

**“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING  
PROGRAMME ON SKIPPING MEALS AMONG NURSING  
STUDENT AT SMT. NAGARATHNAMMA  
COLLEGE OF NURSING,  
BENGALURU”**

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## ABSTRACT

**Titel: “A study to assess the effectiveness of structured teaching programme on skipping meals among nursing students at Smt. Nagarathamma College of Nursing, Bengaluru.”**

**Background:** Skipping meal is the omission or lack of consumption of one or more of the traditional main meals (breakfast or lunch) throughout the day.

The number of meals 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 made of the day. Girls are found to skip the evening meal as well as breakfast and lunch more often than boys. In some home with limited resources, the adolescent may not even receive adequate number of meals 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 groups 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 meals.

1. To assess the existing knowledge regarding Skipping Meals among nursing students of Smt. Nagarathamma College of Nursing, Bengaluru.
2. To evaluate the effectiveness of structured teaching programme regarding Skipping Meals among nursing students in Smt. Nagarathamma College of Nursing.
3. To find the association between pre-test and post-test knowledge score regarding Skipping Meals with selected socio demographic variables.

**Aims and objectives:**

This study was conducted to assess the meal pattern, to assess the knowledge of skipping meals.

**Method:**

This is a **quasi-experimental 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 access 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 32.75 % and 72.3%, respectively. Enhancements in mean percentage score were found to be 39.55%. 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 totally 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 Meal among nursing students.

**Keyword:**

Effectiveness; Nursing students; Knowledge; Structured teaching programme; Skipping Meals.

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