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"Effectiveness of PTP on Knowledge and Attitude of High School Students Regarding Importance of Diet in Selected Schools at Vijayapur"

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Abstract:

Background: *Nutrition is an important component of any physical fitness program. The main dietary goal for active individuals is to obtain adequate nutrition to optimize health fitness. Health behavioral patter ns, especially eating patterns, established in childhood often carry over into adulthood, and some of the unhealthy ones are later associated with adult morbidity and mortality.*

Aims and Objectives: *The study aimed at assessing effectiveness of planned teaching programme on knowledge and attitude regarding importance of diet among high school students and finding the correlation between knowledge and attitude regarding importance of diet and find the association between knowledge and attitude with selected demographic variables.*

Materials and Methods: *knowledge of high school students was assessed by structured knowledge questionnaire and attitude was assessed by rating scale, 50 students were selected by purposive sampling technique.*

Results: *The findings of the study related to knowledge revealed that, in the pre test 23 (46%) had the average knowledge, 22(44%) had good knowledge. The post test knowledge scores shows 13(26%) with good knowledge and 33(66%) with excellent knowledge. There is a significant difference between the pretest and post test level of knowledge [t value (t49=14.63)]. The findings of the study related to attitude revealed that, 46(92%) had the good attitude & 3 (6%) had excellent attitude. Whereas after administration of PTP no one had poor attitude, 20(40%) with good attitude, & 29(58%) had excellent attitude. There is a significant difference between the pretest and post test level of attitude [t value (t49=8.65)]. The correlation between knowledge and attitude score shows that mild correlation (r=0.666). There is a significant association between knowledge scores with selected demographic variables like age (X^2=4.5, df=1), sex (X^2=5.56, df=1), father education (X^2=12, df=1), father occupation (X^2=8.41, df=1), mother education (X^2=10.54, df=1), family income (X^2=23.72, df=1), type of diet (X^2=5.88, df=1),source of information regarding diet (X^2=6.77, df=1). There is a significant association between attitude scores with selected demographic variables like father occupation (X^2=19.42, df=1), mother education (X^2=5.88, df=1), mother occupation (X^2=4.11, df=1), family income (X^2=5.89, df=1).*

Conclusion: *The findings of the study supports the need for providing information to improving the knowledge regarding importance of diet among high school children.*

Keywords: *planned teaching programme, knowledge , attitude, diet, high school students*

I. Introduction

Nutrients are consumed through the food that we eat, and through metabolic processes in the digestive system these nutrients are absorbed at a cellular level in the body[1]**.** Food is needed to supply energy and nutrients that are necessary for our bodies to function. The term 'balanced diet' would probably be more correctly worded - nutritionally balanced diet - and essentially refers to the balance in which we consume the different food energies (macro nutrients) i.e. carbohydrate, fat and protein (alcohol is also a food energy). However, we also require vitamins and minerals (micro nutrients) and therefore a balanced diet is where the food that is eaten provides enough energy and nutrients for the body to function correctly, but not too much of any, to cause adverse effects. So what are the best foods to eat to achieve a balanced diet.

Need for study

There have been considerable changes in human lifestyle all over the world in the recent decades. Especially in recent years, the lifestyle has rapidly been changed. These changes appeared in diet, types of food,

cooking time, etc. Nowadays processed foods are rapidly replacing organic food. Another change is the rapid increase in the number of restaurants and in people's tendency to eat fast food[1].

Epidemiological evidence shows that there is an increased incidence of diseases such as (Cardiovascular diseases, obesity, high blood pressure and cancer), which can be attributed to changes in lifestyle as well as changes in nutritional habits. Nutritional education is also one of the important aspects that play a big role in nutritional knowledge by raising awareness and ultimately the health of the society[2].

Knowledge about healthy food choices and food safety can be predisposing factors for improving eating habits and adopting a healthy diet[3].

A desire to eat a healthy diet may exist, but it does not translate fully to behavior modification. People are not willing to trade convenience for health or other benefits. Continuation of eating an unhealthy diet can lead to many health problems including obesity, malnutrition, cardiovascular diseases, diabetes etc.

