

Adolescent's Perception on anorexia nervosa: A descriptive study

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ABSTRACT:

Background: Eating disorders are type of psychiatry disorder. When Persons are having abnormal features of eating habits that badly affects physical or mental health. Anorexia Nervosa is a eating disorder that is characterized by restrictions of eating which leads to abnormal weight loss and having fear of obesity or increasing body weight. It is a kind of self-starvation due to presence of eating disorder which leads to restriction in eating and other abnormal behaviors that prevents a person to gain his/her weight. In comparison to male, females are more affected with this disorder. Higher number of girls is affected with common psychological problems like anxiety, sleeping disorder, depression, tension, and eating disorders. Studies have shown that most common psychological disorders among adolescent is anorexia nervosa.

Objectives: To evaluate the level of knowledge regarding anorexia nervosa, to determine the association between the knowledge of anorexia nervosa among the adolescent girls with selected demographic variables.

Methods: A descriptive survey design and purposive sampling technique was used for selecting the sample. Total 370 numbers of samples (Adolescent girls 16-19yrs) were taken from different selected colleges, Bhubaneswar. Collected data were analyzed by using descriptive and inferential statistics.

Results: Study revealed that Majority adolescent girls were having intermediate knowledge about anorexia nervosa and there were significant association found between demographic

variables(age, family income, family pattern, dietary pattern, education of both parents) with the knowledge in anorexia nervosa among adolescent girls. **Conclusion:** Study concluded that adolescent girls had inadequate knowledge about anorexia nervosa. So, due to lack of knowledge about consequences of improper intake of diet for over beauty consciousness that may leads to development of physical and psychological problems in future.

Key words: Starvation, psychological problems, adolescent, anorexia nervosa, anxiety

INTRODUCTION:

Media is the only source from which we are getting lots of information about various things about all areas and it provides update knowledge to keep us advanced in this modern society. Though it has both positive and negative impact on society still need of mass media is crucial. As the mass media have come to rule the world through displaying super slim , gorgeous, glamorous models, young girls inspired and idolizing them. ¹Adolescence word is came from the Latin word ‘adolescere’ that means “to grow”. It is a phase of physical as well as psychological development in human that usually occurs inbetween the period from Puberty to adulthood. There are rapid physical growth ,sexual maturity and psychological changes are happened throughout this puberty period. The age for onset of puberty in girls is 11years and in boys 12years.²Now a days, in our modern society adolescents are exposed with many representation of ideal beauty. Body image is the individual’s own perception towards his/her body-how it looks, feels and moves. Research studies report viewed that 66% of females are much more prone for getting anorexia nervosa.³Eating disorders are serious psychiatric disorder, which usually have their onset in adolescence. Among that anorexia nervosa is a common eating disorder which found in adolescent. ⁴

In august 2017,a research study conducted in selected Physiotherapy college among adolescents girls to detect the knowledge in anorexia nervosa. Total 60 numbers of adolescent girls were selected for this study by using convenient sampling technique. At the end, result revealed that a majority 56.67% or 34 samples had average knowledge, 38.33% (23) samples had poor knowledge and 5% (3) samples had good knowledge.⁵In 2017, a research study conducted in selected schools about the knowledge of adolescent girls regarding eating disorder . By using the descriptive design, convenience sampling technique 60 sample were selected. Result revealed that the knowledge level of adolescent girls about eating disorder was poor. So, out of 60 sample, 39 sample i.e (65%) had inadequate knowledge, 20(33.3%) had moderately adequate knowledge and 1(1.7%) had adequate knowledge regarding eating disorder.⁶Nutrition has a great influence on the growth of process of an individual. The phase of life is characterized by rapid growth and development. ⁷

Energy needs for individual adolescents vary according to sex, physical activity, age, body composition and pubertal development. For adolescent to perform everyday tasks, they need to obtain a certain amount of energy from their food.⁸Anorexia nervosa is a puzzling disease, full of contradiction and paradoxes. The youngsters are knowingly undergo the unpleasant experience of starvation, even entered to the end point of death.⁹ Anorexic people are not feeling thin, proud and beautiful, but they feel fat, ugly and inadequate. They are possessed by their own thoughts of body weight, diet, body image, and calories.¹⁰

