



# A Descriptive Study To Assess Knowledge And Attitude Regarding Eating Disorders Among Female College Students In Selected Colleges Of Ambala, Haryana

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## Abstract

The present study was conducted by using Non experimental Descriptive Survey Design and quantitative Research Approach with convenience sampling technique under non probability sampling was selected. A study was done by selecting 325 female college students studying at selected colleges of Ambala Haryana. For data collection demographic tool, Structured knowledge questionnaire and Attitude Scale was used. The calculated value for reliability of structured knowledge questionnaire was 0.62 with KR-20 formula and for Standard Attitude scale calculated value was 0.914 by using Cronbrach formula. A study demonstrates the relationship between female college students' attitudes and awareness about eating disorders. At the 0.05 level of significance, the computed correlation value of -0.72 was determined to be statistically insignificant, showing a mediocre negative connection between female college students' knowledge and attitude. As a result, hypothesis H<sub>2</sub> is rejected. The findings suggest that knowledge and attitude are independent of one another.

**Keywords:** knowledge, attitude, eating disorders, students, colleges.

## Introduction

Anorexia nervosa is a complex and frequently intractable illness of unknown etiology that if often chronic and disabling. It is characterized by aberrant feeding behaviors, an extreme pursuit of thinness and emaciation, and body image distortions. Onset tends to occur in females, during adolescence and up to 0.7% of this age group may be affected.<sup>5,6</sup> Anorexia nervosa is often associated with denial of illness and resistance to treatment. Consequently, it is difficult to engage individuals with anorexia nervosa in treatment, including nutritional restoration, and weight normalization.

## Objectives of the Study

1. To assess the level of knowledge and attitude regarding eating disorders among female college students.
2. To determine the relationship between level of knowledge and attitude among female college students.
3. To find out the association of knowledge and attitude regarding eating disorders among female college students with selected demographic variables.

## Methodology

The convenience sampling technique under non-probability sampling was used for the current study's non-experimental descriptive survey design and quantitative research approach. 325 female college students from chosen colleges in Ambala, Haryana, were chosen for the study. Structured knowledge questionnaires and attitude scales were used to collect the data during the month of March 2022 as a data collection demographic approach. The tool was confirmed to be workable and practical for the final study once the pilot study was completed. The reliability of the structured knowledge questionnaire was evaluated at 0.62 using the KR-20 calculation, while the reliability of the Standard Attitude Scale was assessed at 0.914 using the Cronbach method. The estimated correlation value of -0.72 was found to be statistically insignificant at the 0.05 level of significance, indicating a mediocorely negative relationship between knowledge and attitude among female college students. Ethical permission was taken from ethical committee of Institute.

## FINDINGS OF THE STUDY

### SECTION 1

#### Findings related to sample characteristics of female college students

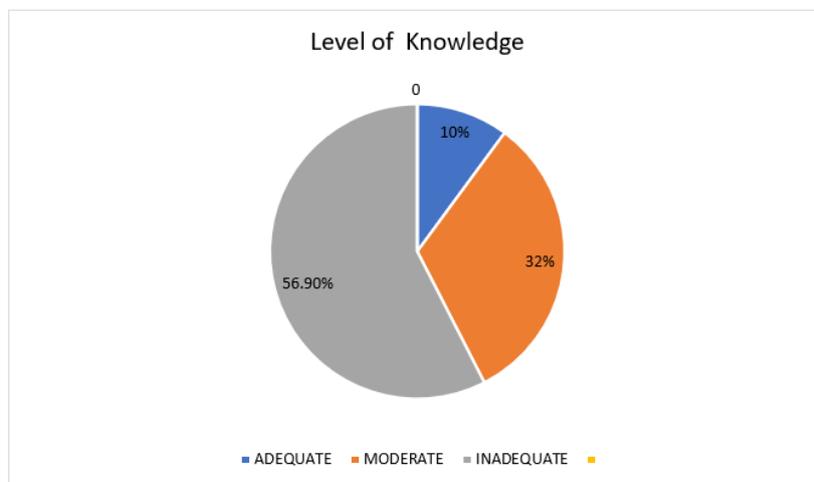
According to the results of the current study the age range of female college students in the majority (94%) is between 17 and 19 years. 60% of female college students major in medicine. Ninety-nine percent of female college students are single. The majority of female college students (80%) practise Hinduism. Sixty-two percent of female college students come from nuclear families. The majority of female college students (32%) and students (35%) had household incomes of between Rs. 10,000 and Rs. 30,000. The majority of fathers of female college students (47%) work for themselves. Female college students are primarily vegetarian (64%) and non-vegetarian (29%). (45%) of girls and (31% of men) are between 147 and 155 cm tall. (48%) of female college students weigh between 40 and 50 kg, whereas (34%) are between 51 and 60 kg.

## SECTION II

**TABLE 1: FREQUENCY AND PERCENTAGE OF LEVEL OF KNOWLEDGE OF FEMALE COLLEGE STUDENTS**

N=325

Sr. No.	Levels	Score	Frequency	Percentage
1	Adequate	16-20	36	10.2%
2	Moderate	10-15	104	32%
3	Inadequate	less than 10	185	56.9%



**Table and Fig: 1** show that the female college students have adequate moderate and inadequate knowledge i.e 56.9%, 32%,10.2% respectively.

