



A Study to Assess the Prevalence of Body Focused Repetitive Behaviour among School Going Children at Selected Community Area Puducherry

Ms.A.Nivedha¹, Mrs.Nathiya², DR.G.Muthulakshmi³

¹Final year student in obstetrics and gynaecological Nursing, Sri Manakula Vinayagar Nursing College, Puducherry, India

²Department of Mental Health Nursing, Sri Manakula Vinayagar Nursing College, Puducherry-605107, India

³Principal Sri Manakula Vinayagar Nursing College, Puducherry-605107, India

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ABSTRACT

Body-focused repetitive behaviors (BFRDs) refers to a group of problematic, destructive, and non functional behaviour directed toward one's body. These mainly include skin picking, hair pulling (trichotillomania), nail biting, and lip chewing other BFRDs such as hair manipulation, nail baiting, chewing gums, lips and cheek are classified under the residual category of other BFRDs. BFRDs function as coping mechanism during stress. These difficult to suppress behaviours result in physical and psychological difficulties. BFRDs become problematic when there is associated distress and impairment in day- to-day functioning. There is difficulty in resisting these behaviours and, on performing, results in relief. BFRDs, persist for they ensure transient pleasant state, and they are negatively reinforced. The typical onset at severity peaks during childhood and adolescence affects females more than males. Hair pulling and skin pricking are most prevalent of these conditions.

STATEMENT OF PROBLEM

A study to assess the prevalence of body focused repetitive behaviour among school going children at selected community area puducherry.

OBJECTIVES OF STUDY

- To assess the body focused repetitive behavior among school going Children
- To associate the body focused repetitive behavior among school going children with their related demographic variables.

METHODOLOGY

The research approach used for this study was quantitative research approach. A descriptive research design was used to assess the prevalence of body focused repetitive behaviour among school going children at selected community area puducherry. By using convenient sampling technique 30 school children was selected for the present study. The tool consists of demographic data and questionnaire.

DESCRIPTION OF TOOL: Section A: Description of the demographic variables among school going children.

Table 1:- Frequency and percentage wise distribution of demographic variables among school going children.

(N=30)

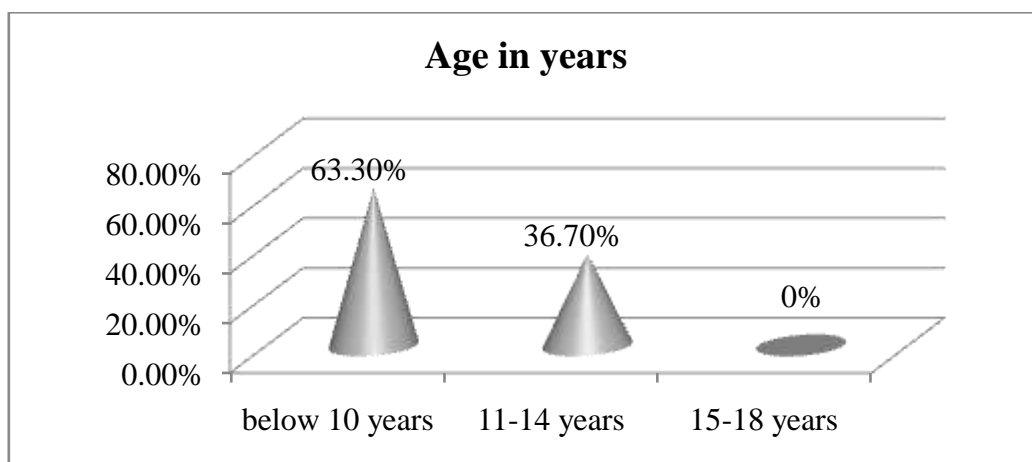
SL. NO	DEMOGRAPHIC VARIABLES	FREQUENCY (N)	PERCENTAGE (%)
1	Age in years		
	below 10 years	19	63.3
	11-14 years	11	36.7
	15-18 years	0	0
2	Gender		
	Male	13	43.3
	Female	17	56.7
3	Religion		
	Hindu	19	63.3
	Christian	11	36.7
	Muslim	0	0
	Others	0	0
4	Place of residency		

