

# A Pre - Experimental Study to Assess the Effectiveness of Video Teaching Programme on Knowledge regarding the Benefits of Outdoor Games among School Going Children in Selected Schools of District Kangra, Himachal Pradesh

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**Abstract:** Background: Play is the work of a child, it is how they learn and grow. Play allows children to use their creativity while developing their physical, cognitive, and social - emotional skills, from dexterity to executive functioning and even imagination. It is a wonderful way to learn various life skills, a great chance for kids to flourish, run, jump, make a mess and explore their self in natural surroundings. Outdoor play provides the opportunity to improve sensory integration skills. These activities involve the child as an active participant and address motor, cognitive, social, and linguistic domains. As a natural and compelling activity, play promotes cognitive, physical, social, and emotional well - being, offering the necessary conditions for children to thrive and learn. Methodology: A quantitative research approach and Pre - experimental research design was adopted to conduct study. The non - probability purposive sampling technique was used to select 60 school going children of District Kangra, Himachal Pradesh. A Self - structured knowledge questionnaire was used to assess the level of knowledge of school going children regarding benefits of outdoor games. Analysis of collected data was done according to the objectives of the study and data analyzed by using descriptive and inferential statistics. Result: The study shows that, out of 60 school going children, about 75% were in the age group of 11 - 12 years, 58.33% school going children were male, 96.67% of school going children were hindu, 71.67% were lives in joint family, 98.33% school going children were lives in rural area, 51.67% fathers of school going children were having secondary education, 43.33% mothers of school going children were having secondary education, 38.33% fathers of school going children were government employee, 88.34% mothers of school going children were homemaker, 48.33% had income <10, 000, all 100% school going children having knowledge regarding benefits of outdoor games, 3.33% school going children having source of information from mass media, 41.67% having source of information from peer groups, 30% from family members and 25% having source of information from teachers. Overall mean value of pre test was high then the post test i. e.23.75 and 't' value obtained was found to be statistically very highly significant (14.31) at  $p < 0.0001$  level of significance, which shows the effectiveness of video teaching programme. Study findings revealed that out of all the selected socio demographic variables, type of family, education status of father and education status of mother were associated with level of knowledge of school going children regarding benefits of outdoor games. Conclusion: Video teaching programme was an effective strategy in improving the knowledge of school going children regarding benefits of outdoor games.

**Keywords:** Benefits of outdoor games, Video teaching programme

## 1. Introduction

Play is the work of a child; it is how they learn and grow. Beginning with the child's first social smiles, and through the development of babbling, fantasy, games, hopping, skipping, and jumping throughout the months and years, play is one of the most powerful vehicles children have for trying out and mastering new skills, concepts, and experiences. In the healthcare context, play provides comfort for children and an increased sense of normalcy. Although technologies such as iPads, video games, and computers are changing the landscape of play in the Western world, play is just as easily seen using simple outdoor products like sticks, rocks, and chalk.

## 2. Problem Statement

A pre - experimental study to assess the effectiveness of video teaching programme on knowledge regarding the benefits of outdoor games among school going children in selected schools of district Kangra, Himachal Pradesh.

## 3. Aim

To improve the knowledge regarding the benefits of outdoor games among school going children in selected schools of District Kangra, Himachal Pradesh

## 4. Objectives

- To assess the pre - test knowledge scores of school going children regarding the benefits of outdoor games.
- To assess the post - test knowledge scores of school going children regarding the benefits of outdoor games.
- To compare the pre - test and post knowledge scores of school going children regarding the benefits of outdoor games.
- To determine the association of post test knowledge scores of school going children with their selected socio - demographic variables.

## 5. Hypotheses

**H<sub>1</sub>** - There will be significant difference between mean pre test and post - test knowledge scores of school going children regarding the benefits of outdoor games.

**H<sub>01</sub>** - There will be no significant difference between mean pre test and post - test knowledge scores of school going children regarding the benefits of outdoor games.

**H<sub>2</sub>** - There will be significant association of post - test knowledge scores of school going children with their selected socio demographic variables.

**H<sub>02</sub>** - There will be no significant association of post - test knowledge scores of school going children with their selected socio demographic variables.

## 6. Methodology

A quantitative research approach was considered to be appropriate for the study. A Pre - experimental: one group pre - test post - test design was used because it involved the manipulation of independent variable to observe the effect on dependent variable. Non - probability i. e. Purposive sampling was used to select the samples in the present study. The population of the study was school going children. The independent variable was video teaching programme on benefits of outdoor games and the dependent variable was knowledge of school going children regarding benefits of outdoor games. Population for the study was school going children of age 9 - 14 years going in The Guide public Sen. Sec. school Shahpur, Adarash Bharti public school Nadholi, New Era school of sciences chhatri of district Kangra (H. P). Sample size for the study was 60 school going children who satisfied the inclusion criteria. Conceptual framework was based on king's Imogene goal attainment model. Tool consist of two parts: part 1 consist of sociodemographic variables and Part 2 consist of two sections; section A: self structured questionnaire section B: video teaching programme. The reliability of self - structured knowledge questionnaire was 0.94. The collected data was interpreted and analyzed by the descriptive and inferential statistics.

