Effectiveness of Dietary Education Among Obese Adolescent Girls in Selected Schools at Shahjahanpur, Uttar Pradesh

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Abstract: **This paper presents an overview on the effectiveness of dietary education among obese adolescent girls in selected schools at shahjahanpur, Uttar Pradesh.**

Keywords: **Dietary Education, Obese Adolescent.**

1. Introduction

Adolescence begins around age 10, 11, or 12 and concludes somewhere between 18 and 21 years of age. It is important to remember that age alone does not signify the beginning and end of adolescence, but rather achieving key development millstones indicates when a particular stages of development has begun or concluded. (Chirsclause, 2016). Adolescence is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood (age of majority). The period of adolescence is most closely associated with the teenage years, though its physical, psychological and cultural expressions may begin earlier and later. For examples, although puberty has been historically associated with the onset of adolescent development, it now typically begins prior to the teenage years and there have been a normative shift of it occurring in preadolescence, particularly in females (see precocious puberty). Physical growth, as distinct from puberty (particularly in males), and cognitive development generally seen in adolescence, can also extend into the early twenties. Thus. chronological age provides only a rough marker of adolescence, and scholars have found it difficult to agree upon a precise definition of adolescence.

Obese teens have significantly lower self-esteem than teens of normal weight. Low self-esteem often appears as loneliness, nervousness and sadness. Teens with low self-esteem may also engage in risky behavior such as experimenting with drugs, alcohol or cigarettes. Obese teens who experience low self – esteem during childhood and adolescence often carry these feeling into adulthood

Richard Strauss (2013), The biggest factor in that study was the food journal. Those who maintained food diary more regularly, lost an average of 12.8% of their weight, than who did exercises they lose about only 8.5%. Dr. Anne Mc Tiernan (2012), A study and found that those who wrote a diary of what they ate seven days a week dropped an average of almost 18 pounds over the course of the experiment. Dr. Jack Hollis (2011).

As the incidence and complications of adolescence obesity is more, chance of complications also more. So the researcher is interested in doing a study on obese adolescence in order to reduce the complications and to increase the level of self-esteem by educating the adolescence about the food diary and its maintenance.

2. Methodology

The conceptual framework set up for the present study was the Kings theory of goal attainment. The research design used for the present study was Quasi experimental design where Pre and post test with control group design was selected. Setting chosen to conduct the study was Shahjahanpur, Uttar Pradesh, the target population in the study was obese adolescence girls present during the period of data collection.

In this study sample size was 50 obese girls out of which 25 were experimental group and 25 were control group. The sampling technique used in this study was purposive Sampling Technique and Rosenberg Self Esteem Scale was used to assess the level of Self Esteem among obese adolescent girls. The content validity was obtained from experts like Pediatric nursing personal, Pediatricians, Dietician, Statistician and the tool was modified according to the suggestions and recommendations of the experts. The reliability of the physiological parameters was tested by test retest method and tool was found to be reliable. ($r1=0.86$). Self-esteem was tested by 'Spilt half method' is used to test the reliability of the tool and the tool was found to be reliable. ($r^2=0.85$)

The main study was conducted in selected schools, Shahjahanpur, Uttar Pradesh The samples were selected by using Purposive Sampling Technique among those who fulfill the sampling criteria. Data were gathered through Rosenberg Self Esteem Scale. The data gathered were analyzed by descriptive and inferential statistical method and interpretation was made based on the objectives of the study.

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3. Results

In experimental group Most (64%) of the adolescence girls were from urban family. 60%of the adolescence girls were non vegetarian. Most 68% of the adolescence girls were having the family history of obesity. In control group Most (68%) of the adolescence girls were from urban family. 56% of the adolescence girls were Non vegetarian. Most in Experimental group 64% of the adolescence girls were having the family history of obesity. 60% of the obese adolescence girls were having low self-esteem in pretest.64% of the obese adolescence girls were having normal self-esteem in post test I.52% of the obese adolescence girls were having normal self-esteem in post test II. In control group .44% of the obese adolescence girls were having low self-esteem in pretest. 52% of the obese adolescence girls were having low self-esteem in posttest I.56% of the obese adolescence girls were having low self-esteem in post test.

It reveals that there is no significant association between post test scores of experimental group when compared to age, residential area, type of family, birth order, Diet Pattern, menstrual cycle (P>0.05) and there is significant association between post test scores of experimental group only when compared to family history of obesity and income of the family. It reveals that there is no significant association between post test scores of control group when compared to age, type of family birth order, menstrual cycle, diet pattern (P>0.05) and there is significant association between post test scores of experimental group only when compared to residential area, family history of obesity.

4. Conclusion

The difference observed in the mean score value was only by chance and not true difference. It seems that Food diary maintenance was effective on obese adolescence irrespective of their demographic variables except menstrual cycle and family History of obesity.

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