



Study To Assess The Effectiveness Of Video Assisted Teaching Program On Knowledge, Attitude And Practice Regarding Oral Health

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Abstract: Oral health is fundamental to general health and well being. A study was conducted to assess the effectiveness of video assisted teaching program on knowledge, attitude and practice regarding oral health among nursing students of selected college of Delhi. The objectives of the study were, to assess the effectiveness of video assisted teaching program in terms of knowledge, attitude and practices regarding oral health among nursing students of selected college of Delhi and to assess the effectiveness of video assisted teaching program in terms of gain in attitude score regarding oral health. Study was conducted through quantitative research approach with true experimental research design (pre-test post-test only control design). Tool used in the study were structured knowledge questionnaire, checklist and likert scale. Video assisted teaching programme was used as interventional module in the study. The study was conducted in Holy Family College of Nursing on 80 nursing students selected by simple random sampling technique. The data was analyzed using descriptive and inferential statistics. The result of the study revealed that there was a significant difference between pre-test and post-test knowledge score of the experimental group. The video assisted teaching programme regarding oral health was effective in increasing the knowledge, practice and attitude of the nursing students in the experimental group. It was concluded that the administration of video assisted teaching programme was effective in enhancing the knowledge, good practice and positive attitude among nursing students regarding oral health.

Index Terms – Assess, effectiveness, video-assisted teaching, knowledge, opinion, gain, Nursing student

I. Introduction

Oral health is fundamental to overall health, wellbeing and quality of life. A healthy mouth enables people to eat, speak and socialise without pain, discomfort or embarrassment. The impact of oral disease on people's everyday lives is subtle and pervasive, influencing eating, sleep, work and social roles. The prevalence and recurrences of these impacts constitutes a silent epidemic. According to the World Health Organisation (WHO), "Oral health is a state of being free from chronic mouth and facial pain, oral and throat cancer, oral sores, birth defects such as cleft lip and palate, periodontal (gum) disease, tooth decay and tooth loss, and other diseases and disorders that affect the oral cavity". Oral health encompasses a range of diseases and conditions that include dental caries, periodontal (gum) disease, tooth loss, oral cancer, oral manifestations of HIV infection, oro-dental trauma, noma and birth defects such as cleft lip and palate. The Global Burden of Disease Study 2017 estimated that oral diseases affect 3.5 billion people worldwide. Most oral diseases and conditions share modifiable risk factors with the leading noncommunicable diseases (cardiovascular diseases, cancer, chronic respiratory diseases and diabetes).

These risk factors include tobacco use, alcohol consumption and unhealthy diets high in free sugars, all of which are increasing at the global level. There is a proven relationship between oral and general health. It is reported, for example, that diabetes mellitus is linked with the development and progression of periodontitis. Moreover, there is a causal link between high consumption of sugars and diabetes, obesity and dental caries. Dental caries and gum diseases affect nearly 60% and 80%, of the Indian population, respectively. Routine dental check-ups and early intervention can prevent most common dental problems. According to the data from Dental Council of India, 72% of the population live in villages which remain deprived from dental care. Though some states have made progress in providing comprehensive oral health care through its primary care system, a lot still remains to be achieved in the whole country. Therefore, oral health care delivery of the country needs to be strengthened for efficient oral health care delivery and improvement of oral health indicators and overall health of the population of the country.

II. Review of Literature

Yadav O. (2019)¹⁵ et al conducted a study to assess oral health-related Knowledge, Attitude, and Practice (KAP) among the nursing students in Rajasthan. A cross-sectional, questionnaire-based study was carried out among 409 nursing students from five different institutes who were selected by simple random sampling. A 27-item questionnaire was used to assess KAP. The resulting data was analysed using frequency distribution. Results were over 50% of the students used toothbrush and toothpaste twice a day to maintain their oral hygiene. Besides, 41% recognized the importance of dental visit in case of gingival bleeding and knew that poor oral hygiene is responsible for bad breath. The study concluded that oral health-related behavior among the nursing students needs improvement. More educational and preventive programs should be organized to achieve better results.

