



RESEARCH ARTICLE

EXPLORING THE AWARENESS GAP: "A STUDY TO ASSESS THE PREVALENCE OF BREAKFAST SKIPPING PATTERN AND ITS ASSOCIATED FACTOR AMONG NURSING STUDENTS AT SMT NAGARATHNAMMA SCHOOL OF NURSING BANGALURU"

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Abstract

Background: Skipping breakfast is the omission or lack of consumption of one of the most traditional main meals (lunch or dinner) throughout the day. The number of breakfast teenagers miss and eat away from home increases from early adolescence to late adolescence, reflecting the growing need for independence and time away from home. The evening meal appears to be the most regularly eaten meal of the day. Girls are found to skip the breakfast, lunch and evening meal more often than boys. In some homes with limited resources, the adolescent may not even receive adequate number of breakfast or amounts leading to nutrient deficiency. Breakfast is frequently neglected and is omitted more often by teenagers and young adults under 25 years of age than by any other age group in the population. 1st year nursing student who are staying away from home or experiencing difficulties in adjusting in new environment, experiencing study pressure or any mal-practice that affects normal diet pattern has high chance of suffering from skipping breakfast.

1. To assess the level of knowledge on breakfast skipping regarding among nursing students of Smt. Nagarathnamma College of Nursing, Bengaluru.
2. To evaluate the effectiveness of structured teaching programme regarding Skipping breakfast among nursing students in Smt. Nagarathnamma School of Nursing.
3. To find the association between pre-test and post-test knowledge score regarding Skipping breakfast with selected socio demographic variable

Method:

This is a Descriptive study where closed ended demographic questionnaire were given to 60 first year student to assess their current situation and self-administered knowledge questionnaire were used as a tool to assess sleep hygiene and sleep quality respectively among those 60 first year nursing student by using purposive sampling technique. Data was collected by direct distribution of tools to each nursing student and data

was analysed and results were interpreted by using quasi experimental statistics.

Results: The overall mean percentage knowledge score in the pre-test and post-test were 22.5 % and 59.00%, respectively. Enhancements in mean percentage score were found to be 36.50%. The statistical paired 't' test indicates that enhancement in the mean percentage knowledge score was found to be significant at 0.05 level for all the aspect under study. The association found to be partly significant between pre-test knowledge scores and selected socio demographic variables at 0.05 level ($p < 0.05$).

Conclusion: The study findings suggested that ppt assisted structured teaching programme is an effective instructional method in improving the knowledge regarding Skipping breakfast among nursing students.

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Introduction:-

The onset of adolescence brings with it many profound changes. The growth rate speeds up dramatically. This growth spurt occurs due to the activity of hormones that affect every organ of the body and this makes healthy eating important. The nutrients need rise throughout childhood, peak in adolescence and then level off or even diminished as the teenager becomes an adult. The saying "You are what you eat" seems to be proven true. It is important to know what food to eat and in which manner to eat in order to stay healthy. The science of food and nutrients and their action on our health is called nutrition.⁽¹⁾

Nutrition and health in fact are two sides of the same coin. They are therefore, inseparable. Health depends to a large extent on nutrition, and nutrition depends on the food intake. So, food is the most important single factor for health and fitness. Food can be defined as anything solid or liquid which when swallowed, and digested and assimilated in the body provides with essential substances called nutrient and keep it uses. It is the basic necessity of life. Food supplies energy, enables growth and repair of tissues and organs. It also protects the body from disease and regulate body functions.⁽¹⁾

Balanced Diet:

A balanced diet is one which includes a variety of food in adequate amount and correct proportions to meet the day's requirements of all essential nutrients such as protein, carbohydrate, vitamins, mineral, water and fibre. Such a diet helps to promote and preserve good health and also provides a safety margin or reserve of nutrients to withstand short duration of deprivation when they are not supplied by the diet.⁽¹⁾

A balanced diet takes care of the following aspects:

1. Includes a variety of food items.
2. Meet the RDA for all nutrients.
3. Includes nutrients in correct proportion.
4. Provides a safety margin for nutrients, promote and preserve good health.

Functions of food:

(1) The Physiological functions To provide energy

- ☐ To repair body tissues
- ☐ To build new cells and tissues
- ☐ To regulate body processes
- ☐ To protect against diseases.

(2) The social functions of food

(3) The psychological functions of food.

Methods:-

Study Design

A descriptive study was conducted to assess the knowledge of nursing students about skipping breakfast

Participants

Population is a group whose members possess specific attributes that researcher is interested to study. Target population for the present study was students of a particular nursing college, Bangalore.

