



A comparative study to assess the knowledge on anorexia nervosa among adolescent girls aged in between 13-19 years in selected colleges of urban and rural areas of Tirupati, Chittoor (Dist) AP.



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ABSTRACT: Now a day's more adolescent girls that is age group between 13-19 years more concerned towards physical maintenance of the body. **Objectives:** **1.** To assess the knowledge scores on anorexia nervosa among adolescent girls in selected college of rural areas. **2.** To assess the knowledge scores on anorexia nervosa among adolescent girls in selected college of urban areas. **3.** To compare the knowledge scores on anorexia nervosa among adolescent girls of rural and urban colleges. **4.** To find out the association between knowledge scores of adolescent girls with their demographic variables in selected college of rural areas. **5.** To find out the association between knowledge scores of adolescent girls with their demographic variables in selected college of urban areas. **Nullhypotheses: Ho1:** There is no significant difference in between the knowledge scores of adolescent girls in selected rural and urban areas. **Ho2:** There is no significant association of knowledge scores of rural adolescent girls with their demographic variables. **Ho3:** There is no significant association of knowledge scores of urban adolescent girls with their demographic variable. **Materials and methods:** Non-experimental, comparative research design was adopted to conduct the study. Hundred adolescent girls selected through non- probability purposive sampling technique. **Result:** The overall knowledge scores on anorexia nervosa in rural college, among 50 adolescents' girls that majority of 33(66%)having moderate knowledge, 15(30%) having inadequate knowledge, 2(4%) having adequate knowledge. In urban college, among 50 adolescents' girls that majority of 43(86%) having moderate knowledge, 6(12%) having adequate knowledge, 1(2%) having inadequate knowledge. The mean sores of knowledge regarding anorexia nervosa among rural adolescent girls 13.16 and S.D 4.234 and the urban adolescent girls mean was 17.04 and S.D was 2.891, obtained "t" value was 5.35, which is highly significant at 0.01 level. Hence it is proved that there are significant difference in between rural and urban knowledge scores regarding anorexia nervosa among adolescent girls. **Conclusion:** The study findings concluded that there is significant difference in rural and urban knowledge scores. **Key words: Anorexia Nervosa, Knowledge, Adolescent Girls.**

Introduction: Anorexia nervosa is an eating disorder. It occurs when a person's obsession with dieting and exercise leads to excessive weight loss. People are generally considered anorexia when they refuse to maintain their body weight at or above 85% of their ideal body weight anorexia can be fatal.

Objectives:

➤ To assess the knowledge scores on anorexia nervosa

among adolescent girls in selected college of rural areas.

➤ To assess the knowledge scores on anorexia nervosa among adolescent girls in selected college of urban areas.

➤ To compare the knowledge scores on anorexia nervosa among adolescent girls of rural and urban colleges.

➤ To find out the association between knowledge scores of adolescent girls with their demographic variables in selected college of rural areas.



➤ To find out the association between knowledge scores of adolescent girls with their demographic variables in selected college of urban areas.

Null Hypotheses:

HO1: There is no significant difference in between the knowledge scores of adolescent girls in selected rural and urban areas.

HO2: There is no significant association of knowledge scores of rural adolescent girls with their demographic variables.

HO3: There is no significant association of knowledge scores of urban adolescent girls with their demographic variables.

Research Approach: Non-experiment approach was adopted to carry out the hypothesis.

Research Design: The research design adopted for the study to achieve the objective was comparative research design.

Setting of the study: The study was conducted at Sri Srinivasa junior college of rural (Renigunta) and Sri Padmavathi women’s junior college urban in Tirupati, Chittoor (Dist.), AP.

Population: The population included in this study was adolescent girls aged in between 13- 19 years studying at rural and urban colleges Tirupati, Chittoor, AP.

Sample and Sampling Technique: The sample were 100 adolescent girls between the age group 13 - 19 years. In this present study non-probability purposive sampling technique was used for the selection of sample.

The tools or instrument consist of 2 sections:

Section: A: Its deals with socio-demographic variables which consist of age, education, religion, area of residence, type of family, mother education status, mother occupation, father education status, father occupation status, monthly income food pattern, number of meals per day, source of information about anorexia nervosa.

