CHAPTER 5

CONCLUSION

This chapter is divided into four sections including: conclusions of the study, implications of the findings, limitations of the study, and recommendations for further research.

Conclusions of the Study

An experimental pretest-posttest control group design was employed to determine the effects of an individual-based intervention on the improvement of intention to perform eating behavior for weight control, eating behavior, and nutritional status among overweight children. The theoretical framework of this study was based on the Theory of Planned Behavior (TPB). The data were collected from May 18, 2011 to March 03, 2012. The sample size was calculated using the formula of repeated measurement analysis with a significance level of α =.05 (probability of type 1 error), and a statistical power of .90, effect size = 0.56 (McGloin et al., 2002). Therefore, the total number of subjects needed in this study was 136 overweight children (68 in experimental group and 68 in control group) age 10-12 years attending grade 5 of two elementary school in Lampang province.

Three self-administered questionnaires including: 1) the Demographic Characteristics Questionnaire; 2) the Eating Behaviors for Weight Control Questionnaire; and 3) the Intention to Perform Eating Behavior for Weight Control Questionnaire

were used for data collection. Cronbach's alpha coefficient for all instruments was acceptable. The data was analyzed using descriptive statistics, two-way repeated MANOVA, and independent t-tests. There were no significant differences in all demographic characteristics data of the sample at the baselines. The results, according to the research hypothesis, are summarized as follow:

1. Overweight children in the experimental group have significantly better intention to perform eating behavior for weight control than before entering the intervention ($p<.001$).

2. Overweight children in the experimental group have significantly better eating behavior than before entering the intervention ($p<.001$).

3. Overweight children in the experimental group have significantly better nutritional status than before entering the intervention ($p<.001$).

4. Overweight children in the experimental group have significantly better intention to perform eating behavior for weight control than overweight children in the control group ($p<.001$).

5. Overweight children in the experimental group have significantly better eating behavior than overweight children in control group ($p<.001$).

6. Overweight children in the experimental group have significant better nutritional status than overweight children in the control group ($p<.001$).

Implications of the Findings

The findings of this study have implications for nursing practice and nursing research as follows:

Implication for Nursing Practice

This study confirmed the effects of an individual-based intervention on the improvement of intention to perform eating behavior for weight control, eating behavior, and nutritional status among overweight children. This program provided nursing intervention for overweight children. Applying the program to individual overweight children at clinics or other primary healthcare settings is recommended. Nursing practitioners could apply strategies such as self-monitoring, self-awareness, stimulus control, cognitive restructuring, motivation, and implement intention aimed at improving intention to perform eating behavior for weight control, eating behavior, and nutritional status among overweight children.

Implications for Nursing Research

This intervention demonstrated improvement in intention to perform eating behaviors for weight control, eating behaviors, and nutritional status. Significant aspects of this individual-based intervention which may account for its success included that it followed the TPB framework, and emphasized modifying attitudes towards subjective norms, and perceived behavioral control, goal-setting and improving healthy eating behavior using self-monitoring in the recording of diet. The

overweight children also reported that they were trying to control their weight. Unhealthy eating behaviors were reported by food intake diary than healthy eating behaviors. Nurses should also be concerned about overweight children's unhealthy eating behaviors such as skipping meals, having snack before meal. The future interventions are needed for overweight children to prevent unhealthy eating behaviors and promote their healthy eating behaviors for weight control.

Limitations of the Study

There are some limitations to this study as follows:

1. Generalizability was limited to overweight children in elementary schools in Lampang Province.

2. The self-monitoring dietary record is difficult to compile and takes a long time for this age group to complete.

3. The difference examination time at each school between measurements may probably decrease the intention to perform eating behavior.

4. The effect of recall accuracy, with possible errors in self-reporting, may occur with the use of self-administered questionnaires for data collection.

5. The researcher conducted and evaluated the intervention, which may susceptible to response bias.

Recommendation for Further Study

Based on the findings and limitations of this study, recommendations for further study are presented as follow:

1. Long-term study should be conducted to determine the maintenance of eating behavior and nutritional status in the samples.

2. The program should be tested with other overweight groups of children to confirm the findings.

3. The application of self-monitoring with a dietary record in this age group should include simple recording methods, as the methods used in this study were found to be difficult and to take time.