Times of India, on 18July 2007 reported the news fitted as “anorexia rising at an alarming rate”. It focuses on the fact that in the past few decades, psychiatrists claim that, the rate of eating

disorder has increased up to 5-10 times. The more alarming condition is that the numbers are increasing in girls of younger age , who are falling prey for anorexia nervosa.¹¹

MATERIALS AND METHODS:

Study design and setting:

An quantitative approach and descriptive survey design was used for the current research study. Data were collected from participants at Navajyoti junior science college, Bhubaneswar; Institution of agricultural science and School of pharmacological science, SOA University, Bhubaneswar.

Sample:

All adolescents girls(16-19yrs) from selected colleges, Bhubaneswar, Odisha reaching to the inclusion criteria.

Sample size:

In the present study sample size is 370

Methods of data collection:

Before administration of tool, prior permission was taken from the authority and written consent also taken from the participants. Ethical permission also taken from the respective university for conducting the research study. Self –structured questionnaire was prepared for collecting the data from the participants. One tool was administered to assess the socio-demographic data and another one was prepared to assess the level of knowledge. This knowledge based questionnaire tool contains total 20 questions. Minimum Score-0, High Score-20. Scoring pattern was like:- Poor Knowledge = 0-7, Intermediate Knowledge = 8-14, Adequate Knowledge = 15-20. Descriptive and inferential statistics were used to summarize the variables.

RESULTS:

Table-1 :Frequency and percentage distribution of sample according to socio-demographic data. N=370

VARIABLES	Frequency(f)	Percentage(%)
AGE		
a.16yr	115	31.08%
b.17yr	77	20.81%
c.18yr	60	16.21%
d.19yr	118	31.89%
2.RELIGION		
a.Hindu	366	98.91%
b.Muslim	3	0.81%
c.Christian	1	0.28%
3.RESIDENCE		
a.Urban	210	56.75%
b.Rural	158	42.70%
c.Slum	2	0.55%
4.FAMILY PATTERN		

a.Nuclear family	194	52.43%
b.Joint family	165	44.59%
c.Extended family	11	2.98%
5.FAMILY INCOME PER MONTH		
a.below 5000/-	10	2.70%
b.5000/- to 10,000/-	55	14.86%
c.10,001/- to 20,000/-	70	18.91%
d.above 20,000/-	235	63.53%
6.DIETARY PATTERN		
a.vegetarian	78	21.08%
b.non-vegetarian	292	78.92%
7.EDUCATION OF FATHER		
a.Illiterate	4	1.08%
b.Primary education	20	5.40%
c.Secondary education	80	21.62%
d.Graduation and above	266	71.90%
8.EDUCATION OF MOTHER		
a.Illiterate	5	1.35%
b.Primary education	35	9.45%
c.Secondary education	114	30.81%
d.Graduation and above	206	55.68%
9.RELATION WITH FAMILY MEMBER		
a.Good& cooperative	358	96.75%
b.Average relationship	12	3.25%
c.Bad& uncooperative	0	0%

FIGURE-1:It shows the level of knowledge about anorexia nervosa among adolescent girls.

