

A Study to Assess the Effectiveness of Nutri Podcast on Knowledge and Attitude Regarding Childhood Obesity among 7th and 8th Grade Students at Selected Urban and Rural Schools in Vedharanyam

C. V. Birundha^{1*}, G. Nandhini² and Esther Raket³

Ganga Institute of Health Sciences Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai – 600032, Tamil Nadu, India; kiruthikadevasenan@gmail.com

Abstract

A study to assess the effectiveness of Nutri Podcast on knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural area schools in Vedharanyam. In this study a quantitative approach and quasi experimental design was adopted to assess the effectiveness of nutri podcast on knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural schools in Vedharanyam. 150 students were selected by purposive sampling methods studying. In grades 7 and 8 at particular Vedharanyam schools who met the requirements for inclusion and exclusion. The Nutri Audio on eating behaviors and dietary patterns was given out, and the participants' knowledge and attitudes were evaluated using a self-structured knowledge questionnaire on a 4-point Likert scale. The results of the tests were compared between the pre- and post-tests.

Keywords: Dietary Pattern, Food Habit, Knowledge and Attitude, Nutri Podcast.

1. Introduction

Obesity is a condition in which there is too much fat on the body, and a large number of debilitating and life-threatening disorders. Childhood obesity is a problem that greatly increases a child's risk of becoming obese as an adult. A person who consistently consumes more calories from food and beverages than are required to power their body's metabolic and physical functions develops obesity as a result of a chronic energy imbalance¹⁻³.

Fast food and soft drink consumption has increased as children's weight has increased, and watching television has been connected to unhealthy weight growth and poor health outcomes in school-age children⁴⁻⁶.

Nutri podcast about the introduction of obesity, causes, treatment, prevention, avoided foods, included foods, to maintain the school going children helps to make them use of nutrition instead of using medications⁷⁻⁹.

2. Statement of the Problem

A quasi-experimental study to assess the effectiveness of Nutri Podcast on knowledge and attitude regarding childhood obesity between 7th and 8th grade students at selected urban and rural area schools in Vedharanyam.

3. Objectives

- To **assess** the nutritional status of 7th and 8th grade students at selected urban and rural schools in Vedharanyam.
- To **compare** pre and post-test level of knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural school in Vedharanyam
- To Assess the dietary pattern, through 24 hours dietary recall and food frequency regarding childhood obe-

*Author for correspondence

sity among 7th and 8th grade students at selected urban and rural school in Vedharanyam.

- To **determine** the **effectiveness** of Nutri podcast on knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural schools in Vedharanyam.
- To associate selected demographic variables with mean differed level of knowledge and attitude regarding childhood obesity at selected schools in urban and rural schools in Vedharanyam.

4. Null Hypotheses

NH1: There will be no significant difference between pre and post-test level of knowledge and attitude regarding childhood obesity between 7th and 8th grade students at selected urban and rural area schools in Vedharanyam.

NH2: There will be no significant correlation between the selected demographic variables with mean differed level of knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural area schools in Vedharanyam.

NH3: There will be no significant association between the selected demographic variables with mean differed level of knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural area schools in Vedharanyam.

5. Alternative Hypotheses

AH1: There will be significant difference between pre and post -test level of knowledge and attitude regarding childhood obesity between 7th and 8th grade students at selected urban and rural area schools in Vedharanyam.

AH2: There will be significant correlation between the selected demographic variables with mean differed level of knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural area schools in Vedharanyam.

AH3: There will be significant association between the selected demographic variables with mean differed level of knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural area schools in Vedharanyam.

6. Materials and Methods

A quasi-experimental research design was adopted in order to a study to assess the effectiveness of Nutri Podcast

on knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural schools in vedharanyam. The independent variables of the study were Nutri podcast. Knowledge and attitude were dependent variables. The study was carried out at the higher secondary Anadharasu Matriculation School in Marainannallur and the Rvs Bharath Matriculation School in Ayakaranpulam. Using a purposive sample technique, 150 students enrolled in the 7th and 8th grades at the chosen schools made up the samples. Students in the seventh and eighth grades who volunteered to participate in the study were included; students who were unavailable at the time of the survey were not included. The tool consisted of two parts i.e., data collection and intervention tool. The data collection tool used in this study was a self-structured knowledge questionnaire and 4-point Likert scale. After a brief introduction about self and study, collected the filled demographic variables, lifestyle, dietary pattern, assessed nutritional status and administered pre-test assessment tools. The intervention tool (role of nutrition on childhood obesity) was administered which lasted for 10 minutes, BMI- Body mass index calculation which took about 3 minutes, including food avoiding food 15 minutes. On the seventh day after the intervention, the researcher conducted a post-test assessment of the knowledge and behavior levels of children in 7th and 8th grades towards reducing obesity. The data collected was analyzed to determine the effectiveness of the nutrition podcast on knowledge.

7. Ethical Consideration

Institutional approval was obtained from the ethics committee of Ganga Institute of Health Sciences and

Table 1. Scoring key for Knowledge

Scores	Level of knowledge
≤ 50	Inadequate knowledge
51-74 %	Moderately adequate knowledge
75-100 %	Adequate knowledge

Table 2. Scoring key for attitude

Score	Level of attitude
≤ 50 %	Unfavourable attitude
51-74 %	Moderately favourable attitude
75-100 %	Favourable attitude

approved by the doctor of the selected hospital, Erode. The researcher complied with ethical principles such as the right to be free from harm and discomfort and the right to respect human dignity. The researcher gave all participants the freedom to participate or leave the study voluntarily and the right to ask questions at any time during the learning process. The researcher protected the privacy of the study participants.

