

Effectiveness of Peer Mediated Teaching on Knowledge Regarding Healthy Habits and Its Importance Among 10-12 Years of School Childrens

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ABSTRACT:

Major causes of morbidity among Indian school children are unhealthy habits, lack of personal hygiene and poor sanitation. Lack of knowledge and negative attitudes are leading to poor practices regarding healthy habits. The peer mediated teaching based learning is most effective to improve the knowledge regarding healthy habits among school children. The study was aimed to find out the effectiveness of peer mediated teaching on knowledge regarding healthy habits and its importance among 10-12 years of school children's at in a selected school of rural area at. Tapi district, Gujarat. This Pre experimental study was conducted in 2023 among Non- probability convenience sampling technique selected 60 sample from 10-12 years of school children's at in a selected school of rural area at. Tapi district, Gujarat. Structured knowledge questionnaire was used for data collection. Data analysis was done through descriptive and inferential statistics. The present study is evaluating the knowledge of 10-12 years of school children regarding healthy habits and its importance. The mean score of pre-test knowledge is 12.37% and post-test mean score is 18.95%. It shows significant difference in pre-test and post-test. The difference in pre-test mean score and post-test mean score is 6.58%. The great difference in pre-test and post-test mean score of knowledge shows that the peer mediated teaching given to the 10-12 years of school children's was very effective. There is no significant association between knowledge score with demographic variables. The pretest score was less in knowledge regarding healthy habits and its importance among 10-12 years of school children's after peer mediated teaching regarding healthy habits and its importance the findings of the study revealed that there is an improvement in the post test knowledge scores.

KEYWORDS: Peer mediated teaching, Healthy habits and its importance, School children's

INTRODUCTION

Good health is closely linked to good maintenance of personal hygiene. It is crucial for children to learn the importance of personal hygiene to avoid the spread of common illnesses. A strong foundation of personal hygiene habits will help the children in a long way in their life journey.

Good hygiene practices will help to keep one healthy, give us confidence and be pleasant for those around us. A well maintained personal hygiene assures of projecting a positive body image that reflects our personalities. Children should be taught the importance of hygiene and how to achieve good hygiene very early to keep themselves and others healthy, and reduce the risk of acquiring infection from the environment.

Good personal hygiene is one of the most effective ways to prevent the development and spread of infection. Well maintained personal hygiene in health care environment includes many aspects like personal, social, psychological and simple way of healthy life. Keeping a good standard of hygiene helps to prevent the development and spread of infections, illnesses and bad odors. Health problems can develop as a result of poor personal hygiene. Body image influences self-esteem, self-confidence and motivation. Those who already have low self-esteem and especially those with depression often neglect personal hygiene which perpetuates the problem of poor body image.

The peer mediated teaching based learning is most effective to improve the knowledge regarding healthy habits among school children.

STATEMENT OF THE PROBLEM

“A STUDY TO ASSESS THE EFFECTIVENESS OF PEER MEDIATED TEACHING ON KNOWLEDGE REGARDING HEALTHY HABITS AND ITS IMPORTANCE AMONG 10-12 YEARS OF SCHOOL CHILDRENS IN A SELECTED SCHOOL OF RURAL AREA AT. TAPI DISTRICT, GUJARAT.”

OBJECTIVES OF THE STUDY

1. To assess the knowledge on healthy habits and its importance among 10-12 years of school children's.
2. To determine the effectiveness of peer mediated teaching on the knowledge regarding healthy habits and its importance among 10-12 years of school children's.
3. To associate the knowledge regarding healthy habits and its importance among 10-12 years of school children's with their selected demographic variables.

HYPOTHESES

H1: There will be significant difference between pre-test and post-test knowledge scores of 10-12 years of school children's regarding healthy habits and its importance.

H2: There will be a significant association between the level of knowledge of 10-12 years of school children's regarding healthy habits and its importance and their selected demographic variables.

ASSUMPTION

1. School children's may have some knowledge on healthy habits and its importance.
2. Knowledge will vary from individual to individual.
3. Peer mediated teaching may have some effect on the knowledge of healthy habits and its importance

among 10-12 years of school children’s.

METHODOLOGY

StudyDesign: Pre experimental (one group pre-test – post-test) research design

ResearchSetting: Selected school of rural area at. Tapi district, Gujarat.