Objectives

1. To assess the pretest knowledge regarding importance of diet measured by structured knowledge questionnaire.
2. To determine the pretest attitude regarding importance of diet as measured by likert scale.
3. To find out the correlation between knowledge and attitude regarding importance of diet.
4. To find out the effectiveness of Planned teaching programme on importance of diet.
5. To find association between pretest knowledge scores with selected Demographic Variables
6. To find out the association between pretest attitude scores with selected Demographic Variables

Hypothesis

Tested at 0.05 level of significance

H_1: There is significance correlation between knowledge and attitude scores regarding importance of diet.
H_2: There is significant difference between pretest and post test knowledge scores
H_3: There is a significant difference between pre test and post test attitude scores.
H_4: There is significant association between pretest knowledge scores with selected Demographic variables.
H_5: There is significant association between pretest attitude scores with selected Demographic variables.

Operational Definitions

Effectiveness: Refers to desired changes brought by the planed teaching programs on importance of diet.
Knowledge: Refers to verbal responses of respondents regarding importance of diet
Attitude: A predisposition or a tendency to respond positively or negatively towards importance of diet
Planned Teaching Program: Refers to systematically planned group instruction design to provide information.

II. Material and Method

Sources of data:

In this study the data will be collected from high school children in Vijayapur District.

Research Design:

Pre experimental one group pre test post test design was used

Setting:

The study will be conducted at selected high school at Vijyapur District..

Population:

Population includes high school children

Method of Data Collecton:

Sampling Technique:

Sample for the study will be selected by purposive sampling technique

Sample Size:

Sample size will comprise of 50 high school children.

Inclusion Criteria for Sampling:

1. The children willing to participate in the study.
2. The students who are available at the time of study

Exclusion Criteria for Sampling

1. Children are not willing to participate in the study.

III. Indentations and Equations

3.1 Sample Characteristics

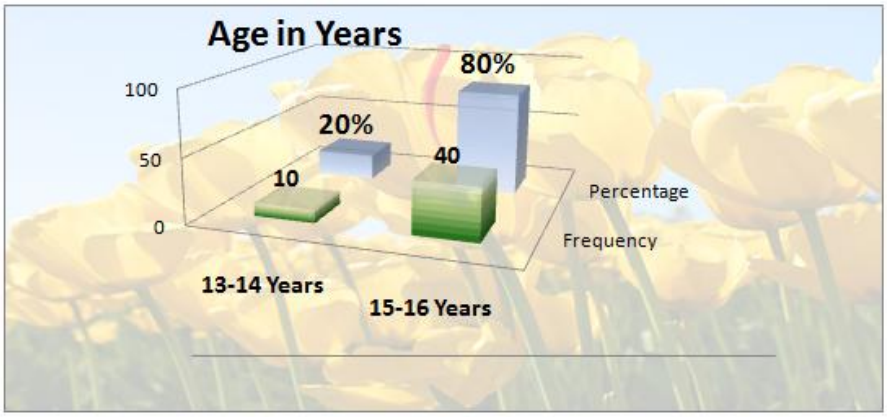


Fig 1: Showing frequency and percentage distribution of high school students according to age

Age shows that majority of the subjects 40 (80%) were from the age group of 15-16 years & 10 (20%) were from the age group of 13-14 years.

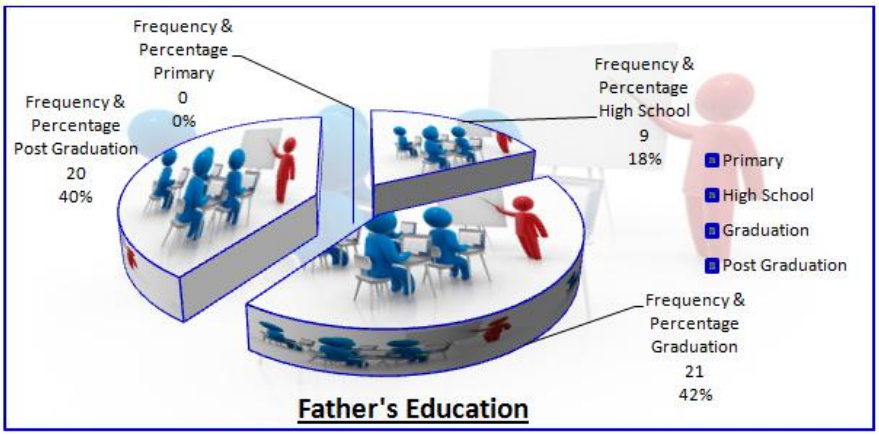


Fig 2: Showing frequency and percentage distribution of Educational Status of the fathers of the subjects

