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Research article

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A pilot study on Habit of television viewing and its impact on weight status and behavior among school age children and assess the effectiveness video assisted teaching programme on effect of television on children to care givers”

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ABSTRACT

Background

Today's children are in a world of rapid development. Optimal mental health is essential to cope with this development and to overcome the stress related to it. Environment plays a major role in the intellectual development. Television being a part of the present environment attracts children who spend hours watching both suitable and unsuitable programmes. The television also acts as a baby sitter.

Aims and objectives

The study aimed at assessing television viewing habits of school age children in order to know its impact on the behavior and weight status of children and also assess the effectiveness of video assisted teaching programme on effect of television on children to care givers. Find the correlation between habit of television viewing with weight status and behavior scores and determine the association between television viewing habit, behavior and weight status scores with selected demographic variables.

Materials and methods

Television viewing habits and behavior of school age children and attitude of parents was assessed by rating scale, knowledge was assessed by structured knowledge questionnaire and weight status was measured by BMI by checking weight and height of school age children. Interview method was used for data collection.

Results

The study results shows that 65% of children had average habit of TV viewing out of 40 school age children, 60% have poor behavior, 40% children are in <50th percentile weight status, there is a mild correlation between habit of TV Viewing with weight status (0.076), mild correlation between habit of television viewing and behavior of school age children (0.08), there is a significant difference between pre test and post test knowledge scores ($t=25.33$, $df=t39$), there is a significant difference between pre test and post test attitude scores ($t=15.03$, $df=t39$), there is a significant association between number of sibling with habit of television viewing ($X^2=12.14$, $df=1$), there is a significant association between age in years ($X^2=6.026$, $df=2$), occupational status of father ($X^2=12.45$, $df=1$), occupational status of mother ($X^2=6.302$, $df=1$), and monthly family income ($X^2=6.148$, $df=2$), with behavior of school age children.

Conclusion

The study concludes that improves the television viewing habit and behavior of school age children. Video assisted teaching programme is helpful to improve the parent's knowledge and attitude regarding effect of television on children.

Keywords: School age children, Habit, Television viewing, Behavior, Weight status, Care givers

INTRODUCTION

Today's children are in a world of rapid development. Optimal mental health is essential to cope with this development and to overcome the stress related to it. Environment plays a major role in the intellectual development. Television being a part of the present environment attracts children who spend hours watching both suitable and unsuitable programmes. The television also acts as a baby sitter [1].

It is more common for children to watch TV for relaxation, amusement or just to pass the time and hence process the information superficially and uncritically [2].

Discussing, explaining and challenging television communication has been effective in helping children to understand and interpret television material and in overcoming the effect the televised violence has on their attitudes and behaviour. The parents should adopt some precautionary measure to prevent the TV addiction by i) limit TV time to Two hours a day or less ii) set a bed time for the children that is not altered by TV shows iii) turn off TV set during meals iv) teach critical viewing v) teach the child to turn off the TV set at the end of a show vi) encourage a child to watch some shows that are educational or teach human values vii) forbid violent TV shows viii) the parents should set a good example or role model [3].

Parents and social critics express concern regarding the possible negative effects of TV viewing on children [4]. Television has a direct impact on the development of unhealthy behaviour and violence in children [5]. A large number of studies have reported deleterious effects of children television viewing on outcomes such as obesity, inactivity, attention problems, aggression and sleep pattern [6,7,8].

Too much television watching may cause some of the following problems:

- Television often takes the place of physical exercise. Exercise is an important part of a healthy lifestyle, and children's bodies need exercise to grow normally.
- Watching television may take the place of social interaction with friends and family. Children who watch too much television may not talk as much about their ideas and feelings. This can prevent parents from learning more about their kids.

- Television may take the place of reading as part of a child's day. This may contribute to poor school performance and delay the ability to read.
- Seeing violence on television may upset children, and may lead to more aggressive behavior.
- Television watching has been linked to higher rates of attention problems in children.

Previous studies from developing countries have reported that Television (TV) viewing, if excessive and of poor quality has a proven negative influence on child health. Indian studies on this subject are few [9]. The amount of time that children and teens spend watching television may have more to do with their parents' TV habits than with family media rules or the location of TVs within the home [10]. There is a significant relationship between the television viewing habit and violent behavior among school children. Nurses could initiate and encourage discussions with the parents in this aspect and generate awareness among them [11].

