



RESEARCH ARTICLE

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING PREVENTION OF ACNE VULGARIS AMONG THE ADOLESCENTS AT GOVT. MODEL GIRLS SENIOR SECONDARY SCHOOL PORTMORE IN SHIMLA (H.P.) WITH THE VIEW TO DEVELOP INFORMATION BOOKLE"

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ABSTRACT

Introduction: A t was conducted by Meera Rani in the partial fulfillment of the requirement of M.Sc. Nursing degree course at descriptive study to assess the knowledge regarding prevention of acne vulgaris among the adolescents at Govt. Model Girls Senior Secondary School Portmore in Shimla (H.P.) with the view to develop information bookle **Sngnc, IG MC Shimla.**

Objectives:

- 1) To assess the knowledge regarding prevention of acne vulgaris among the adolescents
- 2) To determine the association of knowledge with selected demographic variables
- 3) To develop an information booklet.

Method: A descriptive research design was chosen, convenient sampling technique was used to select 100 sample for the study. The tool used for study was structured knowledge questionnaires to assess the knowledge regarding prevention of acne vulgaris . Independent variable of the study was structured knowledge questionnaires and dependent variable was knowledge of student regarding prevention acne vulgaris . The data gathered was analyzed and interpreted in the light of objectives by using the descriptive and inferential statistics in terms of frequency, percentage, mean, median and S.D chi – square, and to find out the significance of certain variables. Bar diagram and pie diagram used to depict the findings. **Results:** The major finding of the study revealed that knowledge regarding acne vulgaris prevention was good. Study results revealed that in average, knowledge was 90%, good knowledge was 7% and 3% had poor knowledge. None had very good knowledge regarding acne vulgaris. Mean was 16.01 median score was 17, S.D. 3.06 maximum 22, minimum 9, range 13, mean percentage was 53.37. None of the group had poor practice of mean score of maximum number of adolescents 86% were in the age group of 15-16 years, followed by 12% were under age group of 17-18 years and 2% were under the age group of 13-14 years but none of them were under the age group of 19-20 years . All the adolescents were Female that is 100%. Majority of adolescents 97% were Hindu, followed by 2% were Muslim and the least 1% were others but none of them were Christian. Majority of the adolescents 64% belonged to urban residence and 36% belonged to rural residence. Most of the adolescents 86% were studying in 11th class, followed by 8% belonged to 10th class and the least 6% belonged to 12th class. Majority of the adolescents had 37% family income of 15001Rs. or above, followed by 26% belonged to family income between 5001-10000 Rs, followed by 22% belonged to family income between 1000-5000 and the least 15% belonged to family income between 10001-15000 Rs. Most of the adolescents 80% were vegetarian, followed by 20% were non-vegetarian. Majority of the adolescents 61% had some previous knowledge, followed by 24% didn't have any previous knowledge and the least 15% had some knowledge regarding prevention of acne vulgaris . Majority of the adolescents 32% had family, followed by 27% had friends, followed by 24% had mass media and the least 17 % had others as source of information regarding prevention of acne vulgaris .

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INTRODUCTION

"Face the failures until the failure fails to face you" Swami Vivekananda

Health is very important for every individual, And it is also very important to maintain and restore normal healthy life. Healthy human body contributes to maintain normal mental and physical activity, whereas illness refers to any deviation of the normal physical and mental health. Period of life illness can occur through many factors such as biological, psychological and environmental factors which may affect any system of body¹ According to WHO "Health is a state of complete, physical, mental and social well being and not merely an absence of disease or infirmity" Health is very important for every individual, and it is also very important to maintain and restore normal healthy life. Healthy human body contributes to maintain normal mental and physical activity, whereas illness refers to any deviation of the normal physical and mental health. Period of life illness can occur through many factors such as biological, psychological and environmental factors which may affect any system of body²

