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A study to assess the effectiveness of an exhibition on knowledge about vitamin an among government higher primary school children in selected schools of Raichur

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Abstract
The child is the most precious procession of mankind, most beloved perfect in its innocence and completely vulnerable, the child represents that a face of men which is always happy and always new. With every child we are born again and we play in the courtyard of the world in the bright sunshine of love and laughter.

Keywords: children, vitamin

Introduction: Case Report

Children are the most vulnerable asset of any Nation; it walks on the tiny feet of the children. They contribute to the vital human potential and impart strength to the National Economy Development. In our country the school children forms a large percentage of the population (25 %) since it is more in size they deserve effective health education as they will respond in a better way to health education and develop favourable positive attitudes, thus they include and formulate desirable health practices.

School going children in their formative years are more prone to be influenced by new knowledge than older people. Children especially those from primary classes should, therefore, form the priority group in nutrition education. This is because a large number children drop out of school before the secondary stage especially in rural areas. Several different approaches of imparting nutrition education have been used in the past with variable success. In primary schools, songs, puppet show, games were found to be best methods. Other methods tried included the practice of nutrition facts, school lunch programme and applied nutrition programme.

Effective utilisation of information, education and communication strategy is the core of social marketing. It has been well recognised that one of the weakest links in intervention programmes to control malnutrition is absence of proper nutrition education. Scarcity of appropriate location specific education material is the weakness of nutrition education endeavours. Therefore preparation of location specific nutrition education material appropriate to the vulnerable group is the need of the hour.

Research Statement

"A Study to Assess the Effectiveness of an Exhibition on Knowledge about Vitamin A among Government Higher Primary School Children in selected schools of Raichur"

The objective of the study

- To assess the knowledge of higher primary school children on vitamin A among experimental and control group
- To assess the effectiveness of exhibition on vitamin A among higher primary school children of experimental group with control group.
- To compare post test knowledge scores of experimental group with control group of higher primary school children regarding vitamin A
- To identify the association between the post test knowledge scores of both experimental group and control group of higher primary school children regarding vitamin A with selected socio-demographic variables.

Research Methodology

The research approach adopted in the present study is True experimental design.The school was selected by cluster sampling. Sample size for the present study was 60 higher primary school children in Zaheerabad school and Mangalwar pate school, Raichur was selected by simple random sampling technique. A structured Questionnaire was used for data collection which consist of:

- **Part-I:** Socio-demographic Characteristics of higher primary school childrens
- **Part-II:** Knowledge items related to Vitamin A

The tool was validated by 6 experts in Community Health Nursing and Community Medicine. Pilot study was conducted, to establish reliability and feasibility of the tool. The computed value of co-efficient of correlation was r=0.88 which indicated that tool was highly reliable. A structured questionnaire was used for data collection. The data was analyzed by using Descriptive and Inferential statistics such as percentage distribution, mean, standard deviation, and chi-square test.

Results

In the present study few of the higher primary school children's were within the age group of 11 years (13.33%), 4 children's and were age group of 12 years (46.66%), 14 children's and were the age group of 13 years (40%), 12 children's. More than half of the children's were female students,(56.66%) 17 children's and remaining children's were male students, (43.33%),13 children's.

About 30 children's (100%) were living in Joint family fallowed by nuclear family (0%) Most of the children's were family monthly income less than 6000 (80%), 24childrens and few children were 6001-7000 (20%), 6 children's.

Educational background of the parents were most of the

children's father(23) illiterate, (76%)and were mothers (23) illiterate (76%).and them had primary education of the father(3),(10%) and mother (3), (10%).and PUC (6.66%), 2 father and (3.33%), 1 mother. And were Degree (6.66%), 2 father.

Source of information regarding health from teachers (40%), 12 children's, and from health professional (16.66%), 5 children's, from parents (43.33%), 13 children's.

Previous exposures of education program in nutrition on vitamins were 30 children's (100%) responded No in the experimental group.

In the present study few of the higher primary school children's were within the age group of 11 years (10%), 3 children's and were age group of 12 years (36.66%), 11 children's and were the age group of 13 years (53.33%), 16 children's.

More than half of the children's were male students,(60.66%) 18 children's and remaining children's were female students,(40%),12 children's.

About 30 children's (46.66%), 14 were living in Joint family fallowed by nuclear family 16 (53.33%)

Most of the children's were family monthly income less than 6000 (60%), 18 children's and few children were (10%), 3 children's, 7001-8000 (10%), 3 children's and above 8000 (20%), 6 children's.

Educational background of the parents were most of the children's father(10) illiterate, (33.33%)and were mothers (16) illiterate (53.33%).and them had primary education of the father(4),(13.33%) and mother (4), (13.33%).high school of the father (6),(20%) and mother (5), (16.66%) and PUC (16.66%), 5 father and (13.33%), 4 mother. And were Degree (16.66%), 5 father and mother (1), (3.33%).

Source of information regarding health from teachers (70%), 21 children's, and from parents (30%), 9 children.

Previous exposure of education program in nutrition on vitamins were 30 children's (100%) responded No in the Control group.