**TABLE 2: FINDINGS RELATED TO FREQUENCY AND PERCENTAGE OF LEVEL OF ATTITUDE OF FEMALE COLLEGE STUDENTS.**

S.NO	Levels	Score	frequency	percentage
1	Favourable	53-78	40	12%
2	Moderate	27-52	112	34.4%
3	Unfavourable	0-26	173	49.1%

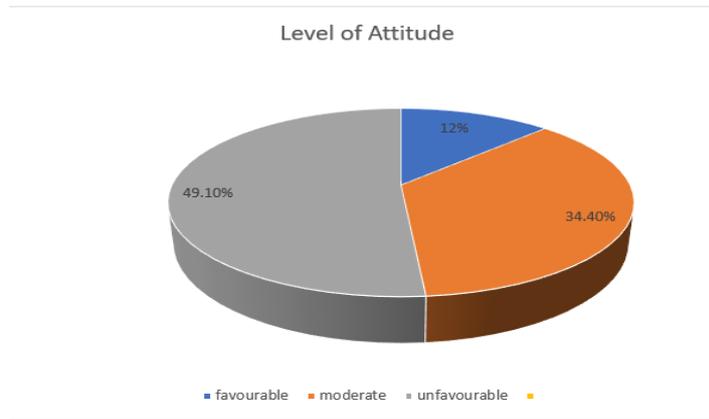


Table and Fig 2: shows that the female college students have favorable moderate and unfavorable level of attitude i.e 12%,34.4% and 49.1% respectively

### SECTION III

**TABLE: 3 COEFFICIENTS OF CORRELATION BETWEEN THE KNOWLEDGE AND ATTITUDE SCORE AMONG THE FEMALE COLLEGE STUDENTS**

N=325		
Correlation	knowledge	Attitude
	r& (p value)	r& (p value)
Knowledge	XX	-0.72 (0.198) <sup>NS</sup>
Attitude	-0.72 (0.198) <sup>NS</sup>	XX
r (323)=0.113 Ns= Not significant (p>0.05)		*=Significant (p<0.05)

Table 3: shows that the correlation of the knowledge and attitude score of female college students regarding eating disorder. computed correlation value -0.72 was found to be statistically not significant at 0.05 level of significance indicating a weak negative correlation between knowledge and attitude of female college students, hence,  $H_2$  was rejected. The result conclude that knowledge and attitude does not depend on each other.

### SECTION IV

#### CHI SQUARE VALUE SHOWING ASSOCIATION BETWEEN KNOWLEDGE WITH ALL DEMOGRAPHIC VARIABLES

represents the chi-square linking certain demographic traits and knowledge. There was a significant correlation with family income, but not with age, name, marital status, religion, type of family, family income, father's employment, dietary habits, height, weight, or place of residence. H1 is therefore only partially acknowledged.

#### SECTION D: CHI SQUARE SHOWING ASSOCIATION OF ATTITUDE WITH ALL THE DEMOGRAPHICAL VARIABLES

A strong correlation of attitude with residency was the sole demographic variable with which it was found to be associated, as shown by the chi-square. Age, name (of course), marital status, religion, family income, father's job, kind of family, height, weight, and place of living were not significantly associated. Research Hypothesis H2 is thus only partially accepted.

## DISCUSSION

The results of the current survey showed that 305 college ladies, or 93% of them, are between the ages of 17 and 19, while 16 percent are between the ages of 20 and 22, and 4 percent are between the ages of 23 and 25.

The results of a research by Hemaltha, Subartinam, and Sangavi, which also revealed that 77.8% of teenage females in the age range of 18 to 19 had a high incidence of eating disorders, confirm these findings. Most college ladies (32% of them) come from families with an income between \$10,000 and \$30,000. The results of a research by Hemaltha, Subartinam, and Sangavi, which also revealed that 44.7% of the females in the middle-income category, confirm these findings.

### Description of knowledge

According to the current study's findings, 185 college ladies, or 56 percent of the population, had insufficient awareness about eating disorders. A research conducted by Ms. Panchali Datta and Dr. Subhrojyoti Bhomnick shows that just 8% of individuals had adequate knowledge and 86% had fairly good knowledge, which supports the results made in this article.

According to the study's findings, 173 college ladies (49.7%) have a negative attitude towards eating disorders, whereas 112 (34.4%) have a moderate attitude. According to France Napolitano, Francesco Burcivenga, and Italo Francesco Angelillo, 38.8% of teenagers expressed a concern of gaining weight.

### Description of attitude

The results of the current study showed that knowledge and attitude among female college students have a negative correlation, which differs from those of the study conducted by Ms. Panchali Datta and Dr. Subhrojyoti Bhomnick, in which attitude score had a significant positive correlation with knowledge assessment score.

### Limitations of study

The study is restricted to 325 female student samples, 11 Mullana, Ambala, MMDU colleges that were specifically chosen, and a single attitude and knowledge evaluation.

### Conclusion

The following analysis reveals that more than half of female college students lack awareness (56.9%) and have a negative attitude towards eating disorders (49.1%). The majority of the samples (93.8%) belong to the 17–19 age range. 60% of the samples were from the medical sector, and 40% were from the non-medical sector. The majority of the samples (64% of them) are from vegetarian diets. In a few institutions in Ambala, Haryana, there is a clear negative link between knowledge and attitude towards college students with eating disorders.

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