Problem Statement

“Habit Of Television Viewing And Its Impact On Weight Status And Behavior Among School Age Children And Assess The Effectiveness Of Video Assisted Teaching Programme On Effect Of Television On Children To Care Givers In A Selected Urban Areas Of Aurangabad District”

Objectives of the Study

1. To assess the television viewing habits, weight status and behavior among school age children
2. To Assess the pre test knowledge and attitude of caregivers regarding effect of television
3. To determine the correlation between habit of television viewing with weight status and behavior among school age children
4. To find out the effectiveness of video assisted teaching programme on effect of television on children.
5. To determine the association between TV Viewing habits, weight status, and behavior with selected demographic variables of school age children.

Hypothesis

Hypothesis will be tested at a 0.05 level of significance.

H₁: There is a significant correlation between habits of television viewing with weight status of school age children.

H₂: There is a significant correlation between habits of television viewing with behavior of school age children.

H₃: There is a significant difference between pre test and post test knowledge scores of care givers regarding effect of television on children

H₄: There is a significant difference between pre test and post test attitude scores of care givers regarding effect of television on children

H₅: There is a significant association between T V Viewing habit, weight status and behavior scores with selected demographic variables of school age children

Operational definitions

Habit

It refers to the regular or repetition of the act of watching Television for two hours or more per day, eating while watching television, lying and watching television, sitting near to television etc

Impact

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

Behavior

It refers to the specific way of response of children in terms of violent behavior and sleeping pattern after watching television.

Video-assisted teaching programme

In this study, video-assisted teaching programme refers to the systematically planned audiovisual teaching method on the effect of television on children. It includes habit of watching television, effect of television on children, TV viewing monitoring, and guidelines to parents.

RESULT OF THE STUDY

Section 1: Demographic data

Table no 1: represents that 70% of children had one sibling, 20% had two, 2.5% had none as a least.

Number of sibling	F	%
None	1	2.5
One	28	70
Two	8	20
Three and above	3	7.5

Weight status

Refers to measurement of body fat in terms of BMI based on BMI categories and percentiles.

School-age children

In this study it refers to Children in the age group of 8-12 years.

Care givers

It refers to Father, mother or any family members taken care of school age children

MATERIAL AND METHODS

Source of data

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

Research design

Pre experimental one group pre test post test design.

Setting

The study is conducted at selected area of Aurangabad District

Population

Population includes school age children and their care givers

Method of data collection

Television viewing habits and behavior of school age children and attitude of parents was assessed by rating scale, knowledge was assessed by structured knowledge questionnaire and weight status was measured by BMI by checking weight and height of school age children. Interview method was used for data collection.

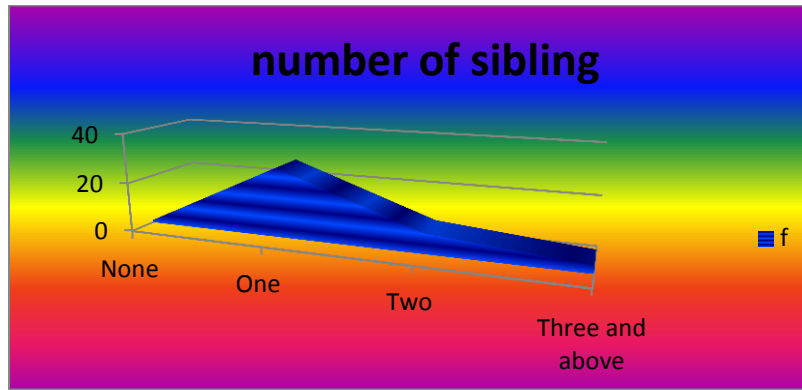


Fig no 1: area wise diagram shows that sample distribution according to number of sibling.

Table No 2: Represents sample distribution according to age in year.32.5% of children belongs to 9 years old and 7.5% of children belongs to 12 years of age.

Demographic variable	Frequency	%
Age in year		
8	7	17.5
9	13	32.5
10	7	17.5
11	10	25
12	3	7.5
Total	40	100

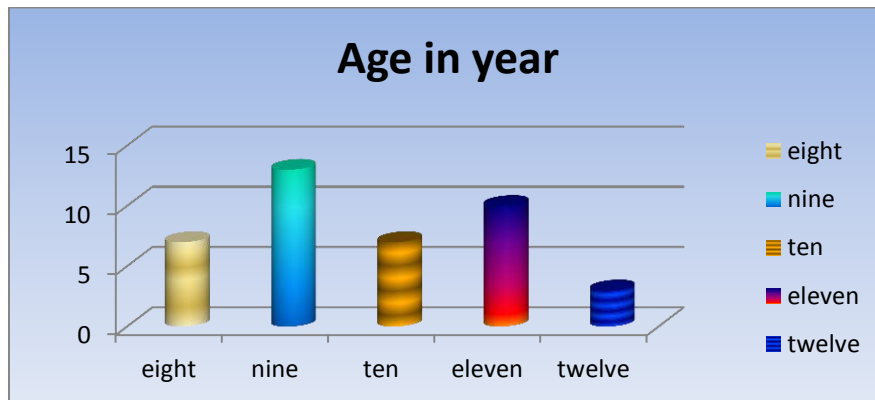


Fig no 2: cylindrical bar diagram shows that sample distribution according to age wise.