Population: 10-12 years of school children’s

SampleSize:60 sample

SamplingTechniques:Non-probability convenience sampling technique

Inclusion criteria

The criteria or standards, set out before a study or review. Inclusion criteria are used to determine whether the subjects can participate in a research study or whether an individual study can be included in a systematic review. Inclusion criteria help identify suitable participants.

- Children between 10 – 12 years of age
- Available during data collection period
- Willing to participate in the study

Exclusion criteria

The criteria or standards, set out before a study or review. Exclusion criteria are used to determine whether the subjects can participate in a research study or whether an individual study can be included in a systematic review. Exclusion criteria help to identify suitable participants.

- Some children’s are not willing to participate in the study

DESCRIPTION OF THE TOOL

Section – A: Distribution of Demographic Variables

Section – B: Structured Knowledge Questionnaire on Healthy Habits and its importance

DATA ANALYSIS AND INTERPRETATION

TABLE: 1: ANALYSIS AND INTERPRETATION OF DEMOGRAPHIC VARIABLE OF THE SAMPLES

**Table show the frequency and percentage wise distribution of samples based on demographic variables
n=60**

Sr. No.	Demographic Variables		Frequency	Percentage (%)
1	Age of child	a) 10 Years	16	26.7
		b) 11 Years	20	33.3
		c) 12 Years	24	40
2	Gender	a) Male	29	48.3
		b) Female	31	51.7
		c) Transgender	0	0
3	Standard of child studying	a) 4th standard	16	26.7
		b) 5th standard	21	35
		c) 6th standard	23	38.3
4	Religion	a) Hindu	17	28.3

Sr. No.	Demographic Variables			
		Frequency	Percentage (%)	
		b) Christian	41	68.3
		c) Muslim	2	3.3
		d) Others	0	0
5	Education of the father	a) Illiterate	0	0
		b) Primary school	48	80
		c) Middle school	10	16.7
		d) High school	1	1.7
		e) Diploma	0	0
		f) Graduate	1	1.7
		g) Professional degree	0	0
6	Education of the mother	a) Illiterate	1	1.7
		b) Primary school	47	78.3
		c) Middle school	7	11.7
		d) High school	2	3.3
		e) Diploma	3	5
		f) Graduate	0	0
		g) Professional degree	0	0
7	Occupation of the father	a) Unemployed	1	1.7
		b) Unskilled worker	3	5
		c) Semi-skilled worker	1	1.7
		d) Skilled worker	8	13.3
		e) Clerical/ shop/ farmer	46	76.7
		f) Semi professional	1	1.7
8	Occupation of the mother	a) Unemployed	6	10
		b) Unskilled worker	3	5
		c) Semi-skilled worker	2	3.3
		d) Skilled worker	1	1.7
		e) Clerical/ shop/ housewife	43	71.7
		f) Semi professional	5	8.3
9	Family monthly income	a) Rs. 10,002- 29,972	52	86.7
		b) Rs. 29,973- 49,961	6	10
		c) Rs. 49,962- 74,755	1	1.7
		d) Rs. 74,756- 99,930	0	0
		e) Rs. 99,931- 1,99,861	0	0
		f) More than Rs. 1,99,862	1	1.7
10	Number of children in the family	a) 1	2	3.3
		b) 2	45	75

		c) 3 and above	13	21.7
11	Type of family	a) Joint	28	46.7
		b) Nuclear	17	28.3
		c) Single parents	2	3.3
		d) Step families	13	21.7
		e) Others	0	0
12	Water supply	a) Public tap	25	41.7
		b) Pond	1	1.7
		c) Well	3	5
		d) Others	31	51.7
Sr. No.	Demographic Variables		Frequency	Percentage (%)
13	Sanitation	a) Open	60	100
		b) Closed	0	0
14	Source of information about healthy habits	a) Mass media	31	51.7
		b) Specific clinic	9	15
		c) Peer group/friends	10	16.7
		d) PHC, CHC and others	10	16.7
15	Dietary pattern	a) Vegetarian	20	33.3
		b) Non-vegetarian	13	21.7
		c) Eggetarian	0	0
		d) Mixed (vegetarian and non-vegetarian)	27	45

