

## Effectiveness of the Video Assisted Teaching on Knowledge Regarding Prevention of Malnutrition Among the Mothers of Pre-Schooler

Suhasini Vinayak Sanas

### How to cite this article:

Suhasini Vinayak Sanas. Effectiveness of the Video Assisted Teaching on Knowledge Regarding Prevention of Malnutrition Among the Mothers of Pre-Schooler. RFP Journal of Hospital Administration. 2019;3(2):69-72.

### Abstract

The present study assess the effectiveness of the video assisted teaching on knowledge regarding Prevention of malnutrition among the mothers of pre-schooler.

*Objectives:* To assess the effect of video assisted teaching on knowledge of prevention of malnutrition among the mothers of preschooler children.

*Methodology:* Research Design-quasi experimental (one group pre-test and post-test design), sampling technique-Convenient sampling, Research Setting-Slum area of city.

*Results:* Findings of the study found that mothers of pre-schooler children have adequate knowledge about prevention of the malnutrition among the pre-schooler children. In pre-test after receiving the video teaching on prevention of malnutrition the mother had higher knowledge scored in the post test, then pre-test. the 'paired *t*' use to find the effect of structured teaching program on prevention of malnutrition the mothers of pre-schooler children in selected slum areas revealed that the video assisted teaching is effective in increasing the knowledge of the mothers.

**Keywords:** Malnutrition; pre schooler; Slum area; Physical assessment; Nutritional assessment; Health status etc.

### Introduction

The present study assess the effectiveness of the video assisted teaching on knowledge regarding Prevention of malnutrition among the mothers of pre-schooler.

### Objectives

1. To assess the knowledge of mothers of preschooler children regarding prevention

Associate Professor, Sinhgad College of Nursing, Pune, Maharashtra 411041, India.

**Correspondence and Reprint Requests: Suhasini Vinayak Sanas**, Associate Professor, Sinhgad College of Nursing, Pune, Maharashtra 411041, India.

**E-mail:** suhasini\_s009@yahoo.com

**Received on 06.11.2019, Accepted on 27.12.2019**

of malnutrition before the video assisted teaching program.

2. To assess the effect of video assisted teaching on knowledge of prevention of malnutrition among the mothers of preschooler children.
3. To compare the knowledge score before and after video assisted teaching program regarding prevention of malnutrition among the mothers of pre-schooler children.
4. To associate the study findings with the selected demographic variables.

### Hypothesis

$H_0$ : There is no significant difference in knowledge score regarding prevention of malnutrition among the mothers of pre-schooler children after the Video assisted teaching.

$H_1$ : There is significant difference in the knowledge score regarding prevention of malnutrition among the mothers of pre-schooler children after video assisted teaching.

### Review of Literature

1. Review of literature related to regarding malnutrition.<sup>1</sup>
2. Review of literature related to knowledge of mothers regarding malnutrition.<sup>2</sup>

3. Review of literature related to effect of video assisted teaching programme.

### **Coceptual Frame Work**

The general system theory was developed by Ludwig Von Bertalanffy during the late 1930.

#### **Input**

It has been defined as any form information and material that enters into the system through the boundary.

In this study group is Mother of pre-schooler children and input refers to the Mothers will assessed for knowledge regarding prevention of malnutrition before providing the video assisted teaching.

#### **Throughout**

According to theory it is a process that some point between the input and output process and enable the input to transferred in a such way that it can used readily by the system. Video assisted teaching will be provided to mothers of pre-schooler children to see the effect in increasing the knowledge regarding prevention of malnutrition.

#### **Output**

It is any information or material that is transferred to the environment in the study output refers to changes in knowledge level regarding prevention of malnutrition it will be assessed after providing video assisted teaching.

#### **Feedback**

Evaluation is done after intervention and decided to practice the effective method for routine practice.<sup>3</sup>

### **Materials and Methods**

- ❖ *Research approach:* evaluative research approach.
- ❖ *Research design:* single group pre-test and post-test (quasi experimental) design.
- ❖ *Research setting:* community area, Nahre Pune.
- ❖ *Research population:* The target population of the study was mothers of preschooler.