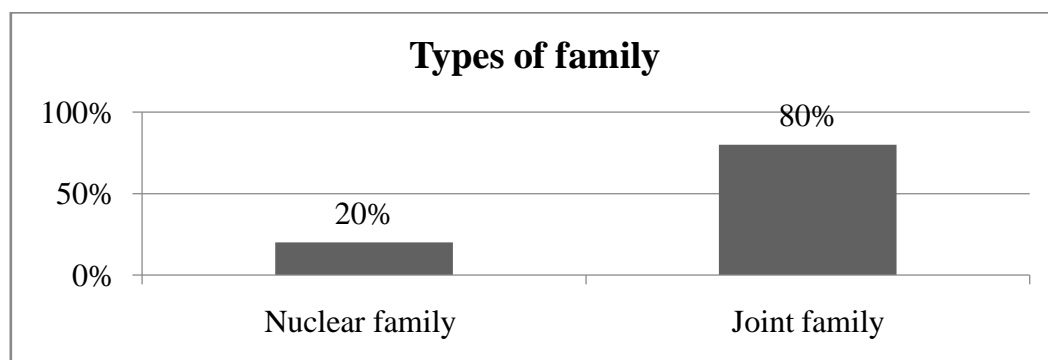
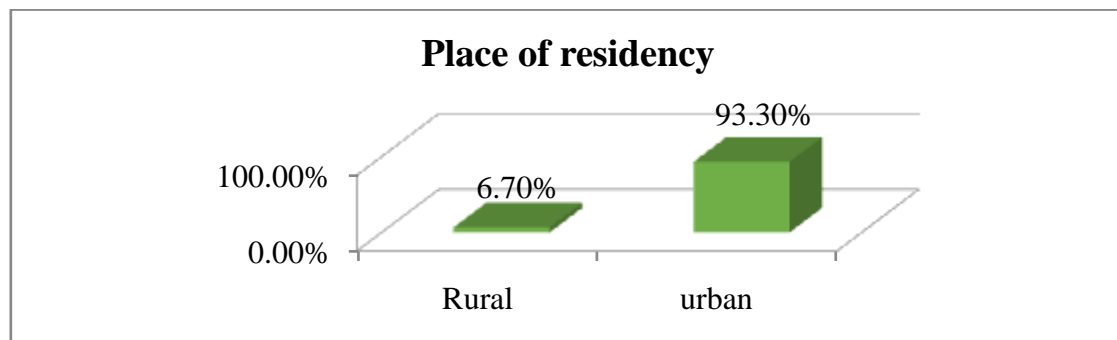
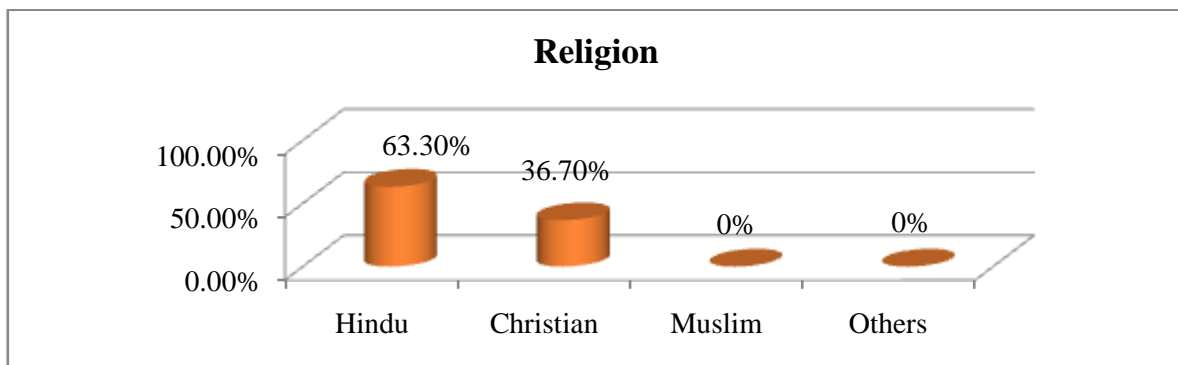
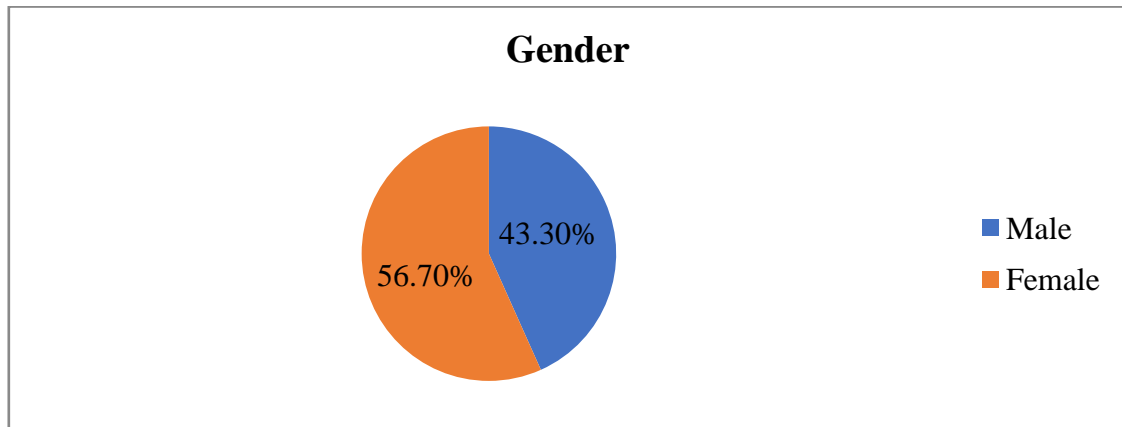