8. Statistical Analysis

Methods	Remarks
Unpaired ‘t’ test	Used to compare the pre - and post - test level of knowledge and attitude.
ANOVA (one way)	Used to associate the selected demographic variables with mean differed level of knowledge and attitude.

9. Result and Discussion

Figure 1 above shows the relationship between selected statistical variables and various childhood obesity knowledge scores among students in grades 7 and 8. The findings showed a significant relationship between knowledge score and increased knowledge for professional/managerial/business leaders. It showed statistical significance at $p < 0.05$ with a score of 8.85. Other demographic variables did not show any correlation between knowledge scores.

The above Figure 2 depicts the association of selected demographic variable with mean differed attitude score

of regarding childhood obesity among 7th and 8th grade students. The findings showed a significant correlation between improvement scores in rural and urban areas, with lower scores. 13.41 and 11.29, which showed statistical significances at $p < 0.05$ and association in the standard of education (7th and 8th) mean score of 11.29 and 13.41, which showed statistical significances at $p < 0.05$ and association in the type of school government school and private school with mean score of 11.27 and 13.45, which showed statistical significances at $p < 0.05$ and association in the standard of languages known Tamil, English, others mean score of 11.29, 13.41 and 0, which showed statistical significances at $p < 0.05$ and association in the standard of occupation of mother, professional /Executive/Business

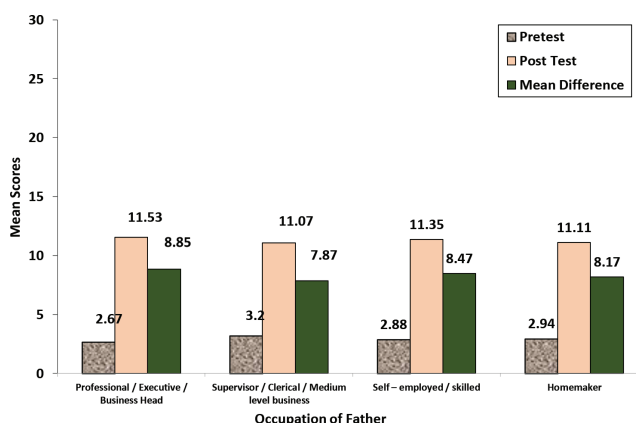


Figure 1. Effectiveness of Nutri podcast on knowledge and attitude regarding childhood obesity.

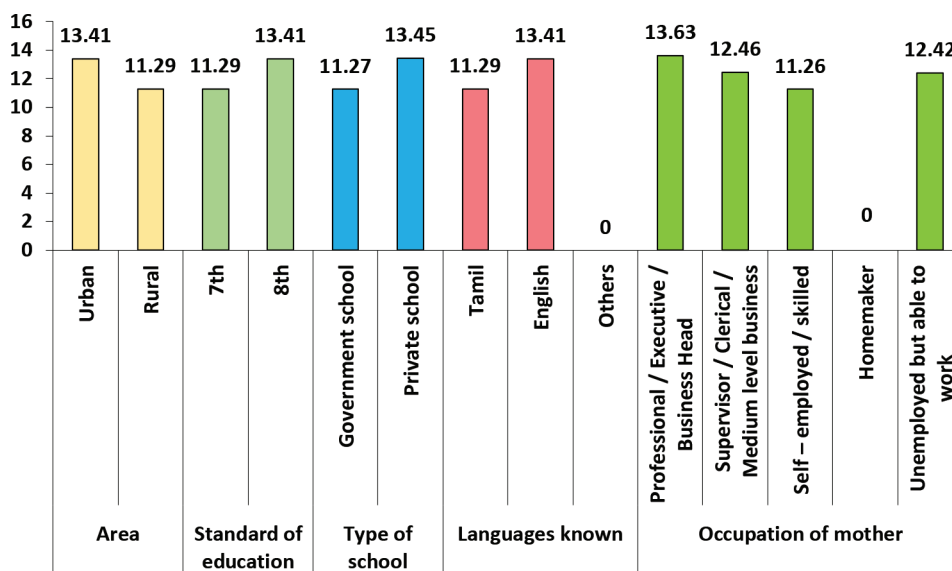


Figure 2. Associate selected demographic variables

head, supervisor/Clerical/medium level business, Self-employed/Skilled, Homemaker, Unemployed but able to work with mean score of 13.63, 12.46, 11.26, 0, 12.42, which showed statistical significances at $p < 0.05$. The other demographic variable did not show any significant association with attitude score.

Association of mean differed attitude scores regarding childhood obesity among the 7th and 8th grade students with selected demographic variables.

10. Limitation

The researcher had difficulty obtaining permission for the installation.

The study was conducted for only 15 days.

11. Conclusion

The study aimed at assessing the effectiveness of nutri podcast on knowledge and attitude regarding childhood obesity among 7th and 8th grade students at selected urban and rural schools in vedharanyam.

Thus, the study finding State an enriched that nutri podcast regarding childhood obesity was effective method for magnify the knowledge and attitude and can be used for enhancing dietary pattern regarding childhood obesity among 7th and 8th grade students at selected urban and rural schools in Vedharanyam.

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