Sample size and estimation

Power analysis was done based on the objectives of the study. A sample is a subset of a population selected to participate in a research study. It is a portion of the population, which represents the entire population.

The sample of this study comprised of 60 nursing students of Smt. Nagarathnamma School of Nursing, Bangalore. Non-probability convenient sampling technique was used for selection of subjects.

Sampling Technique

Sampling technique refers to the process of selecting a portion of population to represent the entire population.

In this study, Purposive sampling technique was adopted to draw the samples for the study.

Instruments

Structured knowledge questionnaire was developed to evaluate the effectiveness of power point presentation on knowledge regarding skipping meals.

The structured knowledge questionnaire consists two parts:

Part 1: It consists of 08 items related to socio-demographic data of subjects.

Part 2: Structured knowledge questionnaire consisted 20 items on knowledge of nursing students regarding skipping meals. Each item of the questionnaire has one correct answer, every correct answer would fetch 1 mark and total score of knowledge questionnaire was 20.

Section A: Consisted of 7 knowledge questions regarding general information.

Section B: Consisted of 13 knowledge questions regarding the knowledge about breakfast and skipping breakfast.

Scoring of items

Each correct answer was given a score of 'one' and for wrong answer a score of 'zero'.

Reliability of the tool

Reliability of an instrument is the degree of consistency with which it measures the attribute it is supposed to measure. Split Half Method with Karl Pearson's formula was used to test the reliability of the tool. The reliability of the tool for structured knowledge questionnaire was 0.8. Hence it was found to be statistically significant and thus reliable.

Data Collection

Data was collected on 25/07/23 in Smt. Nagarathnamma college of nursing, Bangalore, Karnataka. Prior permission was obtained from principal of Smt. Nagarathnamma college of nursing to conduct the study. Before starting the data collection written informed consent was obtained from the principal of Smt. Nagarathnamma college of nursing and purpose of the study was explained to them. The respondents were assured anonymity and confidentiality of the information provided by them.

Statistical Analysis

Organization of ungrouped data into group data.

- ☐ Frequency and percentages were used for analysis of socio-demographic characteristics.
- ☐ Calculation of mean, standard deviation of pre and post-test score.
- ☐ Paired 't' test was used to ascertain whether there is significant difference in the knowledge score of pre-test and post-test values.
- ☐ Chi-square test was used to find the association between socio-demographic variables and pre-test knowledge scores.

Table 1:- Demographic Profile n=30.

Variables		Frequency	Percentage
Agegroup(years)	18-20	12	42.9
	20-22	8	28.6
	22-25	8	28.6
	<18	0	0
Family income	30,000Rs	12	42.9
	40,000Rs	3	10.7
	>40,000Rs	4	14.3
	<30,000Rs	9	32.1
Gender	Male	15	53.6
	Female	13	46.4
	Others	0	0
Religion	Hindu	12	42.9
	Muslim	5	17.9
	Christian	4	14.3
	Others	7	25
Marital status	Married	1	3.6
	Unmarried	26	92.9
	Prefer not to say	1	3.6
Time of wake up	7:00A.M	18	64.3
	8:00A.M	4	14.3
	Before 7:00A.M	6	21
	After 8:00A.M	0	0
Locality	Rural	16	59.3
	Urban	11	40.7

Over all Pre-test and post-test Mean knowledge scores of Respondents on Skipping Breakfast N=28

Pre-test Post-test	Max Score	Mean	SD	Mean%	't' value
	13	04.50	20.39	22.50	51.51
	13	07.67	39.90	59.00	
	Enhancement	3.17	19.51	36.50	

