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Influence of Socio Economic Status on Awareness on Lifestyle Diseases Among Parents of Elementary School Students

Dr. Niranjana K. P.[1]
Mrs. Smitha T. K.[2]

Abstract:

The most challenging problem in this revolutionized era is the occurrence of lifestyle diseases. The death by the cause of lifestyle diseases in both developed and underdeveloped countries are increasing at an alarming rate. Drastic changes in the lifestyle as well as lack of awareness or rather misconceptions are the main causes of rapid spreading of lifestyle diseases. The present study intended to understand to influence of socio economic status of parents of elementary school students on awareness of lifestyle diseases. Sample for the study consisted of 300 parents of elementary school students drawn from different schools of Palakkad district of Kerala state. The study adopted survey method. Data were collected by using Awareness Test on Lifestyle Diseases. Statistical techniques used are percentage analysis and one-way ANOVA. The results revealed that among various categories of parents on the basis of their Socio Economic Status i.e., low SES group, average SES group and high SES group, majority of parents are having an average level of awareness on lifestyle diseases in all categories. The results of one-way ANOVA indicated that there exists significant difference in the mean scores of the awareness on lifestyle diseases among parents of elementary school students belongs to high SES group, average SES group and low SES group. The mean score of awareness on lifestyle diseases of parents of elementary school students belong to high SES group is significantly greater than low SES group and average SES group parents of elementary school students.

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I. INTRODUCTION

Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people and are a result of an in appropriate relationship of people with their environment. Lifestyle diseases are diseases which primarily arise from the abnormal lifestyle of a person or a group of persons. Life style diseases are a result of the inappropriate relationship of people with their environment. With the increase of industrialization and advent of technology the pattern of human life has been altered. Basic activities done by human beings like working, eating, and sleeping have been terribly modified and forcefully meshed with hectic schedules. Some of the common lifestyle diseases are hypertension, diabetes, arteriosclerosis, obesity, stoke, asthma, cancer, depression, liver cirrhosis, cholesterol, kidney diseases etc. London and Glasgow (2009) defines lifestyle diseases as a disease that potentially can be prevented by changes in diet, environment and lifestyle, such as heart disease, stroke, obesity and osteoporosis.

If the main cause of mortality were communicable diseases on ninetieth century, in twenty first century non-communicable diseases or lifestyle diseases are major dangers of human health. The study conducted by Ford, Croft, Posner, and Goodman (2014) conducted reported that the burden of selected major lifestyle related chronic conditions is increased from 2002-2009. The situation in India is quite alarming as the complexity of lifestyle diseases is shooting up rapidly. Moreover, in the near future India is going to be one of the most lifestyle diseases affected nation. Hiremath, Ghodike, Kumar, and Sinha (2014) conducted a comprehensive lifestyle diseases survey among woman of Ranchi, Jharkhand. A cross sectional study was carried out among the 1373 woman staying in particular community at Ranchi city. The result showed that prevalence of life style diseases was high even though no base line data exist. Sunder (2013) assessed the prevalence of hyper tension among urban school children in Chennai. A cross sectional study was done among 400 adolescent students including government and private schools. The results revealed that the prevalence of hyper tension among the adolescent age group was alarmingly high and there exist difference in the prevalence of hyper tension among students based on type of management of schools. The increase in non-communicable diseases are closely linked to lifestyle factors such as such as unhealthy eating habits and decreased physical activity both of which are occurring largely because of urbanization and globalization. Reason for this are many-lack of playing area, increased T.V watching/Video games, increased purchasing power, unavailability of healthier food options-particularly in canteens and the influence of the media and advertisements promoting junk foods.

Kerala enjoys a unique position in the health map of India. However, the widely acclaimed 'Kerala model of health' has started showing a number of disturbing trends recently. Kerala, so far regarded as a health conscious state, is fast becoming a center of lifestyle diseases. Lifestyle diseases are different from other diseases because they are potentially

