

A Comparative Study to Assess the Knowledge of Anorexia Nervosa among Adolescent Girls in Rural and Urban Areas of Vidarbha Region

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Introduction

People with anorexia have an extreme fear of gaining weight, which causes them to try to maintain a weight far less than normal. They will do almost anything to avoid gaining weight, including starving themselves or exercising too much. Adolescents have limited knowledge and awareness about anorexia nervosa. Female students presented unhealthy weight control behavior as dieting; laxative use or self induced vomiting to lose weight than males. The prevalence rate of students at high risk for eating disorders was 14.9% for male and 20.8% for female. Anorexia is a life-threatening condition that can result in death from starvation, heart failure, electrolyte imbalance, or suicide.^{1,3}

Problem statement

A comparative study to assess the knowledge of anorexia nervosa among adolescent girls in selected rural and urban areas of Vidarbha region.

Objectives

- To assess and compare the knowledge of rural and urban adolescent girls regarding anorexia nervosa.
- To associate the knowledge of adolescent girls regarding anorexia nervosa with their selected demographic variables in rural and urban areas.

Research Methodology

The researcher adopted an exploratory survey method to assess the knowledge of anorexia nervosa among adolescent girls in selected rural and urban areas of Vidarbha region. Convenience sampling technique was used for the selection of adolescent girls. Data was collected from 100 adolescent girls: fifty from rural and fifty from urban areas. The content validity of the tool was obtained by 14 experts, and reliability of the tool was elicited by Guttman Split Half Coefficient=0.87. The duration of data collection for each participant

Alone the author contributed this study

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was 15 to 20 minutes and each subject herself administered a structured questionnaire.

Major Findings

- The knowledge of adolescent girls in urban area regarding anorexia nervosa was significantly higher as compared to the adolescent girls of rural area.
- Eighty percent of the rural adolescents were having poor knowledge, 18% were having average knowledge, and only 2% were having good knowledge. In urban areas, 60% of adolescent girls were having poor knowledge, 8% were having good knowledge, 70% were having average knowledge, and only 2% were having excellent knowledge.
- Association was noted between the knowledge of adolescent girls in rural area and their education and type of family. That the knowledge of adolescents in urban area depends upon age, income per month, type of family, and nature of diet.

Implications

Nursing Practice

The most important role of a nurse is to provide awareness to the adolescent girls regarding anorexia nervosa.

Nursing Education

The study will encourage the nurse educators to arrange conferences and seminars regarding anorexia nervosa. Rural health services need to be improved, especially through providing in-service education to the health workers.

Nursing Administration

This study will create a natural interest to any nursing administrator to work out and to create proper material and aids to educate the nursing community.

Nursing Research

The study will motivate other investigators to conduct further studies in different settings on a large scale sample.

Conclusion

Anorexia nervosa is a life-threatening condition and should be taken seriously. Media, often promotes extremely thin models and entertainers as being powerful and popular. Fashion plays a role as the new trend towards fitting into a “double zero” has hit the magazines. Some experts feel that demands from society and families could possibly be the underlying causes for anorexia. Because of modernization there is a need to improve knowledge and awareness about anorexia nervosa among teens.

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