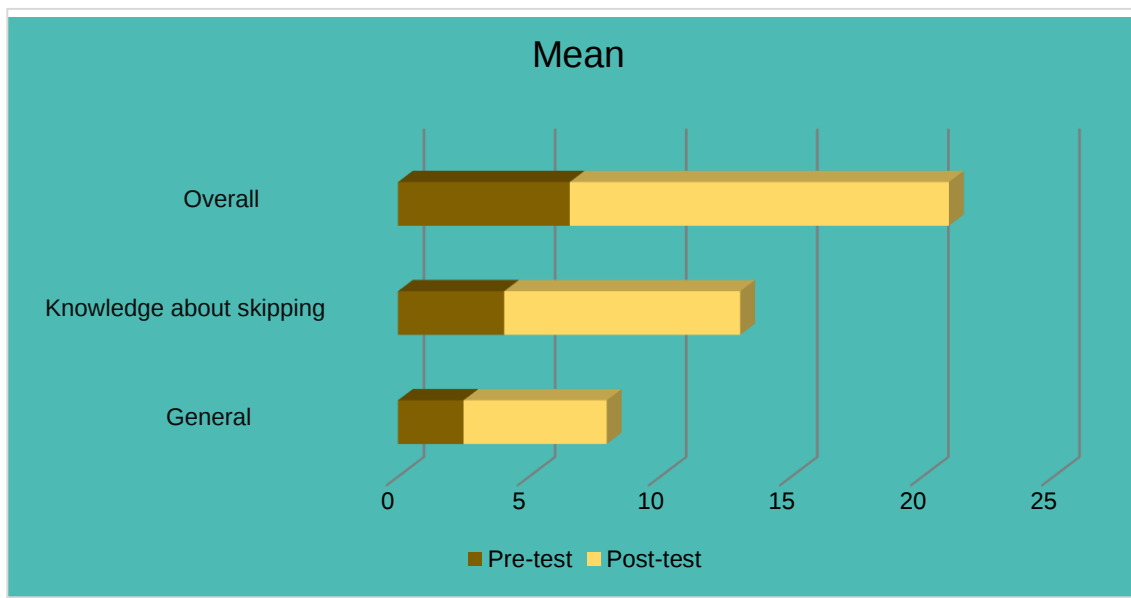
The above table depicts that Pre-test mean knowledge percentage was 22.50% and Post-test mean knowledge percentage was 59.00% regarding Skipping Meals, with enhancement of 36.50%, with paired "t" test value of 51.5 which is significant at 0.05 level as calculated value is greater than table value.

Table 15:- Aspect wise Mean pre-test and post-test knowledge scores of respondents on Skipping Breakfast N=28.

Aspect of Knowledge	Pre-test		Post-test		Enhancement	't' Value
	Mean	SD	Mean	SD	Mean	
General information	1.5	7.8	2.67	13.91	1.17	20.25
Knowledge about skipping meals	03	15.58	5.00	25.9	2.00	31.26
Overall knowledge	4.5	22.5	7.67	39.9	3.17	51.51

The above table reveals the aspect wise mean pre-test and post-test and knowledge enhancement scores on skipping meals. The mean pre-test knowledge score regarding General Information was 2.5 and the post-test mean knowledge score was 5.46 with enhancement 2.96. Regarding knowledge of skipping meals and its process pre-test mean knowledge score was 9.00 and post-test mean knowledge score was 14.46 with enhancement 5.46. The overall mean score in the pre-test was 6.55 and 14.46 in the post-test with enhancement 7.91.

Figure 18:- Aspect wise Mean pre-test and post-test knowledge scores of respondents on Skipping Breakfast.



Discussion:-

This chapter deals with the discussion of the study with appropriate literature review, statistical analysis and findings of the study based on the objectives of study. A report of findings is never sufficient to convey their significance. The meaning that researchers give to the results plays a rightful and important role in the report. The discussion section is devoted to a thoughtful and insightful analysis of the findings, leading to discussion of their clinical and theoretical utility.

The present study is to evaluate the “Effectiveness of Structured teaching program on skipping meals among nursing students, Bangalore.”

A pre-experimental one group pre-test post-test design was used to conduct the study. Research approach was an evaluative approach. The target population for the study was nursing students studying in selected nursing college, Bangalore. Samples were selected by using purposive sampling technique from accessible population. The total samples under the study were 28 nursing students from Smt. Nagarathamma College of Nursing, Bangalore. Structured knowledge questionnaire was used to collect the data.

The findings of the study are discussed under the following headings:

1. Demographic characteristics.
2. Assessment of existing knowledge regarding skipping meals among nursing students studying in Smt. Nagarathamma College of Nursing.
3. Evaluating the effectiveness of ppt assisted structured teaching program regarding skipping meals among nursing students studying in Smt. Nagarathamma College of Nursing.
4. Association between pre-test knowledge scores with selected demographic variables.
5. Testing the hypothesis.

Demographic characteristics

In the present study 42.9% respondents were in the age group of 18-20 years followed by 28.6% respondents were in the age group of 20-22 years, 28.6% respondents were in the age group of 22-25 years, 00% respondents were in the age group of <18 years.

Here 42.9% respondents have monthly family income 30,000 Rs., 10.7% respondents have monthly family income 40,000 Rs., 14.3% respondents have monthly family income >40,000 Rs., and 32.1% respondents have monthly family income <30,000 Rs.

Gender wise distribution of the respondents revealed that 53.6% were male 46.4% were female.

In this study 42.9% respondents are Hindu, 17.9% respondents are Muslim, 14.3% respondents are Christian and 25% respondents are in other religion.

Marital status wise distribution reveals that 3.6% respondents are married, majority 92.9% respondents are unmarried, 00% are respondents are engaged and 3.6% respondents prefer not to say.

