



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING SCHOOL PHOBIA AMONG PRIMARY SCHOOL TEACHERS AT SELECTED PRIMARY SCHOOLS OF GUJARAT STATE.

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ABSTRACT School phobia is when your child is nervous and refuses to go to school. It is also called school avoidance. A phobia is a strong fear of something for no obvious reason. The objectives of the study were: To assess the pre-test knowledge regarding school phobia among primary school teachers at selected primary schools of Gujarat state. To assess the post-test knowledge regarding school phobia among primary school teachers at selected primary schools of Gujarat state. To find out the association between the levels of knowledge regarding school phobia with selected demographic variables. Total 60 samples were selected from the selected primary schools of Gujarat state through Non- Probability Convenient Sampling Technique. The pre-test mean score was 11.82 and post-test score was 14.22. Researcher found the association with demographic variables i.e., Gender, educational status, Economic status, Year of experience and working period.

KEYWORDS : Assess, Effectiveness, Planned teaching program, Knowledge, and School Phobia.

I. BACKGROUND OF THE STUDY:

School phobia is when your child is nervous and refuses to go to school. It is also called school avoidance. A phobia is a strong fear of something for no obvious reason. Phobias can cause anxiety or panic attacks. School phobias are common when children start school between 5 to 7 years of age.

School phobia can cause anxiety or depression later in life. Under the Anxiety Disorders Association of America, many kids play sick to get out of school. Children who suffer from school phobia are exposed to panic attacks especially when the parent forces them to attend school without even realizing that there might be a critical problem that needs to be dealt with properly, increasing the youngster's worries and the guardian's frustrations more.

II. NEED OF THE STUDY:

Census of India 2011 numbers dealing with education released earlier this year showed that about 32 million children in India aged between 6-13 years have never attended any educational institution. However, government estimates out-of-school children for the same period show substantially lower numbers. A second exercise by UNICEF in 2014 based on an analysis of household surveys estimated the total number out of school children as much higher than official projections. It showed that a total of 17.8 million children between the ages of 5 to 13 were out of school in India.

III. OBJECTIVES OF THE STUDY

- To assess the pre-test knowledge regarding school phobia among primary school teachers at selected primary schools of Gujarat state.
- To assess the post-test knowledge regarding school phobia among primary school teachers at selected primary schools of Gujarat state.
- To find out the association between the levels of knowledge regarding school phobia with selected demographic variables.

IV. HYPOTHESES

H1: There will be a significant difference between pre-test and post-test knowledge scores of primary school teachers regarding school phobia.

H2: There will be a significant association between pre-test knowledge scores on school phobia and selected demographic variables.

V. DELIMITATIONS

The study is delimited to:

- This study is limited to selected schools in the Gujarat state.
- This study is limited to assess the knowledge regarding school phobia among primary school teachers of selected schools of Gujarat state.
- This study is limited to 60 samples only.

VI. RESEARCH METHODOLOGY

RESEARCH APPROACH: A Quantitative Research Approach.

- RESEARCH DESIGN:** Pre experimental One group pre-test post-test Research Design
- RESEARCH SETTING:** 7 Primary schools of Gujarat state
- POPULATION:**
 - TARGET POPULATION:** Primary school teachers of selected schools of Gujarat state.
 - ACCESSIBLE POPULATION:** Primary school teachers those who are available at the time data collection.
- VARIABLES IN THE STUDY**
 - Independent Variable:** In this study, Effectiveness of Planned teaching program on school phobia.
 - Dependent Variable:** In this study, the Knowledge level of primary school teachers regarding school phobia.
 - Demographic Variable:** Variables which include Gender, Educational status, Economic status, year of experience, working period.
- SAMPLING TECHNIQUE:** Non Probability Convenience Sampling technique.
- SAMPLE:** Primary school teachers of Gujarat state.
- SAMPLE SIZE:** 60 Primary school teachers

Table – 1: Numbers of Primary School Teachers for Research Study

SR.NO	NAME OF SCHOOLS	RESEARCH STUDY
1.	School 1	10 (Pilot Study)
2.	School 2	Main Study
3.	School 3	Main Study
4.	School 4	Main Study
5.	School 5	Main Study
6.	School 6	Main Study
7.	School 7	Main Study
8.	School 8	Main Study
Total		60 + 10

- SAMPLING CRITERIA:**
- INCLUSION CRITERIA:-**
 - Primary school teachers who understand and write Gujarati or English language.
 - Available at the time of data collection.
 - Those who are working in primary schools.
- EXCLUSION CRITERIA:-**
 - Primary school teachers who are not available during data collection.
 - Primary school teachers who are not willing to participate in study.