Fathers educational status shows that majority of the fathers 21 (42%) were post graduated followed by 20 (40%) were Graduate, 9 (18%) were with High Schooling

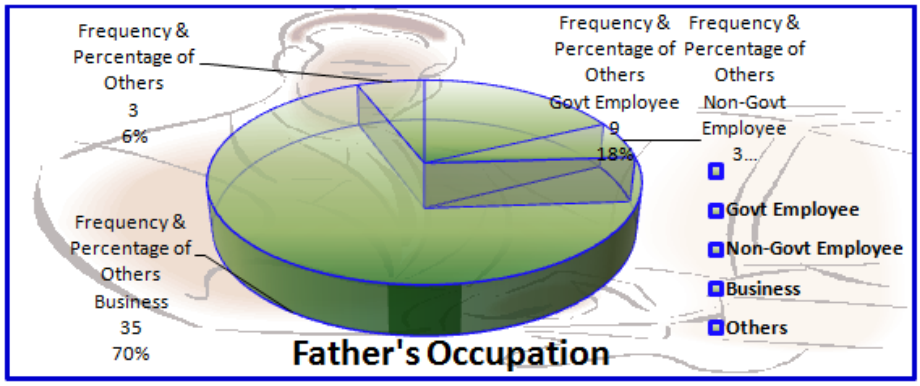


Fig 3: Showing frequency and percentage distribution of father's occupation of the subjects

Father's occupation shows that majority of the fathers 35 (70%) were Businessmen followed by 9 (18%) Govt Employees, 3 (6%) were with Non-Govt Employees and the rest i.e 3(6%) were in other occupation

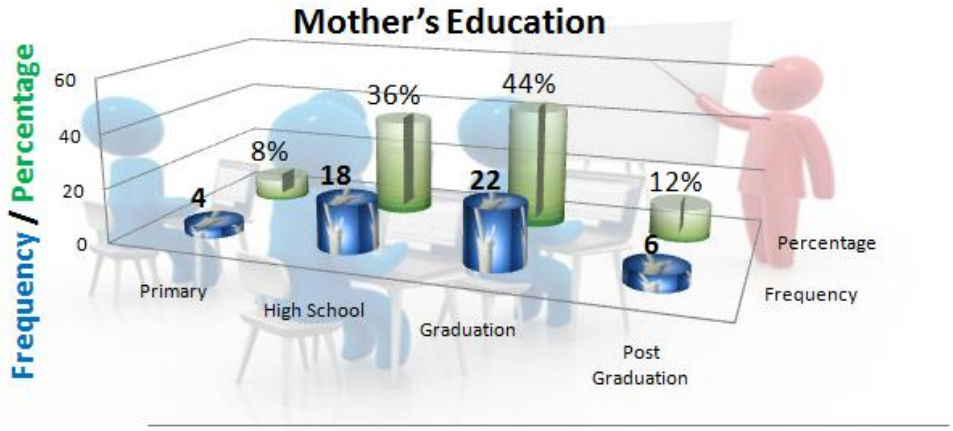


Fig 4: Showing frequency and percentage distribution of Educational Status of the mothers of the subjects

.Mothers educational status shows that majority of the Mothers 22 (44%) were graduated followed by 18 (36%) were high school, 6 (12%) were with graduation and rest 4(8%) were with primary schooling.

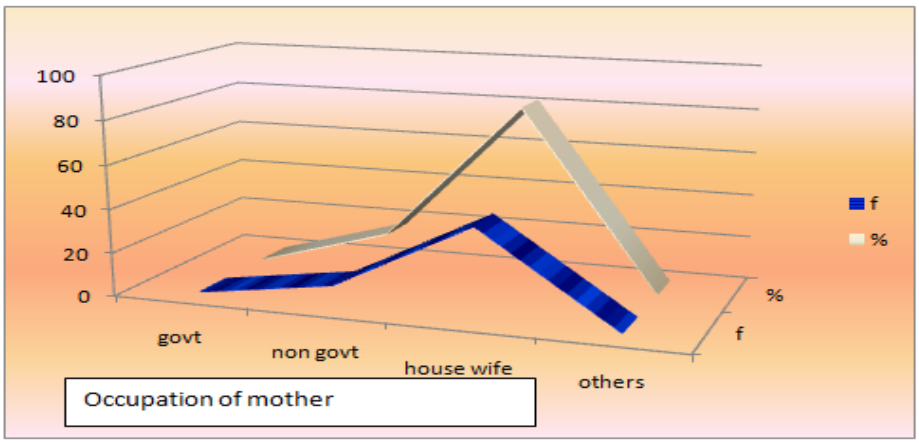


Fig 5: showing frequency and percentage distribution of Occupational Status of the mothers of the subjects

Mother's occupational status shows that majority of the Mothers 41 (82%) were house wife followed by 9 (18%) were non govt employees.