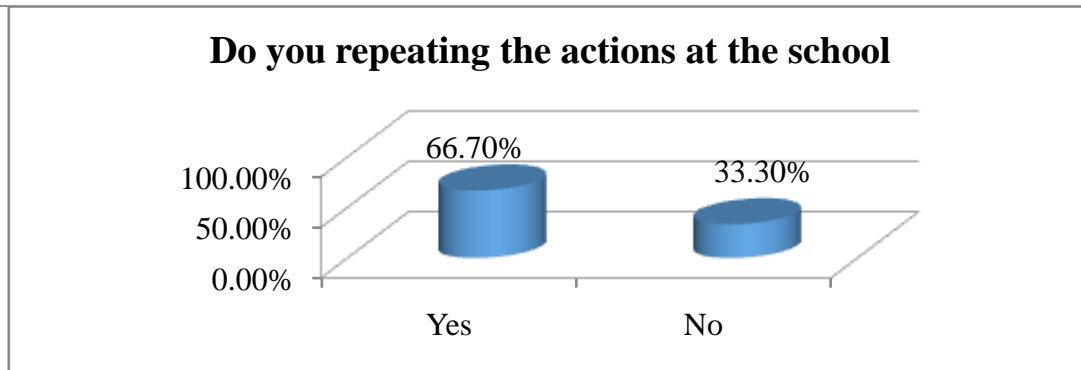
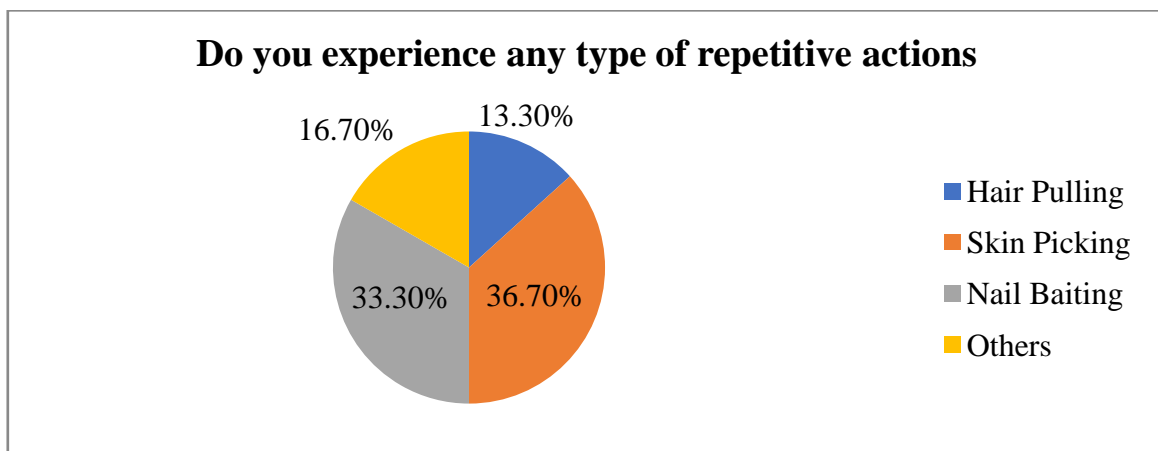
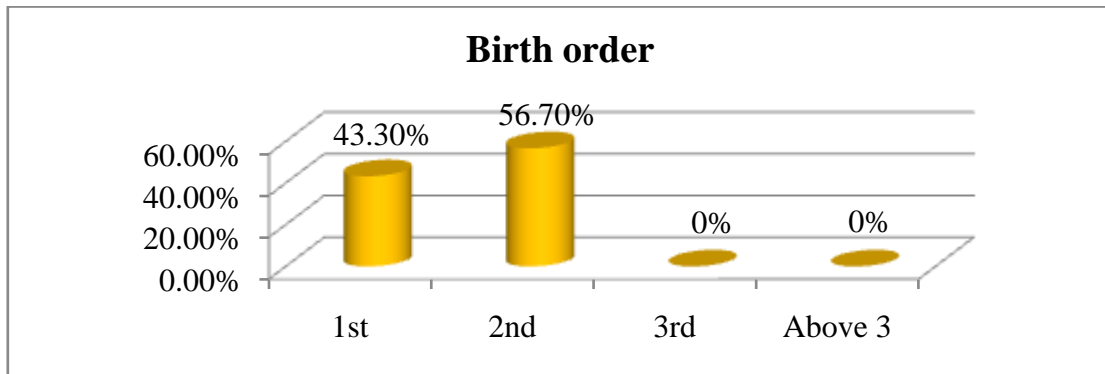
	Rural	2	6.7
	urban	28	93.3
5	Types of family		
	Nuclear family	6	20
	Joint family	24	80
6	Birth order		
	1st	13	43.3
	2nd	17	56.7
	3rd	0	0
	Above 3	0	0
7	Family Income		
	Below Rs.5,000	16	53.3
	Rs.5000-10,000/month	17	36.7
	Above Rs.10,000/month	3	10
8	Socio economic status		

