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### A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding Fast Food and its Hazards Among School Children from Selected Higher Secondary Schools

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#### Abstract

A study to assess the Effectiveness of Video Assisted Teaching Programme on Knowledge regarding Fast Food and its Hazards among School Children from selected Higher Secondary Schools.

##### Primary Objective

1. To assess the pre existing knowledge regarding fast food and its hazards among school children from selected higher secondary schools.
2. To evaluate the effectiveness of video assisted teaching programme on knowledge regarding fast food and its hazards among school children from selected higher secondary schools.

##### Secondary Objective

3. To find out the association between pre test knowledge score with their selected demographic variables.

##### Material and Methods

The research approach adopted in this study is quantitative approach. Quasi experimental research design one group pre test post test design was chosen for the study. The sample were selected conveniently to suit the study.sample size was 60.

##### Result

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

##### Section-I Demographic Variables

1. According to age of the school children from selected higher secondary schools, in the study 24(40%) of school children from age group 15-16years, 21(35%) from the age group 15-16 years, 15(25%) from 16-17 years and 00 (00%) of school children more than 17 years of age.
2. According to Gender of the children from selected higher secondary schools, in the study 30(50%) of Male children and 30(50%) Females.
3. According to educational status of the children from selected higher secondary schools, in the study 24(40%) of school children 8<sup>th</sup> standard, 21(35%) children in 9<sup>th</sup> standard children and 15(25%) children in 10<sup>th</sup> standard.
4. According to educational status of the Fathers of children from selected higher secondary schools, in the study 05(8.33) of Fathers no formal education, 17(28.33%) of fathers educated up to primary, 27(45%) up to secondary and 11(18.33) Hsc and above education.
5. According to mothers education of the children from selected higher secondary schools, in the study 06(10%) Mothers of no formal education, 19(31%) mothers educated up to primary, 23(31%) mothers were secondary and 12(20%) of mothers Hsc and above education.
6. According to total family income of the children from selected highersecondary schools, in the study 06(10%) them had family in the income group Rs 5000-15000, 23(38.63%) In the income group Rs 15001-25000, 21(35%) in the Rs 25001-35000 and 10(16.66%) in the Rs Above 35000 group.
7. According to religion of the children from selected higher secondary schools, in the study 19(31.67%) of children from Hindu religion, 10(16.67%) from the Christian religion,20(33.33%) from Muslim and 11(18.33) of children from Buddhist religion.
8. According to dietary pattern of the children from selected higher secondary schools, in the study 21(35%) of children vegetarian, 04(6.66%) from the Non vegetarian and 35(58.33%) from Mixed dietary pattern.
9. According to No. Of sibling of the children from selected higher secondary schools, in that study

01(1.66%) sibling 0 group,37(61.66%) children of sibling is 01,14(23.33%) children of sibling is 02 and 08(13.33%) children of sibling is above 02.

**Section-II-** Analysis of data related to the pre-existing knowledge for the analysis purpose the total score of knowledge was divided in to three groups like poor (score 0-8), Average (score 9-16), Good (score 17-25). At the time of pre test 46.7% of the children had average knowledge (Score 9-16) and 53.3% of them had good knowledge (Score 17-25) regarding fast food and its hazards.

**Section III-**Analysis of data related to the effectiveness of video-assisted teaching programme on knowledge regarding fast food and its hazards among school children from selected higher secondary schools in pre-test, 46.7% of the children had average knowledge (Score 9-16) and 53.3% of them had good knowledge (Score 17-25) regarding fast food and its hazards. In post test, 3.3% of the children had average knowledge (Score 9-16) and 96.7% of them had good knowledge (Score 17-25) regarding fast food and its hazards. This indicates that the knowledge among higher secondary school children regarding fast food and its hazards improved remarkably after video-assisted teaching.

Researcher applied paired t-test for the effectiveness of video-assisted teaching program on knowledge regarding fast food and its hazards among school children from selected higher secondary schools. Average knowledge score in pre-test was 16.6 which increased to 19.5 in post test. Corresponding t-value was 19.6 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. Average knowledge score in post test was significantly higher than that in pre-test. It is evident that the video assisted teaching is significantly effective in improving the knowledge among higher secondary school children.

**Section IV-**Analysis of data related to the association between the knowledge with their selected demographic variables. The Fisher's exact test used for the association between the knowledge with their selected demographic variables among school children from selected higher secondary schools. Since p-values corresponding to demographic variables educational status, father's education and mother's education were small (less than 0.05), the demographic variables educational status, father's education and mother's education were found to have significant association with the knowledge among higher secondary school students. Conclude that, there was no significant association of the educational status, father's education and mother's education with knowledge regarding fast food and its hazards among school children from selected higher secondary schools.