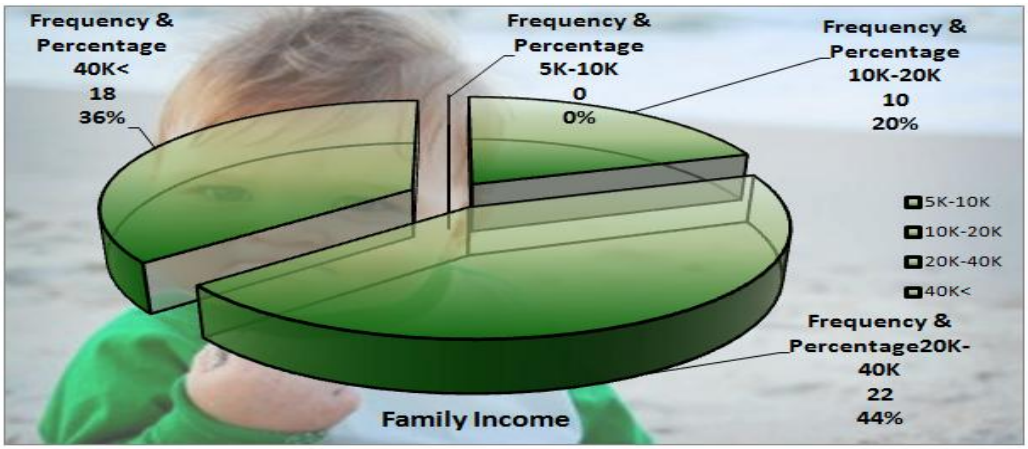


Fig 6: showing frequency and percentage distribution of family income of the subjects

Fathers educational status shows that majority of the family's income 22 (44%) is between 20K-40K followed by 18 (36%) more than 40 K (12%) and 10(20%) is with 10K-20K.

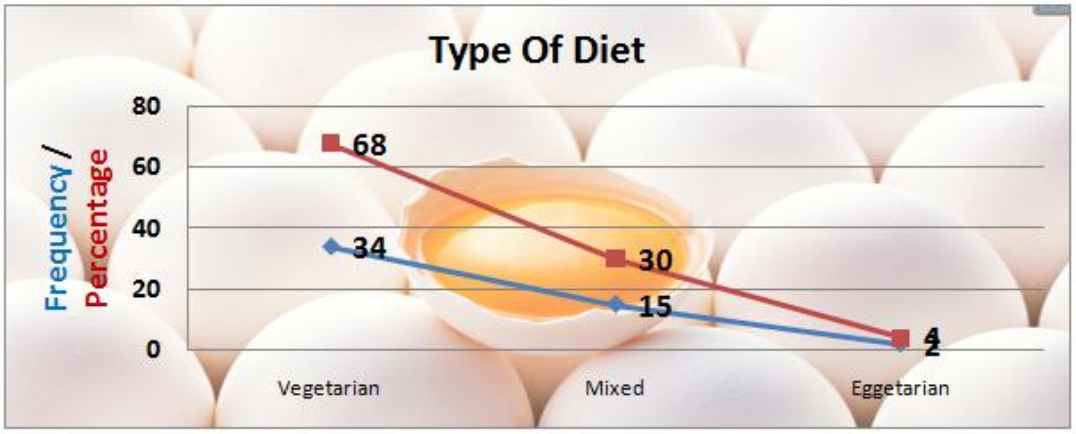


Fig 7: showing frequency and percentage distribution about type of diet the subjects are practising type of diet shows that majority of the students 34(68%) are vegetarian followed by students 15(30%) mixed and few 2(4%) eggetarian

