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RESEARCH ARTICLE

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EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING CHILDHOOD OBESITY AMONG THE PARENTS OF SCHOOL AGE CHILDREN, IN URBAN AREA, UP

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ABSTRACT

Obesity is condition wherein a person starts to gain unnecessary body fat..” Obesity in children has reached epidemic levels in developed & its prevalence is increasing indeveloping countries as well.. The identification of parental health knowledge related to obesity and overweight status in children is an important area. **Methodology:** Quantitative research approach & Pre experimental One group pre & post-test design was used to conduct the present study. Non-Probability Purposive Convenient sampling was used to collect data among 60 parents of school going children of Kendriya Vidyalaya, SGPGIMS, Lucknow. **Result:** The overall knowledge level of parents of school age children regarding childhood obesity, it shows that (1.66%) parents had good knowledge, (35%) had average knowledge and (63.3%) had poor knowledge. The mean and standard deviation of Pre-test knowledge score is 4.91, 2.59. The overall score of post-test knowledge regarding childhood obesity among parents of school going children were out of 60 samples (60%) parents had good knowledge and, (30%) had average knowledge score and (10%) had poor knowledge regarding childhood obesity. The mean value is and standard deviation of post-test knowledge score was 5.5, & 3.35. The t test value was 0.025 significant hence it was proven that planned teaching program enhanced the knowledge of mothers. **Conclusion:** - The study concluded that planned teaching program was effective and helped in helping and exploring and improving the knowledge of the parents regarding childhood obesity and its complications.

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INTRODUCTION

Childhood obesity has emerged as a global epidemic affecting both developed and developing nations.¹ It poses serious physical and psychological health risks, with overweight and obese children more likely to remain obese into adulthood and develop non-communicable diseases such as diabetes and cardiovascular disorders at an early age. Evidence suggests that the origins of Type 2 diabetes and coronary heart disease can be traced back to childhood, with obesity as a major contributing factor.² In India, overweight and obesity are defined as ≥ 85 th to <95 th percentile and ≥ 95 th percentile, respectively, according to national and WHO 2007 growth references.³ Childhood obesity is one of the most critical

public health challenges of the 21st century, increasingly affecting urban populations in low- and middle-income countries.⁴ Studies reveal that approximately 16% of preschoolers and 25% of school-aged children were obese in 2012. NFHS data show an increase in overweight children under five years from 2.1% (2015–16) to 3.4% (2019–21). India ranks second globally, with over 14.4 million obese children.⁵ A meta-analysis of 52 studies across 16 Indian states found a higher prevalence in northern regions, with combined overweight and obesity rates rising from 16.3% (2001–2005) to 19.3% after 2010.⁶ Globally, over 42 million children under five were overweight in 2010, with nearly 35 million from developing countries.⁷ The Indian Academy of Paediatrics reported that obesity among children aged 5–19 years rose from 4% in 1975 to 18% in 2016. By 2024, over one billion

people, including 159 million children, were living with obesity worldwide.⁸

METHODOLOGY

The researcher adopted Pre experimental research design to assess the Effectiveness of planned teaching program on the knowledge regarding childhood obesity among the parents of school age children in Urban Community, Lucknow, U.P.” The setting of present study was parents of school going children of rural area ,Mohanlalganj,Lucknow,U.P. A total of 60 samples were selected by purposive sampling technique who fulfilled inclusion criteria.The data was collected after obtaining concern from each samples and also permission from IEC (IEC code : 2023-3-IP-B.Sc Nu-4 PGI/BE/185/2023),Other higher authorities.Based on the study objectives and target population , structured,validated questionnaire was used to assess the knowledge on Childhood obesity. The structured schedule has 2 sections.

Section A – Socio Demographic data

In context of Mother: Demographic variables like Gender, Age, Religion, Type of family, Education, Occupation, Monthly income, Dietary preference, Source of information.

In context of children: Calculation of BMI of children of the participating parents on the basis of collected demographic data including data Age, Gender, Height and Weight of Children.

Section B - Structured Questionnaire: On day one we conducted structured Pretest questionnaires consisting of 15 questions on knowledge regarding childhood Obesity. Then we had delivered planned teaching program. Then after seven days of planned teaching programme we assessed the post-test knowledge score consisting of 20 questions on the knowledge regarding childhood obesity. Descriptive and Inferential statistics were used to compute the data which collected from respondents. (n=60).

