

## “A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAM ON KNOWLEDGE REGARDING GOOD TOUCH AND BAD TOUCH AMONG SCHOOL CHILDREN IN SELECTED SCHOOLS OF PUNE CITY”

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Received: 25 Nov 2023

Accepted: 15 Dec 2023

Published: 22 Dec 2023

### ABSTRACT

“Children may not remember what you told them, but they will always remember how you made them feel”. The first sense which the individual experience when the foetus is inside the mothers' womb and experience being so safe secured and feels protective and that sense is touch. Touch is the emotional attachment which comes from heart, and scientifically from brain nerve receptors. <sup>[1]</sup> Primary focus of the present study is to educate children regarding different types of touch and making them aware about good & bad touch, as to prevent cases of Child abuse. The various reviews said that and statistical calculation indicates that below 16 years raped every 155th minute and can be abused any time. <sup>[2]</sup> Various reviews were taken into consideration and as per statistical data it says that Maharashtra state ranked third among all the states that made the highest number of child sexual cases. <sup>[3]</sup> The researcher thought that it is extremely essential to create awareness among children regarding good and bad touch.

<sup>[4]</sup> A quantitative research methodology was adopted, by using pre-experimental research design, pre-test post-test research design was selected to find out how effective this video assisted teaching programs is helpful for enhancing the knowledge regarding good and bad touch. 100 school children were selected from school. <sup>[5]</sup> Inclusion criteria were made by using non-probability convince sampling techniques Self-structured questionnaire was prepared which was validated from several experts, and then for data collected. <sup>[6]</sup> Analysis was done with the help of by SPSS, Chi square, paired t test was applied for data analysis. After the data analysis a study reveals that a there was remarkable change in pre and post-test knowledge score as (34.6) and (69.9) score respectively. In pre-test score (8.33%) had good knowledge, (25%) average knowledge, and remaining (66.66%) had poor knowledge score. Although in post-test (63.33%) children had good knowledge, (31.66%) children had average knowledge and remaining that is (5%) children had poor knowledge. <sup>[7]</sup> Study further reveals that there is association of age, gender, family type, religion, along with the pre-test knowledge score. Conclusions: As per the results it shows that a video assisted teaching program had been effective strategic approach to educate and to create awareness regarding good and bad touch as well there is notable change in level of knowledge of pre and post-test knowledge score.

**KEYWORDS:** Assess, Good, bad, touch, video assisted teaching, knowledge, effectiveness

### INTRODUCTION

<sup>[8]</sup>Touch is a basic physiological need of an individual for survival, since an individual is born till the last breath; touch plays a role in growth and development. It helps in nurturing; channelizing love and affection gain from the parents and promote the bond between mother and child to make them feel safe. when an individual experience touch the central nervous system get activated and the results of is that it provides sense to the specific organ through nerves , but to due to their less understanding capacity children fail to make difference between good and bad touch and hence the children become more easily available and accessible victim of abuse than any other age group. The present study highlights in providing the adequate knowledge regarding good and bad touch and help them to be safe in the society.

<sup>[9]</sup>Child abuse is becoming the global and alarming social issue which is very common. As per the various review of literature and as per statistical calculation it has been observed that children can abuse at any point of time. Abuse can be in any form like physical, emotional and sexual. According to the national centre for Victims of crime ,it says that one in five girl child and one in 20 boy is victim of child sexual abuse(CSA), As per the statistical data collection it concluded that Maharashtra rank 3<sup>rd</sup> in the child abuse cases. Hence it is need of the hour to provide appropriate health teaching to the children to be aware of various types of touch out of which be conscious about good and bad one and take care of their body and which will not have any impact on their normal growth and development .

