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A Study to Assess the Effectiveness of Structured Teaching Programme (STP) on Knowledge and Practice Regarding Importance of Well Balanced Nutrition among School Age Children in a Selected School, Jaipur

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ABSTRACT

Present Study was aimed to assess the effectiveness of structured teaching programme (stp) on knowledge and practice regarding importance of well balanced nutrition among school age children in a selected school, Jaipur. The objectives of the study were-

1. To assess the level of knowledge of school children regarding well balanced nutrition.
2. To assess the practice regarding eating pattern among the school age children.
3. To evaluate the effectiveness of structured teaching program on importance of well balanced nutrition for school age children.
4. To find out the relationship between the following

a. Pre-test knowledge score and pre-test practice scores.
b. Post-test knowledge score and post-test practice score

5. To find out the relationship between the following

a. Posttest knowledge score with selected demographic variables
b. Posttest practice score with selected demographic variables.

KEYWORDS

Effectiveness, Knowledge; Practice; Structured Teaching Programme; Well Balanced Nutrition; School Age Children.

INTRODUCTION

BACKGROUND OF STUDY:-

The child is the most precious possession of mankind, most beloved perfect in its innocence and completely vulnerable. The child represents that a face of man which is always happy and always new. With every child we are born again and we play in the courtyard of the world in the bright sun shine of love and laughter.

Nutrition has become an integral part of school health education program, as children are the most vulnerable group and are prone for nutritional deficiency disorders or malnutrition during childhood.

NEED FOR THE STUDY:-

In developing countries like India which is second most populated country in the world with 1.04 billion populations, an estimated 400 million between 0 - 18 years. More than 10 million children die each year mostly from preventable cause and almost all in poor countries. Under nutrition is an important underlying cause of child death associated with infectious diseases and effect of multiple concurrent illnesses.

Research into the health and wellbeing of school children has shown that, there are significant concerns about their current and future health, in particular the increase in obesity and related conditions. There is evidence that the impaired childhood growth and development that result from poor nutrition are linked to chronic disease in adulthood. In addition, poorly nourished children, particularly those who are overweight or obese, often experience significant social and

psychological problems. Eating habits are developed from a young age and messages about healthy lifestyles need to be delivered in a clear and consistent manner if children are to develop the knowledge, understanding and skills they need to make appropriate food choices and develop positive attitudes to diet and health. Today's fast paced world both the parents are in work force or with a single parent in the work force, the children may leave the home without having adequate diet. Based on the findings of the other studies, it is feasible to suggest that poor nutritional status impacts the behavior of children, school performance and overall development. Further studies are needed to look at the value of child nutrition. Thus there is a need to assess the knowledge of the children regarding good nutrition and to educate the children regarding importance of well balanced nutrition.

OBJECTIVES OF THE STUDY

1. To assess the level of knowledge of school children regarding well balanced nutrition.
2. To assess the practice regarding eating pattern among the school age children.
3. To evaluate the effectiveness of structured teaching program on importance of well balanced nutrition for school age children.
4. To find out the relationship between the following-

a. Pre-test knowledge score and pre-test practice scores.

b. Post-test knowledge score and post-test practice score

5. To find out the relationship between the following

a. Posttest knowledge score with selected demographic variables

b. Posttest practice score with selected demographic variables

ASSUMPTIONS:-

This study assumes that

1. School age children from selected school knowledge and practice regarding importance of well balanced nutrition.
2. Structured teaching programme will increase the knowledge and practice regarding importance of well balanced nutrition.

DELIMITATIONS:-

The study will be delimited to:-

Regular school aged (11-13 years) students

Children studying 7^{th} standard.

CONCEPTUAL FRAMEWORK:-

The conceptual frame work of the present study is based on Daniel Shuffle Beam‟s Programme Evaluation Model (CIPP). The conceptual frame work presented in the figure shows context evaluation, input evaluation, process evaluation and product evaluation of objective

