

“A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING HEALTH RISK RELATED TO BODYPIERCING AND TATTOOING AMONG ADOLESCENTS AT SELECTED INTER COLLEGES, KANPUR, UTTAR PRADESH”

Khushi Singh, Muskan Sachan, Neeshu Pal, Neha Pal, Nidhi Pandey,
B. Sc. Nursing Students¹, Faculty of Nursing, Rama University, Kanpur, Uttar Pradesh, India.

Mr. Deepak Suwalka², Associate Professor & Head, Department of Mental Health Nursing, Faculty of Nursing, Rama University, Kanpur, Uttar Pradesh, India.

deepak.rcn@ramauniversity.ac.in.

ABSTRACT

Tattooing and body piercing have gained widespread popularity across various demographics, becoming significant elements of contemporary culture. However, these body modification practices are not without health risks. A Study to evaluate the Effectiveness of Information Booklet on Knowledge regarding Health Risk related to Body Piercing and Tattooing among Adolescents at selected inter colleges, Kanpur Uttar Pradesh. The research study was conducted in Rama University. 60 samples were selected by using Non-probability convenience sampling technique and the data was collected by using self-structured knowledge questionnaire. The data was collected and analysed based on descriptive and inferential statistics. The result of the study showed that post-test mean score (19.3) was high when compared to the pre-test mean score was (12.5). The obtained “t” value 13.10 was greater than value of df 59 which was $p < 0.05$ level of significant differences between pre-test and post-test level of knowledge hence the formulated research Hypothesis H_1 was accepted. The test revealed that there were significant with association with Age, Gender, Religion, Class, Previous knowledge, at $p < 0.05$ level of significance. The study concluded that Information Booklet was effective and improve knowledge regarding Health risk related to tattooing and body piercing among adolescents of inter college.

INTRODUCTION

“Trust Your Instincts: It’s Your Skin You’re In.”

People have decorated and transformed their bodies in a variety of ways throughout history. Though the motivations behind body piercings are as varied as the civilisations from which they originate, body piercings are among the most intriguing and ancient types of body modification. Body piercing is one of the oldest and most modern methods of adorning and personalising the human body.

A tattoo is an ink-filled puncture wound created deep within the skin. It is created by inserting ink into the skin through a needle puncture, typically resulting in a design. Rather than the epidermis, the dermis is where the ink is injected. It is possible to tattoo by hand, in which case the artist would physically inject the ink after making a needle puncture in the skin. However, a tattoo machine is employed these days. A tattoo machine is a portable electric device that operates with a needle and tube system.

Keywords:

Effectiveness, Knowledge, Health risk related to tattooing and body piercing, Adolescents of inter college.

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Teenagers are experimenting with who they are, and as a sort of rebellion or self-expression, they could be drawn to tattoos or body piercings. Teenagers may not be aware of the dangerous side effects of getting piercings or tattoos. Because tattooing involves contact with bodily fluids like blood, there are health concerns involved. HIV, tetanus, hepatitis B, and hepatitis C are among these blood-borne infections.

Modern improvements in technique, hygienic practices, and artistic expression have led to a major evolution in both disciplines over time, making them more accessible and popular than ever. These days, people choose to have tattoos and piercings as potent means of self-expression. They do it to tell personal tales, mark important life occasions, or just to improve their physical look. It's crucial to remember that getting a tattoo or getting a body piercing carries some dangers, such as the possibility of infection, allergic reactions, and other issues.

NEED FOR STUDY

In the modern world, getting a tattoo has become very popular, especially among young people. The health effects and chance of contracting diseases are rising in tandem with the rise of tattooing. These days, the majority of tattoo owners run a higher risk of contracting HIV.

The majority of people acquire tattoos while they are in college, sometimes without realising the risks and issues involved. People in our society have negative stereotypes about getting tattoos. Many individuals have a bad opinion of those with tattoos, believing them to be less sociable, criminals, or possessing undesirable personality traits. In the modern world, getting a tattoo has become very popular, especially among young people. The health effects and chance of contracting diseases are rising in tandem with the rise of tattooing, beyond just a passing trend or bit of fun, body piercings are much more. It's a sneaky process, very similar to surgery. It requires a certain amount of healing time and has the same risks.

