



EFFECT OF CHILD TO CHILD APPROACH ON NUTRITIONAL AWARENESS AMONG PRIMARY SCHOOL CHILDREN

Nursing

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ABSTRACT

An experimental study was conducted to assess the level of nutritional awareness among primary school children, to assess the effect of child to child approach on nutritional awareness and to determine the association between nutritional awareness of primary school children and selected socio demographic variables. Forty students (learners) studying in 5th standard at Govt. U P School were selected through simple random sampling technique. The child to child approach was conducted by participating eight students (facilitators) studying in 6th standard of Govt. U P School, Venjaramoodu. Each facilitator taught five learners by using various teaching strategies like lectures, storytelling and rhymes. Structured questionnaire was administered to assess the nutritional awareness of primary school children. The findings revealed that there was a significant difference in the mean pretest (8.175) and post test knowledge score (13.35) of children regarding nutrition after child to child approach ($p < 0.01$). Hence the study concluded that the child to child approach was effective in improving the knowledge level of children regarding nutrition.

KEYWORDS

Child To Child Approach, Primary School Children, Nutritional Awareness.

INTRODUCTION

Health education to school children is the most effective way for protection and promotion of their health. Innovative methods to education for health are essential to gain the maximum benefits. Child to child approach education method is one such concept for spreading awareness on various health related concepts among family members and communities by educating children. The aim of child to child approach is children will be more responsible for the health of themselves and their communities. Child To Child approach was launched in 1978 during the International year of children. The ideas of the child to child approach are: Children learn better by doing, they are active learners, they learn better from each other, children act as partners in promoting health and issues concerning their communities, children influence adults as well as other children e.g. sisters, brothers, siblings and playmates.

Child to child approach is a rights-based approach to children's participation in health promotion and development. Through participating in child to child activities the personal, physical, social, emotional, moral and intellectual development of children is enhanced. The child to child approach is an educational process that links children's learning with taking action to promote the health, wellbeing and development of themselves, their families and their communities. This approach uses active teaching methods in which learning takes place through the dynamics of investigations, group work and play. What they learn in class room is immediately applied to everyday life at school and home.

Child to child approach

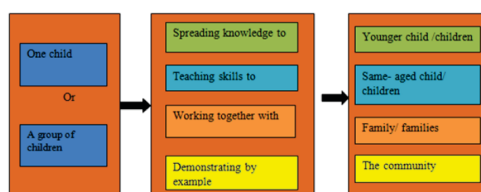


Figure 1: Child to Child approach

According to the Global Nutrition Report 2018, India tops the list of countries having highest number of children (46.6 million) affected with stunting followed by Nigeria (13.9 million) and Pakistan (10.7 million). India also accounted for 25.5 million children who are wasted, followed by Nigeria (3.4 million) and Indonesia (3.3 million). According to health department report in Kerala, 45 percent of school children found to be undernourished in the state, Kasargod district (54%) came to top with the largest number of undernourished students. In Trivandrum 41.95% are under weight and 10.63% are obese.

A study was conducted on physical activity, sedentary behaviors and

eating habits among school children in Kerala. One thousand six hundred ten school children of the age group 5-10 years from 5 schools of rural and urban regions were selected by purposive sampling method. Pre-designed and pre-tested questionnaire was used to elicit the dietary history and physical activity. Height and weight were measured and BMI was calculated. Overweight and obesity were determined. Students who had BMI for age between 85th and 95th percentile of reference population were considered as overweight and BMI for age >95th percentile of reference population were considered as obese. The study findings that the prevalence of obesity is found to be 3.3% and that of overweight is 4.8% in the study group. The prevalence of obesity is 4.47% and 1.98% in urban and rural school children respectively. The study concluded that frequency of intake of fried foods, chocolates, play hours 85th percentile) is significantly higher in urban school children compared to rural school children. physical inactivity and increased intake of high calorie foods are the main causes for high prevalence.

MATERIALS AND METHODS

The tool consist of 9 items including age in years, gender, religion, occupation of father, occupation of mother, place of residence, number of children in the family, previous information about nutrition and type of diet. Questionnaire to assess the nutritional awareness of primary school children: The tool consists of 24 questions that covers the aspects such as balanced diet; importance of nutrition; sources, functions and deficiencies of various nutrients; healthy and unhealthy eating habits and ill effect of unhealthy eating habits. To ensure content validity, the tool was submitted to 7 experts from the field of nursing, pediatrics and nutrition. The investigator had discussion with the experts for clarifying various aspects of the tool. Based on the suggestions, necessary modifications were made and the tool was finalized with the help of guide. The reliability of the tool for the present study was checked by using split half method. The obtained score was 0.87. Hence the tool was found to be reliable.