64.3% respondents wake up at 7:00 A.M., 14.3% respondents wake up at 8:00 A.M., 21.0% respondents wake up before 7:00 A.M. and 00% respondents wake up after 8:00 A.M.

Then 59.3% respondents are belonging from rural, 40.7% respondents are belonging from urban

Assessment of existing knowledge regarding skipping Breakfast among nursing students of Smt. Nagarathnamma College of Nursing, Bangalore.

The present study confirms that the overall knowledge scores in pre-test are 66.86%. This shows that there is lack of knowledge among nursing students regarding skipping meals. In pre-test 25% of nursing students had moderate knowledge and 75% of nursing students had inadequate knowledge regarding skipping meals. Hence, it is necessary to provide education in order to enhance knowledge on skipping meals.

Evaluating the effectiveness of ppt assisted structured teaching program regarding skipping Breakfast among nursing students of Smt. Nagarathnamma College of Nursing, Bangalore.

The results of the present study confirmed that there was a considerable improvement of knowledge after the administration of ppt assisted structured teaching program on skipping meal and it is also statistically established as significant at 0.05 level. The study revealed that overall pre-test mean knowledge score was 66.86% and post-test score was 147.23% with 80.37% mean knowledge enhancement.

The above study findings were supported by a study conducted in Karnataka to evaluate the effectiveness of ppt assisted structured teaching program on knowledge regarding skipping meal among 28 nursing students. All these findings indicate that there is significant gain in knowledge regarding skipping meals among nursing students after implementation of ppt assisted structured teaching program.

Association between pre-test knowledge scores with selected demographic variables

The sociodemographic variables in the present study such as age (1.97S), family income per month (0.28S), gender (1.95S), religion (6.01S), marital status (2.84S), times of waking up (2.39S), locality (0.13S), previous source of information (0.13S) were found to be significantly associated with pre-test knowledge scores at 0.05 level.

Testing of the Hypothesis H1:

There will be a significant increase in the mean post-test knowledge score regarding Skipping Meals among nursing students.

In this study the overall pre-test mean knowledge score was 32.75% and post-test score was 72.3% with 39.55% mean knowledge enhancement. The hypothesis H1 Stated in the study is accepted since there was significant change found between pre- test and post- test knowledge scores regarding Skipping Meals among nursing students at 0.05

level ($P < 0.05$). Hence, there was a significant improvement in knowledge scores of nursing students after providing ppt assisted Structured Teaching Programme regarding Skipping Meals.

H2:

There will be a significant association between pre-test knowledge score regarding Skipping Meals with selected socio-demographic variable.

These second hypothesis is partly accepted for significant association found between pre-test knowledge scores and the socio-demographic variables such as age (1.97S), family income per month (0.28S), gender (1.95S), religion (6.01S), marital status (2.84S), times of waking up (2.39S), locality (0.13S), previous source of information (0.13S) at 0.05 level.

Conclusion:-

This chapter presents the conclusions drawn, implications, limitation and recommendations. The main aim of the study was to assess the existing knowledge regarding skipping breakfast among nursing student and to conduct ppt assisted teaching programme regarding skipping breakfast.

A pre-experimental one group pre-test post-test design and evaluative approach was used in the study. The data was collected from 28 nursing students through structured knowledge questionnaire.

The following conclusions were drawn on the basis of the findings of the study:

- The knowledge scores among nursing students about skipping Breakfast are found inadequate ($>50\%$) in 21 and moderate (50-75%) among 7 nursing students in pre-test.
- There was significant enhancement in knowledge of nursing students after providing ppt assisted teaching program about skipping Breakfast.
- The analysis of Mean and SD of the knowledge scores in the pre-test and post-test revealed that mean pre-test knowledge score was 6.55 (32.75%) whereas mean post-test knowledge score was 14.46 (72.3%). This high mean difference 7.91 (39.55%) regarding skipping Breakfast among nursing students show the effectiveness of ppt assisted structured teaching program.
- This study proved that there was significant association between post-test knowledge scores and selected socio-demographic variables such as age (1.97S), family income per month (0.28S), gender (1.95S), religion (6.01S), marital status (2.84S), times of waking up (2.39S), locality (0.13S), previous source of information (0.13S). Hence, it is concluded that the respondents had inadequacy in their knowledge in the areas of Skipping meals. Providing ppt assisted structured teaching programme would be effective in increasing knowledge of respondents.

Hence, it is concluded that the respondents had inadequacy in their knowledge in the areas of

Skipping Breakfast. Providing ppt assisted structured teaching programme would be effective in increasing knowledge of respondents

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