Body piercing is an invasive procedure with some risks, including allergic reaction, infection, excessive scarring and unanticipated physical injuries, but such precautions as sanitary piercing procedures and careful aftercare are emphasized to minimize the likelihood of encountering serious problems. Piercing breaks the protective barriers of the skin and leaves a foreign object in the body, so there are risk of infection and other potential dangers. Piercing can be dangerous and it is far more complicated than most people realize the hazards range from tearing, scarring, migration and rejection to localized bacterial infection and though rare, serious infection.

Adolescents go through a special developmental stage where they are particularly influenced by their peers and are exploring their identities. We can better provide teenagers with the information and tools they need to make safe decisions about

getting body piercings and tattoos by addressing these issues via thorough study, thereby protecting their physical and mental health.

After reviewing all the data as it is useful, the researcher felt need to improve the knowledge of adolescents regarding health risk related to body piercing and tattooing. As there are various health issues in the field of body art, it becomes necessary for the adolescents as well to update and upgrade their knowledge regarding health risk related to body piercing and tattooing.

PROBLEM STATEMENT:

"A Study to evaluate the Effectiveness of Information Booklet on Knowledge regarding Health Risk related to Body Piercing and Tattooing among Adolescents at selected inter colleges, Kanpur, Uttar Pradesh".

OBJECTIVES OF THE STUDY:

- 1). To Assess the pretest knowledge regarding Health Risk related to Body Piercing and Tattooing among Adolescents at selected Inter colleges, Kanpur, Uttar Pradesh.
- 2). To evaluate the Effectiveness of Information Booklet on Knowledge regarding on Health risk related to Body Piercing and Tattooing among Adolescents at selected inter colleges, Kanpur, Uttar Pradesh.
- 3). To find out association between the pretest Knowledge score regarding Health risk related to Body Piercing and Tattooing among Adolescents with their socio-demographic variables.

HYPOTHESIS:

Hypothesis will be tested at 0.05 level of significance.

H₀₁:- There is no significant difference between the pretest and post-test knowledge score regarding Body piercing Tattooing and its health risk among Adolescents.

H₀₂:- There is no significant association between the pretest knowledge score among the Adolescents regarding Body piercing and tattooing and its health risk with their selected socio-demographic variables.

H₁:- There is significant difference between the pretest and post-test knowledge score regarding Body piercing and tattooing and its health risk among Adolescents.

H₂:- There is significant association between the pretest knowledge score among the Adolescents regarding Body piercing and tattooing and its health risk with the selected socio- demographic variables.

METHODS AND MATERIALS:

RESEARCH APPROACH-

The Research approach used for the present study was **Quantitative evaluative research approach**.

RESEARCH DESIGN-

The research design used in this study was **Quasi-experimental, One group pre-test post-test research design**.

VARIABLES-

Independent Variable: In the present study, the independent variable was the Information Booklet

regarding health risk related to Body Piercing and Tattooing among Adolescents.

Dependent Variable: In the present study, the dependent variable was the knowledge level of Adolescents regarding health risk related to Body Piercing and Tattooing among Adolescents.

Socio-demographic Variables: In this present study demographic variables were Age in years, Gender, Religion, Class, and Previous Knowledge.

POPULATION-

Population for the present study consisted of Adolescents (Male & Female).

TARGET POPULATION-

The target population of present study consisted of Adolescents from selected inter college of Kanpur, Uttar Pradesh.

ACCESSIBLE POPULATION-

Accessible population of present study consisted of Adolescents of Sai Public Inter college, 535, Gooba Garden, Kalyanpur Kanpur, Uttar Pradesh. And who are available at the time of data collection.

SAMPLE-

In this study, the samples were the Adolescents who fulfilled sampling criteria for the present study.