The term acne derives from the Greek word 'acme' from the writings of Actius Amidenus, he used this term "acme" in the sense of skin eruption" and vulgaris indicate the meaning "common" Acne. Vulgaris or common acne is the most experienced acne among teenagers.³ Acne vulgaris is commonly called as pimples and symptoms include presence of open and closed comedones, pus pockets, raised red areas of skin, pustular lesions most commonly on face, neck, back and chest. Apart from these, pain, soreness, itching and scarring may occur overtime and the condition may worsen before menses due to hormonal changes.⁴ Acne is common skin disorder of the oil glands when overactive sebaceous (oil) glands secrete too much oil (sebum) in the skin which leads to the plugged pores and outbreaks of lesions called Pimples/zits. This is characterized by the recurring formation of blackheads, white heads and pimples. Acne lesion occurs primarily on the face and sometimes on the back, shoulders, chest and arms. The incidence of acne is greatest during puberty, adolescence, and when hormones influencing the secretion of oil glands are at their peak level of activity such as during stress, emotional problems, menstruation menopause and exercising.⁵

Need of study: Acne vulgaris is the most common skin problem, during adolescence. Acne involves anatomic, physiologic, biochemical, genetic, immunologic & psychological factors. A useful study of the incidence showed that Acne affects 95-100% of adolescent boys and 83-95% of adolescent girls.¹ In world wide statistics when we take every year approximately 1 in 16 or 6.25% or 17 million people get affected by acne of people 13-19 years of age¹⁸ It is estimated that acne affects 40 to 50 million people in the united states (16%), and approximately 3 to 5 million in Australia (23%). Acne vulgaris exhibits a worldwide prevalence of up to 95% among adolescents.¹⁹

An article, introduce to Does diet Really affect Acne ? Reported that cow's milk intake increased acne prevalence and severity. Furthermore, prospective studies demonstrated a positive association b/w a high- glycemic load diet, hormonal mediators and acne risk. The prevalence of acne in adolescents has been reported as being b/w 35% and 90% depending on the method of classification, with peak incidence occurring at b/w 14 & 17 years in females and 16 & 18 years in males.²⁰

Although acne is most prevalent in this age group, since acne vulgarism occurs mostly on face, the impairment of self image & self esteem, clinical depression; social phobia & anxiety factors have been associated with it. Acne is more prevalent in males than in females. Acne affect emotional health in both genders. The psychological morbidity is complex among adolescent. The cause of acne is multifunctional, Predisposing factors include heredity; hormonal contraceptives, androgen stimulates, certain drugs, including corticosteroids, other possible factors are exposure to Heavy oils, greases, rubbing from light clothing, cosmetics, emotional stress; and unfavorable climate.²¹ Prevention & appropriate management of acne vulgaris is very important during adolescent period. Depression is two to three times more prevalent in acne vulgaris patients than in the general population. Improvement of the adolescent's overall health status is part of the general management adequate rest, moderate exercise, a well balanced diet, reduction of emotional stress, are part of general health promotion. Gentle cleansing with a mild cleanser once or twice

Problem Statement

A descriptive study to assess the Knowledge regarding prevention of acne vulgaris among adolescents at selected govt. Model Girls Senior Secondary School Port More at Shimla (H.P.). With the view to develop information booklet SNGNCIGMMC SHIMLA.

Objectives:

- To assess the Knowledge regarding prevention of Acne Vulgaris among the adolescents
- To determine the association of knowledge with selected demographic variables
- To develop an information booklet .

Hypothesis

(H₁) There will be some knowledge regarding acne vulgaris among the adolescents.

DELIMITATIONS OF THE STUDY

- The study was delimited to:
- adolescents
- Adolescent who were willing to participate

Assumptions

The study assumes that:

- Adolescents are aware regarding prevention of acne vulgaris
- Various factors like age and gender may influence to maintain prevention of acne vulgaris among adolescents

Summary

This chapter dealt with background of the study, need of the study, statement of problem, objectives, hypothesis, operational definitions conceptual framework, delimitation and assumption

Organization of the report

The report of the study is organized in five chapter:

Chapter 1: This chapter dealt with the background of the study, need of the study, statement of problem, objectives of the study, hypothesis, operational definition, conceptual framework, and delimitation.

