

Effects of Skipping Breakfast among Student Nurses

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Abstract

Breakfast is regarded by many as 'The most important meal of the day' because an adequate food intake at the reminder of the day is likely to be met. The habit of skipping breakfast has become very popular among children and adolescents. A study to assess the level of knowledge regarding the effects of skipping breakfast among second year B.Sc. Nursing students in MTPG & RIHS, Puducherry. The quantitative approach was used for the study. The study reveals that the maximum number (61) of students were having moderate knowledge on effects of skipping breakfast and also states age of the students, gender, education of the father, education of mother, occupation of the father, occupation of mother, religion, type of family, area of residence, family income/month had no significant association with knowledge of students.

Keywords: Breakfast; Skipping Breakfast; Cognition; Behavior; Anxiety.

Introduction

Breakfast is the first meal of the day, and it is the meal that the body uses to top up its glucose levels after eight to twelve hours of fasting. Glucose is vital for the brain and it's the main energy source for the body. As well, it also fuels the muscles that are necessary for physical activity through the day. If you skip breakfast, you will have a shorter attention span, be less alert, take longer to react, have low blood sugar, and decreased productivity. We need the most energy at the beginning of the day, and the least energy at the end, when most daily tasks are over and we are relaxing.

Statement of the problem

A study to assess the knowledge regarding the effects of skipping breakfast among second year B.Sc. Nursing students studying in College of Nursing, Mother Theresa Post Graduate and Research Institute of Health Sciences at Puducherry.

The objectives of the study are to:

- assess the knowledge regarding the effects of skipping breakfast among Nursing Students.
- associate the demographic variables with the knowledge regarding the effects of skipping breakfast among Nursing Students.

Methodology

In this study, quantitative research was used, quantitative research is based on the concepts of manipulation and control of phenomenon and the verification of results using empirical data gathered through senses. This study uses semi-structured questionnaire to collect the data related to identification of level of knowledge regarding effect of skipping breakfast among second year nursing students. The research design selected for this study was descriptive design. A simple random sampling technique was adopted for this study.

Score to assess knowledge:

Adequate knowledge = 24 - 30

Moderate knowledge = 16 - 23

Inadequate knowledge = below 16

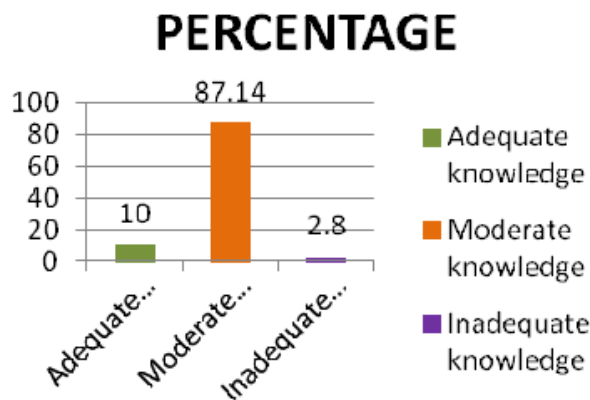
It shows that 10% students have adequate knowledge and 87.14% students have moderate knowledge and only 2.8% students have inadequate knowledge.

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Implications

The Nursing implications included the specific suggestion for Nursing practice, Nursing education, Nursing administration and Nursing research. The Nurses working in the community and clinical settings should practice health education as an integral part. On fixed days for adolescent students, booklets are to be provided to improve their knowledge and change their attitude towards the effects of skipping breakfast. When nurse education plan to instruct students, should provide adequate opportunity for them to educate adolescent groups regarding effect of skipping of breakfast. This study helps the nurse researchers to set the information for adolescent groups toward promotion of adolescent health and healthy eating habits.

Discussion

There were seventy students in B.Sc., Nursing MTPG & RIHS, Puducherry were selected for this study and major findings of the study are discussed as follows.

- Majority of the students in age a group of 18-19 years (i.e.) 70%.
- Majority of the students are female (i.e.), 67%
- Regarding the occupation of father majority are self employee (i.e.) 30%.
- Majority of the students are Hindu (i.e.) 82%
- Regarding the income per month majority are between 5,000 to 10,000 (i.e.) 37.1%

Recommendations

On the basis of study that had been conducted, certain recommendations are suggested for future study.

1. A similar study can be done on a large scale for better generalization.
2. A comparative study can be done with student nurse studying in two different college.
3. An exploratory study may be conducted to identify the awareness, knowledge and attitude of health personal regarding skipping breakfast

Conclusion

This study concluded that majority of the subjects 61 (87.1%) were having moderate knowledge regarding skipping breakfast. Similarly, 7 (10%) of the subjects were having adequate knowledge and 2 (2.85%) of subjects were not having adequate knowledge. From this study the investigator observed that the students having moderate knowledge regarding the effects of skipping breakfast, but they were unaware about its complications. Therefore education, practice and experience are necessary of achieve the knowledge regarding effects of skipping breakfast.

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