Formal permission was obtained from institutional research committee and ethical committee. Permission obtained from Directorate of Public Instruction (DPI) for conducting the study in selected schools. Permission were also obtained from the school authority. Investigator selected 40 students from 5th standard (learners) by simple random sampling technique and assessed their nutritional awareness by administering structured questionnaire. Thereafter, 15 students from 6th standard were selected for undergoing training from the investigator. The investigator used various teaching strategies (lecture method, storytelling and rhymes) and different AV aids (leaflets, hand out, charts, flip chart and posters) for conducting teaching training program for 6th standard students. The duration of training was 1 hour and 45 minutes. Two days after training program, level of knowledge among 6th standard students were assessed by the investigator. Those eight students who scored more than 80% in the knowledge test were finally selected as the facilitators. The facilitators

were also made to do a demonstration class in front of the investigator before starting the child to child program. Each facilitator taught five students from 5th standard by using the same teaching strategies and AV aids used by the investigator. The training session lasted for about 2 hours. Post test conducted after one week.

RESULTS

Sample Characteristics

- More than half (60%) of the subjects were at the age of 10 years, More than half (60%) of the subjects were males.
- More than half (70%) of the subjects belonged to Hindu religion, Nearly half (47.5%) of the subjects father's were daily wages and majority (72.5%) of the subjects mother's were house wife. Majority (90%) of the subjects were from rural area and more than half (65%) of their families had two children. Majority (80%) of the subjects received information about nutrition where as 20% of the subjects did not receive any information about nutrition.
- Nearly half (59.4%) of subjects got nutritional awareness from school and equal distribution(50%) of subjects were vegetarian and non vegetarian

Level Of Nutritional Awareness Among Primary School Children

- In the pretest, out of 40 subjects majority 24 (60%) of them had poor knowledge and 16 (40%) of them had average knowledge regarding nutrition
- The mean and standard deviation of pretest score on nutritional awareness revealed that the mean score was 8.175 with standard deviation of 2.687.

Effect Of Child To Child Approach On Nutritional Awareness

- Post test scores shows that more than half of the subjects 31(77.5%) have average knowledge and 09 (22.5%) have good knowledge regarding nutrition.
- The mean and standard deviation of post test score on nutritional awareness revealed that the mean post test score 13.350 ± 3.285 was higher than that of the pretest score 8.175 ± 2.687 . The t value (9.089) was statistically significant at $p < 0.01$. Hence it can be concluded that the child to child approach was effective in improving the knowledge of children on nutrition.

Association Between Nutritional Awareness Of Primary School Children And Selected Socio Demographic Variables

- The study revealed that nutritional awareness of primary school children had a significant association with age ($\chi^2=8.750$, $p=0.013$).

DISCUSSION

In the present study, comparison of mean, standard deviation and mean difference of knowledge scores of pretest and posttest reveals that the obtained post test mean value 13.35 was higher than the pretest value 8.175. The mean difference between pretest and post test was 5.550 and obtained paired t value 9.089 ($p < 0.01$) was highly significant. Therefore, hypothesis H1 as stated "there is significant difference between the mean pre and post test knowledge scores of primary school children regarding nutrition", is accepted. This was supported by the findings of the study conducted in South Africa to assess the nutrition knowledge, self-efficacy, and behavior, after a Three-Year Healthy Lifestyle Intervention of primary school children. The findings showed that the intervention significantly improved the knowledge of the intervention group at the first (mean difference =1.88, 95%CI: .32 to 3.43, $P=.021$) and second follow-up (mean difference=1.92, 95%CI: .24 to 3.60, $P=.031$) compared with the control group.

The study revealed that nutritional awareness of primary school children had a significant association with the variable age ($\chi^2=8.750$, $p=0.013$). Hence the research hypothesis H2 as stated "there is significant association between nutritional awareness of primary school children and selected socio demographic variables" is accepted. This was contradictory with the findings of a study conducted in Nepal to assess the nutritional status of primary school children where the socio demographic factors significantly associated with nutritional status were family occupation (χ^2 value =15.679, P value=0.047) and economic status of family (χ^2 value =15.464, P value<0.001).

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