A Descriptive Study to Assess the Knowledge Regarding Nocturnal Eating Pattern and Factors Leading to Same among Nursing Students in Selected College of Nursing Jabalpur (M.P)

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Abstract

Nocturnal eating disorder is a types of eating disorders but it is totally different from parasomnia sleep related eating disorder (SRED). Therefore, a study was conducted to "A descriptive study to assess the knowledge regarding nocturnal eating pattern and factors leading to same among nursing students in selected college of nursing Jabalpur (M.P)".

Methodology: A quantitative research approach with descriptive research design was adopted and non-probability convenient sampling technique was used to selected 50 sample from selected nursing college. A validated and structured questionnaire was used to assess the knowledge of among nursing students of selected college of nursing. The tool was reliable at r = 0.87.

Result: On the basis of the findings of the study, the following conclusion was drawn-The knowledge of nursing students regarding nocturnal eating syndrome was good. The study proved that there is significant association between the knowledge level of students regarding nocturnal eating syndrome in among nursing students with their selected demographic variables It shows hat (0%) of students have poor knowledge where (90%) have average knowledge. And (10%) have good knowledge.

Conclusion: Hence this indicates that nursing students have knowledge about nocturnal eating disorders.

Keywords: Assess, knowledge, effectiveness, students, night eating syndrome

Introduction

Nocturnal eating disorder also known as Night eating syndrome (NES). It is a types of eating disorders but it is totally different from parasomnia sleep related eating disorder (SRED). Here the patient who has suffering from nocturnal eating disorder, have awareness of the night eating. It is characterized by Lack of appetite in the morning, urge to eat at night, depressed mood difficulty to sleep, belief that one must eat to fall back to sleep at night. It affects both man and women.

Objectives

i). To assess the knowledge regarding nocturnal eating pattern and factors leading to same, among nursing students in selected college of nursing,

ii). To find out the association between the knowledge on nocturnal eating pattern with selected socio demographic variables.

Hypothesis

H$_1$: There will be significant Association between nocturnal eating pattern and their sociodemographic variables.

Methodology

A quantitative research approach with descriptive research design was adopted and non-probability convenient sampling technique was used to selected 50 sample from selected nursing college. A validated and structured questionnaire was used to assess the knowledge of among nursing students of selected college of nursing. The tool was reliable at r = 0.87.

Pilot study conducted at Premwati college of nursing Jabalpur and main study conducted at Jabalpur institute health and sciences Jabalpur. And data analyzed by using descriptive statistical method.

Result and Discussion

Percentage wise distribution of nursing students according to their age group reveals that maximum 50% were in the group of <17 Year, 32% where in the age group of 19-20 Year, 20% were in the age group of 21-22, and 0% were the age group of 23-24.

Percentage wise distribution of nursing students to their gender maximum 86% were the male and 14% were the female. Percentage wise distribution of nursing students according to their education reveals that 56% were B.Sc. nursing 1st year, 36% were B.Sc. nursing 2nd year, 4%were

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B.Sc. nursing 3rd year, and 4% were B.Sc. nursing 4th year. Percentage wise distribution of nursing students according to their diet reveals that 58% were Vegetarian, 0% were non-Vegetarian, and 42% were both Vegetarian and non-Vegetarian. Percentage wise distribution of nursing students according to their medical history reveal that 20% were Anorexia nervosa, 20% were Bing eating disorder, 10% were Bulimia nervosa, and 60% were No any history. Percentage wise distribution of nursing students According to their source of knowledge that 16% were Elder, family members, 0% were multimedia, 48% were Health professional, 36% were other source. Percentage wise distribution of nursing students according to their Body mass index that 36% were Underweight, 52% were normal weight, and 12% were over weighted (figure no 7). Percentage wise distribution of

nursing students according to their type of family that 82% were Nuclear, 8% were Joint, and 10% were Extended.

Table 1: Assessment of knowledge of BSc Nursing students (N=50)

S. No.	Criteria	Frequency	Percentage	Mean	SD
1	Poor	0	0		
2	Average	45	90	13.3	2.41
3	Good	5	10		

The Table No-03 indicate that the assessment of knowledge regarding Nocturnal eating pattern and factors leading to same among BSc Nursing students. 45 students have average knowledge regarding Nocturnal eating pattern and factors leading to same among BSc Nursing students.
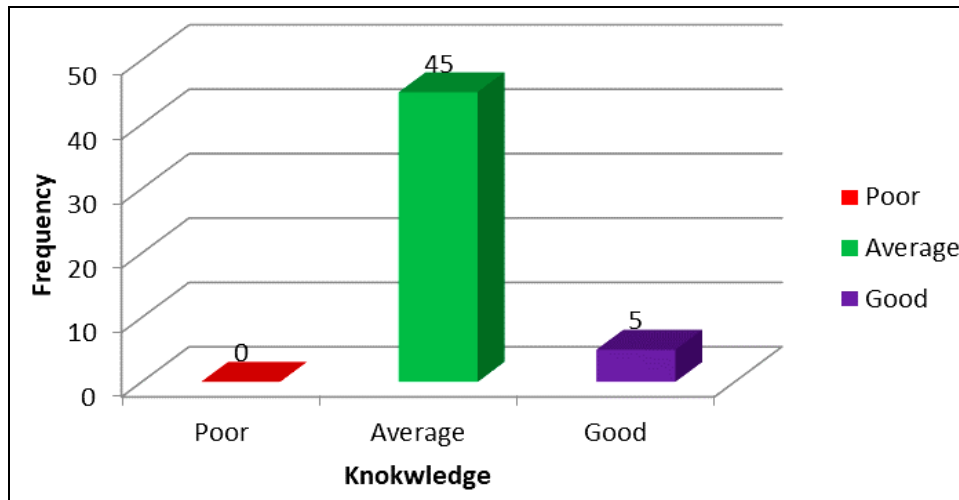

Fig 1: Knowledge of the students

Percentage wise distribution of nursing students according to their knowledge reveal that 0% were poor, 90% were average, 5% were good.

Table 2: Association of knowledge of students with selected demographic variables (N=50)

S. No.	Variables	Poor	Average	Good	Total	DF	Chi-value	P-value	Inference
1	**Age**								
	17-18 Years	0	17	7	24				
	19-20 Years	0	11	5	16				
	21-22 years	0	7	3	10	6	15.36	0.0258	S
	23-24 Years	0	0	0	0				
2	**Gender**								
	Male	0	4	3	7	2	2.069	0.355	NS
	Female	0	31	12	43				
3	**Diet**								
	Vegetarian	0	22	7	29				
	Non veg	0	0		0	4	3.52	0.1858	NS
	Both	0	13	8	21				
4	**Medical History**								
	Anorexia nervosa	0	7	3	10				
	Bing eating disorder	0	4	1	5	6	14.52	0.0478	S
	Bulimia nervosa	0	4	1	5				
	No any history	0	20	10	30				
5	**Family Type**								
	Nuclear	0	28	13	41				
	Joint	0	3	1	4	4	9.25	0.014	S
	Extended	0	4	1	5				

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Conclusion

On the basis of the findings of the study, the following conclusion was drawn-The knowledge of nursing students regarding nocturnal eating syndrome was good. The study proved that there is significant association between the knowledge level of students regarding nocturnal eating syndrome in among nursing students with their selected demographic variables It shows hat (0%) of students have poor knowledge where (90%) have average knowledge. And (10%) have good knowledge.

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