



A Study on Assessment of Knowledge and Practice Regarding Calcium Intake among Young Adults in Selected B.Sc. Nursing Colleges at Jaipur

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ABSTRACT

A descriptive correlation study was conducted on assessment of knowledge and practice regarding calcium intake among 100 young adults selected by non – probability convenience sampling technique. The data was collected by using self-administered structured questionnaire. The objectives of the study were to assess the level of knowledge and practice, to correlate the relationship between the level of knowledge and practice and to find out the association of knowledge and practice with socio-economic variables. The study disclosed that young adults had 61% inadequate knowledge, moderately adequate knowledge and 2% adequate knowledge, 95% had inadequate practice and 5% moderately adequate practice. There was a positive correlation between the level of knowledge and practice regarding calcium intake among young adults ($r=0.199$). The level of knowledge and practice were significantly associated with demographic variables viz exposure to health information and dietary pattern.

KEYWORDS

Knowledge and practice, calcium intake, young adults

BACKGROUND OF STUDY:

Nutrition is the science that deals with all the various factors of which food is composed and the way in which proper nourishment is brought about. The average nutritional requirements of groups of people are fixed and depend on such measurable characteristics as age, sex, height, weight, degree of activity and rate of growth. Today we spend millions of money in India each year to investigate the many aspects of nutrition.

NEED FOR THE STUDY

Nurses can influence and educate young women about the calcium intake and identify the signs and symptoms of calcium deficiency and to create awareness regarding the management of problems. Therefore the researcher has chosen this topic to assess the existing

knowledge and practice of young female adults regarding intake of calcium, in order to promote awareness among female young adults regarding importance of calcium and there by this can help them to protect from adult diseases.

OBJECTIVES

1. To assess the level of knowledge regarding calcium intake among young adults.
2. To assess the level of practice regarding calcium intake among young adults.
3. To correlate the relationship between knowledge and practice regarding calcium intake among young adults.
4. To find the association between the socio-demographic variables and



knowledge regarding calcium intake among young adults.

5. To find out the association between the socio-demographic variables and practice regarding calcium intake among young adults

HYPOTHESIS:

H1: There is a significant relationship between the level of knowledge and practice regarding calcium intake among young adults.

H2: There is a significant association between the level of knowledge and socio demographic variables among young adults

ASSUMPTIONS:

This study assumes that:

1. Level of knowledge and practice differ from individual to individual.
2. Knowledge level influences the practice.
3. Socio-demographic variables affect the level of knowledge and practice.
4. Health message affects the level of knowledge and practice

DELIMITATIONS:

The study will be delimited to:-

1. 100 young adults aging between 19-24 years
2. Those who are studying in College.
3. Those who are willing to participate in study.

4. Those who will be available at the time of data collection

CONCEPTUAL FRAMEWORK:

The conceptual framework for the present study is based on Nola j Pender's Health Promotion Model.

RESEARCH DESIGN:-

The research design adopted was descriptive correlation design to assess the level of knowledge and practice regarding calcium intake among young adults in selected B.Sc. Nursing colleges at Jaipur.

SAMPLING TECHNIQUE:

