



A study to assess the effectiveness of child-to-child program through power point presentation on knowledge regarding ill effects of television watching among children age between 10 – 15 years in selected rural area Laxmanpura at Gwalior M.P.

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Abstract

The current study has been undertaken to assess knowledge score regarding ill effect of television among children age between 10-15 years by child-to-child program through power point presentation in Laxmanpura, Gwalior. The research design used for study was pre- experimental in nature. The tool for study was self-structured knowledge questionnaire which consists of 2 parts-PART- I consisted questions related to Socio-demographic data; PART-II consisted of self -structured knowledge questionnaire to assess knowledge score regarding ill effect of television among children age between 10-15 years. The data was analyzed by using descriptive & inferential statistical methods. The result of this study indicates that in pretest mean value was 13.61 with standard deviation of 2.04. Where as in posttest mean value was 24.92 with standard deviation of 3.42. The mean difference was 11.31 and the paired 't' test value was 39.92. Child to child program through power point presentation was effective to increase the knowledge at 'p' value was <0.001 (***)

Keyword- Child to child program through child-to-child program, knowledge & ill effect of television.

1. INTRODUCTION

Children are the 1st call on agenda of human resource development- not only because young children are the most vulnerable, but because the foundation for lifelong learning and human development is laid in these crucial early years. It is now globally acknowledged that investment in human resources development is a pre-requisite for economic development of any nation. The television is a landmark of scientific invention and an amazing device that has become an integral part of our life and it has revolutionized the world of communication. According to some studies children at the age of 6 years watch television daily for 3-4 hours on an average. In many instances television can be effective especially the educational and wild life programs to improve or broaden the child knowledge and understanding about the world around him/her and also introduces them to different cultures and communities of the world.

Television watching is an enjoyable activity for the children. It is the window of the world. From the past few decade's television has crawled to Indian homes. Accessibility to television is on increase day by day and has been accepted by the society. Varieties of programmes like News, Sports, Educative, Entertainment, Cartoon etc are available round the clock. These are especially designed to attract all sectors of society, especially the children. Children who watch television too much have several bad effects, three of which are effect to their cognitive, effect to their health, and effect to their habit. First effect is to their cognitive. Children who watch television programs can be lack of concentration. The second effect is to their health. The child who likes to watch television programs can be in front of it many hours. If the children watch television programs too much, they will have a problem with their eyes, overweight, etc. The third effect is their habit. They become lazy to do something else such as study because they do not want to miss the television programs. It will influence their intelligence. Another bad effect to their habit is they will be influenced a violence in some television programs because they have not been able to think long and think what is better or bad. In brief, watching TV programs too much will give the children bad effects.

2. NEED FOR STUDY

Child viewer is in very active developmental stages. Their attitudes, beliefs, and ideas about the world, as well as physical and social skills, are taking form; and they absorb information from everywhere. Because of the considerable number of hours spent viewing television, however, television becomes a disproportionately informational and attitudinal source.

Dietz and Gortmaker (2013) reported that each additional hour of TV viewing per week increased the risk of obesity by 2%. The experimental study by Robinson found strong evidence of a causal link between TV viewing and children being Overweight. In India, this association has also been emphasized. Mechanism of effect of TV exposure on overweight risks undoubtedly multifactorial. It appears to operate independently from reduced physical activity. Excessive TV exposure may instead operate through the extensive advertising messages for unhealthy foods targeted at very young children or from a tendency of children to snack while watching TV. A randomized controlled trial found that increasing screen time resulted in reduced energy expenditure and increased energy intake.

Considering the increasing exposure of children to newer forms of media, there is an intense need to review the current literature on the effects of media on child health both in the Western countries and India. Hence the investigator, who believes that the students are the leaders of future India, decided that there is a need to improve the knowledge of the students regarding ill effects of Television watching through power point presentation. Hence, the investigator was identifying the effectiveness of child-to-child programme.

3. OBJECTIVE OF THE STUDY

1. To assess the pre-test and post-test level of knowledge regarding ill effects of television watching among children.
2. To evaluate the effectiveness of child-to-child program through power point presentation by comparing the pre-test and post-test level of knowledge regarding ill effects of television watching among children.
3. To find out the association between the post-test level of knowledge regarding ill effects of television watching and selected socio demographic and clinical variables among children.

4. HYPOTHESES:

H₁ .There will be a significant difference between pretest and posttest level of knowledge regarding ill effects of television watching among children.

