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Effectiveness of Self-Instructional Module on Knowledge Regarding the Importance of Outdoor Physical Activities among Mothers of Children Age Group between 6-12 Years in the Selected School

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Abstract

"Effectiveness of Self-Instructional Module on Knowledge Regarding the Importance of Outdoor Physical Activities among Mothers of Children Age Group between 6-12 Years in the Selected School."

Objectives

Primary Objective:

To assess the pre-test knowledge regarding the importance of outdoor Physical activities among mothers of children age group between 6-12 years.

Secondary Objectives:

1. To evaluate the effectiveness of the Self-Instructional Module on knowledge regarding the importance of outdoor Physical activities among mothers of children age group between 6-12 years.
2. To find out the association between the pre-test knowledge score with their selected demographical variables.

Material and Methods: The research approach adopted in this study is quantitative research approach. Pre experimental research design one group pre test post test design was chosen for the study. The sample were selected non probability conveniently sampling to suit the study Sample size was 60.

Results: The data was analyzed by using inferential and descriptive statistics on the basis of objectives.

- At the time of pre test, At the time of pre-test, none they having excellent knowledge, 5.0% of them had very good knowledge, and 86.66% of the had good knowledge, 8.33% of them had average knowledge and no one of them had poor knowledge. Average knowledge score at the time of pre test was 16.33 with standard deviation of 2.18 with mean percentage 77.76%.
- At the time of post test, 5.0% of them had excellent knowledge, 86.66% of them had very good knowledge, and 8.33% of them having good knowledge, no one of them had average knowledge and no one of them had poor knowledge. Average knowledge score at the time of post test was 22.2 with standard deviation of 1.37 with mean percentage 85.38%.

The pre test average score was 16.33 with standard deviation of 2.18. The post-test average score was 22.2 with standard deviation of 1.37. The test statistics value of the paired t test was 17.65 with p value was less than 0.0001.

The p value less than 0.05, hence reject the null hypothesis and accept the alternative hypothesis.

Conclusion

The study was done to assess the knowledge regarding the importance of Outdoor Physical activities among mothers of children age group between 6-12 years. The results of this study show that pre-test, none of they having excellent knowledge, 5.0% of them had very good knowledge, and 86.66% of the had good knowledge, 8.33% of them had average knowledge and no one of them had poor knowledge regarding the importance of Outdoor Physical activities. The mean score was 16.33 with mean percentage score of 77.76%. The post-test score is post-test, 5.0% of them had excellent knowledge, 86.66% of them had very good knowledge, 8.33% of them had good knowledge, no one of them had average knowledge and no none of them had poor knowledge. The mean score was 22.2 (1.37) with a mean percentage score of 85.38%.

Thus, it was concluded that a self-instructional module on knowledge regarding the importance of Outdoor Physical activities was found effective as a teaching strategy.

Keywords: Mothers, Children, Outdoor Physical Activities, India

Introduction

"A child is a beam of sunlight from the infinite and eternal, with possibilities of virtue and vice, but as yet unstained".
-Lyman Abbott

Play serves as a learning tool for children, and their play changes with developmental needs. During the school years, children add realism to their play. Fantasy and reality are not mixed as they were during preschool years. As children participate in more organized, they gain experience in learning the rules of the game from parents and peers. Through play, they learn self-government and self-direction of activities [1].

World Health Organization, Physical activity (PA) for growth and development in children and adolescents is fundamental to optimal. Regular PA during childhood is associated with numerous physical and mental benefits for children [2].

Increasing physical activity in children is an important public health goal in India. Schools may be a target for physical activity promotion, but little is known about outdoor school environments. The purpose of this study was to describe characteristics of the surrounding outdoor school environments that may promote children's physical activity. Children often spend over six hours per day at school, and time at home is typically spent doing homework, watching television, or using electronics [3].

Exploring the relationship between physical activity, cognition and academic performance in children is an important but developing academic performance, and potential mediating factors in children [4].

Insufficient physical activity is a leading risk factor for non-communicable diseases, and has a negative effect on mental health and quality of life. We describe levels of insufficient physical activity across countries, and estimate global and regional trends [5].

Review of Literature

Pritam Meshram and Deeplata Mendhe (2021) Pre experimental study was conducted in 2021 at Wardha In this study mainly focussing on assess the knowledge of parents regarding the selection of play articles for children of 6-12 years. Sample size was 80 parents. The method used one group pre-test post-test design. The result of this study was 52 (78.75 %) had an excellent level of knowledge score and 28(21.25%) have a very good level of knowledge and mean score was 16.79 $\pm$ 1.290 with a mean percentage score of 55.96% .This study conclude that 28(21.25%)having a very good level knowledge and 52 (78.75%) having an excellent level of knowledge [6].

