

Effectiveness Of Video Assisted Teaching Regarding Knowledge On Healthy Diet And Benefits Of Play On Prevention Of Obesity Among Children (10 – 13yrs) At Selected Area, Nagapattinam.

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Abstract:

A study to assess the effectiveness of video assisted teaching regarding knowledge on healthy diet and benefits of play on prevention of obesity among children (10 – 13yrs) at selected area, Nagapattinam. The research approach used for this study was quantitative approach. The research design for this study is pre experimental one group pre test and post test design. Sample size was 100 children. Convenient sampling technique was used for the study. The collected data was analyzed by using both descriptive & inferential statistics. The study results showed that during pretest(49%) samples are having inadequate knowledge, (38%) samples are having moderately adequate knowledge and (13%) are having adequate knowledge. During post test (11%) samples are having inadequate knowledge, (26%) samples are having moderately adequate knowledge and (63%) are having adequate knowledge regarding healthy diet and benefits of outdoor play. The pre test knowledge mean score of 7.48 was increased in post test mean score 10.96. There was a significant association found between knowledge on healthy diet and benefits of outdoor play with educational status of mother and type of play. There was no significant association found between age, sex, religion, standard of education, educational status of father, occupation of father, occupation of mother, family monthly income, type of play you enjoy. The main conclusion drawn from this study was video assisted teaching is effective in

increasing the knowledge on healthy diet and benefits of outdoor play on prevention of obesity. The nurses take necessary steps in their day to day nursing practice particularly while giving health education in the community area to promote healthy diet pattern to prevent obesity among target population.

Keywords: Effectiveness, video assisted teaching, healthy diet, outdoor play, prevention, obesity

INTRODUCTION:

A diet may play a very important role in growth and development of adolescents during which the development of healthy eating habits is of supreme importance. Adolescents is period of crucial phase of growth. It is a nutritionally vulnerable time period. Poor eating habits formed during adolescence can lead to obesity and diet related diseases in later years. It is a particularly vulnerable time for the development of Obesity. It is associated with increased morbidity and mortality in their adulthood. Unhealthy eating habits for teenagers include eating too much, not eating enough or eating a poorly planned restricted diet. A sound nutrition can paly a role in the prevention of several chronic disease, including obesity, coronary heart disease, certain types of cancer, stroke, and type II diabetes. Establishing and maintaining healthy eating behaviours during childhood and adolescence can help to prevent diet related chronic diseases.

Child facing a progressive rise in obesity with the corresponding consequences in the epidemiological and nutrition profile of the population. A sustained increase in risk factors for nutrition-related chronic diseases (NR-CDs) has occurred, particularly obesity, which although has affected all age groups, in preschool and school age children, the rise in prevalence has been the greatest. The prevalence of overweight and obesity among children and adolescents aged 5-19 has risen dramatically from just 4% in 1975 to just over 18% in 2016. The rise has occurred similarly among both boys and girls: in 2016 18% of girls and 19% of boys were overweight.

OBJECTIVES:

- To assess the existing knowledge on healthy diet & benefits of play on prevention of obesity among children.

- To impart video assisted teaching regarding healthy diet & benefits of play on prevention of obesity.
- To evaluate the effectiveness of video assisted teaching on healthy diet & benefits of play on prevention of obesity.
- To find the association between pretest knowledge with their selected demographic variables.

RESEARCH METHODOLOGY:

The research approach used for this study was quantitative approach. The research design for this study is pre experimental one group pre test & post test design. Sample size was 100 children. Convenient sampling technique was used for the study. The collected data was analyzed by using both descriptive & inferential statistics. Demographic data was collected and pre-test was conducted by using structured knowledge questionnaire to assess the knowledge regarding healthy diet & benefits of play on prevention of obesity from their subject. Video assisted teaching programme was given about healthy diet & benefits of play. After 15 days post test was conducted by using the same structured knowledge questionnaire.

INCLUSION CRITERIA:

- children with the age group of 10 – 13 yrs.
- children who were willing to participate in this study.
- who were able to read and write tamil & english

EXCLUSION CRITERIA:

- children above the age group of 13 yrs.
- who are not willing to participate in the study.