H₂- There will be significant association between the posttest level of knowledge and selected socio demographic and clinical variables among children

5. ASSUMPTION

The study assumes that,

1. Television watching will cause increase in the risk of morbidity among school children like eye strain, obesity, behavioural problems and social withdrawal etc.
2. Child to child program may help in increase the knowledge of children regarding ill effects of television watching.
3. Increase knowledge will help in reducing the ill effects of television watching among Children.

6. METHODOLOGY:

A quantitative study was conducted to assess the effectiveness of child-to-child program through power point presentation regarding ill effects of television watching. The study was conducted in selected rural area Laxmanpura at Gwalior MP. Formal permission was obtained from the CHC ladhedi before the data collection. The researcher selected 6 change agents and the health education on ill effects of television watching was given to them by the researcher using power point presentation. Sample size was 60 and simple random sampling was used to select the samples. Pre-test was conducted by using structured knowledge questionnaire. The total 60 samples were divided into 6 subgroups. Each group of 10 students were educated regarding ill effects of television watching by the 6 change agents who underwent health education classes by the investigator already. Post-test was administered after 7 days of child-to-child programme. The same knowledge questionnaire was used to collect the post test data. After that the post test score was evaluated

7. ANALYSIS AND INTERPRETATION

SECTION-I Table -1 Frequency & percentage distribution of samples according to their demographic variables.
n = 60

S. NO	MOGRAPHICVARIABLES	FREQUENCY	PERCENTAGE
1	Age (in years)		
	10-12	32	53.33
	12-14	28	46.66
2	Sex		
	Male	25	41.67
	Female	35	58.33
3.	Birth order of the child		
	First	33	55.00
	Second	27	45.00
	Third	0	0.00
	Fourth and above	0	0.00
4	Type of family		
	Nuclear	43	71.67
	Joint	17	28.33
	Extended	0	0.00
	Single parents/Separated	0	0.00
5	Family income per month		
	≥36017 18000-36016	0	0.00
	13495-17999	0	0.00
	8989-13494	18	30.00
	5387-8988	26	43.33
	1803-5386	16	26.6
	≤1802	0	0.00
	0	0.00	
6	Occupation of father		
	Profession	14	23.33
	Semi-profession	6	10.00
	Clerical, shop-owner	10	16.67
	Skilled worker	17	28.33
	Semi-skilled worker	2	3.34
	Unskilled worker	11	18.33
	Unemployed	0	0.00

SECTION-II table no.- Data pertaining to pre-test and post-test level of knowledge regarding ill effects of television watching among the children

N= 60

Level of knowledge	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Adequate	0	0	41	68.33
Moderately adequate	38	63.33	19	31.67
Inadequate	22	36.67	0	0.00
Total	60	100	60	100

**** Represents $p < 0.0001$

Table 2 shows that, in pretest, majority of the children 63.33% had moderately adequate knowledge, 36.67% had inadequate knowledge and no one had adequate knowledge. In post-test, 68.33% had adequate knowledge, 31.67% had moderately adequate knowledge and no one had inadequate knowledge.

SECTION III Table 3: Data pertaining to assess the effectiveness of child-to-child program on knowledge regarding ill effects of television watching among children

N=60

Pre test		Post test		Mean difference	Paired `t` test	P value
Mean	SD	Mean	SD			
13.61	2.04	24.92	3.42	11.31	39.32	59 df 0.001

*** represents $p < 0.0001$ Table 3 : The above table reveals that in pre-test mean value was 13.61 with standard deviation of 2.04. Where as in post-test mean value was 24.92 with standard deviation of 3.42. The mean difference was 11.31 and the period `t` test value was 39.32. Child to child program through power point presentation was effective to increase the knowledge at `p` value was <0.001 (***).

