

# EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING HAZARDS OF JUNK FOOD AMONG ADOLESCENCE GIRLS

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**Abstract:** A quasi experimental research design was adopted to evaluate the effectiveness of video assisted teaching programme on knowledge regarding hazards of junk food. adolescence girls were selected through convenient sampling technique. post test majority the experimental group was achieved 24 (80%) of adolescence were getting adequate knowledge that there was a significant difference ( $P < 0.05$ ) between experiment and control score. The mean experiment score was 16.73 (+2.48) where as in control was 6.33 (+3.45) respectively.

**Key Words:** effectiveness, video assisted teaching program, hazards of junk food.

## 1. INTRODUCTION:

### “THE OLD FOOD IS GOLD FOOD”

The adolescent period is the most crucial period in anyone's life. The comprehensive development of the adolescents is significant for any country's prospecting since the adolescent population is considering to their future. Nutritional intake during adolescence is important for growth and development, long term health promotion and development of lifelong eating behavior.

Nutritional intake during this period may have long term health implications. Unfortunately due to modernization, urbanization, home delivery services, high quality vending machine foods, ready to eat packages, involvement of celebrities in food advertisement, attractive presentation, habit dining our regularly, small family norm, working mothers, peer pressure and variety in taste / presentation and more food outlets with attractive external looks has changed today's generation food habits and they are addicted for many unwanted factors and one among them is 'JUNK FOOD'

Any food that contains very less nutritional value is called as a “JUNK FOOD”. This ultimately makes it an unhealthy food. R u thinking pizza and burger only junk food not at all which one is packed and added flavor and normal fried potato chips is also the junk food.

Hence Junk foods are energy dense foods with high sugar / fat / salt content and low nutrition value in terms of protein, fiber, vitamin and mineral content.

This unhealthy food, preferences leads to several lifelong diseases such as obesity, Diabetes Mellitus, Heart disease, Cancer, High Blood Pressure, osteoporosis, Indigestion, Hair fall.

air fall.

## 2. STATEMENT OF THE PROBLEM:

“A Study to evaluate the effectiveness of video assisted teaching program on the level of knowledge regarding hazards of junk food among adolescence in selected urban area in Kumbakonam”

## 3. OBJECTIVES:

- ❖ To assess the Experimental & Control Group level of knowledge regarding hazards of junk food among adolescence.
- ❖ To assess the effectiveness of video assisted teaching program on knowledge regarding hazards of junk food among adolescence.
- ❖ To associate the Experimental & Control Group level of knowledge regarding hazards of junk food among adolescents and there demographic variables

**4. METHODOLOGY:**

**Quasi experimental** research design was adopted for this study. This study was conducted among selected adolescence girls in selected schools in Kumbakonam, Thanjavur District, Tamilnadu, South India. Sixty adolescence girls were recruited for this study through probability random simple sampling technique. The data were collected after obtaining the institutional ethical clearance, and formal administrative permission. Informed consent from the subject was obtained and the confidentiality has been assured.

A structured questionnaire was used to evaluate the knowledge of adolescence girls. The questionnaire was translated in to the vernacular language (Tamil) the appropriateness of the translation had been checked by English expert and the validity of the translation was verified by back translation. The reliability of the knowledge questionnaire was established using test – re test method ( $r = 0.7$ ). There were 20 multiple choice questions related to hazards of junk food