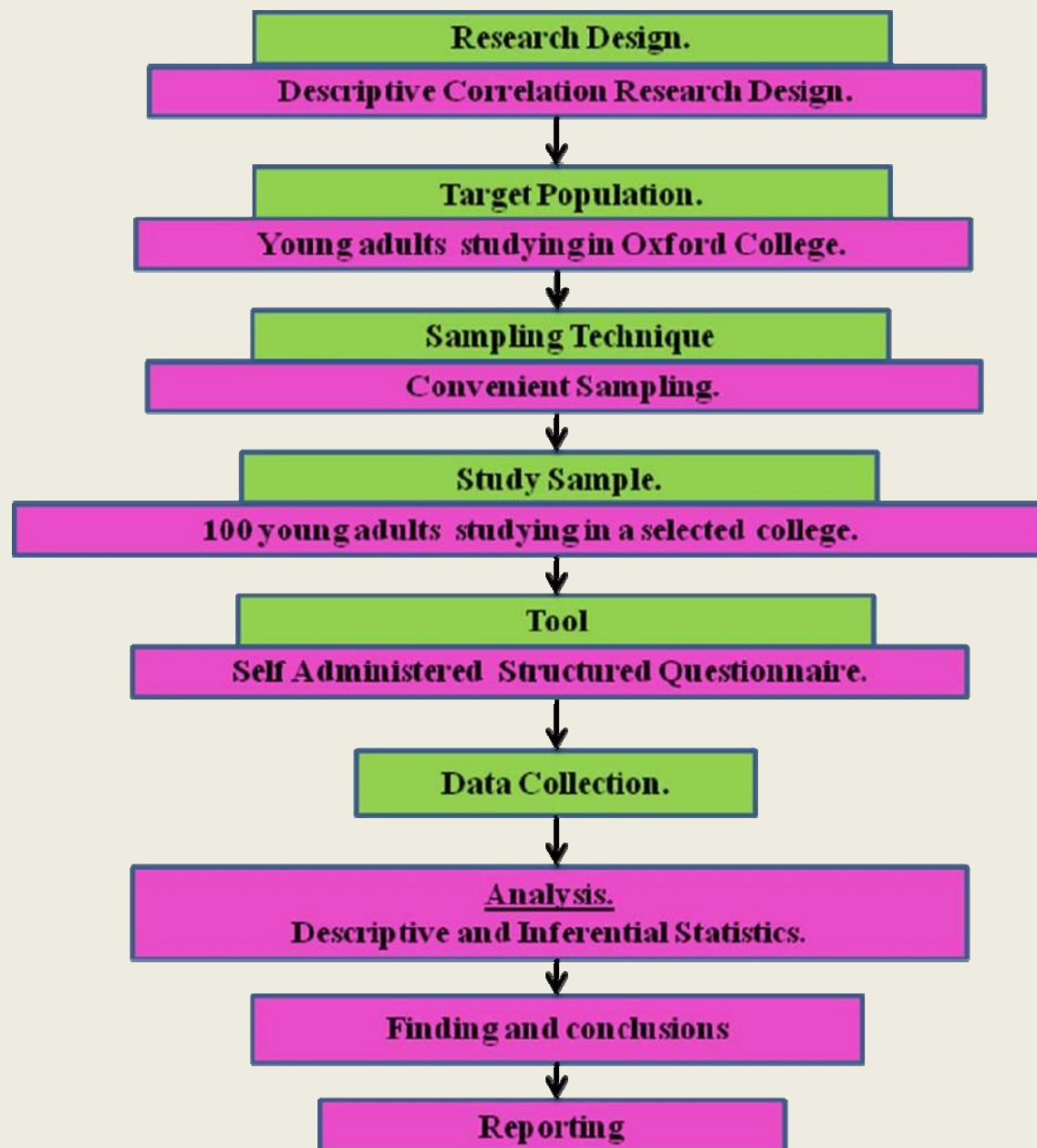
In the present study, 100 young adults between the age group of 19-24 were selected using convenience sampling technique. The investigator had selected the subjects based on the inclusion criteria of the study

CONCLUSION

In this study, a total of 100 subjects are assessed for the knowledge and practice. Also the relationship between knowledge and practice and association between socio- demographic variables. It was noticed that majority 61 per cent had inadequate knowledge and 95 percent had inadequate practice. There is a relationship between knowledge and practice of young adults regarding calcium intake. There is a significant



association among socio- demographic variables, knowledge and practice.



IMPLICATIONS:

Nursing practice:-

Present study will indirectly help nurses to understand the knowledge and practice of respondent regarding calcium intake. Nurses should try to identify the problems of young adults and offer

supportive and educative service to overcome the situation which helps them to create health conscious and assist them to promote good health and prevent from calcium deficiency

Nursing Education:-



To provide more knowledge to the young adults, nurses should have knowledge regarding calcium intake and how to educate to the young adults. Nursing education programme should incorporate these factors in the nursing curriculum. Nursing curriculum should provide an opportunity to plan and conduct

Nursing Administration:-

Administrative support should be provided to conduct health education in any setting as required. Cost effective health education material should be encouraged. Health education materials such as leaflets and pamphlets should be made available to the public.

Nursing Research:-

Nurses being the largest group in the health care delivery system and being more close to clients should take initiative to conduct further research regarding calcium intake and provide correct information to improve knowledge and practice regarding calcium. So nursing students must be motivated and guided to conduct research studies.

The present study reveals that young adults are lacking knowledge regarding calcium intake. So nurses especially those who work in community should take initiative in conducting applied research studies in the community.

LIMITATIONS:-

- The data was collected only on selected aspects
- Samples were limited to 100

RECOMMENDATIONS:

Based on the findings of study, it is recommended that;

- A similar study can be conducted among male young adults.
- A replication of present study can be conducted with a large population and wider area.
- A comparative study can be conducted to compare the findings between rural and urban areas
- A comparative study can be conducted in male and female young adults.
- A study can be conducted on calcium nutritional knowledge, attitude and practice of medical students.
- An experimental study can be done by providing structured teaching programme.



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