Assess the Effectiveness of Planned Teaching on Knowledge Regarding the Ill Effects of Wearing High Heels among Adolescence Girls

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Abstract

Introduction: Fashion is like a circle; after some time it keeps changing and gets to the same position. High-heels are frequently worn by many women and form an important part of female gender identity, with high heels, the center with gravity shifts against a person wearing high heels and the buttocks and spine are out of balance.Long use of High Heels tends to increase buttock size. Aims: Assess the effectiveness of planned teaching on knowledge regarding the ill effects of wearing high heels among adolescence girls. Materials and methods : Present study is Pre experimental one group pretest ,post test design was used study has been conducted among 60 adolescence girls in R.S. Mundle Dharampeth, Arts and Commerce college, Nagpur. Structured questionnaires given to assess the existing knowledge and the planned teaching were given after the pre test and assess the post test knowledge to see the effectiveness of planned teaching. Results: The levels of knowledge were seen into 4 categories, poor, average, good and excellent of antenatal mothers, frequency and percentage wise distribution of antenatal mothers according to post test level of knowledge regarding ill effects of wearing high heels. The Mean score of knowledge in post test was 16.10 ± 0.70 and of excellent knowledge score in post-test was 94.70 ± 4.15.Conclusion- Present study identify the existing knowledge of adolescence girls structure teaching It was found that adolescence girls having a good level of knowledge regarding ill effects of wearing high heels in pre test and which were significantly more improvement after attending structured teaching and they have been more gained knowledge about the ill effects of high heels with scientific rationale. So planned teaching was effective in enhancing the knowledge of ill effects of wearing high heels.

Keywords: *High heels, adverse effects, adolescence girls.*

Introduction

Adolescence hood is a traditional stage of physical and psychological human development. Adolescence is exposed to vast number of images and ideas of what they are "supposed" to look and act like. Health is the level of functional or metabolic effectiveness of women's lives; this is the general condition of the mind and body of a person, which usually means that he is free of sickness, injury or pain. Many women around the world wear high heels to improve their professional and physical image, but their harmful effect has outstripped the pain many people bear to suffer when wearing such high shoes. The damaged ankle, leg, and back that await women who frequently wear high heels is not enough to dissuade most of them. Even when, after an hour of walking, they feel the effect A recent study at the University of North Carolina at Charlotte found that, although wearing high heels initially strengthens women's ankle muscles, it eventually leads to instability and weakening of those same muscles. Regularly wearing a high heel can lead to permanent changes in posture in adolescents and young adolescence s, as well as spine and leg malposition. Almost two-thirds of the usual high heel wearers report back pain in lumber, compared to less than 20 percent in the general population.[1]

Materials and Methods

A pre-experimental pre-test, post-test research design was used in this interventional study

The study was conducted during September 2019 and the setting was selected in the R. S. Mundle Dharmpeth Arts and Commerce College Nagpur, after getting ethical permission (Ref. no: DMIMS(DU)/ IEC/ Sep 2019/8479 on dated 27 /9/2019 , by using non-probability convenience sampling technique, 60 adolescence were Selected based on the calculation.

Statistical Analysis

The demographic data, collected in pre-test stage, analysis was done in terms of frequency and percentage. The paired t-test was used to compare pre and post test knowledge scores. Chi-square test was applied to find out the association between selected variable with practice score and post-test knowledge score. For statistical analysis SPSS version 16.0 was used.

Method of data collection were used for this study in

Section A: Demographical data about adolescence girls **including** e.g. Age (in years) Height in cm, Education, Economical status, Religion, Marital Status etc.

Section B: Structured knowledge questionnaire on ill effects of wearing high heels.

Major Findings of The Study

In the Table 1 shows that majority of college going adolescence girls According to age (yrs), for the 17-18 age group 35.0 percent of girls belonged, for the 19-20 age group 48.3 percent belonged. 16.7 per cent and more belong to the 21-23 age groups.

According to their education, 8.3% of the girls were educated up to B.A, 45.0% were educated up to B.com, 30.0% were educated up to BBA and only 16.7% of them were educated up to BCCA According to the religion, 100% of the adolescence girls were belongs to Hindu religion.

According to their marital status, 100% of the adolescence girls were unmarried. According to their economic status, 100% of the adolescence girls were belongs to middle-socio economic status. According to their height (cm), 21.7% of the adolescence girls had ≤ 150 cm height, 61.5% of the adolescence girls had 151 – 160 cm height, 16.5% of the adolescence girls had160 – 170 cm height.

According to Table 2, the findings showed that 78.33 % had good level of knowledge regarding ill effects of wearing high heels where as in post test scores 100% college going students had excellent knowledge regarding ill effects of wearing high heels. This table 2 shows a comparison of girls ' pretest and post-test awareness scores regarding ill effects of wearing high heels. Furthermore, standard deviation is compared with mean difference values and student's the combined "t" test is performed at a sense point of 5 percent. For girls overall knowledge score, the calculated "t" value, i.e. 32.80, is much higher.

Association with demographical variables finding showed that there was no significant association of post test knowledge score regarding ill effects of wearing high heels among the adolescence girls with their selected demographic variables .e.g. Age (in years), education Religion, Economical status and marital status and height of the girls.