Analysis of pre-test and post-test knowledge mean score

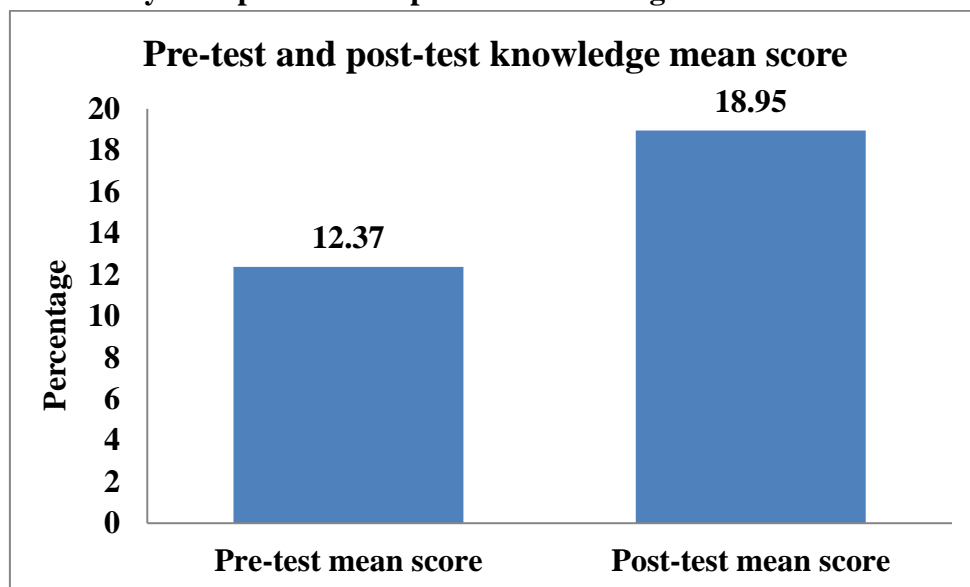


Figure shows the pre-test and post-test knowledge mean score

TABLE: 2: Paired Samples Test

GROUP	Mean	N	Std. Deviation	T	P Value
PRE-TEST	12.37	60	2.662	16.847	0.000
POST-TEST	18.95	60	2.983		

Table shows the comparison of mean and standard deviation of pre-test and post-test

TABLE: 3: ANALYSIS AND INTERPRETATION OF THE DATA RELATED TO ASSOCIATION OF KNOWLEDGE SCORE WITH DEMOGRAPHIC VARIABLES

Table show the association of knowledge score with selected demographic variables

n=60

Sr. No.	Demographic Variables	Inadequate	Moderate	Adequate	Calculated value	Tabulated value	Df	P Value
	AGE OF CHILD							
1	a) 10 Years	0	9	7	12.024	9.49	4	.017 S
	b) 11 Years	4	15	1				
	c) 12 Years	2	11	11				
	GENDER							
2	a) Male	6	16	7	7.515	5.99	2	.023 S
	b) Female	0	19	12				
	c) Transgender	0	0	0				
	STANDARD							
3	a) 4th standard	0	9	7	9.425	9.49	4	.051 NS
	b) 5th standard	4	15	2				
	c) 6th standard	2	11	10				
	RELIGION							
4	a) Hindu	2	8	7	1.832	9.49	4	.767 NS
	b) Christian	4	26	11				
	c) Muslim	0	1	1				
	d) Others	0	0	0				
	EDUCATION OF THE FATHER							
5	a) Illiterate	5	27	16	1.528			.958 NS
	b) Primary school	1	6	3				

	c) Middle school	0	1	0		12.59	6	
	d) High school	0	0	0				
	e) Diploma	0	0	0				
	f) Graduate	0	1	0				
	g) Professional degree	0	0	0				
Sr. No.	Demographic Variables	Inadequate	Moderate	Adequate	Calculated Value	Tabulated Value	Df	P Value
	EDUCATION OF THE MOTHER							
6	a) Illiterate	0	1	0	2.849	15.51	8	.943 NS
	b) Primary school	6	26	15				
	c) Middle school	0	5	2				
	d) High school	0	1	1				
	e) Diploma	0	2	1				
	f) Graduate	0	0	0				
	g) Professional degree	0	0	0				
	OCCUPATION OF THE FATHER							
7	a) Unemployed	0	1	0	7.525	18.31	10	.675 NS
	b) Unskilled worker	0	1	2				
	c) Semi-skilled worker	0	0	1				
	d) Skilled worker	1	3	4				
	e) Clerical/ shop/ farmer	5	29	12				
	f) Semi professional	0	1	0				
	OCCUPATION OF THE							