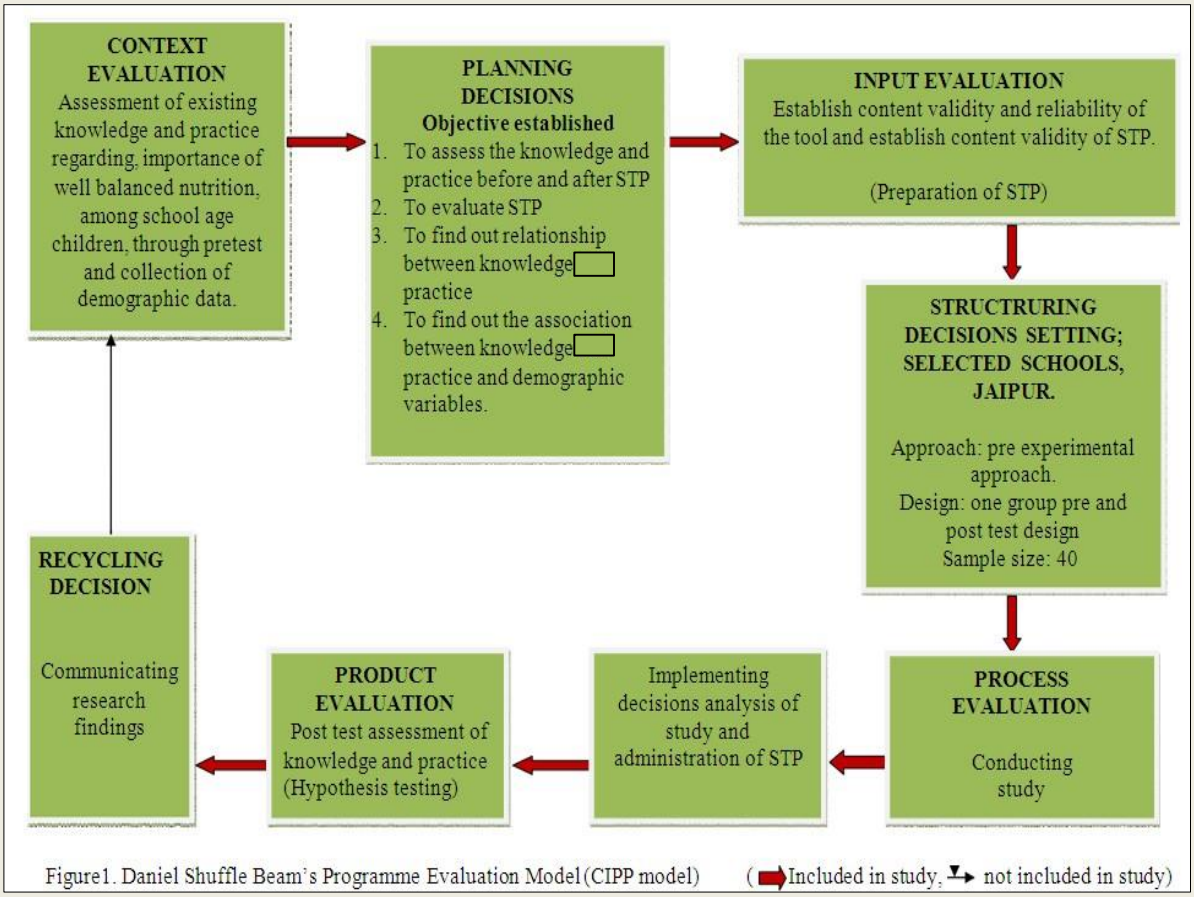

Figure1. Daniel Shuffle Beam's Programme Evaluation Model (CIPP model) (Included in study, not included in study)

MAJOR FINDINGS OF THE STUDY:

Demographic variables of school age children

Table 1 Frequency and percentage distribution of subject according to the Age (in years) N=100

Sl. No.	Age	Frequency	Percentage (%)
A	11 Years	4	05
B	12 Years	52	65
C	13 Years	24	30

Fig 1 Bar diagram showing Percentage distribution of subjects according to Age

Table and Figure show that that majority of samples 52(65%) belong to the age group of 12 years, 24(30%) belong to 13years, 4(5%) belongs to 11 years.

DISCUSSION

The study was to examine the effectiveness of structured teaching programme for adolescents and young women on knowledge regarding PCOS. Among the 34 participants 8 (34%) of them were adolescents and 26 (76%) were young women. Majority of them 32(94%) belong to Hindu religion. Their mothers mostly 16(47%) had secondary level education and only 3(9%) of them were having collegiate

education, and 26(77%) were homemakers. Majority of them 25(74%) came from nuclear family with 22(65%) belonging to middle class and lower middle class income group. A similar study conducted in colleges of Udupi Districtamong pre university students shows that out of 752 students theirmothers were mostly 437 (58.1%) had primary education and majority 554 (73.6%) of the students' mothers were home makers[6].

Only 15 (44%) of the adolescents and young women had BMI within the range of normal (18.5-22.9). Overweight (23-24.9) was observed among 4(11.8%) and obesity (25-40) among 11(33%). This finding is slightly different from the study conducted among 200 medical students in Nagpur which shows that 51% girls had normal BMI, 19.5% were overweight, and 16.5% were obese while 13% were underweight. In comparison the proportion of girls being obese is very large in the present study with difference of about 20%. The reason could be that the present study sample is very small [13].

The information regarding health mostly received was from health personnel among 13 (38%) of adolescents and young women and from parents among 12(35%) of them.This finding is contrary to the findings found in Udupi district where 562 (74.7%) students had the habit of reading health related magazines [6].

Dietary profile showed most of the adolescents and young women 18 (52.9%) consumed a combined diet that was predominantly vegetarian. Study conducted in Australian National Nutrition Survey revealed that the subjects consumed vegetables pattern diet is about 3.9%[14] and a another study conducted in Urban Baroda showed that 66.6% adolescents were consumed processed food which is less compared to this study where 20.6% of adolescents only consumed processed food[15].

There was significant difference between the mean pre-test and post-test knowledge level. The pre-test mean 6.500 (2.351) scores regarding PCOS were found to be less than post-test mean percentage 14.64 (3.575)) scores. The difference in mean score between pretest and posttest was 8.14, but was not statistically significant. The 't' value computed between pre-test and post-test knowledge levels (t=12.47), the paired t –test shows the results, p-value (.197) is not significant. In spite of the difference in pre-test and post-test knowledge score, the reason for the statistical non significance could be small group. Similar findings was found in a study conducted at Mangalore, where the study results revealed pre-test mean percentage (4.37%) scores regarding

PCOS to be less than post-test mean percentage (12.08%) scores[1].

CONCLUSION

PCOS is a condition which needs lifestyle modification and adequate awareness about the early diagnosis and prevention. It affects the reproductive girls if not treated early. Educating adolescent girls and their mother's on prevention and management of PCOS will help prevent its occurrence. The various studies including present study showed that adolescents and their mothers had lack of knowledge about PCOS and the knowledge level increased after the structured teaching programme. So the health personnel should take initiativeto frequently sensitizeadolescent girls and their mothers with health information regarding PCOS with emphasis on healthy lifestyle and dietary pattern.

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