

Comparative study to assess the knowledge regarding obesity among children in CBSE and State board school in Nellore

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Abstract

Obesity or over weight is defined as an abnormal or excessive fat accumulation that may impair health. It is a serious of health problem and its prevalence has been increased dramatically over the past 20 years. The present cross sectional study was conducted to find out the level of knowledge regarding obesity among children in CBSE and State board schools in Nellore. The sample size was 30 students, 15 children from CBSE and 15 from state board school selected by using Non probability convenient sampling technique. Structured questionnaire was used to collect data from the subjects. Data was analyzed by using descriptive and inferential statistics interpreted in terms of objectives. The Results explored that the level of knowledge among CBSE and state board children 4(26.6%) CBSE children and 2(13.33%) state board children having B grade (>55%) knowledge and 4(26.67%) CBSE children 1(6.67%) state board children in C grade knowledge (>50%) and 7(46.67%) CBSE and 12(80%) in state board children in D grade knowledge (<50%). The study concluded children need to be educated with the causes and effects of obesity thereby can reduce further morbidity.

Keywords: knowledge, obesity, children, CBSE school, state board school

Introduction

Growth and the development usually refer to a unit and expressed the sum of numerous changes that takes place during the life time of the individual. Obesity or over weight is defined as a abnormal or excessive fat accumulation that may impair health. It is a serious of health problem and it is prevalence has been increased dramatically over the past 20 years. Excessive intake of fatty food will leading to the abnormal growth of the adipose tissue. Obesity is a complex condition in which unnecessary body fat may put a person at health risk. In United States approximately 3, 00,000 Preventable deaths occurring each year because of unhealthful diet and bodily inactivity, which are known presented factors to obesity. Basic treatment of obese patients requires a broad approach involving proper nutrition, regular physical activity, and behavioral change, with an emphasis on long-term weight management rather than short-term extreme weight reduction. Physicians and other health care professionals have an important role in promoting preventive measures and encouraging healthy and positive lifestyle behaviors, as well as identifying and treating obesity-related co morbidities and providing counseling patients about safe and effective weight loss and weight maintenance programs.

Objectives

- To assess the level of knowledge regarding obesity among children in CBSE and State board school.
- To compare the level of knowledge regarding obesity among children in CBSE and State board school

- To find out the association between the level of knowledge regarding obesity among children in CBSE and state board school their selected socio demographic variables.

Materials and Methods

Research approach: - Quantitative approach

Research design: - comparative research design

Research setting; - Based on the feasibility, the investigator selected students from both CBSE and State board at Nellore.

Sampling technique:-Non probability convenient sampling technique

Sampling size: - sample size of the present study consist 30 students. 15 CBSE and 15 State board children.

Plan for data analysis:

The data was analyzed in terms of objectives of the study by using descriptive and inferential statistics.

Frequency and Percentage distribution of socio demographic variables.

Mean and Standard Deviation

Independent t- test to compare the knowledge between CBSE and state board children

Chi-Square was done to find the association between the level of knowledge and socio demographic variables.

Results

Section –I Frequency and percentage distribution of level of knowledge among CBSE and state board school.

Table 1: Percentage distribution of level of knowledge of children in CBSE and state board school regarding obesity (n=30)

Grade	CBSE children		State board children	
	Frequency (F)	Percentage (%)	Frequency (F)	Percentage (%)
B	4	26.67	2	13.33
C	4	26.67	1	6.67
D	7	46.66	12	80
Total	15	100	15	100

Table 2: Comparison of knowledge levels between children of CBSE and State Board

Parameter	CBSE		State Board		Independent 't' test
	Mean	Standard Deviation	Mean	Standard Deviation	
Knowledge regarding obesity	12.4	8.253	13.86	10.50	C=0.0856 T=1.699 Df=29 P=0.05

Section –II: Association between the level of knowledge of CBSE children and state board students with their selected socio demographic variables

There was no significant association between levels of knowledge of CBSE children and state board children with the socio demographic variables are Age, Gender, and Birth order

Conclusion

The study findings concluded that CBSE and state board children had inadequate knowledge regarding obesity. Hence there is a need to educate the school children regarding obesity and its consequences through school health programmes and motivate them to practice healthy life style.

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