

**“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED
TEACHING PROGRAMME REGARDING SKIPPING BREAKFAST
AMONG 1st YEAR BSC NURSING STUDENTS AT SMT.
NAGARATHNAMMA COLLEGE OF NURSING, BENGALURU.**

BY

**Mr. Alan Stany
Mr. Mohammed Ajmal
Ms. Sivalekshmi.S**

**4th Year B.Sc Nursing (2020-2024)
Research project submitted to
Smt. Nagarathnamma College of Nursing, Bengaluru.**



**Under the Guidance of
Mrs. Perumalla Keerthi Sudha
Associate Professor
Department of Medical Surgical Nursing
Smt.Nagarathnamma College of Nursing Acharya Institute,
Dr. Sarvepalli Radhakrishnan Road Soldevanahalli, Bangaluru – 560107
2020-2024**

**RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES
SMT. NAGARATHNAMMA COLLEGE OF NURSING**



CERTIFICATE

THE IS TO CERTIFY THAT THE PROJECT WORK HAS BEEN SUCCESS FULLY

CARRIFED OUT BY

Mr. ALAN STANY,

Mr. MOHAMMED AJMAL,

Ms. SIVALEKSHMI

4th YEAR B.Sc NURSING

SUBMITTED AS A PARTIAL FULFILLMENT OF REQUIREMENTS FOR THE

BACHELOR OF SCIENCE IN NURSING FROM

RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES BENGALURU

Prof. DEVI NANJAPPAN

PRINCIPAL

Smt. Nagarathnamma College of nursing

Mrs. Perumalla keerthiSudha

ASSOCIATE PROFESSOR

**Department of Medical Surgical
Nursing**

DECLARATION BY CANDIDATES

We hereby declare that this project entitled “**A Study To Assess The Effectiveness Of Structured Teaching Programme Regarding Skipping Breakfast Among 1st Year B.sc Nursing Students at Smt. Nagarathnamma College Of Nursing**” is a Bonafide group research done by Mr. Alan Stany, Mr. Mohammed Ajmal, Ms. Sivalekshmi. S of 4th year B.Sc Nursing as a partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Mrs. Perumalla Kerthi Sudha, Associate professor of Medical Surgical Nursing, Smt. Nagarathnamma college of Nursing, Bengaluru.

DATE:

PLACE:

SIGNATURE OF THE CANDIDATES

- 1. Mr. Alan Stany -**
- 2. Mr. Mohammed Ajmal -**
- 3. Ms. Sivalekshmi. S -**

CERTIFICATE BY GUIDE

This is to certify that the project entitled “**A Study To Assess The Effectiveness Of Structured Teaching Programme Regarding Skipping Breakfast Among 1st Year BSc. Nursing Students.**” is a Bonafide group research done by Ms. Sivalekshmi, Mr.Mohammed Ajmal, Mr.Alan Stany of 4th year B. Sc. Nursing as a partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Mrs. Perumalla Keerthi Sudha, Associate professor, Department of Medical Surgical Nursing, Smt. Nagarathnamma college of Nursing, Bengaluru.

DATE:

PLACE:

SIGNATURE OF THE GUIDE

Mrs. Perumalla Keerthi sudha

ASSOCIATE PROFESSOR

Department of medical surgical nursing

**ENDORSEMENT BY THE PRINCIPAL / HEAD OF THE
COLLEGE**

This is to certify that the project work entitled “**A Study to Assess the Effectiveness of Structured Teaching Programme Regarding Skipping Breakfast Among 1st Year BSc. Nursing Students.**” Is the Bonafide group research done by Mr.Mohammed Ajmal, Ms.Sivalekshmi, Mr. Alan Stany of 4th year BSc Nursing, as a partial fulfilment of the requirement under the guidance of Mrs. Devi Nanjappan, Principal, Smt. Nagarathnamma College of Nursing, Bengaluru.

DATE:

PLACE:

SIGNATURE OF THE PRINCIPAL

**PROFESSOR DEVI NANJAPPAN Ph.D (N)
PRINCIPAL**

Smt.Nagarathnamma College of Nursing

ACKNOWLEDGEMENT

“Glory to the GOD Almighty”

We extend our heartfelt gratitude to the Almighty God for His abundant grace, guidance, and blessings throughout the course of this study. His divine presence gave us the strength and perseverance to successfully complete this project.

We are deeply honored to express our sincere thanks to Professor Devi Nanjappan, Principal of Smt. Nagarathnamma College of Nursing, Bengaluru 107, for her unwavering support and encouragement, which were instrumental in the completion of our research study.