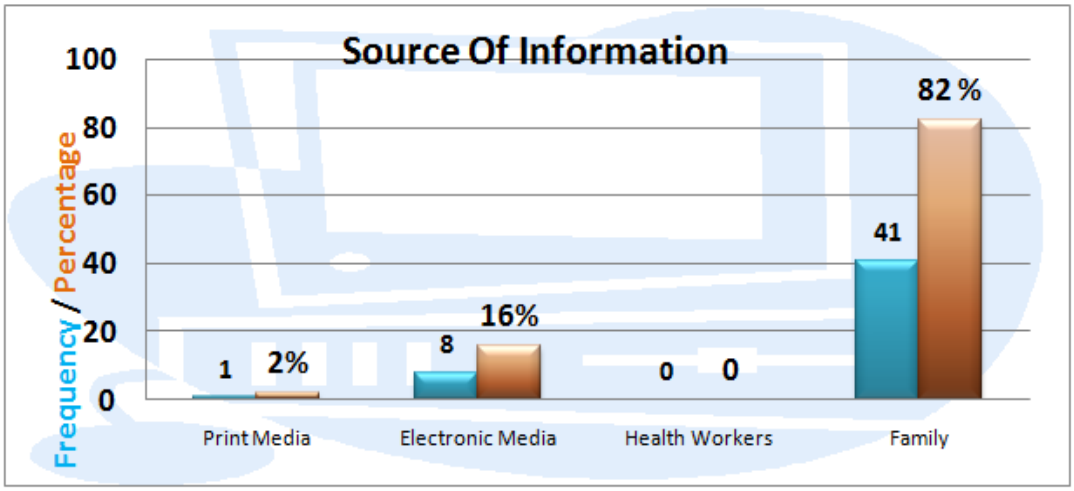
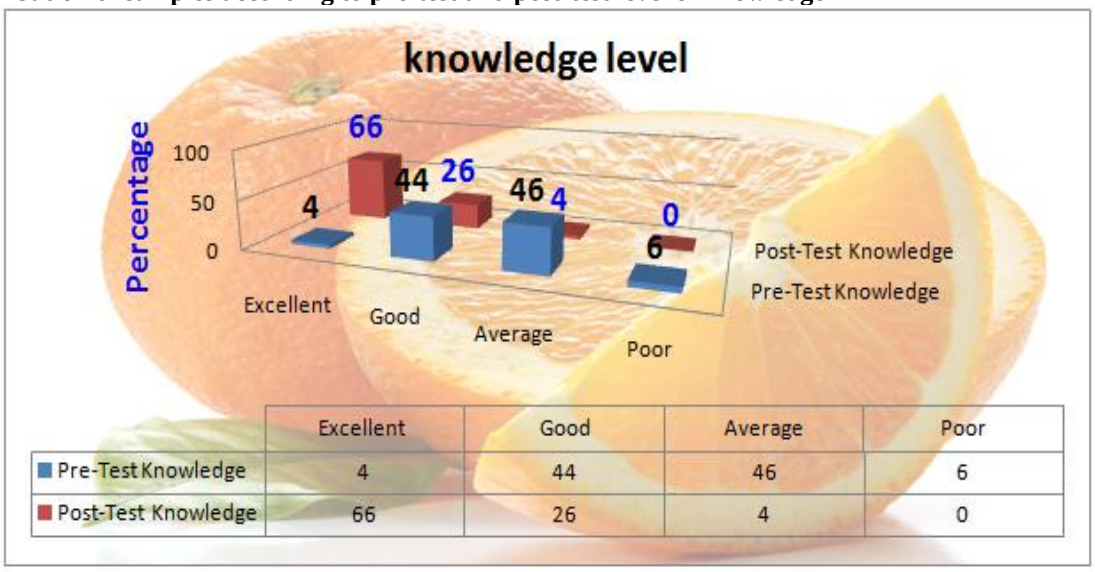


Fig 8: showing frequency and percentage distribution source of information regarding diet source of information regarding diet shows that majority of the students 41(82%) got this information from their families followed by students 8(16%) from electronic media and remaining 1(2%) from. Print media

