

A Study to Evaluate the Effectiveness of Video - Assisted Teaching Programme on Knowledge Regarding Nutritional Values of Various Fruits and Vegetables among School Children

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Abstract: *Eating fruit and vegetables every day helps children grow and develop, boost their vitality and can reduce the risk of many chronic diseases such as heart disease, high blood pressure, some forms of cancer and being overweight or obese. Fruits and vegetables are high in vitamins, minerals and fiber. Kids should be encouraged to eat a variety of fruits and vegetables which provides a rich source of antioxidants, instead of sugary snacks and fast food, which are high in fat and sugar.*

Keywords: Effectiveness, school children, nutrition values

1. Introduction

A fruit is the mature ovary of a plant or the succulent edible part of woody plants, while vegetables are the edible portions of a plant that can be eaten such as the leaves, stem, tubers, roots and bulbs, the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food. Nutritionally, fruits and vegetables are energy - dense foods containing vitamins, minerals, fiber and other bioactive compounds. According to Mintah et al., a fruit is the edible and fleshy seed - associated structures of certain plants, which could be sweet (such as apples, oranges, grapes, strawberries, juniper berries and bananas) or non - sweet (such as lemon and olives) in their raw forms. Moreover, FAO revealed that “increasing fruit and vegetable consumption is a major public health challenge at the moment”. The statement was made due to the micronutrient deficiencies being experienced worldwide which lead to nutritional disorders such as weakened immune systems, birth defects, mental and physical retardation, among others. These nutritional deficiencies occur as a result of low consumption of fruits and vegetables and also probably because of low knowledge of the nutritional values of fruits and vegetables. Thus, the relevance of this chapter is on the health benefits of fruits and vegetables.

Objectives

- 1) To evaluate the knowledge regarding nutritional values of various fruits and vegetables after administering video assisted teaching programme.
- 2) To compare the knowledge regarding nutritional values of various fruits and vegetables before and after administering video assisted teaching programme.
- 3) To associate the knowledge scores regarding nutritional values of various fruits and vegetables with their selected demographic variables.

Hypothesis

The hypothesis will be tested at 0.05 level of significance.

H0: there will be no significant difference in knowledge regarding nutritional values of various fruits and vegetables among middle school student after providing video assisted teaching programme.

H1 - there will be the mean post test knowledge score significant higher than mean pretest knowledge score regarding, various fruits and vegetables among middle school children in

H2 - There is a significant Association between pretest knowledge score of middle school children with their selected socio - demographic variables.

2. Methodology

The study was pre experimental study with an post evaluative approach. The study was conducted in Adarsh Government school of Darbha Dhamtari, Chhattisgarh. Data collection period was 1month. Population was middle school children. Samples size is 60. Middle school children who fulfill the Sample. . The tools used for data collection were demographic variables and Self - structured multiple choice questionnaire which consist 30 questions.

Scoring Key

The score indicates,
0 mark - No
1 marks - yes

Grading of the scores

The level of knowledge will be identified through following scoring criteria;
Good - 21 - 30
Average - 11 - 20
Poor - 0 - 10

Variables

A variable is a phenomenon or characteristic or attribute that changes. Variables are measurable characteristics of a

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concept and consist of a logical group of attributes (Talbot, A, 1995).

“It is a stimulus or activity that is manipulated or varied by the researcher to create the effect on the dependent variable”. In this study, the independent variable is regarding importance nutritional values of various fruits & vegetables among middle school children.

Dependent variable “It is the outcome or response due to the effect of the independent variable, which researcher wants to predict or explain”. In the present study, the dependent variable is Knowledge of the among middle school children.

Demographic variable

It is the variable that is used to assess the characteristics of the sample (Kothari, C. R, 2006).

The demographic variable in this study were In the present study, the socio - demographic variable Age, Gender, Religion, Area of residence, Type of family, Occupation of father, Monthly family income, Type of family, Sources of Information

3. Results

The result of the study indicates that video - assisted teaching programme was effective in improving the knowledge of the middle school children knowledge of regarding nutritional values of various fruits and vegetables. The result obtained for post test means score, mean score percentages, standard deviation are greater than the pre test scores. The ‘t’ value obtained was found to be significantly high ($P > 0.01$) at level thus it is concluded that the research hypothesis 1 (H_1) is accepted. Findings association between knowledge level and demographic variables was concluded as, there is significant associating between age, Gender, religion, Area of residence, type of family, occupation of father, monthly family income and sources of information of the middle school children with their pre test mean knowledge score of middle school children undergone video - assisted teaching programme at significance level of 0.05, so the research hypothesis 2 (H_2) is accepted.

Nursing education

- Nursing education positively affects the opinions of middle school children regarding nutritional values of various fruits and vegetables. The positive attitudes of the nurses in the future, who have an important role in public education, will positively affect their approach toward the middle school children regarding nutritional values of various fruits and vegetables.
- The nursing personnel working in the hospital or in any type of clinical field should take the responsibility of upgrading the knowledge, attitude, perception regarding nutritional values of various fruits and vegetables.
- In the existing curriculum experiences in health teaching and the method of teaching, it needs to lay more emphasis on the regarding nutritional values of various fruits and vegetables. In the hospital and community in order to plan for providing information, education, and counseling to the staff as well as the patients and their relatives regarding nutritional values

of various fruits and vegetables.

Nursing practice

The result should provide several implications for improving the nursing practice.

- Health teaching is an integral component of nursing practice; hence apart from incidental teaching, nursing personal should plan a video - assisted teaching programme for and their relatives in order to enhance their knowledge regarding nutritional values of various fruits and vegetables.

Nursing administration

Nurse administrator may plan and organize continuing education programme in the college for upgrading the knowledge regarding nutritional values of various fruits and vegetables.

Nursing research

The study has implication for nursing research too.

- Nursing research in this area will provide sound body of knowledge on which nurses will be able to build their nursing care.
- Nursing research should be directed to further explore and update provide best quality care to the patients.
- Emphasis should also be laid on publication of the findings of research in the journals to disseminate the research based evidence for nurse practitioners.

4. Recommendations

The following recommendations are made on the basis of the present study

- A similar study can be replicated for larger samples, in different setting for making broad generalizations.
- Evaluative study can be carried out to evaluate the effectiveness of video assisted teaching programme on knowledge regarding nutritional values of various fruits and vegetables.
- A similar study can be conducted with participant in Adarsh Government School, Darbha, Dhamtari, Chhattisgarh.

5. Conclusion

Video - assisted teaching programme was effective in improving the knowledge of the middle school children knowledge of regarding nutritional values of various fruits and vegetables.

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