Chapter 11: This chapter presents the related literature of review, a brief summary of the research and non research literature.

Chapter 111: This chapter deals with the methodology of the study, which includes research approach and design, setting of the study, population, sample and sampling technique, description of tool ,its validity, try -out, reliability, pilot study, procedure for data collection and plan for data analysis.

Chapter IV: It present the analysis band interpretation of the data, major findings of the study, discussion and summary.

Chapter V: This chapter presents the summary of the findings, conclusions, implications, limitations and gives recommendation.

The fifth chapter is followed by a list of references and abstract.

REVIEW OF LITERATURE

Al-Natour (2017) conducted a study on perceptions and beliefs of Saudi youth about acne. Three hundred twenty nine male students (aged 13–19 years) from 6 secondary schools in the eastern Saudi Arabia completed a self-reported questionnaire on knowledge about causation and exacerbating and relieving factors of acne. Over half (58.9%) of the participants considered acne as a transient condition not requiring therapy. Only 13.1% knew that the proper treatment of could take a long time, even several years. Over half (52%) thought acne could be treated with only one or a few visits to the doctor. Popular sources of information were television or radio (47.7%), friends (45.6%), and the internet (38%). Only 23.4% indicated school as a source of knowledge to be drawn

Summary

This chapter dealt with the review of literature related to the present study. The literature reviewed enabled investigator to broaden her understanding related to the prevention of acne vulgaris.

RESEARCH METHODOLOGY

Research methodology is a way to systematically solve the problem .It is a science of study how a research is done scientifically. It explains the steps that are generally adopted by the researcher in studying the research problem along with logic behind it.

Research Approach: A research approach tells the researcher as to what data to collect and how to analyze. It is overall plan chosen to carry out the study. It also suggests the possible conclusion from the data.

Research Design: research design is a plan of how, when and where data to be collected and analyzed. Research design is the researchers overall plan for answering the research question

Variable Under Study

Independent variables dependent variable

Target population: According to Polit and Hungler (1999) population is described as the entire set of individuals having some common characteristics.⁶⁰

Sample And Sampling Technique: According to Polit and Hungler (1990) a sample is a subset of a population selected to participate in a research study.⁶² The sample of the study was school students in selected Govt Model Girls Senior Sc. Schools in Portmore at Shimla Himachal Pradesh.

Inclusion criteria for selection of sample

- Adolescents of selected Govt. Model Girls senior secondary school Portmore at shimla.
- and female students only.
- Adolescents, who were willing to participate in the study.,
- Adolescents who were available during the study.
- Students between 13 to 19 years of age.

EXCLUSION CRITERIA

- Adolescents who were not willing to participate in the study.
- The adolescents who are not able to read and understand English
- Adolescents who were not interested in the study.

Sample Size: 100 adolescents of selected Govt. Model Girls senior secondary school Portmore at Shimla(H.P.)

Data collection tools and techniques: Data collection tools are the device that a researcher uses to collect the data. A Search for literature was made for the purpose of locating appropriate tool.

Description of tool: The tool for the study was selected after review of literature related to assess the knowledge prevention of acne vulgaris among the adolescents senior secondary school Portmore shimla

Try out The Tool: After obtaining the administrative approval, tool was tried out on 100 students in senior secondary school Portmore at ,shimla. The subject chosen were similar in characteristics to those of the population under the study the check to the item for clarity, Feasibility.

Pilot study: Pilot study often involve in small scale of the entire study, testing not only the instruments but also the sampling plan, the intervention, the study procedures and so on Polit and Beck (2008).⁶⁶ Pilot study was conducted in senior secondary school Mashobra 31st may 2018 at Shimla. After obtaining permission form concerned administrative authorities i.e. Principal of the school. The purpose of the pilot study was assess the knowledge regarding prevention of acne

vulgaris through the questionnaires among the adolescents to find out to be reliable for the purpose of the study.