[1] Assistant Professor, Farook Training College, Kozhikode, Kerala
[2] Trainer, BRC, Pattambi, Palakkad, Kerala

preventable and can be lowered by right exercise and with changes in diet. Drastic changes in the lifestyle as well as lack of awareness or rather misconceptions are the main causes of rapid spreading of lifestyle diseases. Amrutha (2014) carried out a study on the awareness on lifestyle diseases among 500 prospective teachers at secondary level drawn from different teacher educational institutions under University of Calicut, Kerala. The result of the study showed that the awareness on lifestyle diseases among prospective teachers at secondary level is only at a satisfactory level. The study conducted by Gupta, Mohaptra, Shivali and Srivastava (2012) on the awareness on lifestyle diseases and their risk factors among rural intermediate school children reported that over all awareness of lifestyle diseases and their risk factors among students was not satisfactory. The study also revealed that the awareness on lifestyle diseases and their risk factors among boys were greater better than girls. Review of literature showed that among the various sample the awareness on lifestyle diseases is less. Family plays a critical role in the development and maintenance of eating behaviours among the youth and children. Thus, the present study aims to understand to influence of socio economic status of parents of elementary school students on awareness of lifestyle diseases.

II. OBJECTIVES

The objectives of the study are:

- To assess the extent of Awareness on Lifestyle Diseases among the parents of elementary school students with respect to their Socio Economic Status.
- To understand the influence of Socio Economic Status on Awareness on Lifestyle Diseases among the parents of elementary school students.

III. HYPOTHESIS

The hypothesis for the present study is;

- There is no significant difference in the Awareness on Lifestyle Diseases among the parents of elementary school students with respect to their Socio Economic Status.

IV. METHODOLOGY

The study adopted survey method.

Participants

The population of the study comprised of parents of elementary school students of Kerala state. The participants for the study consisted of 300 parents of elementary school students drawn from different schools of Palakkad district of Kerala state.

Instruments

The Awareness on Lifestyle Diseases among parents of elementary school students was measured by using 'Awareness Test on Lifestyle Diseases' (Amrutha Basheer, 2014). Before administering the tool prior consent was taken from the authorities. The test consists of 57 multiple choice test items with 4 options under 4 dimensions such as Basic knowledge about lifestyle diseases, Causes of lifestyle diseases, Effects of lifestyle diseases and Prevention of lifestyle diseases. The reliability of the test was ensured by Cronbach's Alpha and the coefficient value for the items is .94. The validity of the test was ensured by using face validity. Another tool used in this study was personal data sheet on Socio Economic Status to measure the socio economic status of parents of elementary school students.

Statistical Technique Used

The statistical techniques used for analyzing the collected data are percentage analysis and one-way Analysis of Variance (ANOVA).

V. RESULTS AND DISCUSSION

The extent of Awareness on Life Style Diseases among parents of elementary school students with respect to Socio Economic Status (SES) was calculated by using percentage analysis. The analysis was carried out to understand the influence of Socio Economic Status on Awareness of Life Style Diseases among parents of elementary school students who belongs to High SES group, Average SES group and Low SES group with the help of One-way Analysis of Variance (ANOVA).

Extent of Awareness on Lifestyle Diseases among the Parents of Elementary School Students with Respect to Socio Economic Status

Percentage analysis is used to assess the extent of Awareness on Lifestyle Diseases among the parents of Elementary School Students with respect to their Socio Economic Status. For the purpose of dividing the total sample into various groups, those parents score on Socio Economic Status Scale falls below 15 are categorized as Low SES group, 15 -75 are categorized as Average SES group and above 75 are categorized as High SES group. The different levels of awareness on life style diseases among the parents of elementary school students was determined by classifying the whole sample into three groups–*high, average* and *low* in the conventional procedure of finding σ distance from mean μ. The actual number of parents of elementary school students falling into each of the Awareness on Lifestyle diseases group is given in Table 1.

Table 1. Number of Low SES, Average SES and High SES Parents of Elementary School Students Falling into Each of the Awareness on Lifestyle Diseases Groups (High, Average and Low)

Groups Based on Awareness	Low SES	Average SES	High SES
High	21(18.26%)	27(16.56%)	2(9.09%)
Average	72(62.61%)	104(63.88%)	15(66.18%)
Low	22(19.13%)	32(19.63%)	5(22.73%)
Total	115	163	22

Table 1 reveals that out of 115 parents of elementary school students from Low SES group, 21 parents belong to the *high* group, 72 parents belong to the *average* group and 22 parents belong to the *low* group on Awareness of Life Style Diseases. Among 163 parents of elementary school students from average SES group, 27 parents to the high group, 104 parents

belong to the average group and 32 parents belong to the low group on Awareness of Life Style Diseases. Among 22 parents of elementary school students from High SES group, 2 parents belong to the *high* group, 15 parents belong to the *average* group and 5 parents belong to the *low* group Awareness of Life Style Diseases.