RESULT AND DISCUSSION

The collected data were tabulated and analysed in various types of tables and charts . After analysis of the data ,it was calculated by descriptive and inferential statistics. .Chi square was used for finding association between knowledge score with demographic variables. The objectives of the study was evaluated as follows,

Finding related to distribution of Demographic characteristics: According to the data collected on 60 samples, it is observed that majority of samples 21 (35%) samples belong to the age group of 36-45 years and 51 (85%) belongs to Hindu and married (n =60), it was found that nearly (n=60) 35% were primarily educated .According to type of family ,38 or 63.3% women belongs to nuclear family and Out of 60 ,(n=32) 52% were vegetarian. Out of 60 sample, (n=28) 57% women were having previous knowledge from internet

- Findings related to Pre test knowledge regarding Childhood Obesity.
- Findings related to Pre test & Post test Knowledge regarding Childhood Obesity:
- Findings related to effectiveness of Structured teaching program:-

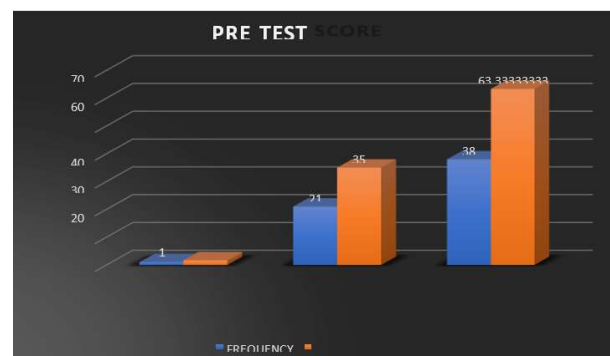


Figure 1. Reveals that overall pretest knowledge score of parents, it showed only 1 (1.66%) had good knowledge score, 21 (35%) had average knowledge score and 38 (63.33%) had poor knowledge score. Mean & Standard Deviation is 4.91 & 2.59 respectively



Figure 2. Inpre-test 1.66% people were having good score whileinpost-test60%werehaving good score. In pre-test 35% were having average score while it was reduced to30%inpost-test

Table 1. Distribution of demographic data of sample subjects n=60

Sr. no	Demographic Variable	Category	Subject Group	
			Frequency	Percentage
1	Age in years	18-25	15	25
		26-35	20	33.3
		36-45	21	35
		Above 45	4	6.7
2	Gender	Male	29	48.3
		Female	31	51.7
3	Religion	Hindu	51	85
		Muslim	5	8.3
		Sikh	1	1.7
		Christian	3	5
		Other	0	0
4	Type of Family	Nuclear	38	63.3
		Joint	22	36.7
5	Education	Matrix	13	21.7
		Intermediate	17	28.3
		Graduate	21	35
		Post Graduate	9	15
6	Occupation	Daily Wage	0	0
		Business	7	11.7
		Private Job	29	48.3
		Government Job	18	30
		Others	6	10
7	Income	Less Than 10,000	8	13.4
		10,000-30,000	23	38.3
		30,000-60,000	21	35
		Above 60,000	8	13.3
8	Diet	Vegetarian	32	53.3
		Non-Vegetarian	28	46.7
9	Source of Information	T.V. & Radio	18	30
		Newspaper	12	20
		Internet	28	46.7
		Others	2	3.3
10	Age of Child	6-8	24	40
		8-10	18	30
		10-12	18	30

Table 2: - Analysis of Pretest knowledge score on childhood obesity among parents of school going children

S.NO	KNOWLEDGE LEVEL	SCORE	FREQUENCY	PERCENTAGE	MEAN	SD
1	GOOD	11-15	1	1.67	4.91	2.59
2	AVERAGE	6-10	21	35		
3	POOR	0-5	38	63.3		
	TOTAL		60	100		

Table 3. Comparison between pretest and post test score

S.NO.	KNOWLEDGE LEVEL	SCORE	FREQUENCY		PERCENTAGE	
			PRE-TEST	POSTTEST	PRE-TEST	POSTTEST
1	GOOD	11-15	1	36	2	60
2	AVERAGE	6-10	21	18	35	30
3	POOR	0-5	38	6	63	10

Table 4 and 5. t test value

PAIRED SAMPLES STATISTICS					
		MEAN	N	STD. DEVIATION	STD. ERROR MEAN
PAIR 1	SCORE	5.12	60	2.344	.303
	VAR00001	9.9833	60	2.80128	.36164