## 7. Findings

The study shows that, out of 60 school going children, about 75% were in the age group of 11 - 12 years, 58.33% school going children were male, 96.67% of school going children were hindu, 71.67% were lives in joint family, 98.33% school going children were lives in rural area, 51.67% fathers of school going children were having secondary education, 43.33% mothers of school going children were having secondary education, 38.33% fathers of school going children were government employee, 88.34% mothers of school going children were homemaker, 48.33% had income <10, 000, all 100% school going children having knowledge regarding benefits of outdoor games, 3.33% school going children having source of information from mass media, 41.67% having source of information from peer groups, 30% from family members and 25% having source of information from teachers.68.33% of school going children were having average knowledge, 31.67% school going children were having good knowledge and none of them were having poor

knowledge regarding benefits of outdoor games during pre test.

68.33% of school going children were having average knowledge, 31.67% school going children were having good knowledge and none of them were having poor knowledge regarding benefits of outdoor games during pre test.75% of school going children were having good knowledge, 25% school going children were having average knowledge and none of them were having poor knowledge regarding benefits of outdoor games during post test.

**Table 1:** Comparison of mean pre - test and post - test knowledge scores of school going children regarding benefits of outdoor games, N=60

Level of Knowledge	Mean	Median	Standard Deviation	Df	t	P Value
Pre Test	18.68	18	2.66	59	14.31*	<0.0001
Post Test	23.75	25	3.36			

The knowledge mean pre - test knowledge score was 18.68 and the mean post - test knowledge score was 23.75 and t value obtained (14.31) was found to be statistically very highly significant at 0.05 level of significance. Hence research hypothesis H<sub>1</sub> is accepted and null hypothesis H<sub>01</sub> is rejected.

Study findings revealed that there was significant association of level of knowledge with type of family, education status of father and education status of mother and they were found statistically significant at 0.05 level of significance. Thus it is revealed that type of family, education status of father and education status of mother had some impact on level of knowledge of school going children. Hence research hypothesis H<sub>2</sub> was partially accepted.

**Table 2:** Chi - square showing the association of post - test knowledge scores with the selected socio - demographic variables, N=60

S. No.	Socio - Demographic variables	Average	Good	$\chi^2$	Df	P Value
1	<b>Age (in years)</b>			1.196 <sup>NS</sup>	2	0.549
	9 - 10	02	04			
	11 - 12	12	33			
	13 - 14	01	08			
2	<b>Gender</b>			0.576 <sup>NS</sup>	1	0.447
	Male	10	25			
	Female	05	20			
3	<b>Religion</b>			0.688 <sup>NS</sup>	1	0.406
	Hindu	15	43			
	Muslim	00	00			
	Sikh	00	02			
	Others	00	00			
4	<b>Type of family</b>			6.13*	1	0.132
	Nuclear	08	09			
	Joint	07	36			
5	<b>Place of residence</b>			0.338 <sup>NS</sup>	1	0.5606
	Rural	15	44			
	Urban	00	01			
6	<b>Education status of father</b>			6.734*	2	0.0344
	Non formal education	00	00			
	Primary Education	01	04			
	Secondary Education	12	19			
	Graduation and above	02	22			

7	<b>Education status of mother</b>					
	Non formal education	00	00	8.95*	2	0.011
	Primary Education	06	10			
	Secondary Education	09	17			
Graduation and above	00	18				
8	<b>Occupation status of father</b>					
	Self Employed	06	15	0.263 <sup>NS</sup>	2	0.876
	Government Employee	05	18			
Private Employee	04	12				
9	<b>Occupation status of mother</b>					
	Homemaker	14	39	1.498 <sup>NS</sup>	3	0.682
	Self Employed	01	02			
	Government Employee	00	02			
Private Employee	00	02				
10	<b>Monthly family income (in rupees)</b>					
	≤10, 000	07	22	5.541 <sup>NS</sup>	3	0.136
	10, 001 - 15000	00	06			
	15, 001 - 20000	02	10			
>20, 001	06	07				
11	<b>Source of information</b>					
	Mass media	00	02	3.039 <sup>NS</sup>	3	0.385
	Peer groups	05	20			
	Family members	04	14			
Teachers	06	09				

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## 8. Recommendations

- A similar study can be conducted with large sample size for better generalization of the findings.
- A similar study can be conducted among other age groups.
- A comparative study can be conducted in urban and rural settings.
- The similar study can be conducted with other methods like role play, demonstration instead of video teaching programme.

## 9. Conclusion

From the result of the study it was concluded that implementation of video teaching program showing effectiveness of the tool to enhance the knowledge of school going children regarding benefits of outdoor games. Type of family, education status of mother and education status of father were significantly associated with post - test knowledge score ( $P < 0.05$ ).

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