3.2 level of knowledge on importance of diet

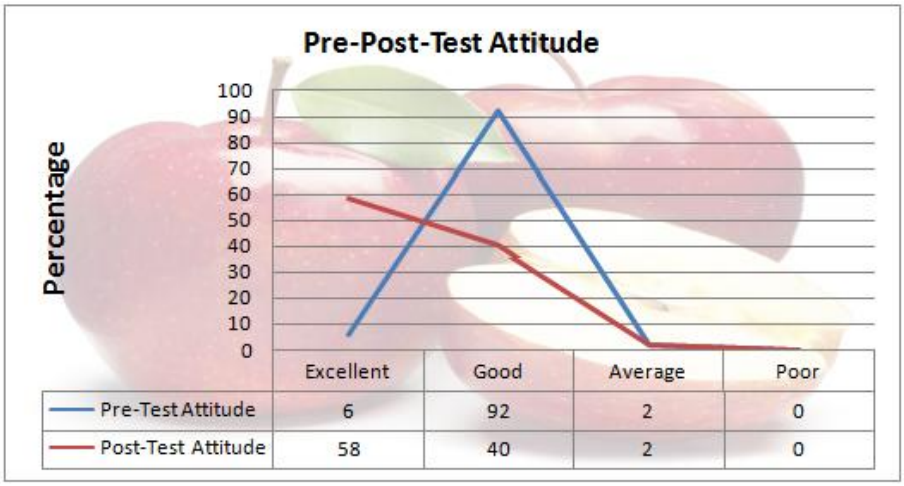
Distribution of samples according to pre-test and post-test level of knowledge



	Excellent	Good	Average	Poor
Pre-Test Knowledge	4	44	46	6
Post-Test Knowledge	66	26	4	0

3.3 level of attitude on importance of diet

Distribution of samples according to pre-test and post-test level of attitude



3.4 Effectiveness of PTP on knowledge

Period Of Observation	Mean	SD	SE	Mean Percentage	't' value
Pre-Test	1.45	13.80	1.951	4.83%	14.63
Post-Test	23.2	4.71	0.66	2%	

Table 1: shows that there is a significant difference between pre test and post test knowledge scores

3.5 Effectiveness of PTP on Attitude

Period Of Observation	Mean	SD	SE	Mean Percentage	't' value
Pre-Test	93.84	11.61	1.642	69.51%	8.65
Post-Test	111.76	15.54	2.198	2%	

Table 2: shows that there is a significant difference between pre test and post test attitude scores

3.6 Co-relation between level of knowledge and attitude regarding importance of diet among high school children.

There is a positive co-relation between knowledge and attitude of high school students regarding importance of diet with = 0.6669

Period Of Observation	Mean	SD	SE	Mean Percentage	'r' value
Knowledge	1.45	13.80	1.951	4.83%	0.666
Attitude	93.84	11.61	1.642	69.51%	

Table 3:shows that co-relation between level of knowledge and attitude regarding importance of diet among high school children

3.7 Association between pre-test level of knowledge and selected demographic variables.

Sl.No	Variables	$(Chi)^2$ Value	DF	Level Of Significance at 0.05 level
1	Age	4.5	1	S
2	Sex	5.56	1	S
3	Religion	0.08	1	N.S
4	Father's Education	12	1	S
5	Father's Occupation	8.41	1	S
6	Mother's Education	10.54	1	S
7	Mother's occupation	3.21	1	N.S
8	Family Income	23.72	1	S
9	Type of Family	3.30	1	N.S
10	Type of Diet	5.88	1	S
11	Sources of information regarding diet	6.77	1	S

S- Significance NS- Not significant

Table 4: explains about association between pre-test level of knowledge and selected demographic variables.

3.8 Association between pre-test level of attitude and selected demographic variables.

SL.NO	Variables	$(Chi)^2$ Value	DF	Level Of Significance at 0.05 level
1	Age	0.125	1	NS
2	Sex	0.0629	1	NS
3	Religion	0.097	1	N.S
4	Father's Education	0.637	1	NS
5	Father's Occupation	19.429	1	S
6	Mother's Education	5.888	1	S
7	Mother's occupation	4.110	1	S
8	Family Income	5.890	1	S
9	Type of Family	2.297	1	N.S
10	Type of Diet	3.447	1	NS
11	Sources of information regarding diet	1.628	1	NS

S- Significance NS- Not significant

Table 5: explains about association between pre-test level of attitude and selected demographic variables.

IV. Recommendations

- A similar study can be done for a large samples to generalize the findings for a large population.
- A similar study can be done in different settings
- A experimental study can be done with control group
- A comparative study can be done in urban and rural area

V. Conclusion

The present study shows with small samples that many high school children are average knowledge and attitude before giving PTP on importance of diet. The study recommends that parents and high school children need some awareness programme on importance of diet.

Acknowledgement

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