N=370

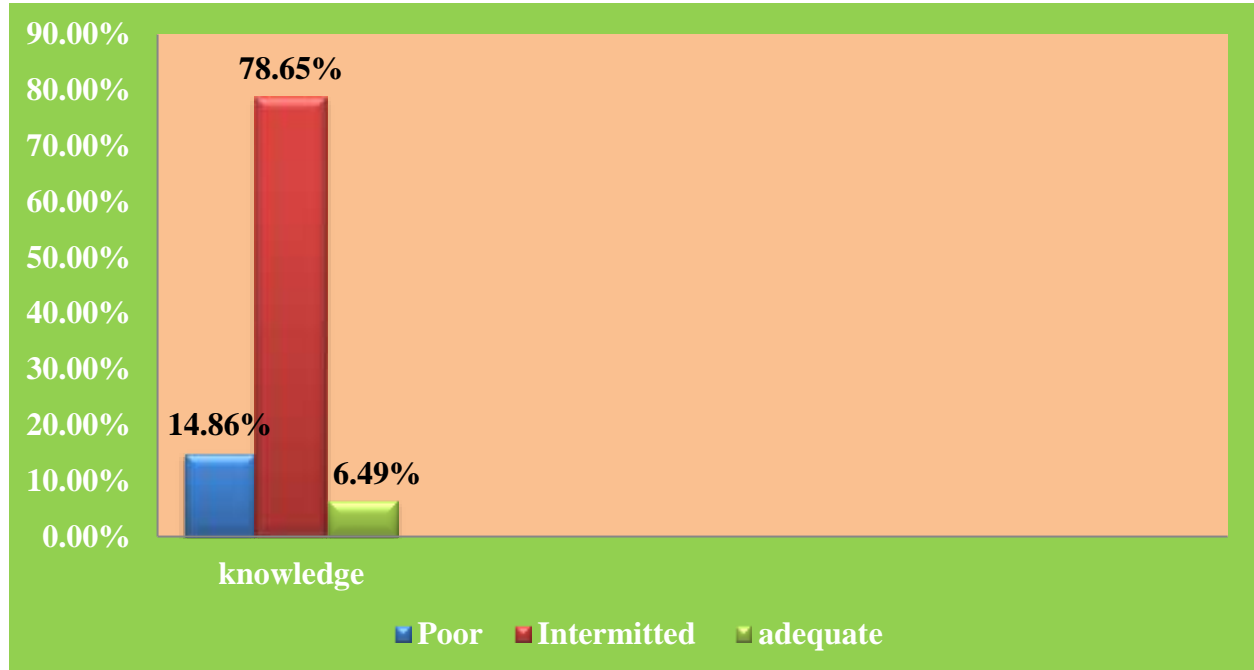


Table-2:Chi-square analysis of socio-demographic variables with level of knowledge of adolescent girls' about anorexia nervosa.
N=370

Demographic Variables	Chi-Square Value	Df	P value
Age	376.854	12	.000*
Family income	374.168	12	.000*
Family pattern	384.504	9	.000*
Dietary pattern	373.645	6	.000*
Education of mother	381.792	15	.000*
Education of father	378.693	12	.000*

DISCUSSION:

This present study was conducted from date 07.01.2021 to 10.02.2021 at different selected colleges of Bhubaneswar, Odisha. The findings of the study depicted that majority 78.65% of participants were having intermediate knowledge towards anorexia nervosa where as only 6.49% of participants were having adequate knowledge and 14.86% of participants were having poor

knowledge. Supported to this study in 2016 Kanth K, Rani M U , Parameswaran A, conducted a descriptive research study among adolescents girls to determine the knowledge regarding eating disorder for which researchers had taken 500 samples. Among this 250 samples were belongs in coastal area and other 250 samples were belongs in non costal area had selected with the help of convenient sampling technique. The study depicted that, from all the participants; maximum 87% of participants were having inadequate level of knowledge and 13% had moderately adequate level of knowledge about eating disorder.¹²

Another study conducted by Verma S, Rani S, Sharma V in 2017 among adolescents girls at selected government and private schools, New Delhi to find out the level of knowledge about anorexia nervosa. In this study 60 adolescent girls [age 14-16yr] were selected as sample. Convenient sampling technique had used to select the study sample. The study revealed that in both government and private schools, participants could not secure more than 80%. And among participants 60-70% had good knowledge, 35-59% had average and <35% had poor knowledge.¹³

In current study there were significant association found between socio-demographic variables i.e age, income of the family, family pattern, dietary pattern, education of mother and education of father with level of knowledge among adolescent girls as 'p' value is ≤ 0.05 level of significance.

CONCLUSION:

As per findings of the current research study , it was concluded that maximum adolescent girls had lack of adequate knowledge about anorexia nervosa though they are very much conscious about their body image ; they should have to know the correct things related to health and its consequences. So nurses can motivate them by using various teaching modules for creating awareness ,which can enhance their knowledge and that may prevent from suffering with such a mental illness.

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