

A Quasi Experimental Study to Assess the Effectiveness of Self - Instructional Module on Importance of Outdoor Physical Activity among Mothers of Adolescents in Selected Area of District Chamba (H. P)

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Abstract: A quantitative approach was used to assess the effectiveness of self - instructional modules on knowledge of mother regarding the importance of outdoor physical activity for adolescents. The non - probability convenient study sampling technique was used to select 60 mothers of adolescent in District Chamba, Himachal Pradesh. A self - structured knowledge questionnaire was used to assess the level of knowledge. Analysis of collected data was done to the according to the objectives of the study and data was analyzed using descriptive and inferential statistics. The study show that, out of 60 mothers of adolescent, 18% in 31 - 35 years, 45% in 36 - 40 years, 37% in 41 - 45 years. According to previous knowledge 55 % mothers had knowledge regarding outdoor physical activity and 45 % mothers have no knowledge regarding outdoor physical activity. According to the finding, the pre - test level of knowledge score of mother of adolescent 0% mothers had good knowledge, 73.33% mothers had average knowledge and 26.67 % mothers had poor knowledge score. Related to the post - test knowledge score 60% mothers had good knowledge, 40 % had average score, 0 % had poor knowledge. There were finding related to association between pre - test knowledge score with demographic variables. We observed that there were association of pre - test knowledge score with demographic variables that were health status of adolescents and previous knowledge of mothers. It was concluded that Self - instructional module was an effective strategy in improving knowledge of mothers of adolescent regarding importance of outdoor physical activities.

Keywords: Outdoor physical activity, Self - instructional module

1. Introduction

“When you are free, you can play and when you are playing, you become free”

Outdoor physical activity helps in the growth and development of the child such as sensory motor development. It serve as outlet for extra energy and helps in muscle development, gives the child a chance to learn body control and helps children to learn increasingly complex and coordinated activities such as race games, roller, skating, bicycle riding etc.

Research Problem

A quasi experimental study to assess the effectiveness of self - instructional module on importance of outdoor physical activity for mothers of adolescents in selected area of district CHAMBA (H. P).

Objectives

- 1) To assess the pre - test level of knowledge among mothers of adolescents regarding importance of outdoor physical activity.

- 2) To assess the post - test level of knowledge among mothers of adolescents regarding outdoor physical activity.
- 3) To assess the effectiveness of self - instructional module on importance of physical activity among adolescents. .
- 4) To determine the association between the pre - test knowledge score with their demographic variables.

Hypothesis

H1: There will be a significant difference between the pre - test and post - test knowledge score of mothers regarding the importance of outdoor physical activity for adolescents.

H01: There will be no significant difference between the pre - test and post - test knowledge score of mothers regarding the importance of outdoor physical activity for adolescents.

H2: There will be a significant association between pre - test knowledge score with the socio - demographic variables.

H02: There will be a no significant association between pre - test knowledge score with the demographic variables.

2. Methodology

Research Approach: Quantitative research approach

Research Design: Quasi - experimental research design

Volume 12 Issue 5, May 2023

www.ijsr.net

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Research Setting: Haripur Panchayat, District Chamba, Himachal Pradesh

Population: Mothers of adolescents

Sample and Sampling Technique: 60 samples, non - probability convenient sampling technique.

Criterion Measures

Level	Score
Good	21 - 30
Average	11 - 20
Poor	0 - 10

Maximum score: 30

Tools and Method of Data Collection

Part 1: Socio demographic variable

Part 2: Self structured Knowledge questionnaires

3. Analysis and Interpretation of Data

3.1 Result

Table 1: Frequency (f) and percentage (%) distribution of mothers of adolescents according to their demographic variables

S. NO.	Demographic Variables	(f)	%age
1	Age of Mother (In Years)		
	31 - 35	11	18
	36 - 40	27	45
	41 - 45	22	37
2	Education of Mother		
	Primary	12	21
	Secondary	26	42
	Graduate	18	30
	Post Graduate	4	7
3	Occupation		
	Home Maker	41	68.3
	Government Job	7	11.6
	Private Job	12	20
4	Area of Residence		
	Rural	35	58
	Urban	4	7
	Semi - Urban	21	35
5	Religion		
	Hindu	51	85
	Muslim	6	10
	Sikh	3	5
	Christian	0	0
6	Income of Family (In RS.)		
	≤ 20,000	25	40
	20001 - 40,000	24	38
	40,001 - 60,000	8	17
	≥ 60,000	3	5
7	Number Of Children		
	1	27	45
	2	24	40
	3	7	12
	4	2	3
8	Age of Adolescent (In Years)		
	10-Nov	25	41
	Dec-13	17	28
	14 - 15	16	26
	16 - 17	2	5

9	Health of Status of Adolescent			
	Healthy	55	91.6	
	Disease Condition	5	8.33	
	Doctors Restrictions	0	0	
	Disability	0	0	
10	History of Mother Related to Outdoor Play			
	Yes	26	43.3	
	No	34	56.6	
11 (A)	Previous Knowledge			
	Yes	33	55	
	No	27	45	
11 (B)	Source of Knowledge			
	TV	22	37	
	Phone	33	48	
	Books	5	15	
	Magazine	0	0	

Table - 2: (f) and (%age) distribution of level of pre - test and post test knowledge score among mothers regarding the importance of outdoor physical activity for adolescents in selected areas of district Chamba.

Level of knowledge	Pre test frequency	Post test Frequency
Poor	16	0
Average	44	24
Good	0	36

Table 3: Findings related to comparison of mean pre - test and post - test knowledge score among mothers regarding importance of outdoor physical activity for adolescents

Level of knowledge	Mean	SD	Df	t - paired test value
Pre - test	11.73	2.11	1	41.41
Post - test	21.1	2.10		

Hence, research hypothesis H_1 was accepted – H_1 will be a significant difference between the pre - test and post - test knowledge score of mothers regarding the importance of outdoor physical activity for adolescents

4. Association with Demographic Variables

It showed that there was association between demographic variables with pre - test knowledge score. It shows that there was significant association of demographic variable with pre - test knowledge score, variables such as health status of adolescents. Our calculated value is 18.285 and table value is 7.82 which states that our table value is more than calculated value. Hence, research hypothesis H_2 was accepted. H_2 There will be a significant association between pre - test knowledge score with the socio - demographic variables.

5. Conclusion

The mother of adolescents had low knowledge regarding importance of outdoor physical activity. After distributing the self instructional module the knowledge of mothers has been improved. Hence, self instructional module been improved was an effective strategy in increasing the knowledge of mothers.

6. Nursing Implications

Nursing education

The nursing curriculum should provide an opportunity to student to provide the information regarding the importance of outdoor physical activity.

Nursing practices

A child health nurse can assume more responsibility and accountability to give the information to the mothers of adolescent regarding the outdoor Play and its importance. A child health nurse can be helpful in educating the mother of adolescent about the outdoor physical activity.

Nursing administration

Nursing administration should organize awareness programme in community area regarding the outdoor physical activity and its importance. Nursing administration should provide the awareness to community people regarding outdoor physical activity and its importance.

Nursing Research

Research should be directed toward exploring to assess the effectiveness of self - instructional module. Encourage for research further research to be conducted regarding outdoor physical activity and its importance

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