

Research Article

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EATING DISORDER AMONG THE PU COLLEGE STUDENTS IN SELECTED COLLEGE AT TUMKUR

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ABSTRACT

Objectives: To assess the existing knowledge regarding eating disorders among the PU college students. To assess the effectiveness of structure Teaching Programme regarding eating disorder on knowledge among PU College students at Tumkur. To find the association between post-test knowledge scores among PU college students their selected socio demographic variables. **Methodology:** A pre experimental study was conducted among 50 PU College students at Tumkur sample was selected using convenient sampling technique. pre experimental design was used for the study. Data was collected by using Structured closed ended knowledge questionnaire. Data analysis was done using descriptive and inferential statistics. **Results:** the pre test mean score of knowledge was 15.18. the post test mean score of knowledge was 26.30 obtained 't' value for the comparison of knowledge score was 19.86. t value (2.0) is level of significant at $p < 0.05$, df 59 indicate that there was difference between pre-test and post-test score which depicts effective structure Teaching Programme regarding eating disorder. **Conclusion:** The study concluded that knowledge of pu college students regarding knowledge of eating disorder was just satisfactory, consequently it should be addressed through structure Teaching Programme to increase knowledge regarding eating disorders among pu college students.

Keywords: Structure Teaching Program, Eating disorder.

INTRODUCTION

Eating disorders (ED) are biologically-based psychological disorders, the physical behaviors of which can lead to severe medical problems. The Diagnostic and Statistical Manual of Mental Disorders - Fifth Edition (DSM-V) currently lists four separate categories of eating disorders: anorexia nervosa (AN), bulimia nervosa (BN), other specified feeding and eating disorders (OSFED), and binge eating disorder (BED).¹ This category is similar to the formerly used category of eating disorders not otherwise specified (EDNOS). Despite receiving less media and researcher attention than AN, BN, and BED, OSFED conditions are perhaps the most common EDs seen in treatment 3-5. A common component in all EDs is that individuals rely on weight and shape to establish their sense of self-esteem and self-worth.² Eating disorders, particularly, anorexia nervosa and bulimia nervosa have been center of attention for clinicians and researchers. Eating disorders are one of the significant problems in the care of adolescents and even children. These complex disorders are believed to arise from interaction of multiple risk factors. Eating disorders are defined by disturbance in eating habits that may be either excessive or insufficient food intake. Bulimia nervosa, anorexia nervosa, and binge eating are the most common forms of eating disorder based on diagnostic and statistical manual of mental disorders (DSM-IV)

The development of eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder, and atypical eating disorders that affect many young women and even men in the productive period of their lives is complex and varied. While numbers of presumed risk

factors contributing to the development of eating disorders are increasing, previous evidence for biological, psychological, developmental, and socio-cultural effects on the development of eating disorders have not been conclusive.³

OBJECTIVES

- To assess the existing knowledge regarding eating disorders among the PU college students.
- To assess the effectiveness of structure Teaching Programme regarding eating disorder on knowledge among PU College students at Tumkur.

To find the association between post-test knowledge scores among PU college students their selected socio demographic variables

HYPOTHESIS

- **H1:** There is a significant difference between mean pre-test and post-test knowledge scores of PU College students eating disorders.
- **H2:** There is a significant association between the post-test knowledge scores on eating disorders among PU college students and their selected socio demographic variables.

METHODOLOGY

The research design of the study was pre experimental one group pre test and post test design. The population was research approach will be used. the sample consist of 50 pu students in selected pu colleges at Tumkur. convenient sampling technique was used for the present study. the data will be collected from pu students on the on the first day by using structured questionnaire. To assess pre existing knowledge on pu students in selected pu colleges at Tumkur. on the

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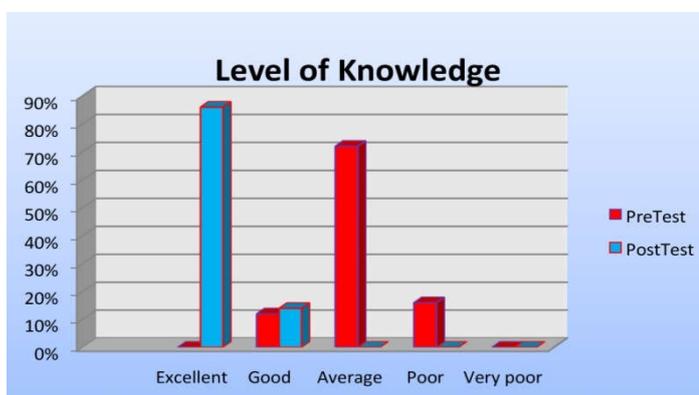
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same day the research will provide STP was administered to pu students. On the 7th day, a post test was conducted to assess the knowledge regarding eating disorders using same structured questionnaire. and also to assess the improvement in the knowledge.

COMPARISON OF KNOWLEDGE REGARDING EATING DISODERS

Table No 1: Knowledge scores of eating disorder among PU college students.

Pre test		Post test	
Number of Respondents	Percentage	Number of respondents	Percentage
00	0%	43	86%
06	12%	07	14%



The column graph represents percentage distribution of subjects according to their level knowledge scores in pre-test and post-test.

Table No 2: Paired t - test values of Knowledge Scores in Pre-test and Post –test.

Test	Mean	SD	Mean diff.	SD diff.	Paired t-test value	Table value
Pre-test	15.2	3.2	11.12	1.4	19.9	2.0
Post-test	26.3	1.8				

DISCUSSION

Here this study evaluated the effectiveness of structure Teaching Programme regarding eating disorder on knowledge among PU College students at Tumkur.

In order to achieve the objectives a evaluative approach answer was A pre-experimental one group pre-test, post-test research design was used and convenient sampling technique was used select the samples. the pilot study was conducted to find the feasibility of the study 1/08/2020 to 7/08/2020 among selected pu college students at tumkur. the main study was conducted from 1/09/2020 to 7/09/2020 among 50 samples. the samples were selected by convenient sampling technique and data was analyzed and interpreted using descriptive and inferential statistics.

RECOMMENDATION:

A replication of present study can be conducted with a larger sample to validate and for better generalization of the findings.

- ❖ A similar study can be replicated with a randomization in selecting the participants.
- ❖ An experimental study can be undertaken with control group.
- ❖ A similar study can be conducted using other strategies like SIM, VATP, booklets and pamphlets.
- ❖ A comparative study can be undertaken between rural and urban community.
- ❖ The study can be conducted in different settings.

CONCLUSION

1. The overall pre test knowledge of PU college students was inadequate.
2. The post test knowledge of PU college students after administration of STP was significantly improvement in the level of knowledge.
3. The post test knowledge of PU college students after administration of STP was significantly higher than pre test scores

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