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A study to assess the obesity in college going girls and to evaluate the effectiveness of video assisted teaching regarding the hazards of obesity on reproductive health among girls of selected colleges

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Abstract

Background of the study: In today's fast-paced environment, it is easy to adopt unhealthy behaviours. Behaviour, in the case of obesity, relates to food choices, amount of physical activity you get and the effort to maintain your health. Based on food choices, many people now select diets that are calorie-rich, but nutrient-poor. This behavioral problem also relates to the increase in meal quantity at home and when dining out.

A pre experimental research approach was undertaken in the present study "A study to assess the obesity in college going girls and to evaluate the effectiveness of video assisted teaching regarding the hazards of obesity on reproductive health among girls of selected colleges of Jabalpur city." Finding of the study reveal that in the post test it was found out that, out of 60 samples, 36(60%) had gained good knowledge score and 24(40%) had gained average knowledge score. Whereas 0(0%) were found to have poor knowledge score. The finding of the present study have implication of nursing practice, nursing administration, nursing education and nursing research.

Keywords: video assisted teaching reproductive health girls score

Introduction

Objectives

- Assess the prevalence of obesity in college going girls.
- Assess the pretest level of knowledge regarding hazards of obesity on reproductive health of girls.
- Assess the post test level of knowledge regarding hazards of obesity on reproductive health of girls.
- Assess the effectiveness of video assisted teaching programme on hazards of obesity on reproductive health of girls.

Associate pretest knowledge score with selected demographic variables

Research approach

In this study Quasi Experimental and evaluate approach is used.

Sample Size

In this study, the samples include 60 college going girls in the selected colleges.

Sampling Technique

Random sampling technique: (lottery method) is used.

- This study is being conducted in selected colleges.
- The population in this study consists of female students studying in selected colleges.

Major finding of the study

Findings related to pre test knowledge score

There were 60 samples included in the study for assessment of pre test knowledge score, out of which 0(0%) had good knowledge score, 41(85%) had average knowledge score and 9(15%) had poor knowledge score regarding hazards of obesity. The mean pre test knowledge score were 12.51 and SD was 4.06. Thus, data full fills the objective (2)

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Findings related to post test knowledge score

In the post test it was found out that, out of 60 samples, 36(60%) had gained good knowledge score and 24(40%) had gained average knowledge score. Whereas 0(0%) were found to have poor knowledge score. The mean post test knowledge score were 20.96 and SD was 2.79. Thus, it fulfils objective no: 3.

Findings related to comparison between pre and post test knowledge score

The comparison between pre and post knowledge is made by t-test. The pre test and post test knowledge was statistically tested by applying t-test method at the level of 0.05%. In this case the calculated value of t is less than the table value (2.326), the hypothesis H₂ is accepted.

Conclusion

The video assisted programme was effective in improving the knowledge of the student so similar teaching programmes should be included in the schools to provide the students knowledge.

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