Reliability of The Tool

The feasibility of the study and to decide on the plan of statistical analysis. A sample of 10 students selected in the senior secondary school Mashobra. Using convenient sampling technique

Ethical consideration: Ethical approval was from the institutional ethical committee for conducted the pilot study as well as the final study. (**Annexure-A**) .Consent form was prepared for the study subjects regarding their willingness to participate in the research project . –(**Annexure -H**) Written consent was taken from students before data collection and the purpose for carrying out research project was explained to the participants . Confidentiality of the information was maintained . It was also ensured that the study did not affect the routine knowledge of the students.

Procedure for data collection: Final study conducted in senior secondary school Portmore from 31st may 2018 to June 2018 . Administrative approval was obtained from principal of S.N.G.N.C. IGMC, SHIMLA, H.P.

Plan for Data Analysis: Description and inferential statistics were planned to be used to analyze the obtained data as shown below:

Frequency and percentage distribution of sample characteristics. Mean, Median and standard deviation of the prevention of acne vulgaris among adolescents in senior secondary school Portmore at shimla.

Summary

This chapter dealt with the methodology adopted for study . It included research approach, research design, variables under the study, setting of the study, population sample and sampling technique, data collection tool and technique, development and description of tool ethical consideration, procedure for data collection, plan for data analysis .

DATA ANALYSIS AND INTERPRETATION OF RESULTS

This chapter presents the analysis and interpretation of data collected to assess the knowledge regarding prevention of acne vulgaris among the adolescents at selected Girls Model Senior Secondary School Portmore at Shimla, (H.P.) with the view to develop information booklet. According to Polit and Hungler (1999) analysis is a method of organizing data in such a way that research question can be answered. It includes statistics procedure, which enable the researcher to reduce, summarize, organize, evaluate, interpret and communicate numerical information.⁶⁷

The objectives of the study were

- To assess the knowledge regarding prevention of Acne Vulgaris among Adolescents.
- To determine the association of knowledge with selected demographic variables.

- To develop an information booklet.

ORGANISATION AND PRESENTATION OF DATA

Section 1: Finding related to sample characteristics.

Section 11: Finding related to the knowledge regarding prevention of acne vulgaris among the adolescents Govt. Mode Girls Senior Secondary School Portmore at Shimla, (H.P.).

Section 111: Finding related to association between the knowledge regarding prevention of acne vulgaris among the adolescents Govt. Model Girls Senior Secondary School at Shimla, (H.P.) with their selected socio demographic variables.

Section 1: Findings relate to description of sample characteristics: This section describes the characteristics of the adolescents under study. The sample characteristics are described in terms of age, gender, religion, education status, marital status, occupation and total family income per month. Frequency and percentage were computed for describing the sample characteristics

Section 11: Assessment of the knowledge regarding prevention of acne vulgaris among the adolescent at govt. Model girls senior secondary school portmore at shimla, (h.p.)

Operational Definitions

Knowledge: It refers to the level of understanding and awareness of adolescents regarding prevention of acne vulgaris assessed by structured questionnaires. Acne vulgaris: It refers to a common inflammatory disorder of the sebaceous glands. It involves, anatomic, physiologic, biochemical genetic, immunological & psychologic factors. It characterized by inflammatory papules, pustules, nodules and cyst. etc. Adolescence :Adolescents are the person in transitional phase of growth and development between childhood and adulthood person

Conceptual Framework: Burns and grove (2003) State that “strategy for expressing a framework of a study that diagrammatically shows the interrelation of concepts and statement.” Conceptualization provides a frame of references for research, education and practice. It directs research by pointing out solution to a practical problem.³⁰ The Health Belief Model assumes that behavior change occurs with the existence of following three components at the same time:

- Individual perceptions
- Modifying factors
- Likelihood of action

Delimitations of the Study

- The study was delimited to:
- Adolescents
- Adolescent who were willing to participate

Assumption

The study assumes that:

- Adolescents are aware regarding prevention of acne vulgaris
- Various factors like age and gender may influence to maintain prevention of acne vulgaris among adolescents.

Section 111 : Finding related to association between the knowledge regarding prevention of acne vulgaris among the adolescents at Govt. Model Girls Senior Secondary School Portmore at Shimla, (H.P.) with their selected socio demographic variables.