Based on the above parts of the study the pre-test knowledge in the experimental group was 10.5% out of 30 higher primary school children and in the control group was 8.7% out of 30 higher primary school children. It shows that higher primary school children are having almost equal knowledge on the Vitamin A. Higher primary school children are having inadequate knowledge in experimental group and control group.

Based on the above parts of the study the results show that post-test knowledge in the experimental group was 95% in the higher primary school children and the mean score is 13.8%, thus the result shows that higher primary school children had significantly increased in their knowledge after the administration of Exhibition.

Compared to a significant increase in the post-test knowledge score after the administration of Exhibition. The knowledge score during the pre-test 10.5%. Whereas it increased up to 13.8 % during the post-test. This difference was compared by using paired 't' test and found significantly high. The correct response given by higher primary school children was 10.5% during the pre-test and 13.8% during the post-test. The difference in both scores was 3.3% and was considered as net benefit of the Exhibition.

The overall mean knowledge score of higher primary school children was 10.5± 2.05, whereas after, it was improved to 13.8 ± 2.67 in experimental group.

On the whole it clearly depicted that the mean values of knowledge score in higher primary school children after exhibition on vitamin A were relatively higher than before.

The overall mean knowledge score of higher primary school children was 8.7± 2.3, whereas after, it was little improved to 10.8 ± 2.4 in control group.

Paired 't' test was done to determine the significance of difference between the knowledge score before and after exhibition on vitamin A. The calculated' value was 6.17. The obtained 't' value was more than the critical value at 0.01% level of significance with degree of freedom 29, which indicated statistically significant difference between the before and after exhibition on vitamin A in experimental group. Hence, the research hypothesis was accepted.

Paired 't' test was done to determine the significance of difference between the knowledge scores before and after exhibition on vitamin A. The calculated 't' value was 2.4. The obtained 't' value was more than the critical value at 2% level of significance with degree of freedom 29, which indicated statistically significant difference between the before and after the post test.

Unpaired 't' test was done to determine the significance of difference between the post knowledge scores between experimental and control group on vitamin A. The calculated 't' value was 5.67. The obtained 't' value was more than the critical value at 0.01% level of significance with degree of freedom 28, which indicated statistically significant difference of post knowledge scores between experimental and control group.

. Among higher primary school children, more than three fourth (97%) had low knowledge level followed by average knowledge (3%), whereas after exhibition on knowledge regarding Vitamin A, there was improvement on their knowledge, 57% had falls under have average knowledge followed by 37% falls under low knowledge and 7% falls under high knowledge. This shows that most of higher primary school children were had average knowledge regarding Vitamin A after exhibition in experimental group.

Among higher primary school children, almost all (100%) had low knowledge level, whereas in post-test, there was little improvement on their knowledge, 80% had falls under have low knowledge followed by 20% falls under average knowledge and none had falls under high knowledge. This shows that most of higher primary school children were had low knowledge regarding Vitamin A after post-test in control group.There is a significant association between post-test knowledge scores of the higher primary school children and findings of the study. Statistically there is no significant association between type of family and there is no association present between the previous exposure of education program in nutrition on vitamins. Hence the hypotheses of the study are well accepted as the knowledge level of higher primary school children increased after the Exhibition.

There is a significant association between post test knowledge score of the higher primary school children and findings of the study. Statistically there is no significant association between previous exposure of education program in nutrition on vitamins. Hence the hypotheses of the study is well accepted as the level of higher level of higher primary school children.

Conclusion

The following conclusions were drawn from the findings of the present study.

Overall knowledge level of experimental group and control

group regarding vitamin A among experimental group in pre-test nearly 29 (97%) had low knowledge followed by average knowledge 1 (3%) and no one had high knowledge. In post-test more than half 17 (57%) had Average knowledge followed by low knowledge 11 (37%) and high knowledge 2(7%). This shows that most of the higher primary school children have important in level of knowledge after exhibition in experimental group.

In the control group all 30 (100%) had low knowledge and no one had average or high knowledge in the pre-test, where as in the post-test 24 (80%) had low knowledge followed by average knowledge 6 (20%).

The mean knowledge score of higher primary school children's regarding introduction was 1.2±0.5 in pre-test and 1.4±0.7 in post-test. The mean knowledge score regarding sources and functions was increased from 2.13±0.7 to 2.3±0.8 in post-test. The mean score regarding Daily requirement was increased from 1.57±1.1 in pre-test to 1.73±0.9 in post-test. The mean knowledge score regarding deficiency and prevention was increased from 4.13±1.2 in pre-test to 4.73±1.8 in post-test.

The obtained paired 't' value in experimental group of higher primary school children was 6.17 which represented that the exhibition on vitamin A was effective in improving the knowledge of children's in post-test.

The post-test knowledge score of higher primary school children regarding vitamin A was not significantly associates with selected the socio-demographic variables viz: Age, Sex, Type of family, Family monthly income, Education of parents, Source of information, Previous exposure of nutrition program in Nutrition on vitamins.

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