- ❖ *Sample:* mothers of mothers of preschooler staying in community area, Nahre Pune were selected.

- ❖ *Sample size:* Thirty (30) mothers of preschooler.

- ❖ *Sampling technique:* Non probability: purposive sampling technique.

#### **Tool Preparation**

A tool is an instrument or equipment used for collection of data.

#### **Development of the Tool**

##### *Questionnaire*

A structured questionnaire was prepared to determine the knowledge of mothers of pre-schooler children regarding Prevention of Malnutrition.<sup>1</sup>

The questionnaire consists of all closed ended questions as they are easier to administer and analyse. They can also be completed in a given amount of time.

##### *Section A: Consent form*

*Section B: Semi-structured questionnaire on the demographic data*

It consist of the items on demographic information about the selected background factors such as age of the mother, education qualification of mother, age of child in years, no of child in family husbands occupation and wife occupation.,

#### **Pilot Study**

The pilot study conducted by using 6 samples. The pilot study was conducted form to find reliability of tool and effectiveness of structured teaching programme. the purpose of study explained to sample, confidentiality was maintained.

#### **Plan for Data Collection**

Data will be collected by the investigator herself using multiple choice questionnaire.

#### **Plan for Data Analysis**

The data will be analysed by using descriptive and inferential statistic such as frequency mean, percentage, standard deviation, paired 't' test, chi squire ( $\chi^2$ ) test between knowledge score with selected demographic variables.<sup>4,6</sup>

**Results and Discussion**

Main findings of the study are discussed under the following headings

**Section I:**

Percentage of distribution of the socio-demographic variables of the mothers of preschooler children.

*Major Findings*

- With respect to age in years, majority of Mothers age group of 18-24 years is (32) 53%, 24-30 years is (18) 30% and 30-above were (10) 16.6%.
- Regarding the educational Qualification, majority of Mothers (6) i.e. 10% are formal educated (10) i.e. 16.6% done primary, (22) i.e. 36.6% done secondary, 15 i.e. 25% done graduate, (7) i.e. 11.6% done post graduate.
- In relation to the Number of children, the majority of subjects has 1 child (26) i.e. 43.3%, 2 child (28) i.e. 46.6% and 3 children (6) i.e. 10%.
- In relation to the age of child, majority of

subjects (22) i.e 36.6% belongs to the age group 02-03 years, (18) i.e. 30% belongs to the age group 03-04 years, (20) i.e. 33.3 belongs to the age group of 04-05 years.

- In relation to the husbands occupation, majority subjects shows, (33) i.e. 55% are private workers, (4) i.e. 6.6% are government, (23) i.e. 38.3% are self-employed.
- In relation to the demographic variable, majority subjects shows, (36) i.e. 60% are Housewife (14) i.e. 23.3% are self-employed, (10) i.e. 10% are working (14).