SR. NO	TITLES	PAGE NO.
1.1	Frequency distribution of socio demography variable.	
4.2	Frequency and percentage distribution level of knowledge regarding Prevention acne vulgari senior secondary school shimla.(H.P.)	
4.3	Descriptive statistic table of knowledge regarding prevention of acne vulgaris among the adolescents selected senior secondary school (H.P.)	
4.4	Association of knowledge score with selected demography variable .	

Table 4.2. Frequency and percentage distribution of the knowledge regarding prevention of acne vulgaris among the adolescent at Govt. Model Girls Senior Secondary School Portmore at Shimla, (H.P.)

Level of knowledge	N=100	
	Frequency	Percentage
Good knowledge	7	7
Average knowledge	90	90
Poor knowledge	3	3

Maximum Score =30 Minimum	Score=0	
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Table 1.1 Frequency and Percentage Distribution of Adolescents According to Age, Gender, Religion, Educational Status, Marital Status, Occupation and Total Family Income per Month

Level of knowledge	N=100	
	Frequency	Percentage
Good knowledge	7	7
Average knowledge	90	90
Poor knowledge	3	3

Maximum Score= 30 minimum score=0

Table 4.3. Descriptive statistics of the knowledge regarding prevention of acne vulgaris among the adolescents at Govt. Model Girls Senior Secondary School portmore in Shimla, (H.P.)

Descriptive Statistics	Mean	Median	SD	Maximum	Minimum	Range	Mean %
KNOWLEDGE Score	16.01	17	3.06	22	9	13	53.34

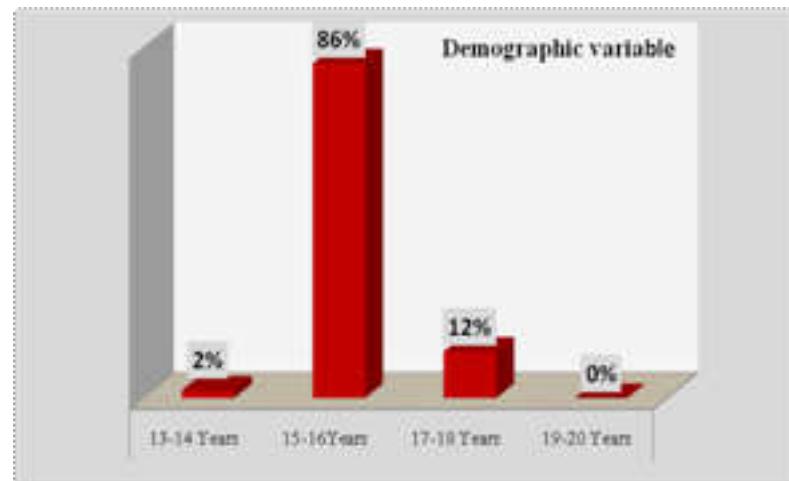


Figure 4.3: Bar Diagram showing percentage distribution of Adolescents according to their age

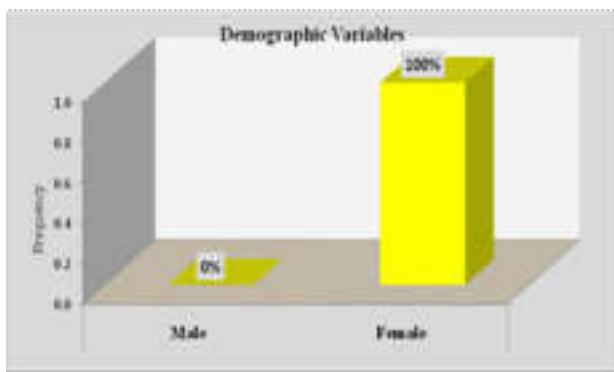


Figure 4.4. Bar Diagram showing Percentage distribution of adolescents according to gender