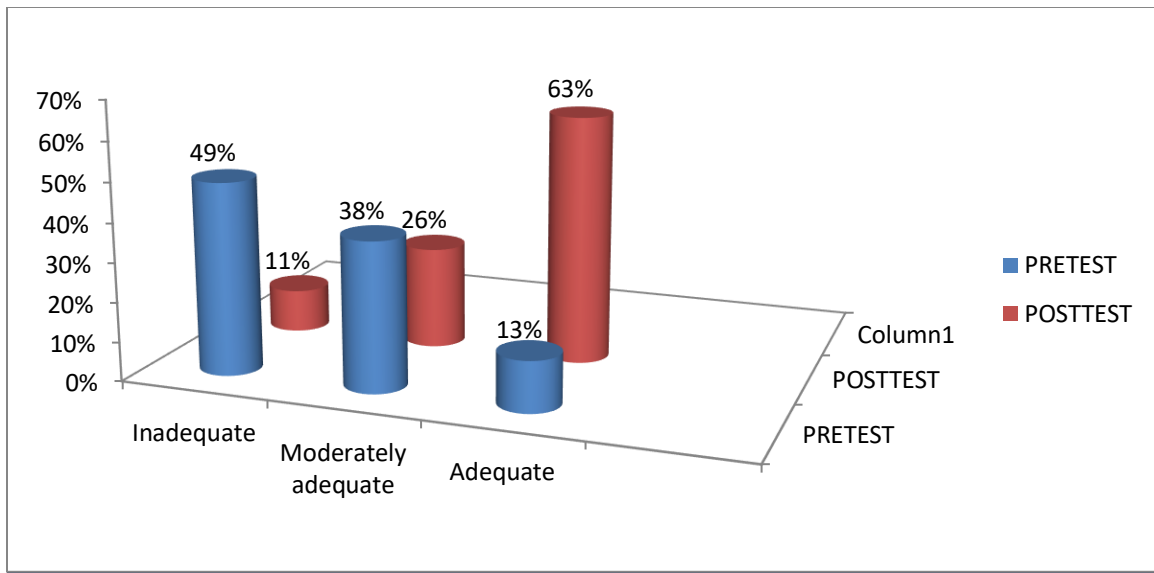
- who are absent at the time of data collection.

DATA COLLECTION PROCESS:

- **Part 1:** Demographic variables consists of age, sex, educational status, family monthly income, place of residence, type of family, dietary pattern, hobbies, source of information.
- **Part II :**
 - a) It consists of structured knowledge questionnaire regarding healthy diet & benefits of play on prevention of obesity.
 - b) Impart video teaching regarding healthy diet & benefits of play on prevention of obesity.

TABLE 1: DATA ON PRE TEST AND POST LEVEL OF KNOWLEDGE REGARDING HEALTHY DIET & BENEFITS OF PLAY AMONG CHILDREN .

S.NO	SCORE	PRE TEST		POST TEST	
		Frequency	%	Frequency	%
1.	Inadequate	49	49	11	11 %
2.	Moderately Adequate	38	38	26	26 %
3.	Adequate	13	13	63	63 %



EVALUATE THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON HEALTHY DIET & BENEFITS OF PLAY ON PREVENTION OF OBESITY.

S.NO	LEVEL OF KNOWLEDGE	Mean	SD	df	‘t’ test
1.	PRE TEST	7.48	3.02	99	12.65
2.	POST TEST	10.96	2.49		

ASSOCIATION BETWEEN CHI –SQUARE RESULTS OF DEMOGRAPHIC VARIABLES WITH PRE TEST KNOWLEDGE ON HEALTHY DIET AND BENEFITS OF OUTDOOR PLAY AMONG CHILDREN.

S.No	Demographic variables	chi-square value	Df	P Value	Results
1.	Age	2.646	6	0.829	Not Significant
2.	Sex	3.534	2	0.8769	Not significant
3.	Religion	2.540	8	0.955	Not significant

4.	Standard of education	8.701	8	0.819	Not significant
5.	Educational status of father	2.250	5	0.325	Not Significant
6.	Educational status of mother	7.950	5	0.048	Significant
7.	occupation of father	0.462	5	0.005	Not Significant
8.	Occupation of mother	6.253	4	0.124	Not significant
9.	Family monthly income	8.241	4	0.138	Not significant
10.	Type of play you enjoy	9.590	5	0.048	Significant

There is a significant association found between knowledge on healthy diet and benefits of outdoor play with educational status of mother and type of play. There is no significant association found between age, sex, religion, standard of education, educational status of father, occupation of father, occupation of mother, family monthly income, type of play you enjoy.

The study recommendations are the following:

- A similar study may be conducted on larger samples at different areas for generalize findings.
- An experimental study can be undertaken with control group to assess the effectiveness of planned teaching programme on role of diet and importance of play regarding prevention of obesity among college students.
- A descriptive study can be conducted by assessing the knowledge and attitude of children towards diet and benefits of play on prevention of obesity.
- A comparative study can be conducted by comparing the knowledge and attitude on adolescence towards prevention of obesity.

DISCUSSION:

The aim of the study to assess the Effectiveness of video assisted teaching regarding knowledge on healthy diet and benefits of play on prevention of obesity. The research design used for the study is pre experimental one group pretest and posttest research design. The subjects were assessed by using demographic variables and structured knowledge questionnaire.

The results showed that in pretest (49%) samples are having inadequate knowledge, (38%) samples are having moderately adequate knowledge and (13%) are having adequate knowledge. During post test (11%) samples are having inadequate knowledge, (26%) samples are having moderately adequate knowledge and (63%) are having adequate knowledge regarding healthy diet and benefits of outdoor play. The mean score of 7.48 in pretest which was increased in post test mean score of 10.96.

The study findings were supported by the research findings of Mehrabi SH et al. (2016) which found that an increase in the posttest mean knowledge scores (mean=8.70, SD=0.57) compared to the pretest score (mean=5.35, SD=2.47).

CONCLUSION:

The present study result revealed that video assisted teaching is effective in increasing the knowledge on healthy diet and benefits of outdoor play on prevention of obesity. Hence nurses must incorporate video assisted teaching in their day to day nursing practice particularly while giving health education in the community setting to bring positive changes in health behavior and to prevent obesity among target population.

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