

# Pre experimental study to assess the effectiveness of self instructional module on knowledge on prevention and management of childhood obesity among mothers of school going children 6-12yrs at selected areas

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## ARTICLE DETAILS

### Article History

Published Online: 13 March 2019

### Keywords

childhood obesity, self instructional module, school going children.

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## ABSTRACT

The pre experimental study assessed the effectiveness of self instructional module on prevention and management of childhood obesity through one group pretest post test design. 30 mothers were selected using convenience sampling technique. Self structured questionnaire was administered to the mothers followed by self instructional module and post test. The findings revealed that in the pre test 12(40%) mothers possess inadequate knowledge, 13(43.3%) had moderately adequate knowledge, 5(16.66%) had adequate knowledge. In the post test nearly 6(20%) mothers had moderately adequate knowledge, 24(80%) mothers had adequate knowledge. There is no significant association between post test level of knowledge and selected demographic variables. Working together we all have a role in making healthier foods, beverages and physical activity are easy choice for children to prevent childhood obesity.

## 1. Introduction

Childhood obesity is a major health crisis nationally and internationally. It is caused by imbalance between calorie intake and calorie utilized. Times magazine (2011) states that 34% of Indian population will be obese by 2020.

## 2. Statement of the problem

**Pre experimental study to assess the effectiveness of self instructional module on knowledge on prevention and management of childhood obesity among mothers of school going children 6-12yrs at selected areas**

## 3. Need for the study

**WHO terms childhood obesity as "Exploding Nightmare"**

Bogalusa Heart study (2011) states that in India 1 in every 10% is a diabetic. Hardening and blockage of arteries starts at 11 yrs in boys and 15yrs for girls. 28% of urban children have syndrome-X which steps to diabetes and heart disease. Due to obesity girls may develop diabetes, polycystic ovary, infertility may occur.

According to (Down to earth.org) India has the second largest obese in the world. Some 14.4 million children in India are affected by obesity. Hence the investigator suggests that obesity can cause various diseases like Hypertension, Diabetes, CHD, PCOD, pulmonary disease. So an awareness should be created among parents who lay the foundation stone for the health of children.

## 4. Objectives

- To assess the pre test and post test level of knowledge on prevention and management of

childhood obesity among mothers of school going children.

- To determine the effectiveness of self instructional module on prevention and management of childhood obesity among mothers of school going children.
- To associate post test level of knowledge regarding prevention and management of childhood obesity with selected demographic variables.

## 5. Hypothesis

H1-There is a significant difference between the pre test and post test level of knowledge on prevention and management of childhood obesity,

H2-There is a significant association between demographic variables and knowledge of mothers.

## 6. Methodology

Research approach: Quantitative approach

Research design : one group pretest posttest pre experimental design

Study setting : Kelambakkam village, Kanchipuram dt.

Target population : All mothers of school going children

Sample size : 30

Sampling technique: Convenient sampling technique

The conceptual framework was based on von Ludwig bertalanffy model

**Distribution of pre test and post test level of knowledge on childhood obesity among mothers of school going children**

Different aspects of knowledge in pre test	Inadequate (%)	Moderately adequate (%)	Adequate
Pre test	12(40%)	13(43.3%)	5(16.7)
Post test	0	6(20%)	24(80%)

**Distribution of level of knowledge of mothers regarding child hood obesity after administering self instructional module.**

Test	Mean	Standard deviation	Paired t test
Pre test	12.7	3.60	10.546
Post test	66.5		P<0.001

**7. Results and finding**

In the pre test 12(40%) mothers possess inadequate knowledge, 13(43.3%) had moderately adequate knowledge, 5 (16.7%) mothers had adequate knowledge.

In post test 6(20%) mothers had moderately adequate knowledge, 24(80%) mothers had adequate knowledge. There is no significant association between the post test level of knowledge and selected demographic variables like source of

information, dietary pattern, family history of obesity, child duration of watching TV, and types of snacks intake.

**8. Conclusion**

Obesity is a ticking bomb in India. WHO has reported that around 22% prevalence rate of obesity was reported in children between 5-19yrs. although figures paint a stark picture most parents and public health are blissfully unaware. Childhood obesity is a fore runner of metabolic syndrome, poor physical health, mental disorders, respiratory problems and glucose intolerance.

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