Table 1: Percentage of wise distribution of girls according to their demographics.

n=60

Demographic Variables	No. of girls	Percentage (%)
Age(yrs)		
17-18 yrs	21	35.0

Cont... **Table 1: Percentage of wise distribution of girls according to their demographics.**

19-20 yrs	29	48.3
21-23 yrs	10	16.7
Education		
BA	5	8.3
B.Com	27	45.0
BBA	18	30.0
BCCA	10	16.7
Religion		
Hindu	60	100
Muslim	0	0
Christian	0	0
Other	**0**	**0**
Marital Status		
Unmarried	60	100
Married	0	0
Married Single	0	0
Single	0	0
Economic Status		
Low	**0**	**0**
Middle	60	100
Higher Middle	0	0
Higher	0	0

Height in cm		
≤150 cm	13	21.7
151-160 cm	37	61.7
161-170 cm	10	16.7

Table 2 : Significance of disparity between girls ' pre -and post-test awareness score n=60

Overall	Mean	SD	Mean Difference	t-value	p-value
Pre Test	9.60	1.31	6.50±1.53	32.80	0.0001 S,p<0.05
Post Test	16.10	0.70			

Discussion

The present study pre test finding show that the study participant i.e. adolescent girls had inadequate knowledge regarding ill effects of high heels. During administration the proposed teaching programme pre -test and post-test data found that the post-test score was higher than the pre-test score.

The following study supported to the present study the research was conducted by Hap Sari V, Yang S, to identify the alteration in the walking by wearing high heels. According to the study findings it was concluded that there was no significant effect of different height of shoe heel (3-5 cm) on the dynamic equilibrium of different height of shoe heel. These effect should be considered when clinician manage young and middle age females and should give care to the dynamic balance In order to identify early disturbances caused by this habit and to help prevent complications for these subjects with regard to the balance of disturbances[2].

The study supported that Mechanical factors relate to pain in knee osteoarthritis.

Maly, Monica R; Costigan, Patrick A; Olney, Sandra J, et al 2008-07-01, Pain experienced by people with knee osteoarthritis is linked to psychosocial factors and articular tissue damage and/or the pathway of pain itself. Mechanical variables were hypothesized to cause this perception of pain; but mechanics in this community were not established as a source of pain. This research aimed to establish whether mechanics might describe variation in pain intensity Mechanical measures included weight-bearing varus-valgus alignment, body mass index and iso kinetic quadriceps torque. Gait analysis captured the range of adduction-abduction angle, range of flexion-extension angle and external knee adduction moment during level walking. Pain intensity was significantly related to the dynamic range of flexion-extension during gait and body mass index. A total of 29% of the variance in pain intensity was explained by mechanical variables. The range of flexion-extension explained 18% of variance in pain intensity. Body mass index added 11% to the model. The knee adduction moment was unrelated to pain intensity. The findings support that mechanical factors are related to knee osteoarthritis pain. Because limitations in flexion-extension range of motion and body size are modifiable factors, future research could examine whether interventions targeting these mechanics would facilitate pain management.3

This study supported to present study conducted by Saumya raju and R. Babu et al aimed to conduct A quasi experimental, one group pre-test and post- test

design, was adopted for the study and it was conducted in The Oxford College of Engineering, Bommanahalli, Bangalore. Purposive sampling technique was used for selecting 40 Engineering Students. The result Shows that pre test mean knowledge score obtained by the subject was 7.4250. After administering structured teaching programme post test mean knowledge score increased to 31.5750 and found to be significant at the level of P<0.05, which evidenced that the developed structured teaching programme has increased knowledge regarding side effects of using high heeled foot wears among adolescence girls in selected colleges .Conclusion is the structured teaching programme was effective in improving the knowledge level of the adolescence girls on side effects of using high heeled foot wears.[4].

According to max burnish, Heather May Morgan , Jean Barnish *et al ,* The study gave evidence that heel high is harmful to health and documented initially all review articles of any kind that either assessed the psychosexual benefits or the negative impacts of high heels on musculoskeletal health. Many women around the world wear high heels to improve their professional and physical image, but their harmful effect has outstripped the pain many people bear to suffer when wearing such high shoes. A study of done to examine the gait of regular heel wear compared to non wears in the year 2012, in this study recruiting 10 non wear us and regular heel wear (40+hrs per week) clear gait and biomechanical deference become evident .[5]

The study was conducted by Matthew R Titchenal,Jessica L Asay, Julien Favre, Thomas p Andriachhi, constance R *et al*. In this study alteres walking biomechanics have been suggested to play a role in knee osteoarthritiies development and progressive Altered walking biomechanics have been suggested to play a role in knee osteoarthritis (OA) development and progression.1,2 Knee OA is roughly two times more common in women compared to men, with incidence increasing substantially in females over age 50.3 Because women and men were observed to have similar knee biomechanics during barefoot walking,4 gender differences in footwear, specifically high heeled shoes, have been implicated as a possible factor for the higher incidence of OA in women. The result was Subjects reported variable experience and usage frequency of wearing heels greater than 5 cm with mean of 10.41 6.44 years (range: [3.75,30.00]) of experience and a mean usage of 2.10 2.55 hours/week (range: [0.06,9.00]). No significant correlations were observed between usage frequency or experience level and any of the gait variables wearing high heels.[6]

Recommandations:

Based on the findings of the study, the following studies are recommended:

- A comparative investigation to assess knowledge of parents regarding ill effects of wearing high heels from urban area could be conducted.
- A review may be performed to determine the efficacy of a related issue instructional module.
- A comparative study to assess adolescent girls ' knowledge and practices in relation to high heels

Conclusion

Based on the above cited findings, it was concluded that the teaching designed has been successful in improving awareness ill effects of wearing high heels. Prepared by Researcher in the form of organized teaching has helped adolescence girls develop their awareness. We can reduce the rate of ill effect of wearing high heels by encouraging them to not wear the high heels on regular basis.

Conflict of Interest- Nil

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