Table no 3: depicts that 35% each fathers had private and professional occupational status, 20% have govt job, and 10% had farmer.

Occupational status of father	F	%
Govt employee	8	20
Private	14	35
Professional	14	35
Farmer	4	10
Self employee	0	0
Nil	0	0
Total	40	100

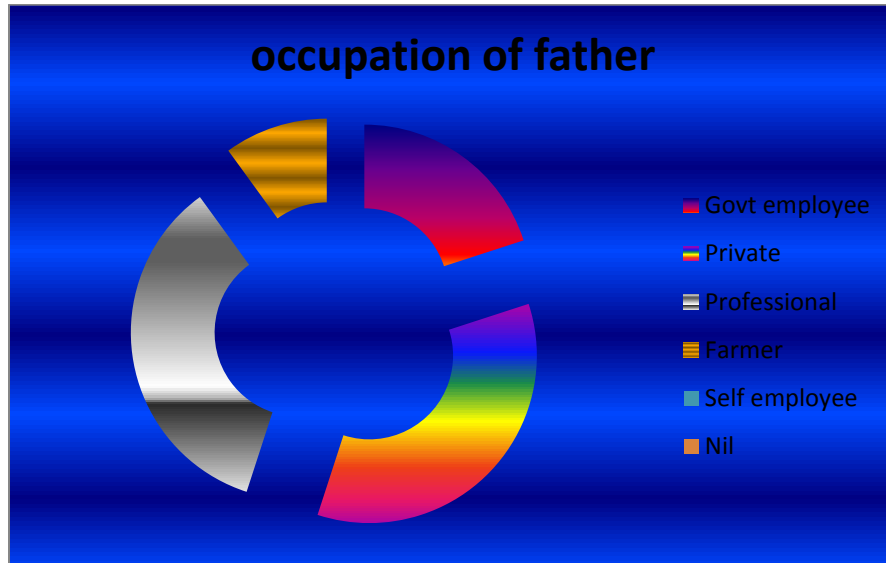


Fig no 3: split pie diagram shows that sample distribution according to occupational status of father.

Table no 4: represents that 32.5% mothers had private job, 35% had professional job and as a least 10% has a govt job.

Occupational status of mother	F	%
Govt employee	4	10
Private	13	32.5
Professional	14	35
Farmer	9	22.5
Self employee	0	0
Nil	0	0
Total	40	100

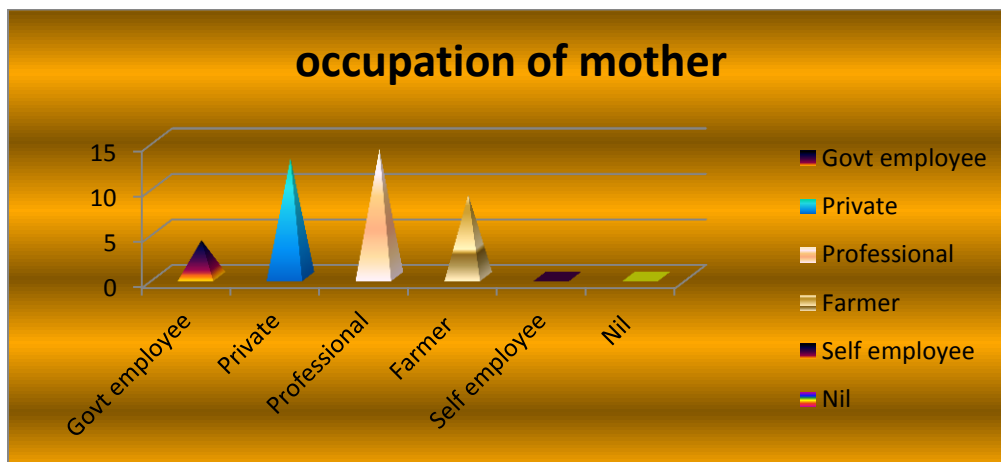


Fig no 4: cone bar diagram shows that sample distribution according to occupational status of mother.

Table no 5: shows that 47.5% sample belongs to 10001-15000 family income and 2% each belongs to <5000 and >20001 family income.

