Conceptual framework based on Friedman family assessment model for the study on effect of interaction through child to child approach on knowledge, usage, and attitude towards junk foods among adolescents

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ABSTRACT

Background: Models are consisting of several interrelated concepts which helps to describe a phenomenon in a systematic way. Application of models in the nursing process will enable the nurse to assess the health condition of the patient and to identify the needs of the patient. Materials & Methods: The nurse can able to plan the care according to the need of the patient and can evaluate the care by application of the model. Friedman Family Assessment model is very useful to evaluate the effectiveness of the quality of care given to the patient. As per this model all living things are open and they are in continuous exchange of matter, energy and information which results in varying degree of interaction with the environment from which the system received input as pre-test and gives back output (post-test) as matter, energy and information. The Administration of instructional teaching programme on junk foods through child to child approach is the throughput and its effect on knowledge, usage and attitude on junk foods among adolescents are the output in this model. Results: This model provides structural framework to improve the knowledge, desirable usage and positive attitude through interaction on junk foods Conclusion: This model helps the researcher for the better assessment, intervention and evaluation of the study.

Keywords: Friedman family assessment model, effect, knowledge, usage, attitude, junk foods, adolescents

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INTRODUCTION

Food is very important for all human beings. Nowadays healthy nutritious foods have been replaced by the new food Mantra-Junk foods. Michael Jacobson coined the term junk foods, 1972 director of centre for science to create awareness among the people to insist junk foods contains low nutritive and high calorie value. ‘Home and school is the primary source for beginning the food habits and in school, it is a place for learning and nurturing’’. Junk foods comprises that is quick, tasty, convenient and fashionable. It seems to have engulfed every age, every race and the newest entrance in children. Any food that has poor nutritional value is considered unhealthy and may be called a junk food and it has high in fat- especially sodium, sugar and fat. A rapid growth and development was started in the period of adolescents. The growth and development of adolescents depends to a large extend on their nutrition, failure to consuming adequate diet at the right time it cause retard physical growth, poor intellectual capacity and delayed maturation of sexual characters. The knowledge of adolescents on junk foods is very crucial in reducing the junk foods consumption. Hence the researcher interested to evaluate the effect of interaction through child to child approach on knowledge, usage and attitude towards junk foods among adolescents.

STATEMENT OF THE PROBLEM

A study to assess the effect of interaction through child to child approach on knowledge, usage and attitude towards junk foods among adolescents at selected private school, Kelambakkam, Kanchipuram District, TamilNadu, India.

CONCEPTUALIZATION OF FRIEDMAN FAMILY ASSESSMENT MODEL

Basic to any professional discipline is the development of a body of knowledge that can be applied to its practice. Such knowledge is often expressed in terms of concepts. A concept is a generalized idea of some group of objects or an abstract idea generalized from several specific instances. Conceptual framework is a process of ideas, which are forms and utilized for the development of a research design. It helps the researcher to know that data needs to be collected and gives directions to an entire research process.

The conceptual framework of the present study was based on Friedman Family Assessment Model (2003).The Friedman Family Assessment Model draws heavily on the structure function framework and on
developmental and systems theory. The model takes a broad approach to Family assessment, which views families as a subsystem of society. The family is viewed as an open social system. The family’s Structure (Organization) and functions (activities and purposes) and the family’s relationship to other social systems are the focus of their approach.

Adolescent’s dietary status at home and outside is mainly depends on the level of knowledge, usage and attitude towards junk foods. Preventing high consumption of junk foods and reducing serious complication is mainly dependent on the knowledge, usage and attitude towards junk foods among adolescents.

**Basic family structure**

In this study, the basic structure is the adolescent who is considered to be a open system, intervening with environment. The family’s structure (organization), function and the family’s relationship to other social system are determined by the health status of the adolescents in their families. If any major complication happens, the entire open system will be affected. The basic family structure is mainly based on the knowledge, usage and attitude of the adolescents towards junk foods on their preventive measures.

