



# A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED PROGRAM REGARDING KNOWLEDGE OF HAND WASHING TECHNIQUE AMONG MIDDLE SCHOOL CHILDREN

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## ABSTRACT

**STATEMENT OF THE STUDY:** *A Study to Assess the Effectiveness of Video Assisted Program Regarding Knowledge of Hand Washing Technique Among Middle School Children*

**OBJECTIVE:** 1. To assess the knowledge regarding hand washing technique among middle school children at Patna.

2. To determine the practice regarding hand washing technique among middle school student. 3. To find the association between Pre-test and Post-test Knowledge regarding hand washing technique with their demographic variable.

**MATERIALS AND METHODS:** *The study aimed to evaluate the effect of hand washing among school going children. Convenient study research design was used in 60 sample were chosen and simple random technique were chosen in selected sample. The effectiveness was assessed using self-structured questionnaire- test and post-test was conducted and assess the knowledge level regarding hand washing of children*

**RESULTS:** *The overall knowledge score obtained by subjects was Pre-test 155.66, Post-test 199.26, Chi-square value is 3.83 and there is significant ( $P < 0.05$ ) association with the selected association between the post- test and pre-test with selected demographic variables of Middle School Children.*

**CONCLUSION:** *This indicates that the video assisted teaching programme was effective in improving knowledge regarding hand washing in the pre-test compared to the control group*

**KEYWORDS:** *Planned Video Assisted Programme, Knowledge, Handwashing School Children,.*

## INTRODUCTION

Proper hand washing is one of the best ways to prevent the spread of infection. It is especially important at school, where small children are in constant contact with each other, often spreading micro-organisms. More over many children don't wash their hands before eating after using the toilets and after playing at the ground in school. Hand washing is significantly important in children as they are vulnerable to illness since they are very playful and more exposed to dirt, soil and other source of infections.

The poor hand hygiene practices are the main causes for disease transmission from one person to another. Generally around two to ten million bacteria can be found between fingertip and elbows. After a person uses a toilet, the number of germs that are present in fingertips. Research shows that there is a reduction in 5 diarrhoeal diseases by nearly 50% by washing hands with soap and water. There are over 10 million episodes of food-related infection in a year but most of these are related to lack of improper hand washing. By teaching them proper hand washing techniques, school-aged children can keep their own

hands clean and also teach other children how to stop the spread of germs.

Hand washing is highly habitual; a routine behaviour that can be installed at an early age. Germs can be transmitted in many ways, including: touching dirty hands, changing diapers, through contaminated water and food, through droplets released during a cough or a sneeze from contaminated surfaces and through contact with a sick person's body fluids. Every human being comes in contact with microorganisms present all around like on the door knobs, faucets, light switches, stair railings etc. These things are touched while doing routine work, without thinking much about it and with the same hands, activities such as touching face, eyes, nose and sometimes eating food too are performed. Although many young people are aware of the importance of proper hand hygiene, education focusing on proper hand washing practices in schools is often deficient. There are many advantages proved scientifically by many researchers globally.



## METHODS

Experimental design, with non-probability purposive sampling method was used. The study aimed to evaluate the effect of hand washing among school going children. Convenient study research design was used in 60 sample were chosen and simple random technique were chosen in selected sample. The effectiveness was assessed using self-structured questionnaire-test and post-test was conducted and assess the knowledge level regarding hand washing of children Sec-A were 7 are statistically significant with ( $P < 0.05$ ) and only 5 are not statistically significant with ( $P < 0.05$ ). pre- test of Knowledge

Regarding A study to assess the effectiveness of video assisted program regarding knowledge of hand washing technique among middle school children at Patna 41(68.33%) were in the 10-18 average range score, 19(31.66%) were in the 19- 27 Good range score and 0(0%) were in the 1- 9 poor range score. Post-test of Knowledge Regarding A study to assess the effectiveness of video assisted program regarding knowledge of hand washing technique among middle school children 53(83.33%) were in the 19-27 Good range score, 7(11.66%) were in the 10-18 Average range score and 0(0%) were in the 1-9 poor range score.

## DATA ANALYSIS AND INTERPRETATION

**Table-1 Depicting Pre-Test Score with Selected Demographic Variable Among School Going Children**

KNOWLEDGE CATEGORY	RANGE OF SCORE	FREQUENCY	PERCENTAGE
Good	19-27	19	31.66%
Average	10-18	41	68.33%
Poor	1-9	0	0%

Shows the criteria wise pre- test of Knowledge Regarding a study to assess the effectiveness of video assisted program regarding knowledge of hand washing technique among middle school children at Patna 41(68.33%) were in the 10-18 average

range score, 19(31.66%) were in the 19-27 Good range score and 0(0%) were in the 1-9 poor range score.

**Table-2 Depicting Post-Test Score with Selected Demographic Variable Among School Going Children**

KNOWLEDGE CATEGORY	RANGE OF SCORE	FREQUENCY	PERCENTAGE
Good	19-27	53	83.33%
Average	10-18	7	11.66%
Poor	1-9	0	0%

Shows the criteria wise post- test of Knowledge Regarding A study to assess the effectiveness of video assisted program regarding knowledge of hand washing technique among middle school children 53(83.33%) were in the 19-27 Good range score, 7(11.66%) were in the 10-18 Average range score and 0(0%) were in the 1-9 poor range score.

Definition/Introduction of hand washing whereas Minimum mean knowledge score obtained by the subjects was 35.42 with standard Deviation of 0.868 in the Benefit/Reaction of hand washing. The overall knowledge score obtained by subjects was 199.26 with Standard deviation 1.502. Association between the post-test and pre-test with selected demographic variables that the maximum pre-test knowledge score obtained by the subjects was 55.4 in the aspect Definition/Introduction and the maximum Post-test knowledge score obtained by the subjects was 57.2 in the aspect Definition/Introduction. The overall knowledge score obtained by subjects was Pre-test 155.66, Post-test 199.26, Chi-square value is 3.83 and there is significant ( $P < 0.05$ ) association with the selected association between the post- test and pre-test with selected demographic variables of Middle School Children.

The pre-test knowledge regarding hand washing technique the maximum mean knowledge score obtained by the subjects was 55.4 with standard deviation of 0.150 in the aspect Definition/Introduction of hand washing whereas Minimum mean knowledge score obtained by the subjects was 26.571 with standard Deviation of 0.842 in the Benefit/Reaction of hand washing. The overall knowledge score obtained by subjects was 155.667 with Standard deviation 2.3491. The Effectiveness of Video Assisted Program Regarding Knowledge of Hand Washing Technique that the maximum mean knowledge score obtained by the subjects was 57.2 with standard deviation of 0.080 in the aspect

## CONCLUSION

1. The study was conducted to assess the effectiveness of Video assisted programme regarding hand washing



- techniques among middle school children.
2. There was significant improvement in post-test level of knowledge when compared to pre-test level of knowledge regarding hand washing techniques middle school children.
  3. The comparison between pre-test and post-test was found to be significant at p,0.05 so the structured teaching programme is effective in improving knowledge regarding hand washing techniques among school going children.
  4. There was significant association exist between the pre-test and post-test level of knowledge of school going children and their selected demographic variables such as age,

- gender, religion, educational qualification, Types of family, residential area, house holding, source of water, dietary pattern, periodical health checkup, previous knowledge regarding handwashing , source of information.
5. The video assisted programme was found to be effective to improve the knowledge regarding hand washing techniques among middle school going children. The findings of the study provided evidence that the administration of video assisted programme was effective in improving knowledge.

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