Monthly family income	f	%
<5000	2	5
5001-10000	9	22.5
10001-15000	19	47.5
15001-20000	8	20
>20001	2	5
Total	40	100

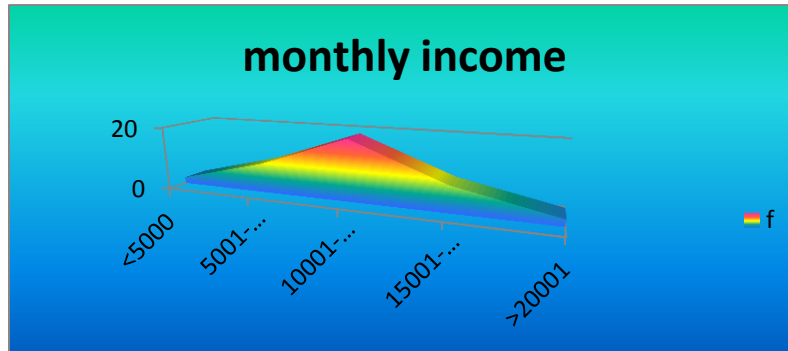


Fig no 5: area diagram shows that sample distribution according to monthly family income.

Section 2: Television viewing habits

Table no 6: Shows that 65% children had average habit and 35% children had good habit.

S NO	Grades	scores	Frequency	%
1	Poor habit	46-60	0	0
2	Average habit	31-45	26	65
3	Good habit	16-30	14	35
4	Excellent habit	0-15	0	0
	Total		40	100

Section 3: Assess the behavior of school age children

Table no 7: 60% of children had average behavior and 40% children had good behavior.

S NO	Grades	scores	Frequency	%
1	Poor behavior	67-88	0	0
2	Average behavior	45-66	24	60
3	Good behavior	23-44	16	40
4	Excellent behavior	0-22	0	0
	Total		40	100

Section 4: Assess the weight status of school age children

Table no 8: shows that 40% of children had less than 50th percentile weight status, 32.5% are in more than 50th percentile and 27.5% are in 50th percentile.

S.No	Weight status	Frequency	%
1	<50 th percentile	16	40
2	50 th percentile	11	27.5
3	>50 th percentile	13	32.5
	Total	40	100

Section 5: Correlation between habit and BMI scores

Table no 9: shows that there is a mild correlation between habit of television viewing and BMI of school age children.

variables	Mean	SD	R value	significance
Habit	31.425	4.11	0.076	s
BMI	17.60	3.24		

Section 6: Correlation between habit and behavior scores

Table no 10: shows that there is a mild correlation between habit of television viewing and behavior of school age children.

variables	Mean	SD	R value	significance
Habit	31.425	4.11	0.08	s
Behavior	46.4	5.61		

Section 7: Comparison of pre test and post test knowledge

Table no 11: shows that comparison of pre test and post test level knowledge scores.

S NO	Grades	scores	Pre test	%	Post test	%
1	Poor knowledge	0-6	19	47.5	0	0
2	Average knowledge	7-12	20	50	0	0
3	Good knowledge	13-19	1	2.5	35	87.5
4	Excellent knowledge	20-26	0	0	5	12.5
		Total	40	100	40	100

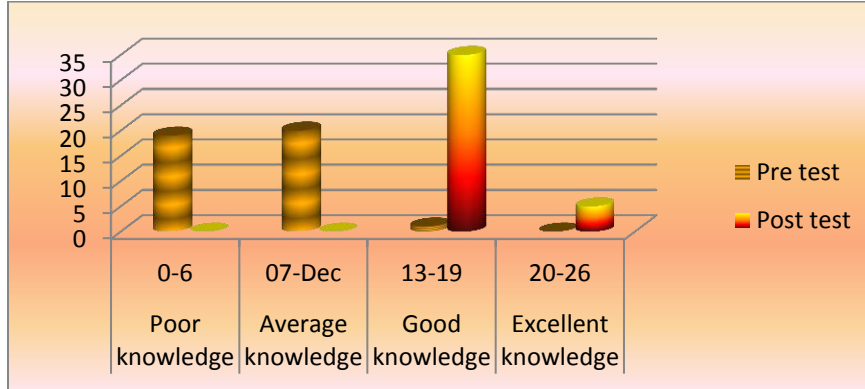


Fig no 6: cylindrical bar diagram shows that comparison between pre test and post test knowledge scores.

Effectiveness of VATP on effect television viewing (knowledge)

Table no 12: shows that there is a significant difference between pre test and post test knowledge scores

Test	Mean	SD	T value	significance
Pre test	7.175	2.62	25.33	S
Post test	18	1.21		

D f=t39=2.01

Section 8: Comparison of pre test and post test attitude

Table no 13: shows that comparison of pre test and post test attitude scores.