Section: B: Its deals with the items related to knowledge regarding anorexia nervosa.

Data collection procedure: Formal permission was

obtained from the adolescent girls in Sri Padmavathi Junior College in Tirupati and Sri Srinivasa Junior College in Renigunta. The investigators initially established rapport with study subjects and the purpose of the study was explained to them anorexia nervosa who are willing to participate in the study verbal consent taken from the subject.

Data analysis: It was planned to analyze the data by using descriptive and inferential statistics. The level of significance was set at 0.01 level.

Results: Demographic characteristics of rural and urban adults.

Table: Classification of respondents by personal characteristics

Category	Rural		Urban	
	N	%	N	%
Age in years				
a) 13-15	0	0	0	0
b) 16-17	50	100	50	100
c) 18-19	0	0	0	0
Education				
a) Intermediate	50	100	50	100
b) Degree	0	0	0	0
Religion				
a) Hindu	39	78	49	98
b) Muslim	03	6	1	2
c) Christian	08	16	0	0
Area of residence				
a) Urban	0	0	50	100
b) Rural	50	100	0	0
Type of family				
a) Nuclear	29	58	38	76
b) Joint	21	42	12	24
c) Extended	0	0	0	0
Mother educational status				
a) Illiterate	15	30	9	18
b) Primary education	26	52	21	42
c) Secondary education	9	18	16	32
d) Graduate and above	0	0	4	8
Mother occupation				
a) Private employee	4	8	3	6
b) Home maker	37	74	38	76
c) Self-employee	9	18	5	10
d) Government job	0	0	4	8
Father educational status				
a) Illiterate	9	18	3	6
b) Primary education	28	50	17	34
c) Secondary education	9	18	11	22
d) Graduate and above	4	8	19	38



Father occupation				
a) Unemployed	8	16	03	6
b) Daily wage	25	50	17	34
c) Private job/government job	9	18	11	22
d) Self-employee/ business	8	16	19	38
Monthly income				
a) >126360	0	0	2	4
b) 63182-126356	1	2	1	2
c) 47266-63178	1	2	1	2
d) 31591-47262	0	0	4	8
e) 18953-31589	4	8	8	16
f) 6327-18949	19	38	19	38
g) <6323	25	50	15	30
Food pattern				
a) Vegetarian	16	32	20	40
b) Non- vegetarian	34	68	30	60
Number of meals per day				
a) 1 time meals per day	1	2	1	
b) 2 times meals per day	9	18	8	16
c) 3 times meals per day	36	72	37	74
d) More than 3 times per day	4	8	4	8
Source of information about anorexia nervosa				
a) Mass media	3	6	9	18
b) Friends	7	14	24	48
c) Family members	18	36	1	2
d) None	22	44	16	32

The overall knowledge scores on anorexia nervosa in rural college, among 50 adolescents' girls that majority of 33(66%) having moderate knowledge, 15(30%) having inadequate knowledge, 2(4%) having adequate knowledge. In urban college, among 50 adolescents' girls that majority of 43(86%) having moderate knowledge, 6(12%) having adequate knowledge, 1(2%) having inadequate knowledge. The mean scores of knowledge regarding anorexia nervosa among rural adolescent girls 13.16 and S.D 4.234 and the urban adolescent girls mean was 17.04 and S.D was 2.891, obtained "t" value was 5.35, which is highly significant at 0.01 level. Hence it is proved that there is significant difference in between rural and urban knowledge scores regarding anorexia nervosa among adolescent girls.

Recommendations: Nursing students who wishes to conduct same research on anorexia nervosa can conduct.

➤ A similar study can be conducted with large number of sample to assess the knowledge level of women

regarding anorexia nervosa.

➤ A descriptive study can conducted on knowledge regarding anorexia nervosa and its prevention among adolescent girls in community areas.

➤ A self instructional module can be prepared to enhance the knowledge of adolescent girls regarding anorexia nervosa.

Conclusion: The study findings concluded that there is significant difference in rural and urban knowledge scores. Hence H01 was rejected. Chi-square values conveys that H02 was rejected for '1' variable i.e., mother occupation at 0.01 level in rural and for remaining all the variables H02 was accepted. Chi-square values convey that H03 was accepted in urban.

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