Child lean through the feeling of touch since the foetus is in the mother's womb, Touch conveys the feeling for being and secure as well it is the way of communication too. Essential part of human survival is touch even when the new-born baby is born the first sense which he/she gets that is touch . As per the scientifically study when the new-born is LBW ( Low birth weight) the mother or any of the family member is asked to provide KMC ( Kangaroo Mother care ) which helps to gain weight of the child .<sup>[107]</sup>Touch has incredible power of healing and hence it is very important. But considering the research topic of good and bad touch it is equally important to educate the child about which type of touch is good for their survival and healthy .Now a days the children are becoming aware about the good and bad touch through social media influence ,topics are included in the syllabus. , but still the proper ,appropriate education need to be provided to the child through various study methods and mode of teaching about good and bad touch.

The researcher thought it is important topic to provide proper education to the most vulnerable group of the life and help the child to grow physically ,mentally and social and to have holistic development of the child .otherwise with the negative impact of touch may affect the child with all his/her possible ability to grow and hamper the normal growth and development process.

## **OBJECTIVES**

1. To assess the level of knowledge regarding good and bad touch
2. To evaluate the effectiveness of video assisted teaching program on good touch and bad touch
3. To find out the association between socio demographic variables and knowledge level.

## **Inclusion Criteria**

- School children from selected schools of Pune city.
- Those who are willing to participate.
- Those who are available at the time of study.

- Samples between age 10 to 14 year only
- School those who have permitted to do the research
- School principal, parents or guardian those who have given written informed consent

#### **Exclusion**

- Students those who are mentally challenged.
- Student who were not willing to participate or whose parents have not given the permission .
- Students who were absent .

#### **RESEARCH METHODOLOGY**

The present study focuses on provide education to the school children regarding good and bad touch through the video assisted teaching program ,as the researcher felt it is need of the study and essential topic to the school children. <sup>[11]</sup> A quantitative research approach was adopted, by one group pre-test post-test only of pre experimental method, for assessing the effect of video teaching programs on knowledge regarding good and bad touch. For conducting the research the permission was taken from several school principal, and the study was conducted on minor age group the well authenticated consent form was prepared. When the permission was granted in the school initially the Interpersonal relationship was maintained and good rapport was maintained with students, School teachers, principal and people involved in the study. <sup>[12]</sup>Then further almost 100 school children, who fulfilled the inclusion criteria were selected for the study. Non-probability convenient sampling was used to select the samples. Self-structured questionnaire was prepared for data collection. The tool got evaluated from various experts and after the authentication the tool was administered, However then initially the commination was maintained, proper physical infrastructure that is including proper seating arrangement, good lightening, good ventilation was check, and well-functioning of the projector was check before the study. As per the convenient and proper education understanding only 10 students were selected for the study and video assisted teaching was given and then subsequently followed by 10 students per were selected. As the school children were minor in the study hence the formal ,informed written consent was take from parents, local guardian for the participation in the study, Confidentiality and ethical consideration was maintain throughout the research process systematic way the data was collected from the selected samples.

#### **ANALYSIS AND INTERPRETATION**

- **Section I:** Socio Demographic variables.
- **Section II:** Assess Pretest Knowledge score
- **Section III:** Assess Posttest knowledge score
- **Section IV:** Evaluation of effect of video teaching Program on knowledge
- **Section V:** Determine the association between knowledge and demographic data

Table No: 1 Demographic Variable

Sample Characteristics	Percentage	Frequency
<b>1. Age(years)</b>		
10-11years	20%	2
11-12years	50%	5
12-13 years	20%	2
13-14 years	10%	10
<b>2. Gender</b>		
Male	30%	3
Female	70%	7
Transgender	0%	0
<b>3. Standard</b>		
5 <sup>th</sup> standard	20%	2
6 <sup>th</sup> standard	50%	5
7 <sup>th</sup> standard	20%	2
8 <sup>th</sup> standard	10%	10
<b>4. Religion</b>		
Hindu	70%	7
Muslim	10%	1
Christian	10%	1
Others	10%	1
<b>5. Type of family</b>		
Joint family	10%	1
Nuclear Family	80%	8
Single family	10%	1
Extended family	0%	0

