Research article   *Nursing research*

Habit of television viewing and its impact on behavior among school age children

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ABSTRACT

Background

Television viewing is became easily available source for entertainment especially for school going children. This entertainment source produces a high impact on children behavior.

Aims and objectives

The study aimed at assessing television viewing habits of school age children in order to know its impact on the behavior of children, finding the correlation between habit of television viewing and behavior of school children and find out the association between television viewing habit scores and behavior scores with selected demographic variables.

Materials and methods

Television viewing habits of school age children was assessed by rating scale and used interview method for data collection. Behavior was identified by using the rating scale.

Results

The study results shows that 72.41% of school age children had average television viewing habits, 25.86% had poor and 1.72% good habit. Regarding behavior 91.37% children had average behavior, 3.4% of children had poor and 5.17% had average behavior. The correlation value shows that 0.64 as positive correlation between television viewing habits with behavior of school age children. There was a significant association between television viewing habits scores with age of the child (X^2=7.52, df=2), occupation of father (X^2=8.21, df=2), number of TV in the Home (X^2=4.04, df=1) and behavior scores with type of family (X^2=15.81, df=1).

Conclusion

The study concludes that improves the television viewing habits among school age children and reduces its negative influence over children behavior.

Key Words: Habit, Television viewing, Impact, Behavior, School age children.

INTRODUCTION

Television has been one of the most popular means for delivering entertainment, advertising and information to the public. Parents, academicians, and pediatricians in different parts of the world have raised issues on the effects of TV viewing on

children. Time spent watching television affects multiple aspects of child and adolescent health. Although a diverse range of factors have been found to be associated with young people's television viewing, parents and the home environment are particularly influential. However, little is known about whether parents, particularly those who are concerned about their child's television viewing habits, translate their concern into action by providing supportive home environments (e.g. rules restricting screen-time behaviors, limited access to screen-based media). The aim of this study was to examine associations between parental concerns for child television viewing and child television viewing and the home sedentary environment. The Nielsen Company reported in January of 2009 that the average American spent more than 151 hours per month watching television and seven more watching recorded programs [1]. But, traditional television viewing is declining while other technologies that provide access keep growing [2]. The presence of media in a child's bedroom and media use had a negative effect on children's sleep/wake patterns, duration of sleep and sleep disorders[3]. A study indicates that Children of concerned parents watched more TV than those whose parents who were not concerned. Parents appear to recognize excessive television viewing in their children and these parents appear to engage in conflicting parental approaches despite these concerns. Interventions targeting concerned parents may be an innovative way of reaching children most in need of strategies to reduce their television viewing and harnessing this parental concern may offer considerable opportunity to change the family and home environment[4].

PROBLEM STATEMENT

"A correlation study to assess habit of television viewing and its impact on behavior among school age children in selected areas of Aurangabad district"

OBJECTIVES OF THE STUDY

1. To assess the television viewing habits by using rating scale
2. To assess the behavior among school age children by using rating scale

3. To find out the correlation between habit of television viewing and behavior of school age children
4. To find out the association between habits of television viewing, weight status and behavior scores with selected demographic variables.

Hypothesis
Tested at 0.05 level of significance
H₁: There is a significant correlation between habit of television viewing and behavior of school age children

H₂: There is a significant association between habits of television viewing with selected demographic variables

H₃: There is a significant association between behavior scores with selected demographic variables.

Operational definitions
Impact
It refers to the change produced in the behavior & weight status of school-age children viewing television.

Habit
It refers to the regular or repetition of the act of watching TV for 2 hours or more per day.

Behaviour
It refers to the specific way of response of children in terms of physical, emotional, sleeping, eating, and study pattern.

School-age children
Children in the age group of 8-12 years.

Assumptions
1. School age children watching television for more than two hours per day
2. Television viewing is influencing behavior of school age children
3. School age children having poor habit of watching television.

MATERIAL AND METHODS
Source of data

In this study the data will be collected from school age children in a selected area of Aurangabad District.

Research design
Descriptive correlation design was used for this study
Setting
The study is conducted at selected areas of Aurangabad District.

Population
Population Includes school age children

Method of data collection
Rating scale is used to assess the television viewing habits and weight status was assessed by checking weight and height.

