

## **An exploratory study to assess the eating attitude adolescent children residing in selected areas of Pune City**

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### **Abstract**

An attitude of things gratitude brings great things. Eating attitude can be useful to recognize the relationship of people's with food and their related behavioural choice. Different people have different attitude towards eating like adolescent are mostly conscious about their body weight loss, body shape and dissatisfied from their body appearance. Disorders of eating are creating complex issues and illness and the magnitude of the problem has been increasing day by day. It is ranked as the 3<sup>rd</sup> chronic cause of illness in the adolescent group with an prevalence rate of 5%. Eating disorders are categorized into three groups, food intake is extremely less i.e. anorexia, binge kind of eating followed by vomiting and mixed type where the disorder of eating is not specified. Eating attitude involve behavioural predisposition related to intra and interpersonal factors which include nutritional knowledge and attitude towards the consumption of certain type of food. This study include a systematic review of study on eating attitude. Need of the study:- Adequate nutrition is one of the important factors influencing growth and immunity. So healthy eating in adolescence is important for proper growth and development and to prevent various health conditions. To prevent the malnutrition practices and obesity malnutrition can cause permanent widespread damage the growth and development and wellbeing and also affect the brain development and adolescents suffer often lasting behavioural and cognitive deficits fine motor development, lower IQ and proper school performance. Obese adolescents are particularly vulnerable to risk behaviour and more likely to demonstrate maladaptive coping. Supporting development of healthy life style because of eating helps to reduce the risk of physical health problem and keeping healthy is a key part of life it is important to stay healthy because it will pre of health issues later down the line. Aim of the Study:- "An exploratory study to assess the eating attitude among adolescent children residing in selected areas of Pune city". The objective of the study was -To assess the eating attitude among adolescent children residing in selected areas of Pune city. To associate the findings with selected demographic variables. Material and Methods:- In present study researcher adopted quantitative approach and non-experimental exploratory design. It was carried out on 200 participate the data was collected in selected areas of Pune city. Sampling technique was non probability purposive sampling technique. Tool validity was done by the experts from Child health Nursing and Mental Health Nursing. Reliability was done by using test re-test method. Pilot study was done on 20 participates, Study was found feasible. Result:- the eating attitude among adolescent children majority 97% adolescent need further investigation and 3% were having serious eating problem. The mean score is 45.15 with SD 9.17. Conclusion:- The present study was undertaken to identified was to explore the eating attitude of adolescent children from areas around the city and the objectives framed were to assess these attitudes and find if their exists any association with their specific sample characteristics..

**Key words: - Eating attitude, adolescent children's, Pune city.**

### **Introduction**

Adolescent age group is an age of experimentation, exploring new things easily getting affected by others and especially peer group. Among all the changes exhibited in this phase one of the major one is the feeling to look good, maintain body shape, to be acceptable in the society. Statistics reveal that 1 to 4 % of all adolescent fall under the DSM-IV-TR diagnostic criteria of anorexia nervosa and / or bulimia nervosa, another 5% fall under the criteria of eating disorders. This percentage goes on increasing each passing day making it a serious problem. There are enormous reasons for this eating behavioural problem to develop, like environmental factors, certain psychological factors even biological factors. All this may lead to emotional burn out resulting into serious eating disorders and the individual may land up into serious eating disorder attitudes. Disorders of eating are creating complex issues and illness and the magnitude of the problem has been increasing day by day. It is ranked as the 3<sup>rd</sup> chronic cause of illness in the adolescent group with an prevalence rate of 5%. Eating disorders are categorized into three groups, food intake is extremely less i.e. anorexia, binge kind of eating followed by vomiting and mixed type where the disorder of eating is not specified. An attitude of things gratitude brings great things. Eating attitude can be useful to recognize the relationship of people's with food and their related behavioural choice. Different people have different attitude towards eating like adolescent are

mostly conscious about their body weight loss, body shape and dissatisfied from their body appearance. Eating attitude involve behavioural predisposition related to intra and interpersonal factors which include nutritional knowledge and attitude towards the consumption of certain type of food .This study include a systematic review of study on eating attitude .Increased number of high BMI individual eventually leads them to low self-esteem, low self-evaluation which can lead to self-destructive behaviour such as uncontrollable dieting or overeating .Thus in order to evaluate the eating attitude this study would be conducted. Incidence of fast food is increasing rapidly day by day especially in the young individuals with improper food eating habits at irregular intervals which includes increase intake of carbonated soft drinks in young individuals. Due to this there is increased risk of various health hazards out of which the most common health hazard is increased risk of obesity in young population especially of urban region. Obesity also affects the individual in different aspects such as lethargy. Psychological disturbances and physical inactivity leading to increased risk of cardiovascular complications. In worldwide everyone shares different relationship with food. 9 % of worldwide population has been affected eating disorder. About less than 6 % of people who as having eating disorder medically diagnosed as underweight .Eating disorder also affected people with different age , sex, sexual orientation and background . females are most affected by eating disorder. The ratio with eating disorder to girls to boys is 3 % . Eating disorder are mental health problem which because it shows a person's unhealthy relation with food. Eating disorder is considered as the 8<sup>th</sup> most common chronic illness and is considered to be common among adolescent females in united states. This eating disorder has been globally increase from 2000 – 2018.

**Need of the study**

Adequate nutrition is one of the important factors influencing growth and immunity .So healthy eating in adolescence is important for proper growth and development and to prevent various health conditions. To prevent the malnutrition practices and obesity malnutrition can cause permanent widespread damage the growth and development and wellbeing and also affect the brain development and adolescents suffer often lasting behavioural and cognitive deficits fine motor development, lower IQ and proper school performance. Obese adolescents are particularly vulnerable to risk behaviour and more likely to demonstrate maladaptive coping. Supporting development of healthy life style because of eating helps to reduce the risk of physical health problem and keeping healthy is a key part of life it is important to stay healthy because it will pre of health issues later down the line.

