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A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding the Benefits of Outdoor Play Among School Going Children in Selected School of Bhilai, Chhattisgarh

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ABSTRACT: As adults we know that we learn through doing, it is the same for children. Playing outside the home is the natural inclination of kids. The conceptual model for the study was developed by the investigator based on Bertalanffy's general system-theory. The research design for this study is one group pretest-post test design. The investigator has used a simple random sampling- lottery method. Sample size 60 School going children (10-11 years) who are studying in Khalsapublicschool,Durg, Chhattisgarh. Tools are divided in two sections SECTION-Ai- sociodemographic variables, ii-demographic profile of study parameters,SECTION-B-questionaries regarding benefits of outdoor play.The pilot study was conducted in D.A.V Public School, Hudco, Bhilai, Chhattisgarh, reliability of tool was found, $r = 0.78$. The major findings that in pre test knowledge score revealed poor knowledge 41.67%, average 58.33%, mean is 11.23, SD 5.4, CV 48.09 while the post test knowledge score has been increased to good 40% and 60% were excellent, mean 30.87, SD 1.56, CV 5.05.The t- test revealed 26.50 was found highly effective i.e. video assisted teaching programme was found highly effective in increasing the knowledge of the children regarding benefits of outdoor play.

KEYWORDS: Video assisted teaching programme, knowledge, outdoor play, School going children.

I. INTRODUCTION

Outdoor plays give us all benefits of physical exercise. Outdoor play is open air games. So, we breathe in plenty of fresh air. We breathe in plenty for oxygen. Hence our blood circulation works very well. In outdoor games we play together. So, we have to obey the rules of them. Here we learn obedience to law and obedience to umpire. We learn how to behave with our fellow players. Hence, we learn manners. In outdoor games we learn sportsmanship.

II. OBJECTIVES

- i. To assess the pre test and post test knowledge score regarding benefits of outdoor play among school going children in selected school of Bhilai, Chhattisgarh.
- ii. To assess the effectiveness of video assisted teaching programme regarding benefits of outdoor play among school going children in selected school of Bhilai, Chhattisgarh.
- iii. To find out the association between per-test knowledge score with selected sociodemographic variable with regard to outdoor play.

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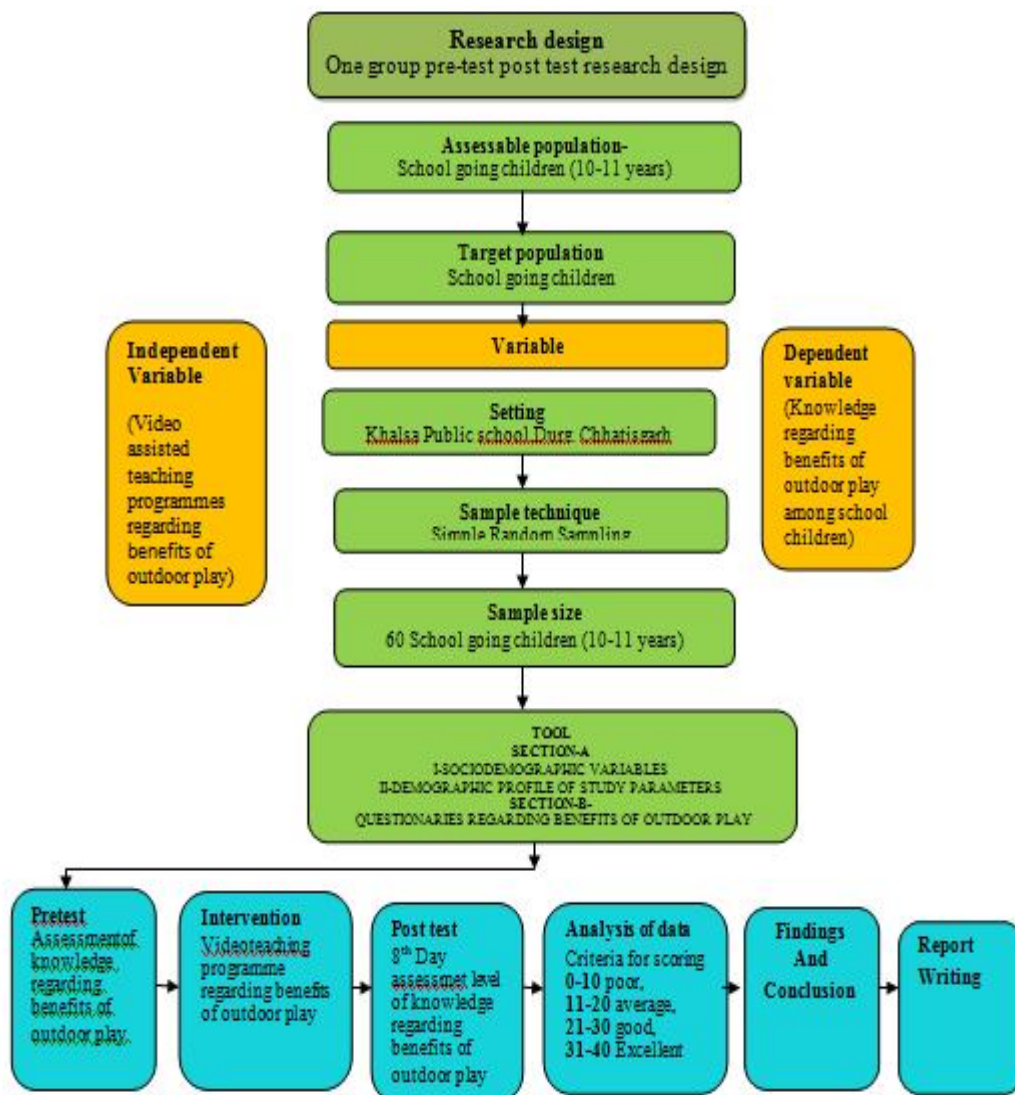
III. HYPOTHESIS