Sampling method
Sample for the study selected by convenient sampling technique

Sample size
Sample size comprise of 58 school age children.
Inclusion criteria for sampling:
- School age children residing at urban areas
- Children with the age group of 8-12 years

Exclusion criteria for sampling
- School age children suffering long term diseases.
- School age children suffering with acute illness.
- School age children not willing to participate in the study.

Result of the study
Section 1: Demographic data

**Table No 1:** Represents sample distribution according to age in years (N=58)

AGE IN YEARS	F	%
8	14	24.13
9	8	13.79
10	10	17.24
11	6	10.34
12	20	34.48
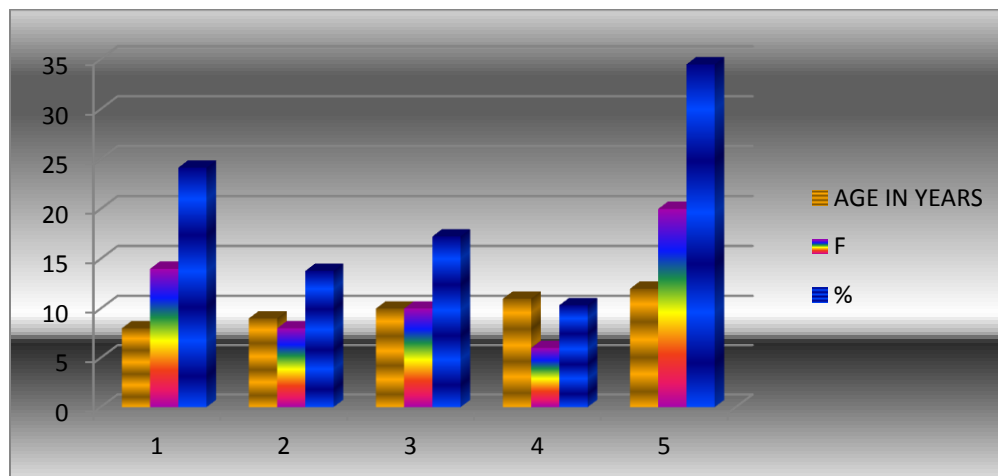
Fig No 1: Multiple bar diagram shows that sample distribution according to age with frequency and percentage.

**Table No 2:** Represents school age children distribution according to occupational status of father. (N=58)

Occupational status of father	F	%
Un employed	7	12.06
Govt employee	10	17.24
Non govt employee	9	15.51
Business	14	24.13
Any other	18	31.03
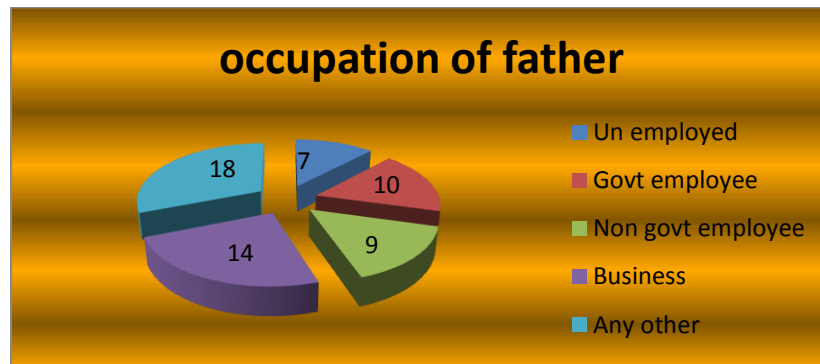
Fig No 2: Pie diagram shows that distribution of sample according to occupation of father.(N=58)