Table 1 shows frequency and Percentage wise distribution of demographic variables among children. Out of the 30 children who were interviewed, Majority of the children 19(63.3%) of study population were in the age group are below 10 years. Majority of the children were female 17(56.7%). Majority of the children were Hindu 19(63.3%). Majority of the children were urban 28(93.3%). Majority of the children were

Jointfamily 24(80%). Majority of the children, 17(56.7%) Birth order was 2nd order. Majority of the children, family income were Rs.5000-10,000/month 17(56.7%). Majority of the children were Middle Socio economic status 15(50%). Majority of the children, experience any types of repetitive actions were had Skin Picking 11(36.7%). Majority of the children were had repeating the actions at the school 20(66.7%).







Section B: Assessment of the level of body focused repetitive behavior among school going Children.

Table 2:- Frequency and percentage wise distribution of level of body focused repetitive behavior among school going Children.

(N = 30)

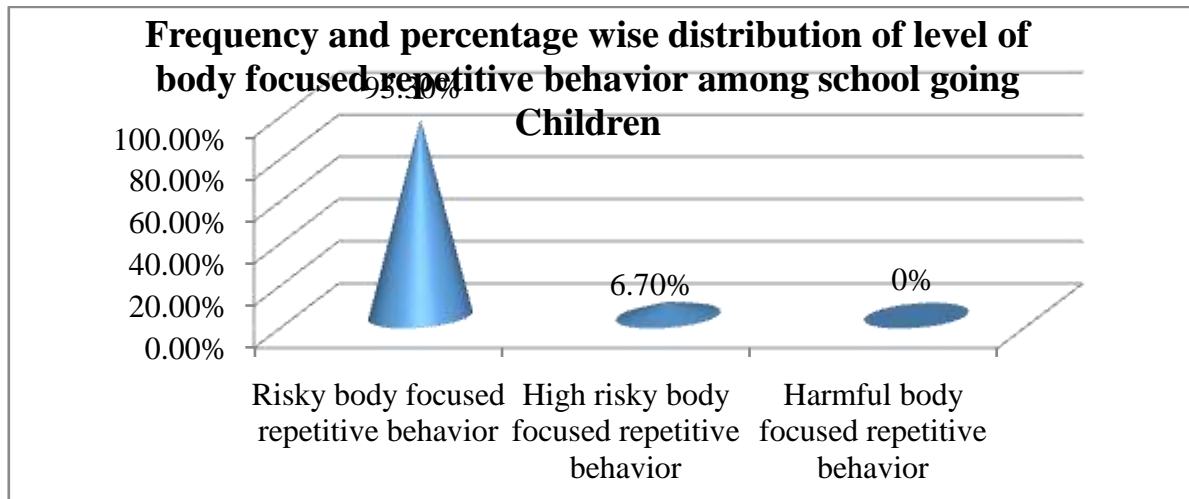
LEVEL OF BODY FOCUSED REPETITIVE BEHAVIOR	FREQUENCY (n)	PERCENTAGE (%)
Risky body focused repetitive behavior	28	93.3
High risky body focused repetitive behavior	2	6.7
Harmful body focused repetitive behavior	0	0
Total	30	100



Mean±Standard deviation	12.10±2.998
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Table –2 shows frequency and percentage wise distribution of level of body focused repetitive behavior among school going Children. Majority of the children 28(93.3%) had Risky body focused repetitive behavior and 2(6.7%) had High risky

body focused repetitive behavior. The mean and standard deviation of level of body focused repetitive behavior among school going Children is (12.10±2.998) respectively.