The total number of parents of elementary school students of Low SES, Average SES and High SES groups is graphically represented in Figure 1.

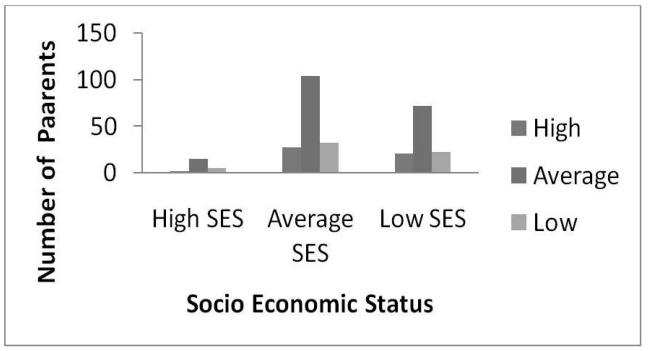

Figure 1. Graphical representation of number of Parents of Elementary School Students belongs to Low SES, Average SES and High SES groups in each of the Awareness on Lifestyle Diseases Groups

Figure 1 depicts that among various category of parents on the basis of their Socio Economic Status i.e., Low SES group, Average SES group and High SES group, majority of parents are having an average level of Awareness on Lifestyle Diseases in all categories.

Influence of Socio Economic Status on Awareness on Lifestyle Diseases among Parents of Elementary School Students

In the preliminary part of analysis the investigator met the condition of normality of the distribution and also the condition of the distribution of sample randomly in the groups. The assumption of homogeneity of data is also met by the test of homogeneity of variance. Hence all the assumptions of ANOVA are fully met by the investigator. The mean and standard deviation of each group is presented in Table 2.

Table 2. Descriptive Statistics of Awareness on Lifestyle Diseases among Parents of Elementary School Students belongs to High SES, Average SES and Low SES Groups

Group	*N*	*M*	*SD*
High SES	22	42.77	6.21
Average SES	163	34.52	9.41
Low SES	115	29.35	10.71

Table 2 shows that the parents of elementary school students with High SES has a mean score of 42.77 with standard deviation 6.21; the mean score of parents of elementary school students with Average SES is 34.52 with a standard deviation 9.41. The mean and standard deviation of the scores of the awareness on Lifestyle Diseases of parents of elementary school students with Low SES is 29.35 and 10.71 respectively.

The result of One-way Analysis of Variance of awareness on Lifestyle Diseases among parents of elementary school students with respect to their Socio Economic Status is given in Table 3.

Table 3. Table Showing the Result of One-way Analysis of Variance on Lifestyle Diseases among Parents of Elementary School Students with respect to Socio Economic Status

Source of variation	*SS*	*df*	*MS*	CR	*P*
Between groups	4006.211	2	2003.106	21.068**	.000
Within group	28238.625	297	95.080		
Total	32244.837	299			

*Note. **The difference is significant at .01 level of significance*

Table 3 reveals that the obtained critical ratio is 21.068 for Awareness on Lifestyle Diseases with respect to Socio Economic Status of parents of elementary school students is much greater than the tabled value 4.65 for degrees of freedom (2,297) required for significance at .01 level. This indicates that the influence of Socio Economic Status on Awareness on Lifestyle Diseases among parents of elementary school students is significant, $F(2,297) = 21.068$, $p<.01$. Thus it can be inferred that the difference in the mean scores of the Awareness on Lifestyle Diseases among parents of elementary school students belongs to High SES group, Average SES group and Low SES group is significant.

The data were further analyzed with the help of Scheffe's Test of Post Hoc Comparison to know which group's mean score of Awareness on Lifestyle Diseases is significantly higher. The results of Scheffe's Test of Post Hoc Comparison of mean scores of Awareness on Lifestyle Diseases among parents of elementary school students belongs to High SES group, Average SES group and Low SES group are given in Table 4.