**Line of resistance**

It is asset of internal resistance factors which function to stabilize and return the adolescents to the usual wellness state by reducing the serious complications among adolescents due to junk foods consumption or possibly to a higher level of stability, after that the adolescents has reacted and recovered from stressor reaction (Junk foods consumption). All the tertiary preventive measures will be taken at this line which was not assessed in this study.

**Normal line of defense**

It represents a stability state for the individual or system. In this study the competency (Knowledge, usage and attitude) of adolescents towards junk foods is considered as normal line of defense which can be strengthened by administration of Instructional teaching programme on adolescents towards junk foods. All the secondary preventive measures will be taken at this line of defense but it was not assessed through posttest in the present study.
Flexible line of defense

It is dynamic and no longer capable of protecting the adolescents health (Core part of open system) against stressor like age, gender, area of residence, type of family, family income, educational status of mother, educational status of father, dietary pattern and source of information. In the present study, pretest level of knowledge, usage and attitude towards junk foods among adolescents were considered as flexible line of defense. All the primary preventive measures will be taken at this line of defense. In the present study Primary preventive measures were strengthened by administration of Instructional teaching programme on adolescents towards junk foods.

Stressors

The stressors are tension producing stimuli occurring within the boundaries of the adolescents. The stressors can occur in any number at any time and in different forms. In the present study the demographic characteristics of adolescents (age, gender, area of residence, type of family, family income, educational status of father, educational status of mother, dietary pattern and source of information) were considered as stressors which mainly shape the knowledge, usage and attitude of adolescents which helps to determine the flexible line of defense.

The components of the model incorporated in the study are as follows:

Area 1

Area 1 focuses on wellness health promotion activities that are problem identification and family factors at line of defense and resistance. In this present study the problems were identified by assessing the knowledge, usage and attitude towards junk foods among adolescents with the help of structured Questionnaire, attitude scale and check list.

Area 2

Area 2 focused on family’s reaction which causes instability at lines of defense and resistance. Adolescent’s reaction was mainly determined by problem identification in area 1. The health status of the adolescents is mainly determined by knowledge, usage and attitude level of the adolescents. Inadequate knowledge, undesirable usage and low positive attitude of the adolescents affect the reaction towards dietary status.
Area 3

Area 3 focused on restoration of social stability and family function. In the present study, adolescents gained adequate knowledge, desirable usage and high positive attitude which were measured by posttest. This will enable the adolescents to be assertive in consuming junk foods this in turns helps to restore health stability and family function.

Primary prevention

Primary prevention relates to knowledge, usage and attitude of adolescents that is applied in assessment and intervention in identifying and mitigating risk factors (unsafe food practices) associated with stressors to prevent possible reaction (occurrence of illness). The current study mainly focused on the primary prevention that is on the knowledge, usage and attitude of junk foods among adolescents by administering Instructional teaching programme on junk foods in adolescents.

Secondary and tertiary prevention

Secondary and tertiary prevention were not focused in this study.
Area 1: Wellness-health promotion activities: Problem identification

Assessing the adolescent’s knowledge, usage and attitude regarding junk foods with the help of structured questionnaire, checklist and attitude scale.

Flexible line of defense: inadequate knowledge, usage and attitude.

Area 2: Family’s reaction and instability

Inadequate knowledge, undesirable usage and low positive attitude of adolescents will affect their health status.

Administration of ITP on junk foods through child to child approach with the help of power point presentation.

Area 3: Restoration of family stability

Adolescents gained adequate knowledge, desirable usage and high positive attitude; this will enable the adolescents to be assertive in reducing consumption of junk foods.

Secondary and tertiary prevention were not focused in this study.

Adolescents not gained adequate knowledge, desirable usage and positive attitude towards junk foods.

Optimum health status of the adolescents.
CONCLUSION

Friedman Family Assessment model is an effective model for the application of concept of this study. The primary purpose of this model is to strengthen the primary, secondary and tertiary preventive aspects by improving adequate knowledge, desirable usage and positive attitude towards junk foods which in turn promote positive influence in the health and quality of life. This model provides structural framework for the research for the effective assessment, intervention and evaluation of the study.

DECLARATIONS

Funding: None

Conflicts of interest: Nil

Ethical approval: The study was approved by the Institutional Human Ethics Committee

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