Table No 3: Shows that sample according to type of family. (N=58)
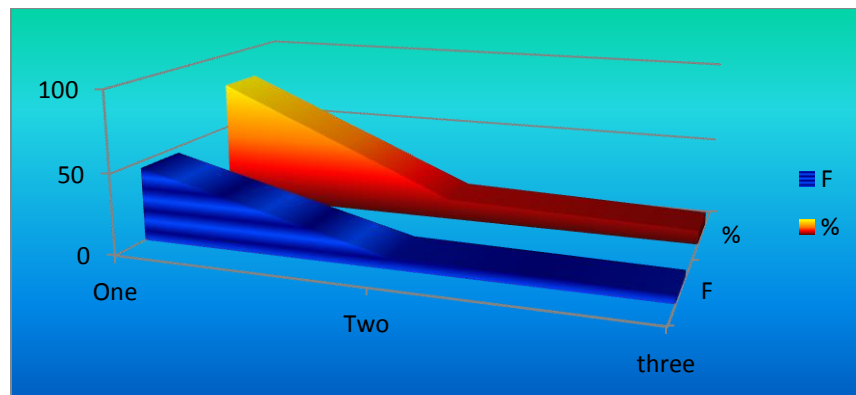
Type of family	F	%
Nuclear family	54	93.10
Joint family	4	6.90
Extended family	0	0
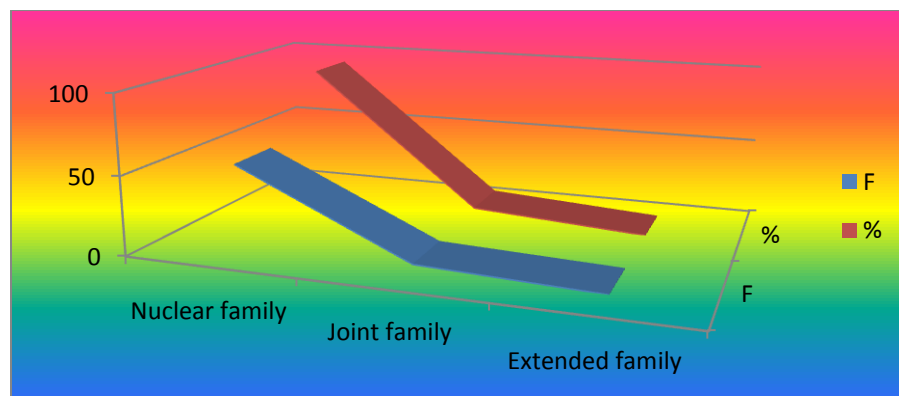
Fig No 3: Line diagram shows sample distribution according to type of family. (N=58)

Table No 4: Represents that sample according to number of television presents in the home. (N=58)

| Number of TV present in the home	F	%
One	46	79.31
Two	7	13.06
three	5	8.62

Fig NO 4: Area diagram shows that sample distribution according to number of television present in the home. (N=58).

Section 2: Television viewing habits

Table No 5: Shows that television viewing habit classification.

| S.No	TV Viewing Habits	Scores	Frequency	%
1	Poor	39-58	15	25.86
2	Average	20-38	42	72.41
3	Good	0-19	1	1.72
Total			58	100
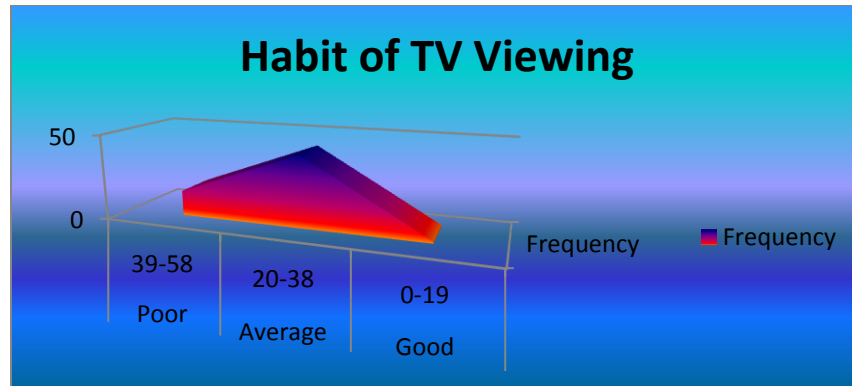
Fig no 5: Area graph shows that classification of television viewing habits. (N=58)

Section 3: Behavior of school age children

Table No 6: Represents that behavior classification of school age children.