Our deepest appreciation goes to our guide, Mrs Perumalla Keerthi Sudha, Associate Professor in the Department of Medical-Surgical Nursing at Smt. Nagarathnamma College of Nursing. Her constant support, invaluable guidance, and insightful suggestions greatly enriched our research work.

We are also indebted to all the teaching faculty of Smt. Nagarathnamma College of Nursing for their cooperation, constructive feedback, and constant support, which significantly enhanced our knowledge and helped us in conducting this study. Our sincere thanks go to the supporting staff and the librarian for their kind assistance throughout our research project.

We would like to extend our sincere gratitude to all the experts in the field who generously shared their time, guidance, and expertise throughout the course of this research. Your insights were invaluable to the successful completion of this study.

We are also deeply appreciative of the 4th year nursing students who participated in our study. Despite their demanding schedules, they took the time to thoughtfully complete our questionnaire. This version maintains the sentiment of appreciation while being more concise and formal.

We would like to thank you our respective parents for all the support, strength and love they shower upon us on a daily basis and give us the courage to keep moving, without who we would not be here in the first.

ABSTRACT

Title- “A Study to Evaluate the Effectiveness of Structured Teaching Programme Regarding Skipping Breakfast Among 1st Year Nursing Students Bengaluru.” The purpose of this study is to evaluate the efficacy of a structured educational program intended to inform people about the importance of eating breakfast regularly without skipping. The study aims to improve participants’ knowledge about after effects of skipping breakfast by offering focused educational interventions.

KEYWORDS:

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

AIM AND OBJECTIVES:

1. To assess the level of knowledge on skipping breakfast among 1st year Bsc. nursing students of Smt. Nagarathnamma College Of Nursing, Bengaluru.
2. To evaluate the effectiveness of structured teaching programme regarding skipping breakfast among 1st year Bsc. nursing students.
3. To find out the association between pretest and posttest knowledge score regarding skipping breakfast among nursing students.

METHOD:

In this descriptive study, 50 first -year nursing students were given closed- ended demographic questionnaires to evaluate their current circumstances. Additionally, using a purposive sample technique, a self-administered knowledge questionnaire was used to gather information on sleep hygiene and quality among the 50 first -year students. Each nursing student received a set of instruments directly, which was used to gather data. Quasi-experimental statistics was then used to analyze the data and explain the findings.

TABLE OF CONTENT

Chapter No	Chapter Title	Page No
1.	INTRODUCTION	2-11
2.	OBJECTIVES	12-18
3.	REVIEW OF LITERATURE	19-29
4.	METHODOLOGY	30-40
5.	RESULTS	41-58
6.	DISCUSSION	59-62
7.	CONCLUSION	63-67
8.	SUMMARY	68-70
9.	REFERANCES	71-74
10.	ANNEXURES	75-86

SL. NO	TITLE OF THE TABLE	PAGE NO
1	Classification of respondents according to age group	44
2	Classification of respondents according to gender	45
3	Classification of respondents according to religion	46
4	Classification of respondents according to types of family	47
5	Classification of respondents according to residential area	48
6	Classification of respondents according to nationality	49
7	Classification of responding according to previous knowledge about skipping breakfast.	50
8	Classification of respondents on pre-test knowledge score on skipping breakfast.	51
9	Mean, Mean percentage and Standard deviation for pre- test knowledge of respondents on knowledge regarding skipping breakfast.	52
10	Classification of respondents on Post-test knowledge scores on skipping breakfast.	53
11	Mean, Mean percentage and Standard deviation for post- test knowledge of respondents on knowledge regarding skipping breakfast.	54

12	Comparison between pre-test and post-test result.	55
13	Association of pre-test level of knowledge score of Subject with demographic	56
14	Association of post-test level of knowledge score of Subject with demographic	57
15	Comparison of pre-test and post-test knowledge regarding skipping breakfast	58

SL.NO.	TITLE OF FIGURES	PAGE NO
1	Schematic representation of research methodology	44
2	Schematic Representation of Research Design	45
3	Classification of respondents according to age group	46
4	Classification of respondents according to gender	47
5	Classification of respondents according to religion	48
6	Classification of respondents according to types of family	49
7	Classification of respondents according to residential area	50
8	Classification of respondents according to nationality	51
9	Classification of respondents according to previous knowledge skipping breakfast.	52
10	Classification of respondents on pre-test knowledge scores on skipping breakfast.	53
11	Mean, Mean percentage and Standard deviation for pre-Test knowledge of respondents on knowledge regarding skipping breakfast.	54
12	Classification of respondents on Post-test knowledge scores on skipping breakfast.	55
13	Mean, Mean percentage and Standard deviation for post-test knowledge of respondents on knowledge regarding skipping breakfast.	56
14	comparison between pretest and post test result	57