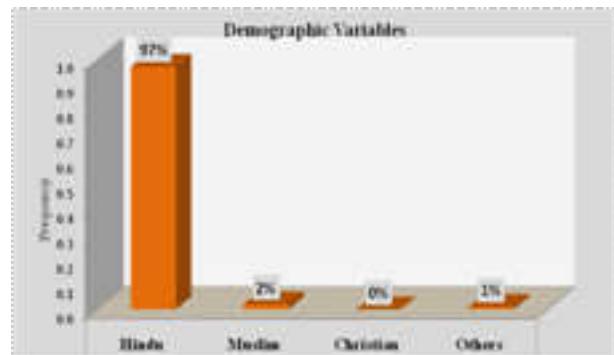


Figure 4.5. Bar Diagram showing Percentage distribution of adolescents According to their religion

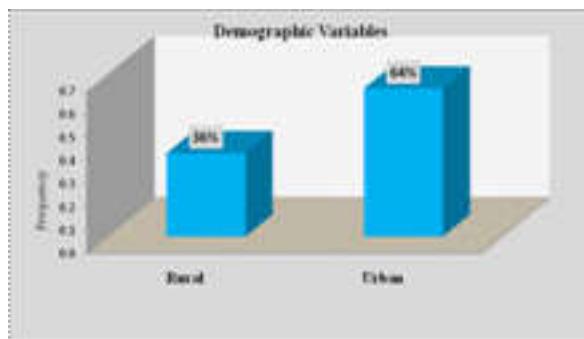


Figure 4.6. Bar Diagram showing percentage distribution of adolescents according to their residing area

Summary

This chapter dealt with background of the study, need of the study, statement of problem, objectives, hypothesis, operational definitions conceptual framework, delimitation and assumption

Organization of the Report

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DISCUSSION

Many research studies have been conducted in national and international level to assess the knowledge regarding prevention of acne vulgaris among adolescents. The discussion has been presented here in context of finding revealed by the other researcher. The first objective was to assess the knowledge regarding prevention of acne vulgaris among adolescents at Govt. Model Girls senior secondary school portmore in shimla . The present study findings showed that majority of adolescents (90%) had average knowledge followed by 7% had good knowledge and 3% had poor knowledge. Similar study was conducted by Dr. Naji Yasser Saadoon, Dr. Hewa Sattar Salih, on assessment of Senior Secondary School adolescents regarding prevention of acne vulgaris among adolescents at karnatka city Banglore. The study was conducted 100 schools adolescents I kamatka city . There was moderate level of knowledge of adolescents regarding prevention of acne vulgaris among adolescents. Maximum adolescents (99%) had moderate knowledge and 7% had good knowledge and 3% had poor knowledge . This study findings support the present study Another similar study conducted by Mr. Yu Chang, Sui Lasa Kathmandu ,Nepal, to assess the knowledge of prevention of acne vulgaris among adolescents, study revealed, that out of 100 participants, 50.53 had good knowledge and 48.4% had average knowledge on overall adolescents . none of adolescents had poor knowledge in terms of psychological ,emotional, physical ,stress and beauty 20% and 10. 5% of the adolescents had poor knowledge on acne vulgaris . This study also support the present study. The third objective of present study was to find out the association of level of knowledge regarding acne vulgaris among adolescents of senior secondary school with selected demography variables .the present study findings revealed that there was significant association between the level of knowledge with total years of experience of adolescents and standard of class. there was a significant association between the level of knowledge of adolescents with other demography variables . The calculated chi –square values were less than the table value at the 0.05.level of significant.

Summary of The Chapter

This study dealt with the analysis and interpretation of data collection from 100 adolescents at Govt. Model Girls Senior Secondary school in shimla. (H.P). Descriptive and inferential statistics was used for the data analysis . The level of significance chosen was $p < 0.05$. Bar graphs were used to adopt knowledge and attitude scores. chi square was used to find out the association of level of knowledge of adolescents regarding prevention of acne vulgaris among adolescents, with selected demographic variables. There was significant association between the levels of knowledge score with total years of experience of adolescents. There was no significant association between the level of knowledge score and other demographic variables. The calculated chi-square values were less than the table value at the 0.05 level of significance.