H1- There will be significant effectiveness of video assisted teaching programme on knowledge regarding benefits of outdoor play among school going children.

H2- There will be significant association between pre-test knowledge score with selected sociodemographic variables among school going children.

IV. METHODOLOGY

The methodology of research describe the manner of organization of procedure planned for gathering valid & reliable data for an investigation-this chapter presents the research design which gives the overall frame work for conducting the study.



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V. RESULTS

SECTION A: Data analysis related to comparison of pre-test knowledge and post - test knowledge scores among school going children regarding benefits of outdoor play.

N=60

GRADE	SCORING	PRETEST		POST TEST	
		FREQUENC Y (f)	PERCENTAGE (%)	FREQUENC Y (f)	PERCENTAGE (%)
POOR	0-10	25	41.67%	-	-
AVERAGE	11-20	35	58.33%	-	-
GOOD	21-30	-	-	24	40%
EXCELLENT	31-40	-	-	36	60%

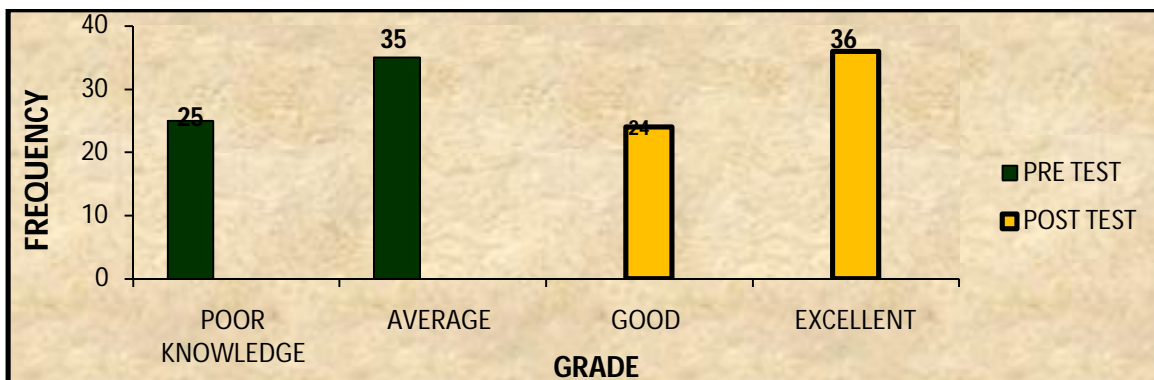


Figure 2 showing maximum number of subject i.e. 35 (58.33%) had average knowledge regarding benefits of outdoor play and 25 (41.67%) had poor knowledge. In post test maximum number of subject i.e. 36 (60%) had excellent knowledge and 24 (40%) had good knowledge

SECTION B: Data analysis related to effectiveness of video assisted teaching programme related to post-test knowledge score among school going children regarding benefits of outdoor play.