Fatemeh Jahani (2017) A descriptive cross sectional study was conducted in 2017 at Manipal and Utopia, Karnataka, India. In this study mainly focussing on to study the relation between parenting style and attitude with physical activity, diet behaviour and health of children between 10-13 years. Sample size was 400. The method used purposive sampling method. The result of this study was a significant relationship between parenting style and diet behaviour of child ($p>0.001$). Also 74.8 % of variation in weight is explained by the independent factors and a significant relationship between weight and these factors at 1% level ($f=32.889$, $p<0.001$). This study conclude that parents with stylistic dimension in both authoritarian and permissive style of parenting and parents with stylistic dimensions in all type of parenting style influences child physical activity [7].

Result: The data was analyzed by using inferential and descriptive statistics on the basis of objectives.

1. Deals with analysis of data related to assessment of the knowledge importance of outdoor Physical activities among mothers of children age group between 6-12 years in the selected school in terms of frequency and percentage.

Table 1: General assessment of Knowledge-Pre Test

	Group		Frequency	Percentage
Pre test	Excellent	26-30	0	0 %
	Very good	20-25	3	5.0%
	Good	14-19	52	86.66%
	Average	7-13	5	8.33%
	Poor	1-6	0	0 %
Knowledge	Minimum		8	
	Maximum		21	
	Average(SD)		16.33	
	Mean percentage		77.76%	

At the time of pre-test, none they having excellent knowledge, 5.0% of them had very good knowledge, and 86.66% of the had good knowledge, 8.33% of them had average knowledge and no one of them had poor knowledge.

Average knowledge score at the time of pre test was 16.33 with standard deviation of 2.18 with mean percentage 77.76%.

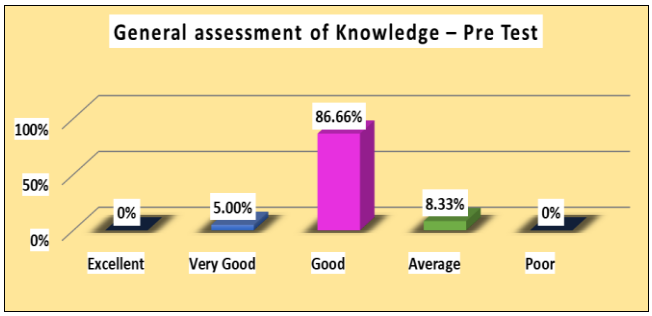

Fig 1: General assessment of Knowledge-Pre Test

Table 2: General assessment of Knowledge-Post Test

	Group		Frequency	Percentage
Post test	Excellent	26-30	3	5.0%
	Very good	20-25	52	86.66%
	Good	14-19	5	8.33%
	Average	7-13	0	0
	Poor	1-6	0	0
Knowledge	Minimum		14	
	Maximum		26	
	Average(SD)		22.2	
	Mean percentage		85.38%	

At the time of post test, 5.0% of them had excellent knowledge, 86.66% of them had very good knowledge, and 8.33% of them having good knowledge, no one of them had average knowledge and no one of them had poor knowledge.

Average knowledge score at the time of post test was 22.2 with standard deviation of 1.37 with mean percentage 85.38%.

2. Deals with analysis of data related to assessment of the knowledge regarding the importance of outdoor Physical activities among mothers of children age group between 6-12 years in the selected school in terms of frequency and percentage.

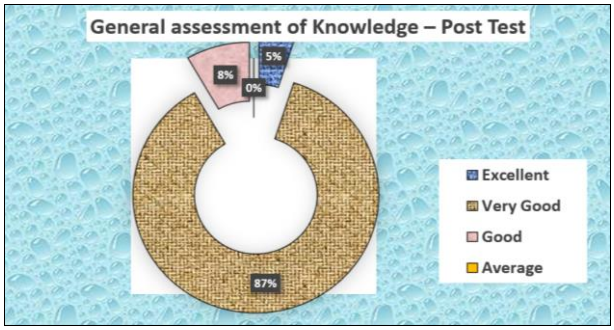

Fig 2: General assessment of Knowledge-Post Test

Table 3: General assessment of Pre Vs Post Test

	Groups		Pre-test		Post-test	
			Frequency	Percentage	Frequency	Percentage
Knowledge	Excellent	26-30	0	0 %	3	5.0%
	Very good	20-25	3	5.0%	52	86.66%
	Good	14-19	52	86.66%	5	8.33%
	Average	7-13	5	8.33%	0	0
	Poor	1-6	0	0 %	0	0
Knowledge	Minimum		8		14	
	Maximum		21		26	
	Average(SD)		16.33 (2.18)		22.2 (1.37)	
	Mean percentage		77.76%		85.38%	

