

**“A STUDY TO ASSESS THE PREVELENCE OF BREAKFAST SKIPPING  
PATTERN AND ITS ASSOCIATED FACTOR AMONG NURSING  
STUDENT AT SMT. NAGARATHNAMMA  
COLLEGE OF NURSING,  
BENGALURU”**

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*Smt. Nagarathamma School and College of Nursing, Bangalore*



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**2022**

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**DECLARATION BY CANDIDATES**

**We hereby declare that this research project titled A STUDY TO ASSESS THE PREVELENCE OF BREAKFAST SKIPPING PATTERN AND ITS ASSOCIATED FACTOR AMONG NURSING STUDENT AT SMT. NAGARATHNAMMA COLLEGE OF NURSING, BENGALURU” is a bonafide study done by, Nenghoithem, Nima Sherpa, Naveena S, Mirzahan Hoque, Muhsin TP, Moh. Shameemudeen as a partial fulfillment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Ms. Nirmala, Assistant professor department Medical Surgical Nursing of Smt. Nagarathnamma School and College of Nursing, Bangalore.**

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**4<sup>th</sup> year B.Sc. Nursing**

## **CERTIFICATE BY THE GUIDE**

**This is to certify that the project work entitled “A STUDY TO ASSESS THE PREVELENCE OF BREAKFAST SKIPPING PATTERN AND ITS ASSOCIATED FACTOR AMONG NURSING STUDENT AT SMT. NAGARATHNAMMA COLLEGE OF NURSING, BENGALURU’** is a bonafide study done by, Nenghoithem, Nima Sherpa, Naveena S, Mirzahan Hoque, Muhsin TP, Moh. Shameemudeen as a partial fulfillment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Ms.. Nirmala, Assistant professor department Medical Surgical Nursing of Smt. Nagarathnamma School and College of Nursing, Bangalore.

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

This is to certify that the project work entitled “**A STUDY TO ASSESS THE PREVELENCE OF BREAKFAST SKIPPING PATTERN AND ITS ASSOCIATED FACTOR AMONG NURSING STUDENT AT SMT. NAGARATHNAMMA COLLEGE OF NURSING, BENGALURU**’ is a bonafide study done by, Nenghoithem, Nima Sherpa, Naveena S, Mirzahan Hoque, Muhsin TP, Moh. Shameemudeen as a partial fulfillment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Ms. Basalingavva. Ashok. Yaligar, Lecturer of Smt. Nagarathnamma School and College of Nursing, Bangalore.

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## **ACKNOWLEDGEMENT**

### **“Glory to the GOD Almighty”**

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## *LIST OF ABBREVIATIONS*

<	Less than
>	Greater than
%	Percentage
≤	Less than is equal to
≥	Greater than is equal to
°	Degree
±	Plus-minus
=	Is equal to
BMI	Body mass index
CI	Confidence interval
IMT	Initial Military Training
RDAs	Recommended Dietary Allowances
PDC	Pyruvate Dehydrogenase Complex
HbA1c	Haemoglobin A 1c
OHAs	Oral Hypoglycaemic Agents
VDD	Vitamin-d Deficiency
WHO	World Health Organization
HEI	Healthy Eating Index
US	United State
JACC	Journal of the American College of Cardiology
VS	Versus
MA	Morocco
NMA	Non-medical Attendant
STP	Structured Teaching Programme
SET	Study Evaluation of Teaching
SD	Standard Deviation
PPT	PowerPoint Presentation

## ABSTRACT

**Titel: “A study to assess the prevalence of breakfast skipping pattern and its associated factors among nursing students at Smt. Nagarathamma College of Nursing, Bengaluru.”**

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

The number of breakfast 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 breakfast, lunch and evening meal more often than boys. In some home with limited resources, the adolescent may not even receive adequate number of breakfast 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 breakfast.

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

### **Aims and objectives:**

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

### **Method:**

This is a **Discriptive 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 22.5 % and 59.00%, respectively. Enhancements in mean percentage score were found to be 36.50%. 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 partly 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 breakfast among nursing students.

**Keyword:**

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



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