N= 60

AREA	MEAN	SD	CV	EFFECTIVENESS	tVALUE	SIGNIFICANE
PRETEST	11.23	5.4	48.09	174.89	26.50	P<0.0001HS
POSTTEST	30.87	1.56	5.05			

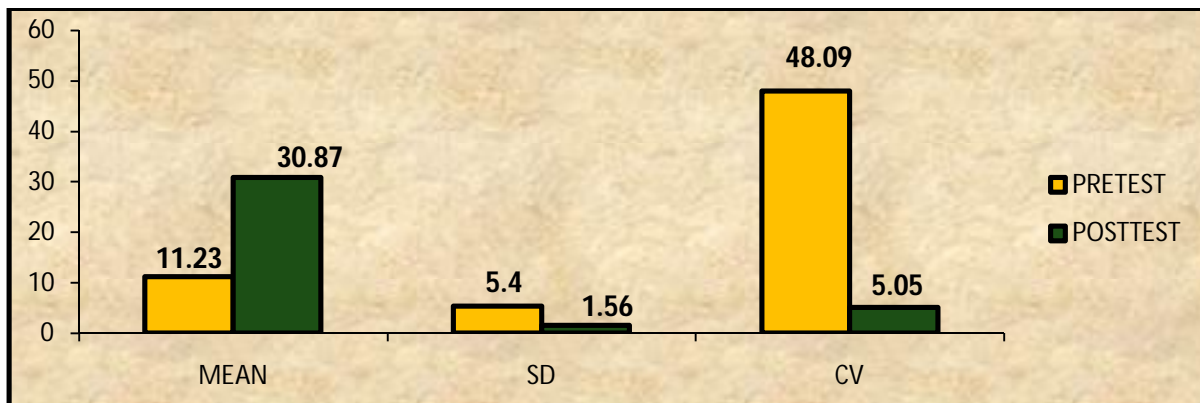


Fig3 showing on an average, in pre-test, school going children are having 11.23 score and in post test, school going children are having 30.87 score. Difference is 19.64 score. The difference between pre-test and post-test knowledge score is large and it is statistically significant. Score.

SECTION C :Data analysis related to association between pre-test knowledge with selected sociodemographic variable

As per chi-square testing age of the subjects, type of the family, monthly income of family and awards or achievements for outdoor was found significant with knowledge of subjects regarding benefits of outdoor play as their chi square value 4.23, 5.65, 10.45 and 3.86 respectively of $P > 0.05$ level of significance. Benefits of outdoor play with gender, number of children in family, number of sibling, birth order, educational status of father, educational status of mother, occupation of father, occupation of mother, source of information, outdoor games which can play, time spends is less than the table value and hence non significant at 0.05

VI. CONCLUSION

On the basis of the findings of the study, the following conclusions were drawn **1st Objective - To assess the pre test and post test knowledge score regarding benefits of outdoor play among school going children (10-12 years) in selected school .Bhilai (Chhattisgarh)** has been fulfilled by the following findings that in pre test knowledge score revealed poor knowledge 41.67%, average 58.33%, mean is 11.23, SD 5.4, CV 48.09 while the post test knowledge score has been increased to good 40% and 60% were excellent, mean 30.87, SD 1.56, CV 5.05. **2nd objective - To assess the effectiveness of video assisted teaching programme regarding benefits of outdoor play among school going children (10-12 years) in selected school Bhilai (Chhattisgarh).** Has been fulfilled by the following findings that t- test revealed 26.50 was found highly effective i.e. video assisted teaching programme was found highly effective in increasing the knowledge of the children regarding benefits of outdoor play. **3rd objective- To find out the association between pre-test knowledge with selected sociodemographic variable.** Has been fulfilled by following finding that there is significant association between knowledge regarding benefits of outdoor play in school going children and age of the subjects, type of the family, monthly income of family and awards or achievements.

VII. RECOMMENDATIONS

Based on the findings of the study the investigator proposes the following recommendations for future research.

- The study can be replicated on larger samples in different settings to have a wider applicability by generalization.
- A similar study can be carried out with post-test only control group design to find the effectiveness of video assisted teaching programme among school going children (10-11 years).
- A similar study can be conducted and evaluated using alternative teaching strategies like instruction module, role play, puppet show etc.

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