SELECTION OF TOOL

The tool is divided into 2 sections;

Sections 1: Socio Demographical variables which include Gender, Educational status, Economic status, year of experience, working period.

Sections 2: Structured knowledge questionnaire consist of 30 items and each item carries one marks. Maximum score of questionnaire was

30. Every correct answer was given a score of 1 and the wrong answer was given 0 score. In this, the scoring is divided into 3 that are Poor (0-10), Average (11-20) and Good (21-30).

• VALIDITY OF TOOL

The content validation of the tool and planned teaching program was done by 10 experts. Experts were M.Sc. in mental health nursing. Tool was validated by experts in various nursing colleges and psychiatrist.

• RELIABILITY OF TOOL

The reliability is a criterion for measuring adequacy, consistency, accuracy of tool. The reliability of the Structured Knowledge Questionnaire was determined by 'test-retest method'.

• PILOT STUDY

The objective for the pilot study is to validate the consistency of the data collection instrument, adequacy of the contents, feasibility of the study. The pilot study was conducted for 10 samples in the month of January, 2020 at selected school of Ahmedabad. The investigator obtained formal permission from the District Primary Education Officer, Jilla Panchayat.

VIII. DATA COLLECTION PROCESS:

The data collection was done on March' 2020. Before data collection, the researcher obtained formal written permission from the concerned authorities of the Primary Schools in North Gujarat. The purpose of the study was explained to the authority and to the primary school teachers who receive knowledge regarding school phobia and informed consent was obtained from them.

IX. DATA ANALYSIS PLAN:

The Investigator planned to analyses the data in the following manner.

SECTION - I: Demographic variable to be analyzed using frequency and percentage will be presented in the form of table and graphs.

SECTION - II: The data from the Structured Knowledge Questionnaire before and after administration of Planned Teaching Programme was analyzed using mean, standard deviation (SD) and 't' test and presented in the form of tables and graphs.

X. MAJOR FINDINGS OF THE STUDY

1) LEVEL OF KNOWLEDGE OF SAMPLES REGARDING SCHOOL PHOBIA

Among the 60 sample population most of samples knowledge level Shows that 16(27%) samples had poor,44(73%) samples had average knowledge as per their pre-test knowledge scores whereas 4(7%) samples had poor,55(92%) samples had average, 1(1%) samples had good knowledge as per their post-test knowledge scores.

2) AREA-WISE MEAN SCORE AND MEAN PERCENTAGE OF KNOWLEDGE SCORES OF THE SAMPLES

The Mean knowledge score of area related to School phobia was 11.82 and the mean percentage was 39.40%.

3) ASSOCIATION WITH PRE-TEST KNOWLEDGE SCORES OF SAMPLES AND SELECTED DEMOGRAPHIC VARIABLES.

Mean Post-test Knowledge score was significantly higher than mean Pre-test Knowledge scores with mean difference of 2.40. The calculated "t" value (t= 15.11) was greater than the tabulated "t" (t = 1.96). Therefore the null hypothesis H01 was rejected and research hypothesis H1 was accepted and it revealed that the Planned Teaching Programme was effective in terms of knowledge among the samples.

Table 2: Analysis and Interpretation of the Data Collected on Structured Knowledge Questionnaire of the Samples

[N=60]

LEVEL OF KNOWLEDGE	PRE TEST		POST TEST	
	Frequency	Percentage	Frequency	Percentage
Poor (1-10 score)	16	27%	4	7%
Average (11-20 score)	44	73%	55	92%
Good (21-30 score)	0	0	1	1%
TOTAL	60	100%	60	100%

RECCOMANDATIONS:

- A survey can be conducted to assess the knowledge of adolescence

students regarding School Phobia.

- A study may be carried out to assess the knowledge of Private school teachers regarding School phobia.
- Comparative study can be conducted between Private and Government Schools to assess the knowledge regarding School Phobia.
- Survey study can be conducted between the groups of adolescence students to assess the knowledge regarding School Phobia.

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