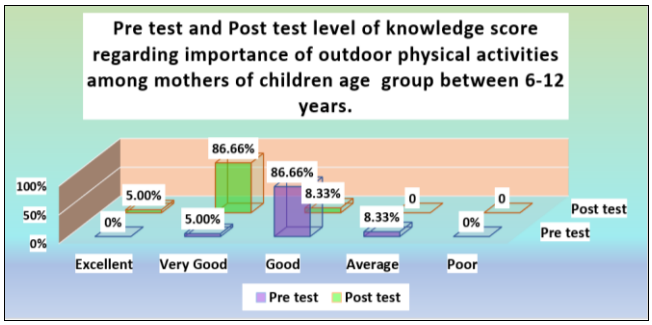

Fig 3: Distribution of Pre test and Post Test Knowledge score regarding importance of outdoor Physical activities among mothers of children age group between 6-12 years

Table 4: Difference between mean Pre test and post test knowledge score regarding importance of outdoor Physical activities among mothers of children age group between 6-12 years

	N	Knowledge score		Mean Difference	Paired t test
		Mean	Standard Deviation(SD)		
Pre test	60	16.33	2.18	5.870	t = 17.65, p < 0.0001
Post test	60	22.2	1.37		

The difference between pre-test and post-test means of the knowledge were done by the paired t-test. The pre test average score was 16.33 with standard deviation of 2.18. The post-test average score was 22.2 with standard deviation of 1.37. The test statistics value of the paired t test was 17.65 with p value was less than 0.0001. The p value less than 0.0001, hence reject the null hypothesis and accept the alternative hypothesis.

Shows that, semi structured questionnaire on knowledge regarding the importance of outdoor Physical activities among mothers of children age group between 6-12 years was effective.

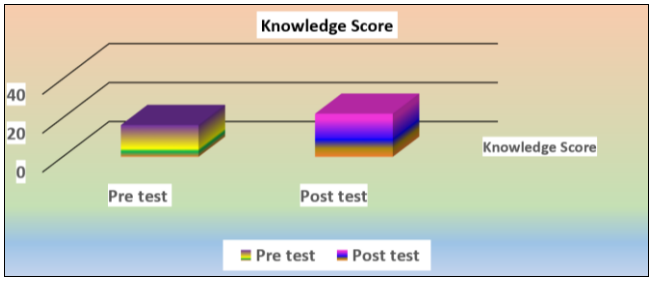

Fig 4: Show that significance of difference between knowledge score in pre test and post test regarding importance of outdoor Physical activities among mothers of children age group between 6-12 years

Table 5: Association between level of Pre-test knowledge score with their selected demographic variables

N=60

Demographic variables		Pre-score level of knowledge			Chi square	d. f.	P value	Significance
		Very good	Good	Average				
Age of the mothers	21-24 years	1	3	4	12.87	6	0.04	P<0.05 Significant
	25-30 years	1	18	2				
	31-35 years	2	17	1				
	Above 36 years	2	8	1				
Educational status	Primary education	1	3	4	16.87	6	0.009	P<0.05 Significant
	Higher education	1	19	2				
	Graduation	2	18	1				
	Postgraduation	3	5	1				
Occupational status	House wife	3	30	1	6.56	8	0.58	P>0.05 Not significant
	Daily wages	1	3	1				
	Self employer	2	4	1				
	Private employer	1	7	1				
	Govt. employer	1	3	1				
Family income	Below Rs.4000	2	3	4	14.31	6	0.026	P<0.05 Significant
	Rs. 5000- Rs.9000 per month	1	18	3				
	Rs 10,000- Rs.30,000 per month	2	17	1				
	Rs. 30,001and above per month	3	5	1				
Type of family	Nuclear family	4	4	4	13.22	4	0.01	P<0.05 Significant
	Joint family	3	20	1				
	Extended family	4	19	1				
Number of children age group between 6-12 years	Only 1 (one)	2	24	7	6.32	2	0.04	P<0.05 Significant
	More than 1(one)	6	20	1				
Previous knowledge regarding physical activity	Yes	2	23	6	6.38	2	0.041	P<0.05 Significant
	No	7	21	1				
If yes, then the source of knowledge regarding physical activity	Health Personnel	5	4	5	11.85	4	0.018	P<0.05 Significant
	Family/Friends	4	18	2				
	Mass Media	5	16	1				

The chi square test was conducted to see the association of knowledge regarding the importance of outdoor Physical activities among mothers of children age group between 6-12 years at selected school.

The chi-square test was conducted at 0.05% level of significance.

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