

EFFECTIVENESS OF NEED BASED SOCIAL AWARENESS PROGRAMME ON KNOWLEDGE REGARDING OBESITY AMONG STUDENTS IN SELECTED SCHOOL AT TRICHY DISTRICT

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ABSTRACT

World Health Organization alarmed that over 340 million children and adolescents aged 5-19 were overweight or obese, but it can be prevented with early interventions. Hence the study main aim is to determine the effectiveness of need based social awareness programme on level of knowledge regarding Obesity among selected school students. Study was carried out by adopting pre experimental one group pre-test posttest only design. In the screening phase 276 students were participated, after screening phase it was found that 66 students falls under obese, over weight. Based on inclusion criteria 60 students accepted to participate in the need based social awareness programme. Pre-test was conducted by self-administered questionnaire, and then intervention was given for the duration of 45 minutes. Posttest was done with the same tool. Further the study revealed that posttest mean (9.3) was higher than the pre-test (4.7) with the t-value of 16.1.hence the social awareness programme was found to be effective in increasing the knowledge of students on obesity. Study concluded that by creating awareness on obesity indirectly minimize the non-communicable diseases burden significantly in the community.

KEYWORDS: *Need Based Social Awareness Programme, Obesity, Overweight, Students*