S NO	Grades	scores	Pre test	%	Post test	%
1	Poor attitude	189-235	0	0	0	0
2	Average attitude	142-188	17	42.5	0	0
3	Good attitude	95-141	23	57.5	40	100
4	Excellent attitude	47-94	0	0	0	0

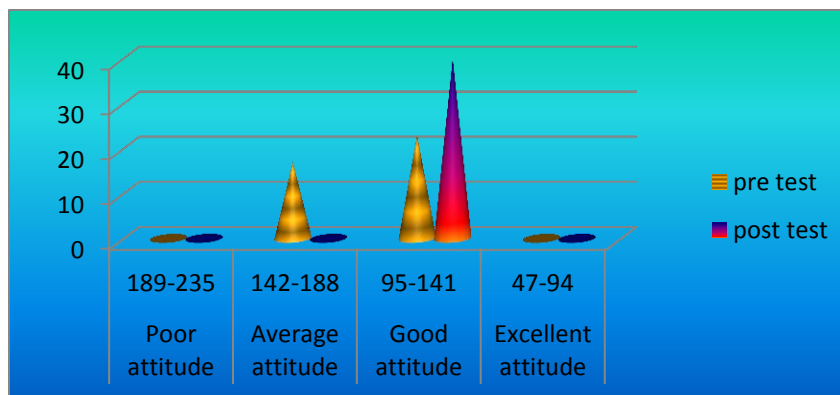


Fig no 7: cone diagram depicts that comparison value between pre test and post test attitude level.

Effectiveness of VATP on effect television viewing (attitude)

Table no 14: shows that there is a significant difference between pre test and post test attitude scores

Test	Mean	SD	T value	significance
Pre test	136.72	10.32	15.03	S
Post test	112.32	4.62		

D f=t39=2.01

Section 9: Association between habit of Television with demographic variables

Table no 15: represents that there is a significant association between number of sibling with habit of television viewing.

S No	Demographic variables	D F	Chi square	Significance
1	Age in years	2	2.258	NS
2	Sex	1	3.55	NS
3	Class of study	1	0.631	NS
4	Educational status of father	3	2.555	NS
5	Educational status of mother	2	0.672	NS
6	Number of sibling	1	12.14	S
7	Occupational status of father	2	1.497	NS
8	Occupational	2	1.448	NS
9	Monthly family income	2	0.968	NS
10	Type of family	1	0.1221	NS
11	Area of house	1	0.041	NS
12	No of TV present in home	1	0.54	NS
13	Type of television	1	0.849	NS
14	Type of home	2	1.233	NS

S: significant

NS: Non significant

d f 1= 3.84, d f 2= 5.99, d f 3= 7.86

Association between behaviour of Television with demographic variables

Table no 16: represents that there is a significant association between age in years, occupational status of father, occupational status of mother and monthly family income with behavior of school age children.

S No	Demographic variables	D F	Chi square	Significance
1	Age in years	2	6.026	S
2	Sex	1	1.648	NS
3	Class of study	1	0.012	NS
4	Educational status of father	3	4.932	NS
5	Educational status of mother	2	0.823	NS
6	Number of sibling	1	0.024	NS
7	Occupational status of father	1	12.45	S
8	Occupational status of mother	1	6.302	S
9	Monthly family income	2	6.148	S
10	Type of family	1	0.121	NS
11	Area of house	1	0.024	NS
12	No of TV present in home	1	1.063	NS
13	Type of television	1	3.678	NS
14	Type of home	2	3.837	NS

S: significant

NS: Non significant

d f 1= 3.88, d f 2= 5.96, d f 3= 7.86

Association between BMI with demographic variables

Table no 17: represents that there is no significant association between BMI with selected demographic variables.

S No	Demographic variables	D F	Chi square	Significance
1	Age in years	3	2.561	NS
2	Sex	1	0.00023	NS
3	Class of study	1	0.629	NS
4	Educational status of father	2	1.887	NS
5	Educational status of mother	2	2.491	NS
6	Number of sibling	1	0.73	NS
7	Occupational status of father	2	1.129	NS
8	Occupational	2	1.21	NS
9	Monthly family income	2	1.926	NS
10	Type of family	1	0.08	NS
11	Area of house	1	0.226	NS
12	No of TV present in home	1	0.066	NS
13	Type of television	2	0.291	NS
14	Type of home	2	1.163	NS

S: significant

NS: Non significant

d f 1= 3.88, d f 2= 5.99, d f 3= 7.86

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