**Materials and Methods**

In present study researcher adopted quantitative approach and non-experimental exploratory design. It was carried out on 200 participate. The data was collected in selected areas of Pune city. Sampling technique was non probability purposive sampling technique. Tool validity was done by the experts from Child health Nursing and Mental Health Nursing. Reliability was done by using test re-test method. Pilot study was done on 20 participates, Study was found feasible

**Result:** -Result was divided under three sections.

Section I:- Demographic Data

Sr.no.	Demographic data		f	%	
1	Age in years	1.1	o 13.1 to 14 year	0	0
		1.2	o 14.1 to 15 year	19	9.5
		1.3	o 15.1 to 16 year	85	42.5
		1.4	o 16.1 to 17 year	52	26
		1.5	o 17.1 to 18 year	44	22
2	Gender	2.1	o Male	93	46.5
		2.2	o Female	107	53.5
3	Class	3.1	o 7 <sup>th</sup>	0	0
		3.2	o 8 <sup>th</sup>	3	1.5
		3.3	o 9 <sup>th</sup>	0	0
		3.4	o 10 <sup>th</sup>	108	44
		3.5	o 11 <sup>th</sup>	40	20
		3.6	o 12 <sup>th</sup>	49	24.5
4	Types of family	4.1	o Joint family	45	22.5

		4.2	o Nuclear family	155	77.5
5	Religion	5.1	o Hindu	162	81
		5.2	o Muslim	34	17
		5.3	o Christian	4	2
		5.4	o Other	0	0
6	Eating Habits	6.1	o Veg	66	33
		6.2	o Non-veg	134	67

Table 1. depicts demographic profile of adolescent children. According to age majority 42.5% were from 15.1 to 16 years of age group, 26% were from 16.1 to 17 years of age group, 22% were from 17.1 to 18 years of age group and 9.5% were from 14.1 to 15 years of age group. According to gender majority 53.5% were female and 46.5% were male. According to class 44% were from 10<sup>th</sup> class, 24.5% were from 12<sup>th</sup> class, 20% were from 11<sup>th</sup> class and 1.5% were from 8<sup>th</sup> class. According to type of family majority 77.5% were from nuclear family and 22.5% were from joint family. According to religion majority 81% were Hindu, 17% were Muslim and 2% were Christian. According to Eating Habits majority 67% were non-vegetarian and 33% were vegetarian.

**Section II:-Eating attitude among adolescent children**

Eating attitude	Frequency	Percentage	Mean	SD
Serious eating problem	6	3	45.15	9.71
Need further investigation	194	97		

depicts finding related to the eating attitude among adolescent children majority 97% adolescent need further investigation and 3% were having serious eating problem. The mean score is 45.15 with SD 9.17

**Section III:-Association of findings in selected demographic variables**

Sr. no.	Demographic data		Serious eating problem	Need further investigation	D F	Chi table	chi calculated	P value	Remark
1	Age in years	13.1 to 14 year	0	0	4	9.48	4.39	0.35	NS
		14.1 to 15 year	0	19					
		15.1 to 16 year	0	85					
		16.1 to 17 year	4	48					
		17.1 to 18 year	2	42					
2	Gender	Male	6	87	1	3.84	3.9	0.048	S
		Female	0	107					
3	Class	7 <sup>th</sup>	0	0	5	11.07	7.03	0.21	NS
		8 <sup>th</sup>	0	3					
		9 <sup>th</sup>	0	0					
		10 <sup>th</sup>	0	108					
		11 <sup>th</sup>	4	36					
		12 <sup>th</sup>	2	47					
4	Types of family	Joint family	2	43	1	3.84	0.41	0.51	NS
		Nuclear family	4	151					

5	<b>Religion</b>	Hindu	6	156	3	7.81	0.31	0.95	NS
		Muslim	0	34					
		Christian	0	4					
		Other	0	0					
6	<b>Eating Habits</b>	Veg	3	63	1	3.84	0.8	0.36	NS
		Non-veg	3	131					

Table 3 depicts association of the findings with selected demographic variables. Significant association was found between eating attitude and gender as p value is less than 0.05 level of significance. There was no association with other demographic variables as p value is more than 0.05 level of significance.

#### **Discussion**

Demographic profile samples revealed that majority of the subjects (42.5%) belonged to 15.1 to 16 years of age group, (53.5%) of the subjects were females. Maximum ( 44%) of the subjects were studying in class tenth. Maximum ( 77.5%) were from a nuclear family, (81%) practiced Hindu religion. When eating habits were analyzed (67 %) followed non-vegetarian diet.

These findings find relevance with a study conducted (2021) in South India at a medical college to identify the prevalence of eating disorders by Iyer and Vanashree which indicated that females were more than males i.e. 56.33% as compared to 43.67.

In another study conducted by the Pediatrics association at America where a study was conducted during the pandemic and the mean age group was 15.1.

#### **Conclusion**

The present study was undertaken to identify and explore the eating attitude of adolescent children from areas around the city and the objectives framed were to assess these attitudes and find if there exists any association with their specific sample characteristics. This brings out the importance of providing the adolescent age group with necessary knowledge regarding healthy eating behavior, need based counseling for those moving towards serious psychological disorders of eating. Investigations need to be done in identifying and providing them curative, preventive services which they may not come up with. Also the responsibility not only rests with parents but teachers, elders to make them aware of accepting themselves as they are, to do away with body shaming and most important is to have positive influence of peer group and not falling to the undue pressure exerting by them. Therefore it's important for the adolescent age group to be identified with such problems

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