Sr. No.	Demographic Variables	Inadequate	Moderate	Adequate	Calculated Value	Tabulated Value	Df	P Value
	MOTHER							
8	a) Unemployed	0	2	4	11.258	18.31	10	.338 NS
	b) Unskilled worker	0	2	1				
	c) Semi-skilled worker	0	0	2				
	d) Skilled worker	0	1	0				
	e) Clerical/ shop/ housewife	6	26	11				
	f) Semi professional	0	4	1				
	FAMILY MONTHLY INCOME							
9	a) Rs. 10,002-29,972	6	31	15	5.261	12.59	6	.511 NS
	b) Rs. 29,973-49,961	0	4	2				
	c) Rs. 49,962-74,755	0	0	1				
	d) Rs. 74,756-99,930	0	0	0				
	e) Rs. 99,931-1,99,861	0	0	1				
	f) More than Rs. 1,99,862	0	0	0				
	NUMBER OF CHILDREN IN THE FAMILY							
10	a) 1	0	2	0				

	b) 2	5	26	14	1.795	9.49	4	.773 NS
	c) 3 and above	1	7	5				
	TYPE OF FAMILY							
11	a) Joint	3	13	12	8.021	9.49	4	.237 NS
	b) Nuclear	1	11	5				
	c) Single parents	1	1	0				
	d) Step families	1	10	2				
	e) Others	0	0	0				

Age of child

The above table shows that the calculated value of Chi-square (12.024) was more than the tabulated value of chi-square (9.49) so it was statistically significant at 0.05 level of significance. Thus, the above table depicts that there was significant association between age and the knowledge of the samples.

Gender

The above table shows that the calculated value of Chi-square (7.515) was more than the tabulated value of chi-square (5.99) so it was statistically significant at 0.05 level of significance. Thus, the above table depicts that there was significant association between gender and the knowledge of the samples.

Standard

The above table shows that the calculated value of Chi-square (9.425) was less than the tabulated value of chi-square (9.49) so it was statistically not significant at 0.05 level of significance. Thus, the above table depicts that there was not significant association between standard and the knowledge of the samples.

Religion

The above table shows that the calculated value of Chi-square (1.832) was less than the tabulated value of chi-square (9.49) so it was statistically not significant at 0.05 level of significance. Thus, the above table depicts that there was not significant association between religion and the knowledge of the samples.

Education of the father

The above table shows that the calculated value of Chi-square (1.528) was less than the tabulated value (12.59) of chi-square so it was statistically not significant at 0.05 level of significance. Thus, the above table depicts that there was not significant association between education of the father and the knowledge of the samples.

Education of the mother

The above table shows that the calculated value of Chi-square (2.849) was less than the tabulated value

(15.51) of chi-square so it was statistically not significant at 0.05 level of significance. Thus, the above table depicts that there was not significant association between education of the mother and the knowledge of the samples.

Occupation of the father

The above table shows that the calculated value of Chi-square (1.752) was less than the tabulated value (18.31) of chi-square so it was statistically not significant at 0.05 level of significance. Thus, the above table depicts that there was not significant association between occupation of the father and the knowledge of the samples.

Occupation of the mother

The above table shows that the calculated value of Chi-square (11.258) was less than the tabulated value (18.31) of chi-square so it was statistically not significant at 0.05 level of significance. Thus, the above table depicts that there was not significant association between occupation of the mother and the knowledge of the samples.

Family monthly income

The above table shows that the calculated value of Chi-square (5.261) was less than the tabulated value (12.59) of chi-square so it was statistically not significant at 0.05 level of significance. Thus, the above table depicts that there was not significant association between family monthly income and the knowledge of the samples.

Number of children in the family

The above table shows that the calculated value of Chi-square (1.795) was less than the tabulated value (9.49) of chi-square so it was statistically not significant at 0.05 level of significance. Thus, the above table depicts that there was not significant association between number of children in the family and the knowledge of the samples.

Type of the family

The above table shows that the calculated value of Chi-square (9.49) was less than the tabulated value (9.49) of chi-square so it was statistically not significant at 0.05 level of significance. Thus, the above table depicts that there was not significant association between type of the family and the knowledge of the samples.

DISCUSSION

Several research have been carried out to assess the effectiveness of peer mediated teaching on knowledge regarding healthy habits and its importance among school children's. This chapter outlines the key discoveries derived from this study, which were based on the objectives, framework, and hypothesis that led the research. The objective of the study was to ascertain the efficacy of peer mediated teaching on knowledge regarding healthy habits and its importance among school children's.

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