



“Evaluate the effectiveness of the selected holistic humanized nursing care strategies and prevention on obesity among the adolescents in selected schools at Jalna.”

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ABSTRACT: The study was conducted to Evaluate the effectiveness of the selected holistic humanized nursing care strategies and prevention on obesity among the adolescents in selected schools at Jalna by using a purposive sampling method, 60 students were selected for the study. The structured questionnaire was prepared to obtain demographic variables such as age, gender, religion, family income, total no. of children in the family, family history of obesity, other clinical parameters (height, weight, waist circumference, body mass index), and psychological and preventive domains of obesity. The study was conducted at two different schools in Jalna, Maharashtra. Ethical consideration was taken from the ethical committee of the respective schools and explained interventions of the study such as exercises, nutritional planning, and pamphlets about the prevention of obesity. The study was conducted for 15 days and visits were done to the samples and interventions were implemented on a daily basis. On the 15th day post-test was conducted to monitor the effectiveness of the selected holistic humanized nursing care and prevention on obesity outcomes by a structured questionnaire. The result showed that the selected holistic humanized nursing care and prevention on obesity was effective and there is a significant relationship between the pre-test and post-test.

Keywords:- Prevention, obesity, adolescents, holistic humanized nursing care

INTRODUCTION: Adolescence is a unique and formative time. Physical, emotional, and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems. Protecting adolescents from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health care are critical for their health and well-being during adolescence and adulthood (WHO 2020). Holistic nursing is a way of treating and taking care of the patient as a whole body which involves physical, social environment, psychological, cultural, and religious beliefs. There are many theories that support the importance of nurses approaching the patient holistically and how education on this is there to support the goal of holistic nursing. An important skill to be used in holistic nursing would be communication skills with patients and other practitioners. This emphasizes that patients being treated would be treated not only their bodies but also their minds and spirits.

BACKGROUND OF STUDY: In a study conducted by Seema Mahrishahi, et al. (2023) included Nine policies and

Area/ Country	Prevalence of Obesity
WORLDWIDE	1.9 billion adults aged 18 years and older were overweight. Of these over 650 million adults were obese. In 2016, 39% of adults aged 18 years and over (39% of men and 40% of women) were overweight.
INDIA	Prevalence of obesity in India is 40.3%
STATEWISE	Punjab having the most obesity prevalence 32% in males and 41% in females, followed by Goa which 32% in males and 33.9% in females have seen obesity. Maharashtra state had 23% in males and 24% in females obesity prevalence.

guidelines (five national and four international) that all aimed to improve the "health and well-being" of actively involved teenagers. Despite the fact that demographic details were poorly supplied, the majority nevertheless guaranteed representation from underprivileged groups. Through focus groups and consultation exercises, adolescents (n = 6) were primarily involved in consultative modalities. Mostly in the early stages of policy and guideline formulation, such as scoping the subject or identifying needs (n = 8), and to a lesser extent in the latter stages, such as implementation or dissemination (n = 4). Adolescents were not involved in the creation of any guidelines or policies at all times.

According to National Family Health Survey (NFHS Data) 2016-2021

The above table shows statistics related to the adolescence obesity which reveals that there is 650 million adults were obese among the 1.9 billion adults aged 18 years and older.

It also reveals that prevalence of obesity in India is 40.3% and Maharashtra state having 23% and 24% obesity prevalence in males and females respectively.

STATEMENT OF THE PROBLEM:

“Evaluate the effectiveness of the selected holistic humanized nursing care strategies and prevention on obesity among the adolescents in selected schools at Jalna.”