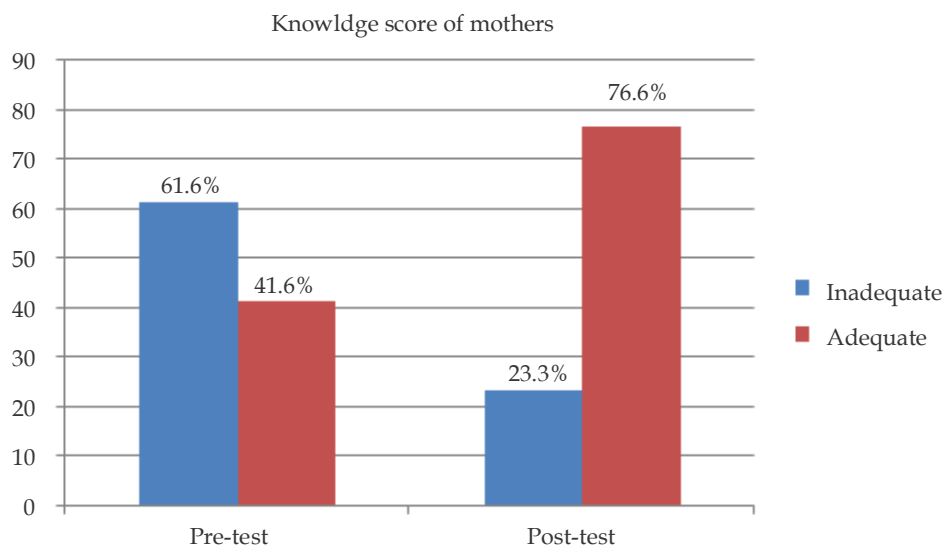
**Section II:**

Assess the knowledge of Mothers regarding prevention of malnutrition among the preschooler children residing in the selected slum areas of the city before the video assisted teaching.(6)

- In the pretest shows knowledge variables and percentage distribution, knowledge variables are divided into two. Inadequate (0-12) = (37) 61.6% and Adequate (13-24)= (25) 41.6%.

**Table 1:** Frequency and percentage distribution of knowledge scores of subjects regarding effectiveness of video assisted teaching on malnutrition.

Knowledge score	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Inadequate (0-12)	37	61.6%	14	23.3%
Adequate (7-16)	25	41.6%	46	76.6%



**Fig. 1:** Knowledge Score of Mothers

### Section III:

Assess the post test knowledge regarding prevention of malnutrition among the mothers of preschooler children residing in the selected slum areas of the city after the video assisted teaching.

- The Post test shows knowledge variables and percentage distribution, knowledge variables are divided into two. Inadequate (0-12) = (14) 23.3% and Adequate (13-24)= (46) 76.6%.

### Section IV:

Association between knowledge and selected demographic variables regarding the knowledge of the mothers on prevention of the malnutrition among the preschooler children residing in selected slum areas of the city.

The above table shows the that tabulated '*t*' value is less than the calculated value at the 59 degrees of freedom at 0.005 level of significance between pretest and pos *t* test knowledge score of Mothers of preschooler children residing in selected slum areas.

### Conclusion

Findings of the study found that mothers of preschooler children have adequate knowledge about prevention of the malnutrition among the preschooler children. In pre-test after receiving the video teaching on prevention of malnutrition the mother had higher knowledge scored in the post test, then pre-test. the '*paired t*' use to find the effect of structured teaching program on prevention of malnutrition the mothers of pre-schooler children in selected slum areas revealed that the video assisted teaching is effective in increasing the knowledge of the mothers

### Recommendations

On the basis of findings of study following recommendations have been for study

- The study can be replicated with larger sample to generalise the findings.
- A study to be conducted in different settings area.
- A study to be conducted to find out the level of knowledge on educational intervention in experimental and control group.
- A comparative study a can be made in urban and rural population.
- A study can be done to assess the attitude of prevention of malnutrition.
- A study can be done to assess the health and well - being of the children and mothers.

### References

1. Parthasarathy A. IAP Textbook of Pediatrics, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 3<sup>rd</sup> edition 2003.pp.59-63.
2. Basavantahappa BT. Community health Nursing, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, First Edition 2006.pp.401-9
3. Basavantahappa BT. Nursing Research, J. P. Brother Medical Publishers Pvt Ltd, New Delhi, First Edition. 1998,
4. Denise F. Polit and Cheryl Tatano Beck, Nursing Research, Published by Wolter Kluwer India Pvt. Ltd. New Delhi, 8<sup>th</sup> edition 2008.pp.01-789.
5. Dorothy R. Marlow, Barbara A. Redding. Text book of paediatric nursing. Published by Elsevier, a division of Reed Elsever india pvt. limited, 6<sup>th</sup> edition 2009.pp.386-401.
6. Prabhakara GN. Biostatistics, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 1<sup>st</sup> edition 2006.pp.101,199,126.