Summary, major findings, conclusion implication

Limitations and recommendations

This chapter dealt with the summary of the study, Its major findings, conclusion and implication for nursing education, nursing administration, nursing research and public education.

The limitation of the study has been stated .It also gives an account of the suggestion and recommendation for the future research in the field.

Summary of the study

The investigator felt the need to assess the knowledge regarding prevention of acne vulgaris among adolescents in selected Govt. Girls Model Senior Secondary School Shimla, PortMore . The present study was concluded to assess the knowledge regarding prevention of acne vulgaris among adolescents at Govt. Model Girls Senior Secondary School Portmore at Shimla, Himachal Pradesh. 2018. Convenient sampling technique was used for selection of samples. data, was collected from 31st may to june 20th 2018.

Objectives of the study were

- To Assess the Knowledge regarding prevention of acne vulgaris among the adolescents
- To determine the association of knowledge with selected demographic variables
- To develop an information booklet .

Conclusion

The following conclusions are drawn from the findings of the study:

In the basis of total mean score of the finding revealed the mean was 16.6, median score was 17, standard deviation was 3.06,maximum score was 22,minimum score was 9, range of score was 13 and mean percentage was 55.37%. The study findings shows the knowledge score regarding prevention of acne vulgaris among the adolescents at Govt. Model Girls Senior Secondary School in shimla (H.P.), where majority of adolescents knowledge score 90% was average, followed by 7% was good and 3% was poor. The calculated knowledge score of adolescents girls on prevention of acne vulgaris using chi square test which gave chi square value 10.080 which was statically significant at p< 0.05 level of significant .Hypothesis H₁ was accepted .hence it can be inferred that the information booklet was effective in prevention of acne vulgaris.

Implication

Implication for nursing practice:

The finding of the study have following implication in nursing research, nursing education ,nursing administration.

- Nurses are the backbone of the healthcare setup of any country.
- Increasing rate of acne vulgaris need more attention to their prevention.
- The expanded role of professional nurse's emphasis the activities, which includes promotive, preventive, curative and rehabilitation aspects.
- In service education programme should be organized regarding acne vulgaris and its prevention.
- Health information and knowledge of prevention of acne vulgaris can be imparted through various method like mass media, and information booklet.

Implication for nursing administration: Today there is an increasing demand for quality of care. Nurse administrators are in a key position to prepare policies, its execution and evaluation to provide quality care. They should develop nursing practice standards, protocols and booklet for assess the knowledge regarding prevention of acne vulgaris among adolescents Nurse administrators should make efforts for prevention of acne vulgaris.

Implication for community health nursing: Community health nurse are mostly questionnaire to assess the knowledge regarding acne vulgaris as, it is to carry while providing care to community people. They should be used well knowledge with the current evidenced based practice and should know the importance of the prevention of acne vulgaris. So, they should be given the opportunity to learn the concept and incorporate into the practice. Instead of popping the acne, they can advise to avoid the popping of the pimple.

Implication for nursing education: For the purpose of nursing education, this knowledge should be communicated in classroom of college of nursing and healthcare facilities, as well as part of continuing education course in the order to provide cost –effective and quality nursing care to the patients in the hospital as well as people in the community.

Implication for nursing research: Research is essential for maintenance of good practice. The more the field expands, the more research become necessary .There is a growing interest in the problem associate with the accuracy to assess the knowledge on prevention of acne vulgaris There is need for research evidence to assess and evaluate the knowledge of acne vulgaris .

Limitation

- The convenient sampling technique was used to select the study sample which limits the generalization of the finding.
- Homogeneous groups in larger sample were not partitioned into sub-group to make it homogenous.

Recommendation

The findings of the study raised many question to be answered. Thus, the following recommendations are made on the basis of the findings of present study. The study can be replicated with larger sample using random sampling for generalization of the findings.

This study can be replicated with homogenous group.

Homogeneous group in larger sample can be partitioned into sub -groups to determine if there are variables, as of yet unidentified, that may be associated with or impact the readings. For example, significant reading variations may occur in different age group adolescents with acne vulgaris

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