S.No	Behavior of School age children	Scores	Frequency	%
1	Poor	72-106	2	3.4
2	Average	36-71	53	91.37
3	Good	0-35	3	5.17
Total			58	100
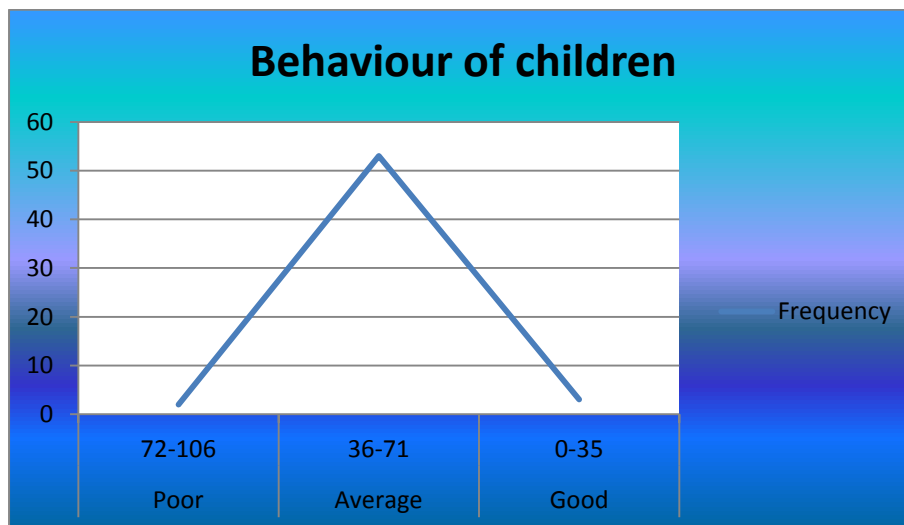
Fig No 6: Line graph depicts that behavior school age children. (N=58)

Section 4: correlation between t v viewing habits with behavior of school age children

Table No 7: Represents that significant correlation between T V Viewing habit with Behavior of school age children. (N=58)

Variables	Mean	S D	R value	significance
TV viewing habits	34.22	7.72	0.64	significant
Behavior	53.81	9.98		

Section 5: a) Association between television viewing habits with selected demographic variables

Table NO 8: Shows that significant association between television viewing habits with age of child, occupation of father and number of television present in home. (N=58)

S. No	Demographic variable	X^2 value	D f	Significance
1	Age	7.52	2	S
2	Sex	3.33	1	NS
3	Class of the study	0.067	1	NS
4	Education of father	2.1	3	NS
5	Education of mother	2.214	2	NS
6	Number of siblings	0.235	2	NS
7	Occupation of father	8.21	2	S
8	Occupation of mother	5.28	2	NS
9	Monthly income	2.89	2	NS
10	Type of family	0.478	1	NS
11	Type of house	2.26	1	NS
12	Area of house	0.76	1	NS
13	Number of TV present in home	4.04	1	S
14	Type of television	2.513	1	NS

S- Significance   NS – Not Significant1

B) Association between behavior scores with selected demographic variables

Table No 9: Represents that significant association between behaviors of school age children with type of family. (N=58)

S. No	Demographic variable	X^2 value	D f	Significance

1	Age	3.87	4	NS
2	Sex	0.034	1	NS
3	Class of the study	1.87	3	NS
4	Education of father	3.6	5	NS
5	Education of mother	2.87	3	NS
6	Number of siblings	1.63	2	NS
7	Occupation of father	0.24	2	NS
8	Occupation of mother	0.29	2	NS
9	Monthly income	3.12	2	NS
10	Type of family	15.81	1	S
11	Type of house	0.21	1	NS
12	Area of house	0.88	1	NS
13	Number of TV present in home	1.53	1	NS
14	Type of television	0.004	1	NS

S- Significance   NS – Not Significant1

DISCUSSION

The presents study shows that out of 58 school age children 34.48 children belongs to age group of 12, and as a least age group is 10.34 belong to 11 years. The sample distribution according to occupational status of father shows 31.03% belongs to any other occupation and least one is 12.06% had unemployed. 93.1% sample belongs to nuclear family and 6.90% belongs to Joint family.79.31% of school children had one television in their home, 13.06% had two television in their home and 8.62% children had three television in their home. 72.41% of school age children had average television viewing habits, 25.86% had poor and 1.72% good habit. Regarding behavior 91.37% children had average behavior, 3.4% of children had poor and 5.17% had average behavior. The correlation value shows that 0.64 as positive correlation between television viewing habits with behavior of school age children. There was a significant association between television viewing habits scores with age of the child (X^2=7.52, df=2), occupation of father (X^2=8.21, df=2), number of TV in the Home (X^2=4.04, df=1) and behavior scores with type of family (X^2=15.81, df=1).

CONCLUSION

The study concludes that there is a significant correlation between habit of television viewing and behavior of school age children. It influences others to conduct education programme to parents to modify their children television viewing habit and control behavior of their children. Some more studies can be conducted to know the demographic variable like type of family influence on behavior of children. To generalize the study results more studies can be conduct on the age of child, occupation of parents and number of television in home associates with habit of children on television viewing.

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