
A Study To Assess The Effectiveness Of Child To child Teaching On Knowledge Regarding Prevention Of Obesity Among School Children

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Abstract

Objectives-*to assess the prevailing knowledge regarding obesity among school children and to create awareness on prevention of obesity through child to child approach* **Method-***Quasi experimental design & purposive sampling method was used* **Result-***child to child approach was effective in improving knowledge of school children regarding prevention of obesity.*

Conclusion-These findings showed that child to child education about prevention of obesity is very useful to motivate the students.

Key words : *Obesity, child to child approach, and volunteers*

INTRODUCTION

“It is easier to build strong children than to repair broken men”

- Frederick Douglass

Children are major consumers of health care. In India, about 35 % of total populations are children below 15 years of age. They are not only large in number but vulnerable to various health problems and considered as special risk group. Lifestyle of children usually involves well-defined food preferences and dislikes, preferring large amounts of sugar and starches while avoiding vegetables and protein foods. As the result these years also may signal the appearance of obesity, anorexia nervosa and bulimia. Among these, childhood obesity is a condition where excess body fat negatively affects a child's health or wellbeing. It results in likelihood of developing heart disease, type 2 diabetes,

stroke, asthma and a host of other serious health problems. Knowledge about childhood obesity among primary school children is moderate and have negative attitude towards obesity. Integrating educational programs early in primary schools may be an effective strategy to impart knowledge about obesity and other non-communicable diseases early in childhood¹.

OBJECTIVES

- To assess the knowledge level of children regarding prevention of obesity
- To determine the effectiveness of child to child teaching programme on knowledge regarding prevention of obesity.
- To associate the knowledge regarding prevention of obesity with selected demographic variables.

RESEARCH DESIGN & SETTING

A quasi -experimental pre test post test control group design was adopted for the

study. The school chosen for experimental group was ArulmiguMeenakshi Amman Public School, Maduravoyal, Chennai and for control group, Ponvidhyashram Public school, Valasarvakkam, Chennai.

SELECTION CRITERIA FOR VOLUNTEERS

- Children studying in 8th standard in ArulmiguMeenakshi Amman Public school.
- Children who were volunteers, motivated and interested in teaching.
- Children who possess adequate level of knowledge regarding prevention of obesity.

SAMPLE SIZE

The sample size for the study consisted of 80 children who fulfilled the inclusion criteria. Experimental group consisted of 40 samples and control group consists of 40 samples.

DATA COLLECTION PROCEDURE

Pretest was conducted to the samples of experimental (ArulmiguMeenakshi) and control group (Ponvidhyashram) using self-administered questionnaire. CHILD to child teaching was given to the experimental group in 1:5 ratios by student teachers regarding prevention of obesity, using PPT slides. Each group session lasted for 45 minutes. The total CHILD to child teaching lasted for 2 days. Post test was conducted to the samples of both experimental and control group after 14 days. Booklet regarding prevention of obesity was given to all samples.

RESULTS

1. Distribution of samples according to demographic variables

Most of the samples were not having any family history of obesity. A considerable

amount of samples were having history of fast food consumption. In control group 14(35 %) samples and in experimental group 16(40 %) samples were not involved in play and most of the samples were using motor cycle for their transport.

2.Comparison of knowledge between control and experimental group – post test

The post test comparison between control and experimental group reveals, there was a significant ($p < 0.05$) improvement in knowledge regarding prevention of obesity in experimental group (mean 11.35 to 17.55) after CHILD to child teaching programme.

3.Association of level of knowledge with demographic variables

In Experimental group, the chi - square value shows that there was a significant association between the level of knowledge and family history of obesity. And in Control group, there was a significant association between level of knowledge and present weight as well as level of knowledge and duration of outdoor play.

CONCLUSION

Obesity is a major public health problem across the world. Today's environment provides a constant supply of high energy food with reduced needs for physical activity. Teaching our children is important to prevent obesity and its complications. In this study most of the samples found to have inadequate knowledge regarding prevention of obesity. After child to child teaching programme their knowledge level was improved. These findings showed that CHILD to child education about prevention of obesity is very useful to motivate the students.

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