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## A Study to Assess the Knowledge and Attitude towards Impact of Obesity among Adolescent Students in MTPR & RIHS, Puducherry

<sup>\*1</sup>S Sivasankari Bon, <sup>2</sup>Dr. T Nanthini and <sup>3</sup>S Chitra

<sup>\*1</sup>Associate Professor, Department of Community Health Nursing, CON, MTPG & RIHS, Puducherry, India.

<sup>2</sup>Professor Cum HOD, Department of Community Health Nursing, CON, MTPG & RIHS, Puducherry, India.

<sup>3</sup>Assistant Professor, Department of Community Health Nursing, CON, MTPG & RIHS, Puducherry, India.

### Abstract

A descriptive study to assess the level of knowledge and attitude towards impact of obesity among adolescent students in MTPG & RIHS, Puducherry. The study was conducted among 50 adolescents and they were selected in by using Simple random sampling technique. The Semi Structured Questionnaire was used to assess the knowledge and attitude among adolescent regarding obesity. The socio demographic data includes gender, age, department, BMI, diet, physical activity. Regarding knowledge, the study revealed that a significant proportion of the adolescents demonstrated a moderate level of knowledge towards the impact of obesity. Approximately 64% of the participants had moderately adequate knowledge, 34% had adequate knowledge, and a negligible 2% had inadequate knowledge. On the other hand, the attitudes of the adolescents towards the impact of obesity were overwhelmingly positive. A striking 98% of the participants had moderately favourable attitudes, while only 2% held unfavourable attitudes and also revealed that there was no significant association between level of knowledge and attitude towards impacts of obesity among adolescents. In conclusion, this study contributes valuable insights into the knowledge and attitudes of adolescents towards the impact of obesity. By utilizing this knowledge to design tailored health education strategies, policymakers and healthcare providers can take a proactive approach towards addressing the obesity epidemic and promoting better health outcomes among the younger generation. Empowering adolescents with accurate knowledge and fostering positive attitudes can ultimately lead to healthier lifestyle choices and a reduced burden of obesity-related health issues in the future.

**Keywords:** Obesity, adolescent students, MTPR & RIHS

### Introduction

Obesity can be seen as the first wave of a defined cluster of non-communicable diseases called 'New World Syndrome' creating an enormous socio economic and public health burden in poorer countries. Obesity means having too much body fat. It is different from being overweight, which means weighing too much the weight may come from muscle, bone, fat and body water. Both terms mean that a person's weight is greater than what is considered healthy for his/her weight (Journal of Obesity). Obesity is a medical condition in which excess body fat has accumulated to that extent that it may have an adverse effect on health leading to reduced life expectancy and or increased health problems. The World Health Organization has described obesity as one of today's most neglected public health problems, affecting every region of the globe. India is the second most populous country in the world that comprises 17% of the world's population and contributes to 16% of the world's deaths.

### Need for the Study

Obesity is a serious health problem and its prevalence has

increased dramatically over the past 20 years. Today it is estimated that over 250 million people in low and middle income countries suffer from obesity, but globally more than one billion are overweight and of these 300 million are obese. Even in India it is becoming growing concern. Adolescence is the period of crucial growth. During this phase physical changes including growth, the onset of menarche for the girls, and increase in fat and muscle mass takes place. This contributes to obesity. At state level in Puducherry, obesity was ranked among urban subject 12.3% of men are overweight according to WHO, where as in women subject 77.1% are overweight and 19.4% are obese. There was a need to identify all risk factors for the development of obesity among adolescent. Primary prevention is the best way to achieve this. Hence this study attempt to identify and compare the knowledge and attitude among adolescent. Now a days, the adolescent prefer to eat fast foods rather a healthy food which we prepare at home which made as to work on this growing crisis obesity and is evil to the upcoming generation which must be plucked out before it leads to severe issues.

**\*Corresponding Author:** S Sivasankari Bon

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### Statement of the Problem

A descriptive study to assess the knowledge and attitude towards impact of obesity among adolescent students in MTPG & RIHS, Puducherry.

### Objectives of the Study

- To assess the level of knowledge regarding obesity among adolescent
- To assess the level of attitude regarding obesity among adolescent
- To assess the association between knowledge and attitude regarding obesity

### Materials and Methods

- **Research Approach:** The research approach used for this study was quantitative approach.
- **Research Design:** The research design selected for this study was non experimental descriptive design.
- **Population:** The Population selected for the study were the adolescents.
- **Sample:** The sample for this study is 50 adolescents students from B.Sc. (N)-I year from Mother Theresa Post Graduate and Research Institute of Health Sciences at Puducherry.
- **Sampling Technique:** Purposive random sampling is used for the present study.

### Inclusion Criteria

- Adolescents who are aged between 10-19 years.
- Adolescents who can read English/Tamil.
- Adolescents who were present at the time of study.

### Exclusion Criteria

- Those who are not willing to participate.
- Those who are not belong to B.Sc. Nursing I-year at MTPG&RIHS.

### Description of the Tool

It consists of three sections.

**Section A:** This section includes Demographic profiles such as gender, age, BMI, department, physical activity, diet.

**Section B:** The investigator used self-structured questionnaire that consists of 20 questions on Knowledge.

**Section C:** The investigator used likert scale that consists of 10 statements to assess the attitude of the adolescent students regarding impact of obesity.

**Table 1:** Scoring Key for Knowledge

Knowledge	Score
Adequate knowledge	15-20
Moderate knowledge	8-14
Inadequate knowledge	1-7

**Table 2:** Scoring Key for Attitude

Attitude	Score
Unfavourable	1-24
Moderately favourable	25-39
Favourable	40-50

### Major Findings of the Study

- Out of 50 students, Most 44 (22%) of the students are doing physical activity 2 times per week. Majority 88%

(44) of the students are female. Majority 56% (28) of the students are in the age of 18 years. 50% (25) of the students BMI are between 16.5-23 and also 23-28. Majority 72% (36) of the students have not preferred any of the diet. Most 44% (22) of the students are doing physical activity 2 times per week.

- Majority of the students 64% (32) had moderately adequate knowledge towards impact of obesity, 34% (17) had adequate knowledge and 2% (1) had inadequate knowledge respectively. The mean and standard deviation of level of knowledge towards impact of obesity among adolescents students is (13.07 ± 3.325) respectively.
- Majority of the students 98% (49) had moderately favourable attitude towards impact of obesity, 2% (1) had unfavourable attitude and none of them have favourable attitude respectively. The mean and standard deviation of level of attitude towards impact of obesity among adolescents students is (31.61 ± 2.72) respectively.
- The demographic variable had not shown statistically significant association between level of knowledge and attitude towards impact of obesity among adolescents student with their selected demographic variables respectively.

### Conclusion

In conclusion, this study contributes valuable insights into the knowledge and attitudes of adolescents towards the impact of obesity. By utilizing this knowledge to design tailored health education strategies, policymakers and healthcare providers can take a proactive approach towards addressing the obesity epidemic and promoting better health outcomes among the younger generation. Empowering adolescents with accurate knowledge and fostering positive attitudes can ultimately lead to healthier lifestyle choices and a reduced burden of obesity-related health issues in the future.

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