selected nursing school at, District, Sawai Madhopur Rajasthan.

### Conclusion

Maximum 57 (57%) school girls had good knowledge, 27 (27%) school girls had average knowledge, 16 (16%) school girls had excellent knowledge and none of the school girl had poor knowledge on eating disorders. Age, educational status, religion, dietary habits, type of family, family income, place of domicile, and number of meals in a day had no impact on the knowledge on eating disorders among school girls in selected nursing school girls at District Sawai Madhopur Rajasthan. The study recommended that educational package for school girls on the prevention of eating disorders among school girls was prepared to enhance their knowledge regarding prevention of eating disorders. This educational package will be effective in bringing about a desired change in the school girls to adopt the preventive measures to prevent eating disorders among school girls.

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