Section C: Association between the level of body focused repetitive behavior among school going children with their related demographic variables.

Table –3: Association between the level of body focused repetitive behavior among school going children with their related demographic variables.

(N=30)

SL. NO	DEMOGRAPHIC VARIABLES	LEVEL OF BODY FOCUSED REPETITIVE BEHAVIOR				Chi-square X ² and P-Value
		Risky body focused repetitive behavior		High risky body focused repetitive behavior		
		N	%	N	%	
1	Age in years					X ² =1.24 Df=1 p =0.265 NS
	below 10 years	17	60.7	2	100	
	11-14 years	11	39.3	0	0	
	15-18 years	0	0	0	0	
2	Gender					X ² =0.039 Df=1 p =0.844 NS
	Male	12	42.9	1	50	
	Female	16	57.1	1	50	
3	Religion					X ² =0.164 Df=1 p =0.685 NS
	Hindu	18	64.3	1	50	
	Christian	10	35.7	1	50	
	Muslim	0	0	0	0	
	Others	0	0	0	0	
4	Place of residency					X ² =6.46 Df=1
	Rural	1	3.6	1	50	



	Urban	27	96.4	1	50	p =0.011 *S
5	Types of family					$X^2=1.205$
	Nuclear family	5	17.9	1	50	Df=1
	Joint family	23	82.1	1	50	p =0.272 NS
6	Birth order					$X^2=1.63$
	1st	13	46.4	0	0	Df=1
	2nd	15	53.6	2	100	p =0.201
	3rd	0	0	0	0	NS
	Above 3	0	0	0	0	
7	Family Income					$X^2=0.323$
	Below Rs.5,000	15	53.6	1	50	Df=2
	Rs.5000-10,000/month	10	35.7	1	50	p =0.851
	Above Rs.10,000/month	3	10.7	0	0	NS
8	Socio economic status					$X^2=0.165$
	Upper	12	42.9	1	50	Df=2
	Middle	14	50	1	50	p =0.921
	Lower	2	7.1	0	0	NS
9	Do you experience any type of repetitive actions					$X^2=5.08$
	Hair Pulling	3	10.7	1	50	Df=3
	Skin Picking	11	39.3	0	0	p =0.042
	Nail Baiting	10	35.7	0	0	*S
	Others	4	14.3	1	50	
10	Do you repeating the actions at the school					$X^2=1.07$
	Yes	18	64.3	2	100	Df=1
	No	10	35.7	0	0	p =0.301 NS

*-p < 0.05 significant, *-p < 0.001 highly significant, NS-Non significant

The table 3 depicts that the demographic variable, Place of residency and Do you experience any type of repetitive actions had shown statistically significant association between the level of body focused repetitive behavior among school going children with their related demographic variables.

The other demographic variable had not shown statistically significant association between the level of body focused repetitive behavior among school going children with their related demographic variables respectively.

RESULTS

The major findings of the study were;

- It shows frequency and Percentage wise distribution of demographic variables among children. Out of the 30 children who were interviewed, Majority of the children

19(63.3%) of study population were in the age group are below 10 years. Majority of the children were female 17(56.7%). Majority of the children were Hindu 19(63.3%). Majority of the children were urban 28(93.3%). Majority of the children were Joint family 24(80%). Majority of the children, 17(56.7%) Birth order was 2nd order. Majority of the children, family income were Rs.5000-10,000/month 17(56.7%). Majority of the children were Middle Socio economic status 15(50%). Majority of the children, experience any types of repetitive actions were had Skin Picking 11(36.7%). Majority of the children were had repeating the actions at the school 20(66.7%).

- It shows frequency and percentage wise distribution of level of body focused repetitive behavior among school going Children. Majority of the children 28(93.3%) had Risky body focused repetitive behavior and 2(6.7%)



had High risky body focused repetitive behavior. The mean and standard deviation of level of body focused repetitive behavior among school going Children is (12.10+2.998) respectively..

RECOMMEDATIONS:

- The study can be conducted to assess the attitudes and coping strategy of nurse towards children with prevalence of body focused repetitive behavior.
- Comparative study can be done between urban and rural areas.
- A quasi experimental study can be conducted with control group for the effective comparison.
- Similar study can be conducted in a large group to generalize the study findings.

CONCLUSION:

Majority of the children 28(93.3%) had Risky body focused repetitive behavior and 2(6.7%) had High risky body focused repetitive behavior..

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