AIMS AND OBJECTIVES:

1. Identify the level of pre-test of selected holistic humanized nursing care strategies and prevention on obesity among the adolescents in selected schools at Jalna.
2. Categorize the level of clinical parameters among adolescents who evaluated under BMI.
3. the value of post-test of selected holistic humanized nursing care strategies and prevention on obesity among the adolescents in selected schools at Jalna.
4. Correlate value between the pre-test and post-test of selected holistic humanized nursing care strategies on obesity among the adolescents in selected schools at Jalna .
5. Effectiveness between the pre-test and post-test Analyze of prevention on obesity among the adolescents in selected schools at Jalna.
6. Comparison between the level of post-test of psychological domain and preventive domains among adolescents.
7. Association between pre-test on selected holistic humanized nursing care strategies and prevention on obesity among the adolescents with selected demographic variables.

HYPOTHESIS:

H₁: There will be correlation between pre-test and post-test of selected holistic humanized nursing care strategies on obesity among the adolescents in selected schools at Jalna.

H₂: There will be effectiveness between the pre-test and post-test of prevention on obesity among the adolescents in selected schools at Jalna.

H₃: There will be comparison between the level of post-test of psychological domain and preventive domains among adolescents.

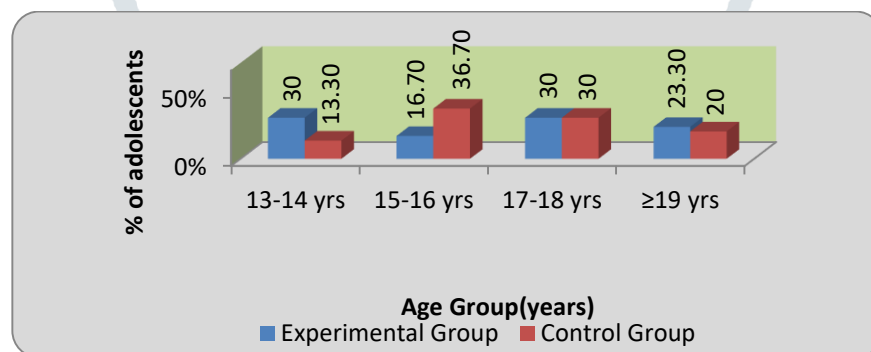
H₄: There will be association between pre-test on selected holistic humanized nursing care strategies and prevention on obesity among the adolescents with selected demographic variables.

METHODS: Quasi-experimental research design was adapted to select the 60 samples through a purposive sampling technique at selected schools at Jalna, Maharashtra. The study was conducted after the approval of the research ethical committee and selected schools at Jalna. Oral concern was obtained from the study participant and insurance was given to the study sample that the anonymity of each adolescent would be maintained strictly. The study was conducted at selected schools at Jalna for 15 days and intervention was given each day such as exercises (jumping jacks, pushups, squats, high knees, rope jumps, and other exercises), nutritional planning, and prevention pamphlets.

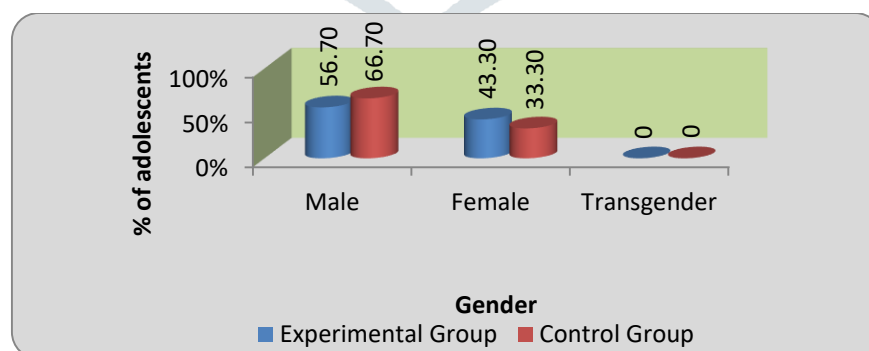
The pre-test was conducted before the intervention and researchers explained the study to the samples. The post-test was conducted on the 15th day after the completion of interventions.

ANALYSIS AND RESULTS:

- The samples belong to the 13 to 19 years and include all the genders.