SAMPLE SIZE-

The sample size of this study was 60 Adolescents.

SAMPLING TECHNIQUE-

In this study, Non-probability Convenience Sampling Technique was used to select the sample.

RESULT AND FINDINGS:

Section A:

Frequency and percentage wise distribution of demographic variables.

The major findings of the study were as follows:-

1. Majority of adolescents 42 (70%) were in the age group of 15- 16 years.
2. Majority of adolescents 38 (63%) were males.
3. Majority of adolescents 59 (98%) were from Hindu religion.
4. Majority of adolescents 53 (88%) were from Class 11.
5. Majority of adolescents 60 (100%) have no previous knowledge.

Section B:

Distribution of pre-test and post-test level of knowledge regarding health risk related to body piercing and tattooing.

Distribution of Adolescents according to the pre-test and post-test level of knowledge on Health Risk related to Body Piercing and Tattooing.

n=60

S. No.	Level of knowledge	Pre-test		Post-test	
		F	%	F	%
1.	Inadequate knowledge	18	30%	0	0%
2.	Moderate knowledge	41	68%	37	62%
3.	Adequate knowledge	01	2%	23	38%
	Total	60	100%	60	100%

INCLUSION CRITERIA-

The adolescents who were-

1. Adolescents of selected Inter colleges of Kanpur, Uttar Pradesh.
2. Inter colleges students available at the time of study.
3. Adolescents of Inter college both male and female.

EXCLUSION CRITERIA-

The Adolescents who were-

1. Adolescents of Inter college who were not willing to participate in the study.
2. Absentees were included.

METHODS OF DATA COLLECTION:

Self-structured questionnaire was used to assess the level of knowledge regarding Health Risk related to Body Piercing and Tattooing among Adolescents at selected inter colleges, Kanpur, Uttar Pradesh.

DEVELOPMENT AND DESCRIPTION OF TOOLS-

A tool was developed to selected inter colleges in Kanpur, Uttar Pradesh as well as to assess the effectiveness of Information Booklet regarding Health Risk related to Body Piercing and Tattooing among Adolescents at selected inter colleges, Kanpur, Uttar Pradesh.

The tool consists of 2 sections:

SECTION A: Socio-demographic variables

SECTION B: Self-structured questionnaire related to health risk related to body piercing and tattooing.

Section C:

Comparison of pre-test and post-test level of knowledge regarding Health Risk related to Body Piercing and Tattooing.

Comparison of pre-test and post-test level of knowledge regarding Health Risk related to Body Piercing and Tattooing.

n=60

S. No.	Level of knowledge	Mean	Mean difference	Mean percentage	Standard deviation
1.	Pre-test	12.5		20.8%	3.6
			6.8		
2.	Post-test	19.3		32.1%	2.9

Section D:

Evaluate the Effectiveness of Information Booklet regarding Health Risk related to Body Piercing and Tattooing.

Mean, mean-difference, standard deviation, paired "t" test of structured questionnaire.

n=60

S. No.	Level of knowledge	Mean	Mean difference	S.D.	't' value	Table value
1.	Pre-test	12.5		3.93		2.00 at the 0.05 level of significance
			6.8		13.10	
2.	Post-test	19.3		2.93		

Section E:

Association between the level of Pre-test knowledge score with the selected demographic variables of Adolescents.

The result shows the association between pre-test knowledge score with selected demographic variables like Age in years, Gender, Religion, Class, Previous knowledge. Here, calculated value of chi square (χ^2) was more than table value at 0.05 level of significance. So, there were significant association with age, gender, religion, class, previous. Hence, positive hypothesis (H_2) was accepted and Null hypothesis (H_{02}) was rejected.

CONCLUSION:

On the basis of findings of the study, it was concluded that Information booklet was effective in improving the level of knowledge of adolescents studying in inter college regarding health risk related to tattooing and body piercing. It is the most importance means of creating awareness and increasing their knowledge regarding health risk related to tattooing and body piercing which was indicated by significant increase in post-test mean knowledge scores.

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