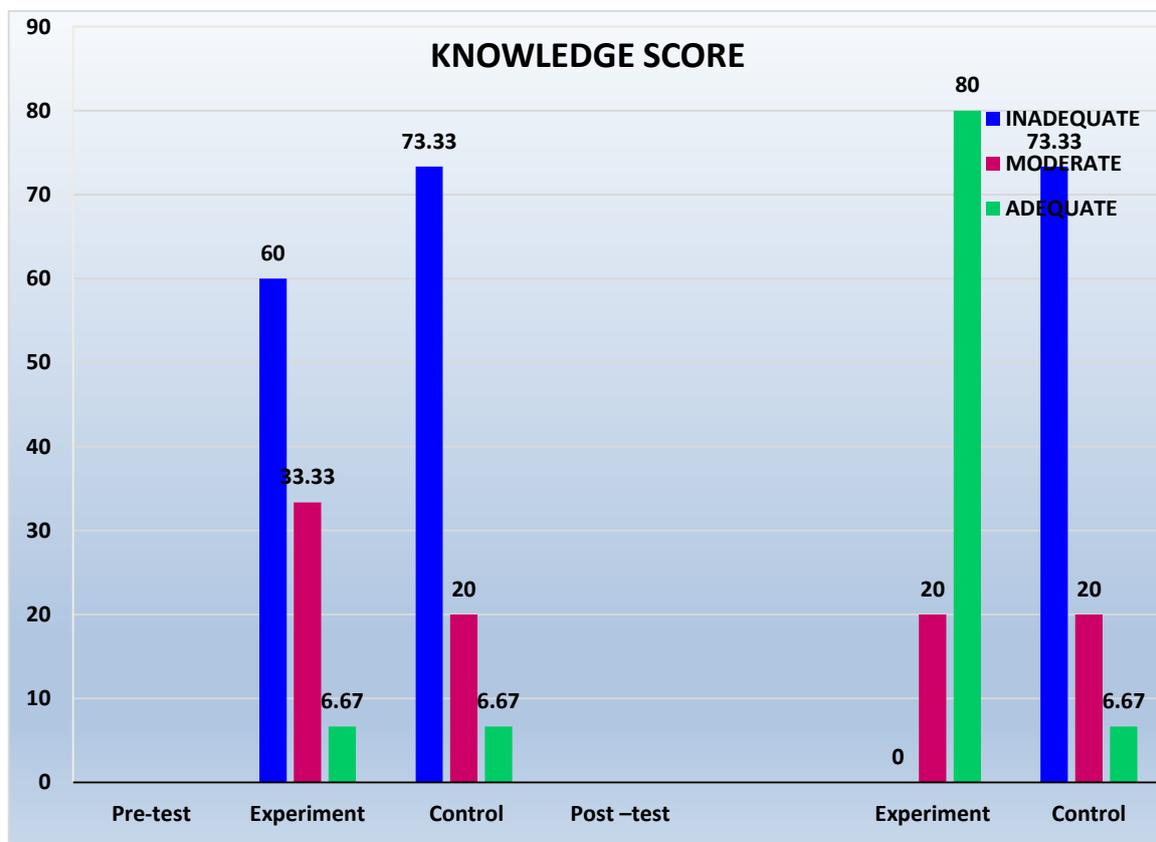
. Each correct response had given the score of one and wrong option had been given the score of zero. The total knowledge score of each subject was calculated, converted into percentage and interpreted as inadequate (<50% score); moderate (50-70%); and adequate (>70% score).

Pre test on assessment of knowledge were conducted by using the structured questionnaire. Time taken by the girls to complete the knowledge questionnaire was approximately 30 minutes. After the pre test , the girls were divided into two groups of having 10 subjects in each. Video assisted teaching programe about learning hazards of junk food was administered for 30 minutes for each group. The post test was conducted after seven days of intervention.

**5. Results and discussion:**

- Description of demographic variables.**

Majority of the adolescents 50(83.33%) were in the age group of 12-13 years and most of them 36 (60%) were female. Majority 46 (76.633%) adolescence had food habit of non veg. 30 (50%) adolescencer were living in rural area and most of them 50(83.33%) was speaking tamil language



The above diagram represent the frequency and percentage distribution of pre-test and post-test experimental and control group satisfactory level.

- In finally the post test majority the experimental group was achieved 24 (80%) of adolescent were getting adequate knowledge
- that there was a significant difference ( $P < 0.05$ ) between experiment and control score. The mean experiment score was 16.73 (+2.48) where as in control was 6.33 (+3.45) respectively.
- The 't' value shows that video assisted teaching program was effective on knowledge regarding hazards of junk food among adolescents in selected school in Kumbakonam.

#### **Association**

- In experimental group there is significance association occur in all the demographic variables except gender and food item
- In control group there is significance association occur in all the demographic variables except area of living

#### **Nursing implication**

The findings of the study have significant implication for nursing practice. The nurse involved in child health care should actively participate in planning and implementation of strategies to increase awareness of hazards of junk foods to the adolescents girls. Video assisted teaching can be used as tool to teach the adolescents on various topic related to important of food habits.

#### **6. CONCLUSION:**

This study to evaluate the effectiveness of video assisted teaching program to increase the knowledge regarding hazards of junk foods among adolescents. The finding of the study showed the video assisted teaching program was effective in increasing knowledge regarding hazards of junk food among adolescents.

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