The above table demographic data describes that age, Gender, standard, religion and types of family were main Para components of the demographic data . out of which from the age components the 20% were from the age group of 10-11 years and 12-13 years respectively and others were from the age group of 11-12 years and remaining 10% were from the 13-14 years . In the gender many of them were female participants that is almost 70% and remaining 30% were from male category. As per the standard from 5<sup>th</sup> and 7<sup>th</sup> standard that is almost 20% participation, 50% were from 6<sup>th</sup> standard and remaining 10% were from the 8<sup>th</sup> standards. In the religion components many hindu students were participated that is about 70% and 10% were from the other religious groups .In the last components of the family types in that many of the students were from the nuclear family that is almost 80% and 10% remaining were from joint and other family types.

- **Section: II Knowledge Score of Pretest**

Table No: 2 knowledge score of Pretest +32N=100

Sr.No	Pre-test Knowledge Score	Frequency	Percentage
1.	Good	5	8.33%
2.	Average	15	25%
3.	Poor	40	66.66%

mentioned table describe about the pre assessment knowledge score of good and bad touch and the level is 5% had good knowledge, 15% children and average knowledge and remaining 40% had poor pre assessment knowledge score.

- **Section: III Assess the Post-test knowledge score**

**Table No: 3 Post-test knowledge score N=100**

Sr.No	Post-test Knowledge Score	Frequency	Percentage
1.	Good	38	63.33%
2.	Average	19	31.66%
3.	Poor	03	5%

The above data of post-test describes that the majority of that is , 63.33% respondents having the good knowledge score followed by 31.66% had average knowledge score and 5% were having the poor knowledge score.

- **Section: IV** To evaluate the effect of video assisted teaching program

**Table No: 4**

Test	Mean	SD	T	DF	P-value
Pre-Test	34.6	1.95	31.38	99	<0.0001
Post-Test	69.9	2.19			

As per statistical calculation and data analysis we Observe that there is mean in pre-test average score is 34.6and in post-test it increases up to 69.9. and Standards deviation is 1.95 in pretest and 2.19 in the posttest and furthermore the T value were 31.38 and lastly the degree of freedom was 99 with the application of statistical application test that the t test is used for the p value which is 0.0001

**Test Statistic**

- T-Test\_rel Result (statistic=-31.380373016439556, p-value=0.01153460955155)

**Decisions**

- Here p value = 0.0115346 <  $\alpha$  = 0.05

**Hence**

- The null hypothesis is thus rejected . This shows that the video assisted teaching program has become the important teaching pedagogy in enhancing the knowledge score school children of selected schools.

**Section: V**

**Table No: 5 Association between knowledge and demographic variables.**

Sample Characteristics	Level of knowledge			P- value
	Poor	Average	Good	
<b>1. Age(years)</b>				
10-11years	8	4	4	0.005
11-12years	2	10	6	
12-13 years	10	8	12	
13-14 years	10	8	14	
<b>2. Gender</b>				
Male	5	3	2	0.04
Female	12	8	4	
Transgender	5	6	6	
<b>3. Standard</b>				
5 <sup>th</sup> standard	10	30	9	

6 <sup>th</sup> standard	10	10	10	
7 <sup>th</sup> standard	11	5	6	0.032
8 <sup>th</sup> standard	2	3	1	
<b>4. Religion</b>				
Hindu	10	30	2	
Muslim	16	13	19	0.01
Christian	21	17	14	
Others				
<b>5. Type of family</b>				
Joint family	13	4	4	
Nuclear Family	7	3	10	0.002
Single family	12	9	13	
Extended family	7	6	12	

Here we observe that all p- values <  $\alpha$  we reject the null hypothesis at 0.05% level of significance.