##### Conclusion

The result of this study shows that in pre-test 0(0.00%) In pre-test, 46.7% of the children had average knowledge (Score 9-16) and 53.3% of them had good knowledge (Score 17-25) regarding fast food and its hazards. In post test, 3.3% of the children had average knowledge (Score 9-16) and 96.7% of them had good knowledge (Score 17-25) regarding fast food and its hazards. The mean score was 16.6 with a mean percentage score of 19.5. Average knowledge score in pre test was 16.6 which increased to 19.5 in post test. Corresponding t-value was 19.6 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the video assisted teaching is significantly effective in improving the knowledge among higher secondary school children.

**Keywords:** Teaching, Demographic Variables, India

#### 1. Introduction

“By Eating Many Fruits and Vegetables in Place of Fast Food and Junk Food, People Could Avoid Obesity”.  
(David H. Murdock)

Children are the greatest gift of God to humanity. In India children form nearly 40% of total population. The promotion of

healthy child development has become major focus of world attention over the last 3 decades [1].

Due to eating fast food the statistical data in 2016, more than 1.9 billion adults, 18 years and older, were overweight of these over 650 million were obese.

39% of adults aged 18 years and over were overweight in 2016, and 13% were obese. Over 340 million children and adolescents aged 5-19 year were overweight or obese in 2016. Most of the world's population live in countries where overweight and obesity kills more people than underweight. 39 million children under the age of 5 were overweight or obese in 2020. In Delhi and Chandigarh, one in every four teenagers are obese while the study of school children in Chennai shows 18 % boys and 16% girls are overweight because of eating habits of unhealthy food items [3].

## 2. Review Literature

### 1. Studies Related to Knowledge Regarding Fast Food and Its Hazards among School Children's

### 2. Studies Related to Effectiveness of Video Assisted Teaching Programme Regarding Fast Food and Its Hazards among School Children's

Mr. Avinash Sharma, *et al*, Rama university, Kanpur, India June 2021. Quasi experimental research design is used in this study 60 adolescent student were selected by random sampling technique video assisted teaching program is conducted after conducting the pre test post test is conducted after one week. The data collected were analysed and interpreted based on descriptive and inferential statistic. The

finding of the study reveals that there is a significant gain in knowledge among adolescent student following video assisted teaching program [3].

Shaba Devi supkota, *et al*, 2018 at Nepal, Material and Methods: This was a descriptive cross-sectional research. Simple statistical methods Results: The findings revealed that more girls (53.5%) consumed junk food than boys (79.6%) and those respondents were aware of the meaning of junk food. Study concluded that Adolescents consumed a greater amount of junk food, which led to a majority of ill effects later on. It is recommended that the school and community conduct and implement awareness program on junk food consumption and its ill effects [3, 5].

## 3. Material and Methods

The research approach adopted in this study is quantitative research approach. Quasi experimental research design one group pre test post test design was chosen for the study. The sample were selected conveniently to suit the study sample size was 60.

## 4. Result

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

### Section-I

Deals with analysis of demographic data of school children from selected higher secondary schools in frequency and percentage.

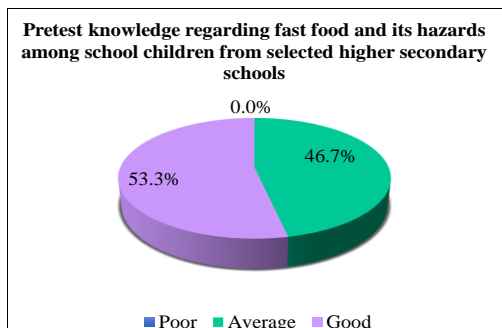
**Table 1:** Frequency & percentage distribution of school children from selected higher secondary schools in terms of frequency and percentage

S. No	Variable	Groups	Frequency	Percentage
1	Age in year	14-15	24	40
		15-16	21	35
		16-17	15	25
		More than 17	00	00
2	Gender	Male	30	50
		Female	30	50
3	Educational status	8 <sup>th</sup> std	24	40
		9 <sup>th</sup> std	21	35
		10 <sup>th</sup> std	15	25
4	Fathers Education	No. Formal education	05	8.33
		Primary education	17	28.33
		Secondary education	27	45
		HSC & Above	11	18.33
5	Mothers education	No. Formal education	06	10
		Primary education	19	31.66
		Secondary education	23	38.33
		HSC & Above	12	20
6	Family income	Rs 5000-15000	06	10
		Rs 15001-25000	23	38.63
		Rs25001-35000	21	35
		Above 35000	10	16.66
7	Dietary pattern	Vegetarian	21	35
		Non vegetarian	04	6.66
		Mixed	35	58.33
8	No.Of sibling	00	01	1.66
		01	37	61.66
		02	14	23.33
		Above 2	08	13.33
9.	Religion	Hindu	19	31.67
		Muslim	10	16.67
		Christian	20	33.33
		Other	11	18.33

n=60

Analysis of data related to the pre-existing knowledge regarding fast food and its hazards among school children from selected higher secondary schools.