Table 4. Summary of Result of Scheffe's Test of Post Hoc Comparison of Mean Scores of Awareness on Lifestyle Diseases among Parents of Elementary School Students belongs to High SES group, Average SES group and Low SES group

Group (I)	Group (J)	Mean Difference (I-J)	*p*
Low SES	High SES	-13.43*	*p*<.05
Low SES	Average SES	-5.17*	*p*<.05
High SES	Average SES	8.25*	*p*<.05

*Note: *The difference is significant at .05 level of significance.*

Table 4 shows that the difference in the mean score of Awareness on Lifestyle Diseases among parents of elementary school students of Low SES and High SES groups (13.43) is significant at .05 level of significance. Table 4 also shows that the difference in the mean scores of Awareness on Lifestyle Diseases among parents of elementary school students of Low SES and Average SES groups (5.17) is significant at .05 significance. The mean difference in the scores of Awareness on Lifestyle Diseases of parents of elementary school students of High SES and Average SES groups (8.25) is significant at .05 level. The analysis of mean scores revealed that the parents of elementary school students who belongs to High SES group (M=42.77) have significantly higher mean score than that of

parents of elementary school students who belongs to Average SES group (*M*=34.52) and Low SES group (*M*=29.35). Therefore, it is evident that those parents of elementary school students who belongs to High SES group are having high awareness on lifestyle diseases that of parents of elementary school students who belongs to Average SES group and Low SES group.

The difference in the mean scores of Awareness on Lifestyle Diseases of parents of elementary school students of Low SES, High SES and Average SES groups are graphically represented in Figure 2.

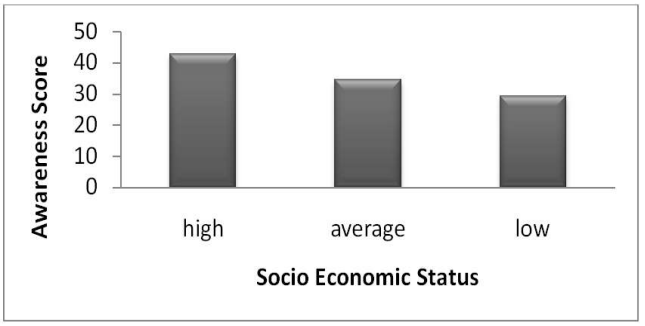

Figure 2. Difference in the mean scores of awareness on lifestyle diseases among parents of elementary school students belong to High SES, Average SES and Low SES groups.

The result of test of significance difference in the mean scores of Awareness on Lifestyle Diseases of parents of elementary school students of High SES, Average SES and Low SES groups shows that there exists significant difference in the mean scores of Awareness on Lifestyle Diseases among parents of elementary school students with respect to their Socio Economic Status. The mean score of Awareness on Lifestyle Diseases of parents of elementary school students belong to High SES group is significantly greater than Low SES group and Average SES group parents of elementary school students.

VI. CONCLUSION

The results of the study revealed that among various categories of parents on the basis of their Socio Economic Status i.e., low SES group, average SES group and high SES group, majority of parents are having an average level of awareness on lifestyle diseases in all categories. The results of one-way ANOVA indicated that there exists significant difference mean scores of the awareness on lifestyle diseases among parents of elementary school students belongs to high SES group, average SES group and low SES group. The mean score of awareness on lifestyle diseases of parents of elementary school students belong to high SES group is significantly greater than low SES group and average SES group parents of elementary school students. The foundation and the prosperity of a nation depend on a healthy community. Unless we wake up and take appropriate measures in the right direction, it is not possible to make young generation aware of the cause and effect of lifestyle diseases. Many of the diseases can be avoided by giving sufficient hygienic awareness and adequate health education to parents. Good health practices need to be inculcated from young as healthy and happy student is more able to handle the demands of learning, enjoy school life, and to cope with life's challenges. Efforts are needed to improve public health messages regarding the prevention aspects and motivation to incorporate healthy lifestyle practices in their daily life. Parents are in a unique position to influence the health of their children. The way parents talk about food, cook meals and eat is the most important influence of developing healthy eating habits on a child. Hence, it is necessary for parents to improve their knowledge and practice about healthy lifestyles. The results of the study showed that the parents of high socio-economic status occupy first position followed by parents having average and low socio-economic status respectively on awareness of lifestyle diseases. So, it is necessary to take an action plan for the development of awareness on lifestyle diseases among parents especially of low socio-economic status. Since they are comparatively economically backward the journals, magazines and necessary brochures and pamphlet should be freely supplied. Health workers in communities play a critical role in generating awareness among parents especially of low socio-economic status. They should educate them how to adopt a healthy lifestyle and how to prevent the non communicable diseases.

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