PAIRED SAMPLES CORRELATIONS				
		N	CORRELATION	SIG.
PAIR 1	SCORE & VAR00001	60	.289	.025

Table 5. i) Findings related to association on knowledge and practice with the selected demographic variables

S.no.	Demographic variable	Category	Knowledge score			Chi-square	df	P value
			Good	Average	Poor			
1	Age	18-25	0	3	12	0.026	6	0.046
		26-35	1	8	11			
		36-45	0	8	13			
		ABOVE 45	0	2	2			
2	Gender	MALE	1	12	16	0.014	2	0.032
		FEMALE	0	9	22			
3	Religion	HINDU	0	18	33	0.03	6	0.055
		MUSLIM	0	1	4			
		SIKH	0	1	0			
		CHRISTIAN	1	1	1			
		OTHER	0	0	0			
4	Type Of Family	NUCLEAR	0	15	23	0.311	2	0.198
		JOINT	1	6	15			
5	Education	MATRIX	0	2	11	0.687	6	0.088
		INTERMEDIATE	0	2	11			
		GRADUATE	0	9	12			
		POST GRADUATE	1	4	4			
6	Occupation	DAILY WAGE	0	0	0	0.789	6	0.104
		BUSSINESS	0	2	5			
		PRIVATE JOB	0	11	18			
		GOVT. JOB	0	8	10			
		OTHER	1	0	5			
7	Income	LESS THAN 10,000	1	2	5	0.795	6	0.107
		10,000-30,000	0	11	12			
		30,000-60,000	0	6	15			
		ABOVE 60,000	0	2	6			
8	Diet	VEGETARIAN	0	15	17	0.786	2	0.161
		NON- VEGETARIAN	1	6	21			
9	Source Of Information	T.V. & RADIO	0	7	11	0.088	6	0.039
		NEWSPAPER	0	2	10			
		INTERNET	1	12	15			
		OTHER	0	0	2			
10	AGE OF CHILD	6-8	0	7	17	0.654	6	0.076
		8-10	0	7	11			
		10-12	1	7	10			

On referring the Chi square table at different level of degree of freedom Depicts that all the values were considered significant when the P value is equal or less than 0.005 .There was a significant association between Age ,Gender, Religion, Type of family, Source of information with the knowledge score of the mothers of school going children.

Supportive study: A cross-sectional study, conducted regarding Overweight and obesity in affluent school children of Punjab. In the present an attempt has been made to report the prevalence of overweight and obesity in school-going children of the affluent families of Punjab. A total of 1000 children (490 boys and 510 girls) were measured for height and weight.

Overweight and obesity were assessed using age and sex-specific body mass index (BMI) cut-off points. In the present study, 12.24% boys and 14.31% girls were overweight, and 5.92% boys and 6.27% girls were obese. The prevalence of overweight and obesity among the affluent school children of Punjab was as high or higher as in some developed countries.¹¹

A study conducted in urban India regarding Prevalence of overweight among adolescent school children. The prevalence of diabetes mellitus (DM) and cardiovascular disease (CVD) is increasing in urban India. Overweight in adolescence is a marker of overweight in adult age, and it shows an association with the above disease's.¹² Conducted a study regarding Obesity in early childhood was associated with nontrivial medical problems. The data imply that prevention of persistent, severe childhood obesity will require a family-oriented approach aimed at preschool children and suggest specific testable hypotheses related to early childhood obesity.

Nursing implications: The implications drawn from the study are of vital concern to the field of Nursing education, Nursing Administration, Nursing Practice and Nursing Research. Present study emphasizes on the assessment of knowledge regarding Childhood obesity among women. It can assist in reducing the incidents of complications of Childhood obesity s. Therefore, the nurses must have knowledge about general and specific aspects of Childhood obesity its prevention by teaching to the Parents. The nurses should take active part in Health programmes, hospital education and community health programmes. Therefore, nursing education is important for improving the knowledge regarding Childhood obesity among women.

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Conflict of Interest: The authors declare no conflict of interest

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CONCLUSION

The study concluded that many parents were lacking in knowledge regarding lifestyle modifications in preventing childhood obesity based on our pre-test scores so we conducted a planned teaching program in campus of Kendriya Vidyalaya SGPGIMS Lucknow to educate parents of school going children regarding lifestyle modifications.

So, all over carrying out the study was really a wonderful experience to us. It also helped in exploring and improving the knowledge and will help in future for our further studies. Throughout the study there was encouragement and support from our guide, co-guide and all teachers.

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