Effectiveness of lifestyle modification programme on knowledge, attitude and lifestyle practices related to selected lifestyle diseases among school going adolescents in Ernakulam district, Kerala

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ABSTRACT

Adolescence is a life stage with unique characteristics, translating the fast evolution and bio-psycho-social changes and these translations are typically expressed in their lifestyles. The impact of various unhealthy lifestyle practices are seen in the form of rapidly increasing rate of non communicable diseases. Modern science through improved sanitation, vaccination, antibiotics and medical attention has eliminated the threat of death from most infectious diseases. But now, too many people are dying relatively young from non communicable diseases like heart diseases, diabetes and cancer. The main contributing factor for this epidemiological transition is change in our lifestyle towards the unhealthy continuum, eg, tobacco use, excessive alcohol consumption, unhealthy dietary habits and physical inactivity.

Objective: The present study was carried out to evaluate the effectiveness of lifestyle modification programme on knowledge, attitude and lifestyle practices related to selected lifestyle diseases such as heart diseases, cancer and diabetes mellitus among school going adolescents.

Material and methods: The study was conducted among 400 school going adolescents (Control group - 200, Experimental group - 200) who were chosen by probability sampling techniques (Multistage sampling). Structured self reported knowledge questionnaire, Likert attitude scale and practice check list was used to measure the knowledge, attitude and lifestyle practices of adolescents related to selected lifestyle disease. All the measurements were carried out once before the Lifestyle modification programme (LSMP) and twice after administering the LSMP.

Results: Most of the baseline variables among school going adolescents were homogenously distributed in control and experimental group.
Majority of the sample in both group (control - 66%, experimental - 56%) had average knowledge and 23.5% in control group and 37% in experimental group had poor knowledge related to lifestyle diseases. LSMP was found to be effective in improving the knowledge of adolescents related to selected lifestyle diseases in experimental group (t = 74.66, p < 0.01). Most of the subjects in control (43%) and experimental group (47%) had favourable attitude towards prevention of lifestyle diseases and practices. Post assessment measurements showed that LSMP was effective in developing a positive attitude towards healthy lifestyle practices among school going adolescents in experimental group (t = 31.104, p < 0.01).

With regard to the assessment of lifestyle practices, the present study revealed that 30.5% of adolescents in control group and 26.5% in experimental group had unhealthy lifestyle practices and 69.5% and 73.5% of sample in control and experimental group had healthy practices in pretest. It was found that LSMP was effective in changing the lifestyle practices of school going adolescents in experimental group (t = 31.229, p < 0.01).

The present study also revealed that most of the baseline variables were associated with knowledge, attitude and lifestyle practice of adolescents towards selected lifestyle diseases (p < 0.05). The assessment of relationship between knowledge, attitude and practice of adolescents related to selected lifestyle diseases showed that correlation co efficient ‘r’ is significant and there was positive correlation among knowledge Vs attitude (r = 0.235, p < 0.01 ), knowledge Vs practice (r = 0.106, p < 0.05 ) and attitude Vs practice ( r = 0.250, p < 0.01).

**Key words : Lifestyle modification programme, Knowledge, Attitude, Lifestyle practices, Lifestyle diseases.**