



International Journal of Research In Paediatric Nursing

E-ISSN: 2664-1305
P-ISSN: 2664-1291
www.paediatricnursing.net
IJRPN 2021; 3(1): 38-40
Received: 10-11-2020
Accepted: 19-12-2020

Suganthi
Staff Nurse, Amma Clinic,
Chennai, Tamil Nadu, India

R Chitra
Professor, VHS-M.A.
Chidambaram College of
Nursing, Tamil Nadu, India

Assessment of eating behaviour among adolescents at selected schools in Chennai

Suganthi and R Chitra

Abstract

Adolescence is the period of dynamic transition from childhood to adulthood. Adolescents are characterized by a strong tendency to experiment with risk behaviour. Adolescents need healthy food habits to meet their growth demands. They should have healthy eating behavior to maintain quality life. Healthy eating behaviour will helps to protect adolescence from chronic non communicable diseases. This study was aimed to assess the eating behaviour of adolescents studying in selected schools in Chennai. The study was conducted among 100 adolescents and samples were selected using simple random sampling technique. Self administered questionnaire and rating scale was used to collect the data on eating behaviour among adolescents. The study findings revealed that majority (90%) of the adolescence had moderate eating behaviour and only six percentages of adolescents had good eating behaviour.

Keywords: Adolescents, eating behaviour, food habits, growth

Introduction

Adolescence is the period of dynamic transition from childhood to adulthood and is associated with the rapid change in body, mind and social relationship. Adolescence is accompanied by dramatic physical, Cognitive, Social and emotional changes and their growth spurt is rapid and they intensely increase in the height and weight as their hip and waist circumstances (Susman Dorn, 2009). Adolescence has been defined by the World Health Organization (WHO) as a period of life between 10-19 years. The term adolescent is derived from the Latin word “adolescere” mean “to grow” into maturity (Hockenberry, 2010) [9].

The development of healthy eating habit is important as the rapid physical growth in adolescence is associated with increased nutritional needs. Various studies on diet and nutrition intake of adolescents and young adults in the developed world have shown that their diets are often high in fats and refined carbohydrate (Bull N. 2012). Some dietary patterns appear quite common among adolescents like snacking, meal skipping, irregular meals, wide use of fast food and low consumption of fruits and vegetables.

Snacking is a common feature of the diet of adolescents. Unfortunately, food choices made by adolescents tend to be high in sugar, sodium and fat while relatively low in vitamins and minerals. Indeed there is evidence from studies that adolescents are consuming too many unhealthy snacks such as crisps chocolates, sweets, and are not consuming enough fruits and vegetables. Adolescents need healthy foods to meet their growth demands. They should have healthy eating behavior to maintain quality life. Awareness on healthy eating behaviour will definitely make the adolescents aware about their health and its importance in future living.

Background of the study

Adolescents are characterized by a strong tendency to experiment with risk behaviour. The desire for novelty and the courage for experiment are much greater in adolescence. Most commonly reported behaviour in their population were watching TV, playing video games, using mobile phones, increased intake of fried foods etc. Many habits acquired during adolescents will last for their lifetime.

Adolescents need vital nutrients to function appropriately that include proteins, fats etc. These key nutrients provide well balanced diet to maintain healthy body and mind. Eating is an important aspect in childhood because it is related to growth and development process. Studies reported that adolescents eating behaviour is characterized by food preference, limited variety of food, food refusal etc.. (Lefford and Gast, 2006, write *et al*, 2007).

Corresponding Author:
Suganthi
Staff Nurse, Amma Clinic,
Chennai, Tamil Nadu, India

Many adolescents receive a higher proportion of energy from fat and or added sugar and have a lower intake of a vitamins, iron, calcium and folic acid. The low intake of iron, calcium and vitamin is associated with development of several chronic diseases like obesity. Anemia, diabetes mellitus etc...

The eating habits adolescents make today can impact their health either positively or negatively in future. This study was aimed to assess the eating behavior among adolescents in selected schools in Chennai

Statement of the problem

A study to assess the eating behaviour among adolescents in selected schools in Chennai.

Objectives

- To assess the eating behaviour of adolescents.
- To associate the eating behaviour with selected demographic variables of adolescents.

Materials and Methods

Quantitative research approach was used in this study which was exploratory in nature. Descriptive research design was adopted for this study. The study was conducted among 100 adolescents in the age group of 12-17 years, studying in selected schools in, Chennai. Using sampling frame, lottery method was used to select the adolescents based on the inclusion criteria. The tool consisted of II part. Part I consisted of structured questions to collect demographic information of adolescents and Part II consisted of rating scale to assess the eating behaviour of adolescents.