- 56.7% of adolescents in the experimental group and 66.70% in the control group were males and 43.30% of adolescents in the experimental group and 33.30% in the control group were females.



- The pre-test average score was 7.56 with SD of 1.73. The post-test average score was 9.33 with SD of 2.30. The test statistics value of paired t-test was 4.85 with p-value of 0.0001. **Hence the H₁ hypothesis is accepted.**

n=30

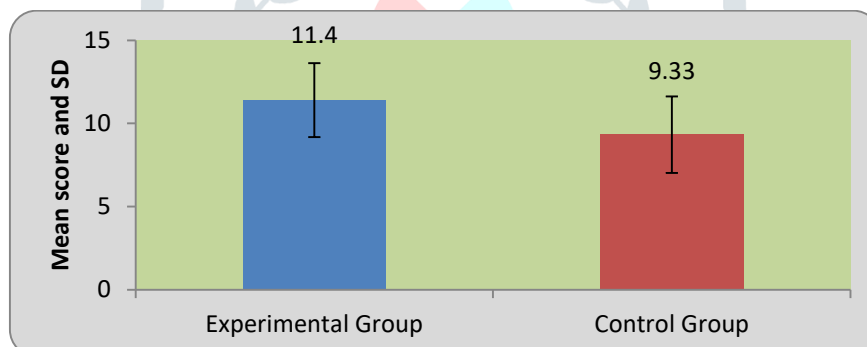
Test	Mean	SD	Mean Difference	t-value	p-value
Pre-test	7.63	2	3.76	8.39	0.0001
Post-test	11.40	2.22			

- Comparison between the post-test of experimental and control group shows mean difference of 2.06. The paired t-value was 3.53 and p-value was 0.0001. **Hence H₂ hypothesis is accepted.**

N=60

Group	Mean	SD	Mean Difference	t-value	p-value
Experimental	11.40	2.22	2.06	3.53	0.001
Control	9.33	2.30			

- The experimental group's post- test mean score was 11.40 with standard deviation of 2.22 and the control group's average mean score of post-test was 9.33 with standard deviation 2.30. The mean difference was in both experimental and control group was 2.06. The paired t-value was 3.53 and p-value was 0.0001. **Hence the H₃ hypothesis is accepted.**



- The non-significance is seen in the demographic variable such as gender, religion, No. of children and family history of obesity these having p-value greater than 0.05($p > 0.05$). The p-value of gender is 0.77, religion is 0.72, No. of children is 0.58, Family history of obesity is 0.17. **Hence H₄ hypothesis is rejected.**
- Other variables such as age, annual income are seen significant which were less than 0.05($p < 0.05$) the p-values are 0.001 and 0.046 respectively. **Hence H₄ hypothesis is accepted.**

CONCLUSION:

The study was taken to evaluate the effectiveness of the selected holistic humanized nursing care strategies and prevention on obesity among the adolescents in selected schools at Jalna, Maharashtra. The result of the study concluded that selected holistic humanized nursing care strategies reduced the weight among selected adolescents. This shows that the imperative need to understand the purpose of administration of selected holistic humanized nursing care strategies in reducing weight among selected adolescents and it will enhance an overall sense of well-being as well as improvement in the quality of life of the adolescents.

IMPLICATIONS FOR NURSING MANAGEMENT:

- Nurses play an important role in primary health care by early detection and prevention of obesity. Holistic humanized

nursing care strategies can used as a means of health promotion among selected adolescents.

- Nursing students could learn the assessment of obesity and provide selected holistic humanized nursing care strategies for reducing depression among selected samples as an independent nursing intervention.
- Nursing students could be taught about the holistic humanized nursing care strategies that they can help obese adolescents to overcome the obesity.
- The study findings encourage, further research studies on the effectiveness of the selected holistic humanized nursing care strategies and prevention on obesity among the adolescents in selected schools at Jalna, Maharashtra.
- The study finding can help to expand the scientific body of professional knowledge upon which further researches can be conducted.

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