This table shows that, despite their age, gender, standard, family type ,religion , there is no significant connection between their knowledge and the demographic factors. As a result, the null hypothesis is accepted and the alternative is rejected. There is no significant relationship between the knowledge score and the selected demographic variable

## DISCUSSIONS

The similar study was conducted and the result shows that it is extremely important to provide the proper education to the growing child regarding touch but basically focusing on how to prevent getting the abuse. And identify the good and bad touch rather , further it reveals that video teaching program is important pedagogy and play an important role in enhancing the child knowledge about the same. As video will provide and can give live experience and the child will be able to grasp and think about the situation if in case come across. Various review was taken into the consideration and similar study was found conducted by Dr. Jayesh patidhar which describe that the research approach was quantitative in nature by one group pre-test and post-test only research design method by purposive sampling techniques and total 150 female sample were taken for the study , to assess their knowledge regarding good and bad touch as the research was interested to enhance and increase in the knowledge level of girls hence the female gender was given more focussed , by using video assisted teaching and he concluded that there is significance change in the knowledge before and after the interventions . And it was effective to enhance knowledge of girls population who participated in the study

To support the study the similar study was found which was conducted by Mrs. Rubi Khan quantitative approach by pre-test post-test , total 150 schools children sample taken ,it was mixed both males and female for the study ,non convenience sampling technique used self-made question tool was prepared for data collection after the collected data the result there was notable change in the pre-test knowledge score and post-test knowledge score before and after the study and intervention . as well further it shows that video assisted teaching program was an effective teaching educational media and method for enhancing the knowledge and creating the awareness amongst the children,

The similar study was carried out by the Parul Sharma and Rohini Sharma and suggest that child abuse that is physical, mental and Sexual abuse has become a global and the cases are increasing day by day hence the research felt it is need of the hour to educate the child regarding various types touch and focusing on good and bad one and create an awareness. The quantitative research approached by quasi experimental, descriptive survey research method was used in the study. 90 school children from the 3rd and 4th standards were taken for the study by purposive sampling technique.

Self-made structured tool was prepared to checking the knowledge regarding good and bad touch primarily ..Data collection was performed after the analysis the study further reveals that there was remarkable change in the knowledge score of pre and post-test however planned teaching program was an effective methodology in increasing the knowledge .

## **RECOMMENDATIONS**

- Based on the findings of the study following recommendation was made.
- A similar study may be replicated with experimental and comparative study.
- A similar study can be done by taking large no of samples related to good and bad touch
- A similar study can be conducted with the different demographic characteristics and different setting.
- A similar study can be conducted with affected child.

## **LIMITATIONS**

- The study is limited to school children only
- 100 samples size was taken
- Restricted to Pune city only

## **CONCLUSIONS**

The main purpose of the study was to educate a child pertaining good and bad touch. As the child understand the touch but fails to recognize the good and bad and hence the cases of child abuse are increasing day by day. Hence it is highly required education need to be provided to the child. The education can be given by parents, teachers and experts to make the child aware about various touch and what is to be done if they come across to this situation.

As in the Indian society the topics regarding the sexual education, touch and various physiological changes in the body is not very well discussed or taken in the positive way. as well due to nuclear family formation and changing parenting style, various child caring and rearing practices the child growth and development is different. The personality of the child also changes according the favourable environment given to them.

Hence it has become need of the hour to educated the child about important part of the body, which are good to touch, ok to touch and not at all to touch. but due to lack of awareness regarding good and bad touch the child fails to recognized the good and bad one and becomes easily victim of physical, emotional and sexual abuse. And even though if they are able to differentiate the good and bad touch they do not know whom and how to approach for further help and the child becomes helpless and have the feelings of insecurity and feeling of guilt in the mind. And hence the researcher felt it is need of the hour to educate the child regarding the good and bad touch

Ultimately "children are the gift of God" to treat them properly is the major role of elderly person including parents, teachers and they have to be free in their living without any restrictions of normal growth and development and be a good individual and productive citizen of the society and we have to take of them.

## **Acknowledgement:**

- The researcher thanks all the respondents who had been participated in the research study. The main focus of the study was to make the child aware about the good and bad touch, to prevent the children from molestation and child abuse cases. The child should be safe in the society.

**Ethical Clearance:**

- Institutional Research committee (IRC)

**Fund:**

- Self

**Any Conflict:**

- No

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