Kumari S. (2018)³³ et al conducted a study to assess the effectiveness of Video Assisted Teaching Program on the Knowledge and Practice of School going Children Related to Oral Hygiene in Selected Government Schools of District Kangra (H.P.) A quantitative research approach and pre-experimental research design was adopted to conduct study. The non- probability purposive sampling technique was used to select 60 school going children of Distt Kangra, Himachal Pradesh. A Self-structured knowledge questionnaire was used to assess the level of knowledge. and self structured observational practice checklist was used to assess the level of practice. Analysis of collected data was done to the according to the objectives of the study and data analyzed by using descriptive and inferential statistics. The study shows that, out of 60 school going children, about (71.67%) of school going children belongs to age group of 7-8 years, all were female (55%), (100%) children were Hindu 83.35% children were studying in 3rd -4th class., 73.3% father and mother were passed matriculation passed examination, 91.7% fathers in private job and 100% mother were housewife. 93.3% parents had income less than 10000 rupees/month, 100% children were having previous knowledge related to oral hygiene from their parents and teachers. Overall mean value of pre test was high then the post test. The value of t was significant at $p < 0.05$ level of significance. The study concluded that Video assisted teaching programme was an effective strategy in improving the knowledge and practice of school going children.

Appavu S. (2019)⁴⁶ et al conducted a study to assess the effectiveness of video assisted teaching programme on prevention of oral cancer among tobacco chewers. The research design adopted was quasi experimental one group pre-test and post-test design. The data was collected from 60 samples by means of structured interview method to assess the knowledge and attitude on prevention of oral cancer the finding of the study revealed that video assisted teaching programme was effective on knowledge and attitude on prevention of oral cancer ($t=p < 0.05$ level).

III. Research methodology

Research Approach: Quantitative Research Approach

Research Design: Pre experimental Research design (Pre-test and post-test design)

Target population: GNM Nursing and B.Sc. Nursing students from selected Nursing College of Delhi.

Sample size: 80

Sampling Technique: Simple random sampling and samples were randomly assigned (by lottery method)

Research Setting: Holy Family College of Nursing, New Delhi.

Demographic variables: as Age, Religion, Type of family, Place of residence, School type, Course of study, Educational qualification of the mother, Educational qualification of the father, Monthly income of the family, Source of information regarding oral health.

Tool: Structured Knowledge Questionnaire, Checklist, Likert Scale

Independent Variable: Video assisted teaching program.

Dependent Variable: Knowledge, attitude and practice of nursing students regarding oral health.

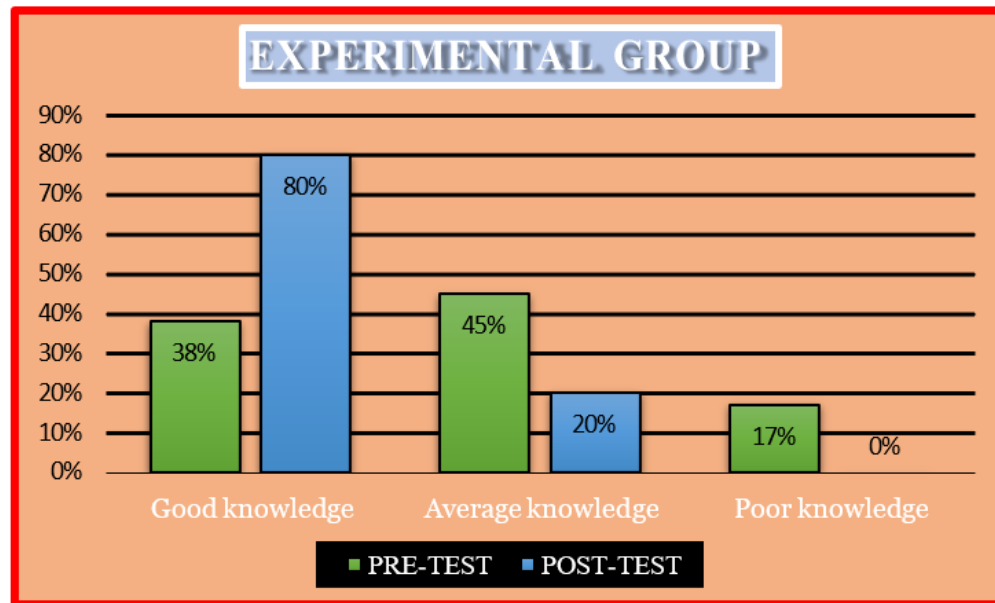
IV. Analysis and Interpretations :