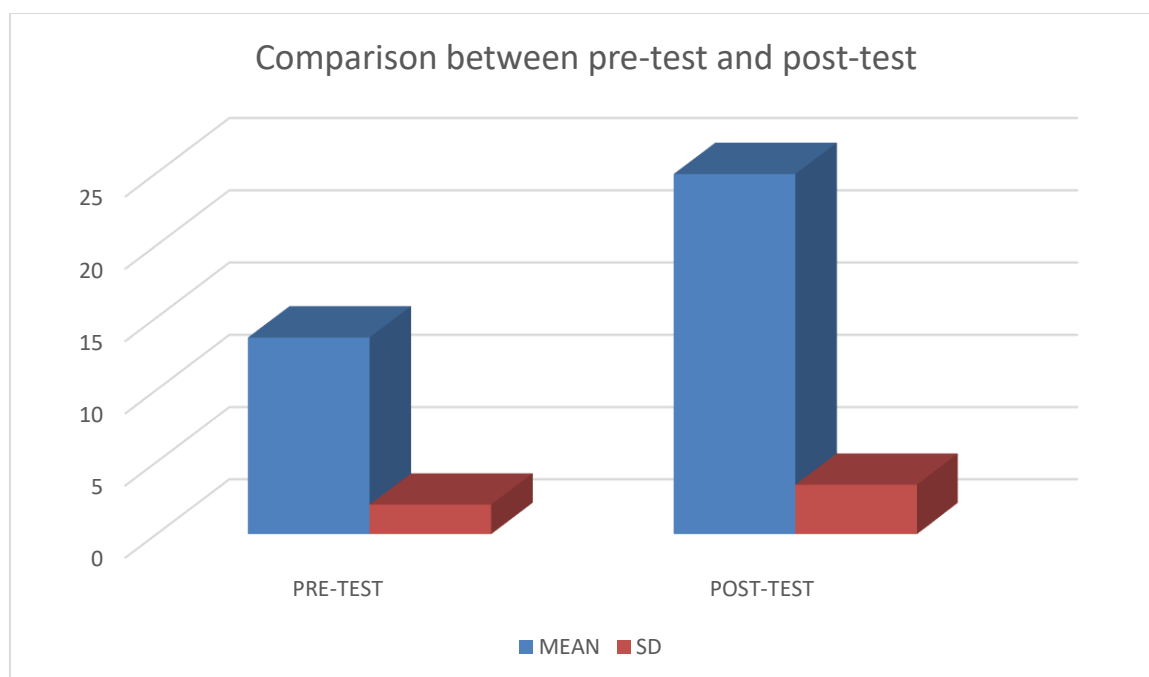


Figure no.1 effectiveness of child-to-child program on knowledge regarding ill effects of television watching among children in pre-test and post-test.

SECTION IV Table 4: Data on association between the post-test level of knowledge and selected socio demographic variables among school children

N= 60

S.NO	VARIABLES	LEVEL OF KNOWLEDGE			X	P Value
		Adequate	Moderately Adequate	Inadequate		
1.	Age (in years)					
	10-12	18	24	0	0	1 df
	12-15	23	5	0	0	0.00000992
2.	Sex					
	a) Male	16	9	0	0.372	1 df 0.5419
b) Female	25	10	0			
	Birth order of the Child				2.02	1 df 0.1548
	First	20	13	0		
	Second	21	6	0		
	Third	0	0	0		
	Fourth and above	0	0	0		
3.	Type of family				0.144	1 df 0.704
	Nuclear	30	13	0		
	b) Joint	11	6	0		
	c) Extended	0	0	0		
	d) Single parents/Separated	0	0	0		
4.	Family income per Month				1.989	2 df 0.3699
	≥36017	0	0	0		
	18000-36016	0	0	0		
	13495-17999	12	6	0		
	8989-13494	20	6	0		
	5387-8988	9	7	0		
	1803-5386	0	0	0		
<1802	0	0	0			
5.	Occupation of father				3.992	5 df 0.5505
	Profession	10	4	0		
	Semi-profession	3	3	0		
	Clerical, shop-owner	6	4	0		
	Skilled worker	16	3	0		
	Semi-skilled worker	1	1	0		
	Unskilled worker	7	4	0		
Unemployed	0	0	0			
6.	Occupation of mother				3.91	4 df 0.19
	Profession	5	1	0		
	Semi-profession	0	0	0		
	Clerical, shop-owner	7	1	0		
	Skilled worker	5	1	0		
	Semi-skilled worker	0	0	0		
	Unskilled worker	7	5	0		
	Unemployed	17	11	0		

8. RESULTS

The result of this study indicates that in pretest mean value was 13.61 with standard deviation of 2.04. Where as in posttest mean value was 24.92 with standard deviation of 3.42. The mean difference was 11.31 and the paired 't' test value was 39.92. Child to child program through power point presentation was effective to increase the knowledge at 'p' value was <0.001 (***)

9. CONCLUSION

The following conclusion were made from the findings of the study-

The major conclusion of the present study was child to child program was effective in increasing knowledge regarding ill effects of television watching among children age between 10 to 15years. The pediatric health nurses can include child to child program in their routine activity to improve the knowledge among children age between 10 to 15years.

10. LIMITATIONS-

- This was limited to Laxmanpura at Gwalior MP.
- This was limited to 60 children age between 10 – 15 years.

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