Results

Majority (58%) of the sample was in the age group of 12-14 years and 44% of the adolescents were female. Less than half (44%) of adolescents were belonged to Hindu religion. Regarding family monthly income, 48% of the sample were belongs to Rs 5000 - 10000. Forty four percentages of the adolescents of the mothers had high school education and 44% of the adolescents fathers had high school education. More than half (52%) of the adolescents were non-vegetarian. Thirty six percentage of the adolescent's mother was home maker and 42% of adolescents father were doing business.

On assessment of eating behaviour, majority (90%) of the adolescence had moderate eating behavior, only six percentages of adolescents had good eating behaviour and four percentages of adolescents had poor eating behaviour. There was a statistically significant association between age and eating behaviour of adolescents.

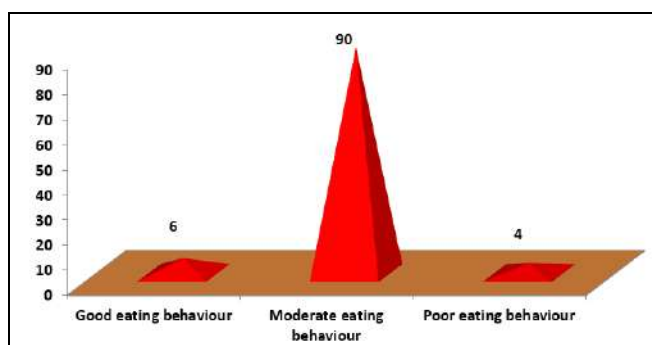


Fig 1: Percentage distribution of eating behaviour of adolescents

Discussion

Eating behavior of adolescents may influence the health status of individual. Results of this current study highlight that, majority of the adolescents had moderate eating behavior and only six percentages of adolescents had good eating behavior. Regarding comparison of adolescent boys and girls, 4% of adolescents girls had poor eating behaviour whereas none of the adolescents boys had poor eating behaviour. Regarding good eating behaviour, 4% of the boys had good eating behaviour, whereas only 2% of the adolescent's girls had good eating behaviour. The result is supported by Balan S.(2016) who revealed that, majority of the adolescents has poor eating habits and underweight was common among adolescents. In the current study, skipping of breakfast was identified as a common eating behavior among adolescents.

There was a statistically significant association between age and eating behaviour of adolescents. There was no statistically significant association between eating behaviour and demographic variables of adolescents such as gender, religion and monthly income. Alphonosus. N. *et al.*,(2013) have reported similar findings. In that study, they have demonstrated that there was no significant association between eating habits and demographic variables of adolescents.

Conclusion

Healthy eating behavior has been considered as a valuable source for reducing nutritional problems, promoting good health and improving quality of life among adolescents. According to the study results, majority of the adolescence had moderate eating behavior. Skipping breakfast, consumption of fast food, decreased intake of vegetables and fruits were the common eating behaviour among adolescents studying in Chennai.

Nursing Implications

- Awareness programme can be conducted by School health Nurse regarding importance of healthy eating behavior among adolescents.
- Nurses can prepare need based teaching and learning materials such as pamphlets andbooklets regarding importance of healthy eating behavior and it can be distributed to adolescents and their parents.
- Encourage the parents to reinforce healthy eating behavior among adolescents.

References

1. Ann MA. *et al.* Nelson Textbook of Pediatrics. 1st Ed, New York, Prison Book publisher, 1996
2. Ball WJ, Binder CR. Pediatric Nursing Care for Children. New Delhi, Dorling Kindersley Publication 2009
3. Basavanhappa BT. Nursing theories. 2nd Ed. New Delhi: Jaypee Brothers 2007.
4. Basvan Thappa BT. "Nursing research ", 1st edition, Jaypee Brothers Medical publisher, New Delhi 2005, 49-65.
5. Coolen. Eating and mealtime behaviour problems in children. Journal of applied behavioural analysis 2010. Retrieved from www.Pediatricnutrition.org.
6. Cornish EG. Cascin free diets: A study of the effect on food choice and nutrition. Journal of Human Nutrition and Dietetics 2002.

7. Datta Parul, "Textbook of Paediatric nursing", 2nd edition, Jaypee Brother Medical Publishers 2009, 109-112.
8. Ghai OP. "Essential Paediatrics 6th edition, IBS publisher, New Delhi. 2004, 156:179
9. Hockenberry JM. Wong's Essentials of pediatric nursing. 10th Ed. New Delhi, Mosby, 2012
10. Hormis N, D'silva F. Obesity among adolescents of urban and rural schools in Mangalore. Indian Journal of Pediatric 2010;158(2):73-79 Retrieved from <http://www.pubfacts.com/author/Fatima+Silva>
11. Polit DF, Hungler BP. Nursing research: Principles & methods. 8th edition. Philadelphia, Lippincott 2007.
12. Yadev M. A textbook of child health nursing. 11th Edition. New Delhi, Pee vee publishers 2011.