1. The results has revealed that In the experimental group 40% of nursing students were in age group of below 20 years and 60% were in age group of 21-25 years whereas in the control group 45% of nursing students were in age group of below 20 years and 55% were in age group of 21-25 years. In the experimental group 40% of nursing students were Hindu, 5% were Muslim and 55% were Christian whereas in the control group 45% of nursing students were Hindu, 5% were Muslim and 50% were Christian. Majority of the nursing students in the experimental group 65% belongs to nuclear family, 32% belongs to joint family and 3% belongs to extended family whereas in the control group 82% belongs to nuclear family, 15% belongs to joint family and 3% belongs to extended family. In the experimental group 82% of nursing students lives in urban area and only 18% live in rural area whereas in the control group 75% of nursing students lives in urban area and only 25% live in rural area. Majority of the nursing students in the experimental group 87% were in private school and 13% were in government school whereas in the control group 85% of nursing students were in private school and 15% were in government school. In the experimental group and control group (100%) nursing students pursuing BSc Nursing. In the experimental group 3% of nursing students mothers were illiterate, 10% educated upto primary education, 13% educated upto secondary education, 17% educated upto senior secondary education and 57% educated upto graduate and above whereas in the control group 3% of nursing students mother were illiterate, 3% educated upto primary education, 30% educated upto senior secondary education and 52% educated upto graduate and above. In the experimental group 3% of nursing students fathers were illiterate, 3% educated upto primary education, 12% educated upto secondary education, education, 30% educated upto senior secondary education and 52% educated upto graduate and above.

In the experimental group 25% belongs to family income of less than Rs. 30,000, 30% belongs to family income of Rs.30,001-Rs.50,000, 27% belongs to Rs.50,001-Rs.1,00,000 and 18% belongs to more than Rs.1,00,000 whereas in the control group 30% belongs to family income of less than Rs.30,000, 17% belongs to Rs.30,001-Rs.50,000, 50% belongs to Rs.50,001-Rs.1,00,000 and 3% belongs to more than Rs.1,00,000. In the experimental group 10% of the nursing students gets the information about oral health from family and friends, 5% gets from social media, 3% gets from health professionals and 82% gets from all of the above whereas in the control group 10% gets information from family and friends, 3% gets from college, 10% gets from health professionals and 77% gets from all of the above.

S. NO.	SAMPLE CHARACTERISTICS	EXPERIMENTAL GROUP (n=40)		CONTROL GROUP (n=40)	
		Frequency	Percentage	Frequency	Percentage
1.	Age:				
	1. Below 20 years	16	40%	18	45%
	2. 21-25 years	24	60%	22	55%
	3. Above 25 years	0	0%	0	0%
2.	Religion:				
	1. Hindu	2	5%	2	5%
	2. Muslim	22	55%	20	50%
	3. Christian	0	0%	0	0%
	4. Sikh				
3.	Type of family:				
	1. Nuclear family	26	65%	33	82%
	2. Joint family	13	32%	6	15%
	3. Extended family	1	3%	1	3%
4.	Place of residence:				
	1. Urban	33	82%	30	75%
	2. Rural	7	18%	10	25%
5.	School type				
	1. Government	5	13%	6	15%
	2. Private	35	87%	34	85%
6.	Course of study				
	1. GNM Nursing	0	0%	0	0%
	2. BSc Nursing	40	100%	40	100%
	3. PostBasic Nursing	0	0%	0	0%
	4. MSc Nursing	0	0%	0	0%
7.	Educational qualification of the mother:				
	1. Illiterate	1	3%	1	3%
	2. Primary education	4	10%	1	3%

2. Data presented in table depicts that knowledge of nursing students in the experimental group, 38% nursing students had good knowledge, 45% nursing students had average knowledge and 17% nursing students had poor knowledge in the pre-test. In the post-test 80% nursing students had good knowledge, 20% nursing students had average knowledge and none of them had poor knowledge. From the above findings it was inferred that the video assisted teaching programme improved the level of knowledge of nursing students in the experimental group in the post-test.



Column diagram showing percentage distribution of pre-test and post-test level of knowledge regarding oral health in the experimental group.

3. Data and results depicts that practice scores of nursing students in the experimental group, 10% nursing students had good practice, 32% nursing students had average practice and 58% nursing students had poor practice in the pre-test. In the post-test 75% nursing students had good practice and 25% nursing students had average practice. From the above findings it was inferred that the video assisted teaching programme improved the level of practice of nursing students in the experimental group in the post-test.

4. Data analysed depicts that 68% nursing students in the experimental group were having favourable attitude towards oral health and 32% nursing students were having neutral attitude in the pre-test. In the post-test, 95% nursing students in the experimental group were having favourable attitude and 5% nursing students were having neutral attitude. From the above findings it was inferred that the video assisted teaching programme improved the level of attitude of nursing students in the experimental group in the post-test.

V. Conclusion : The present study assessed the effectiveness of video assisted teaching program on knowledge, attitude and practice regarding oral health among nursing students of selected college of Delhi. Major findings of the present study had been discussed with the reference to results obtained by the researcher in the same aspect and it is seen that video assisted teaching programme was effective in increasing knowledge, attitude and practice. The study has concluded that the video assisted teaching programme was effective in increasing the knowledge, attitude and practice among nursing students. There is strong positive relationship between post-test knowledge and practice scores. There is strong positive relationship between post-test knowledge and attitude scores.

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