Knowledge Pre test Freq % Poor (score 0-8) 0 0.0% Average (score 9-16) 28 46.7% Good (score 17-25) 32 53.3% 46.7% of the children had average knowledge (Score 9-16) and 53.3% of them had good knowledge (Score 17-25) regarding fast food and its hazards.



**Section III**

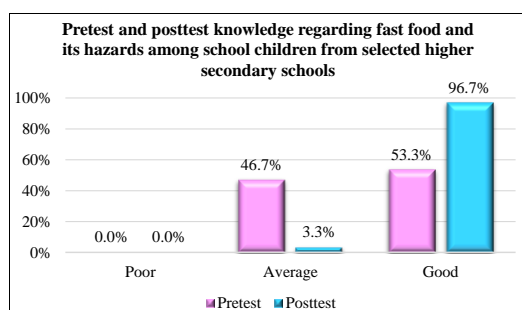
Analysis of data related to the effectiveness of video-assisted teaching program on knowledge regarding fast food and its hazards among school children from selected higher secondary schools.

**Table 2:** Effectiveness of video-assisted teaching program on knowledge regarding fast food and its hazards among school children from selected higher secondary schools

Knowledge	Pre test		Post test	
	Freq	%	Freq	%
Poor (score 0-8)	0	0.0%	0	0.0%
Average (score 9-16)	28	46.7%	2	3.3%
Good (score 17-25)	32	53.3%	58	96.7%

N=60

In pretest, 46.7% of the children had average knowledge (Score 9-16) and 53.3% of them had good knowledge (Score 17-25) regarding fast food and its hazards. In posttest, 3.3% of the children had average knowledge (Score 9-16) and 96.7% of them had good knowledge (Score 17-25) regarding fast food and its hazards. This indicates that the knowledge among higher secondary school children regarding fast food and its hazards improved remarkably after video-assisted teaching.

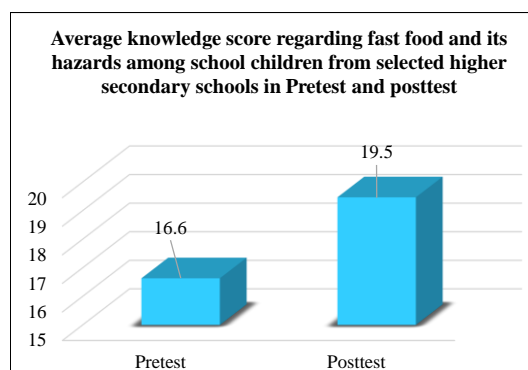


**Table 3:** Paired t-test for the effectiveness of video-assisted teaching program on knowledge regarding fast food and its hazards among school children from selected higher secondary schools

	Mean	SD	T	df	p-value
Pretest	16.6	2.0	19.6	59	0.000
Posttest	19.5	1.7			

N=60

Researcher applied paired t-test for the effectiveness of video-assisted teaching program on knowledge regarding fast food and its hazards among school children from selected higher secondary schools. Average knowledge score in pretest was 16.6 which increased to 19.5 in posttest. Corresponding t-value was 19.6 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. Average knowledge score in posttest was significantly higher than that in pretest. It is evident that the video assisted teaching is significantly effective in improving the knowledge among higher secondary school children.



**Section IV**

Analysis of data related to the association between the knowledge with their selected demographic variables.

**Table 4:** Fisher’s exact test for the association between the knowledge with their selected demographic variables

Demographic variable	Knowledge		p-value
	Average	Good	
Age	14 -15 years	12	0.896
	15 -16 years	6	
	16-17 years	10	
Gender	Male	11	0.195
	Female	17	
Educational status	8th standard	11	0.022
	9th standard	14	
	10th standard	3	
Fathers education	No formal education	5	0.045
	Primary Education	9	
	Secondary Education	9	
	HSC and above	5	
Mothers education	No formal education	1	0.006
	Primary Education	5	
	Secondary Education	12	
	HSC and above	10	
Family income	Rs.5000 -15000	2	0.152
	Rs.15001-25000	15	
	Rs.25001-35000	7	
	Above Rs. 35000	4	
Dietary pattern	Vegetarian	12	0.462
	Non vegetarian	2	
	Mixed	14	
No. of siblings	None	2	0.126
	One	14	
	Two	6	
	More than 2	6	
Religion	Hindu	9	0.807
	Muslim	6	
	Christian	8	
	Other	5	

Since p-values corresponding to demographic variables educational status, father's education and mother's education were small (less than 0.05), the demographic variables educational status, father's education and mother's education were found to have significant association with the knowledge among higher secondary school students.

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