

**A STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO
ASSISTED TEACHING PROGRAM ON KNOWLEDGE
AND PRACTICE REGARDING FAST FOOD RELATED
HEALTH HAZARDS AMONG ADOLESCENT BOYS
FROM SELECTED SCHOOL AT MADURAI.**

**BY
G.KANAGAMANI**

A dissertation submitted to the Tamil Nadu Dr. M. G. R. Medical University,
Chennai.



In partial fulfillment of the requirements for the degree of Master of Science in
Child Health Nursing

UNDER THE GUIDANCE OF

Prof. Dr. N. JESSIE METILDA, M. SC, Ph.D (N).,

HOD Child Health Nursing,

C. S. I. Jeyaraj Annapackiam College of Nursing,

Madurai-625004.

October- 2018

CERTIFICATE

This is to certify that the dissertation entitled “**A study to evaluate the effectiveness of video assisted teaching program on knowledge and practice regarding fast food related health hazards among adolescent boys from selected school at Madurai**” is a bonafide work done by **G.Kanagamani**, C. S. I. Jeyaraj Annapackiam College of Nursing, Madurai submitted in partial fulfillment for the degree of Master of Science in Nursing.

Signature of the Principal: _____

Prof. Dr. C. JOTHI SOPHIA, M. SC, PhD (N)

College seal:

**A STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO
ASSISTED TEACHING PROGRAM ON KNOWLEDGE AND
PRACTICE REGARDING FAST FOOD RELATED HEALTH
HAZARDS AMONG ADOLESCENT BOYS FROM
SELECTED SCHOOL AT MADURAI.**

Approved by the dissertation committee on.....

RESEARCH CO-ORDINATOR

Prof. Dr. C. JOTHI SOPHIA, M. SC, Ph.D (N),
Principal,
C. S. I. Jeyaraj Annapackiam College of Nursing,
Madurai-625004.

RESEARCH GUIDE

Prof. Dr. N. JESSIE METILDA, M.Sc., Ph.D (N),
HOD- Child Health Nursing,
C. S. I. Jeyaraj Annapackiam College of Nursing,
Madurai-625004.

MEDICAL GUIDE

Dr. (Mrs). SELVA PRAMILA, M.B.B.S., DCH.DNB.
Department of Pediatrics,
Christian Mission Hospital,
Madurai-625001.

**A dissertation submitted to
The Tamil Nadu Dr. M. G. R. University, Chennai.
In partial fulfillment of the requirement for the Degree of
Master of Science in Nursing**

October-2018

CERTIFICATE OF THE EXAMINERS

This is to certify that the dissertation entitled “**A study to evaluate the effectiveness of video assisted teaching program on knowledge and practice regarding fast food related health hazards among adolescent boys from selected school at Madurai**” is a bonafide work done by **G.Kanagamani. C. S. I. Jeyaraj** Annapackiam College of Nursing, Madurai, submitted in partial fulfillment for the degree of Master of Science in Nursing.

SIGNATURE OF THE EXAMINERS:

1. External: _____

2. Internal:_____

Date:

Date:

ACKNOWLEDGEMENT

“Thanks be to God for his indescribable gift”

First, I thank the almighty Omnipotent, Omniscient and Omnipresent God for giving me strength and courage throughout the period of my studies and for this guidance and for helping me to complete this dissertation.

I wish to express my immense thanks to **Prof. Dr. C. Jothi Sophia, M. Sc, Ph. D (N)**., Principal, and C. S. I. Jeyaraj Annapackiam College of Nursing of Nursing for her support throughout the research study.

I convey my heartfull thanks **Prof. Dr. Merlin Jeyapal, M. Sc, Ph. D (N)**, Vice Principal, and C. S. I. Jeyaraj Annapackiam College of Nursing for her support during my research study.

I extend my deep sense of duty to express our gratitude to my research Guide **Prof. Dr.N. JESSIE METILDA, M.Sc, Ph. D (N)**, Head of Child health Nursing Department, C. S. I. Jeyaraj Annapackiam College of Nursing for her support to ensure the best quality of this piece of work. Her excellent guidance, valuable suggestions, constant help, affectionate support and assistance from initial step to complete of the study.

I extend my sincere thanks to medical guide **Dr. (Mrs). SELVA PRAMILA, M.B.B.S., DCH, DNB.** Department of Pediatrics, Christian Mission Hospital, Madurai.

I intimate my immense thanks to our PG coordinators **Prof.Dr.Y.John Sam Arun Prabhu, M.Sc., Ph.D(N)**., Head of Community Health Nursing and **Assis. Prof. Mrs. Jeyajothi, M.Sc. (N)**., C.S.I. Jeyaraj Annapackiam College of

Nursing for their support, wholehearted encouragement and opinions towards this study.

My sincere gratitude and thanks to **prof. Dr.M. Kannan, M.A (MSW), M.B.A., M.Phil. (TISS), Ph.D., Mr. Mani, M.Sc., M.Phil.**, Statistician for his meticulous opinion, suggestion in analysis and interpretation of data without which the dissertation would not have been accomplished.

I wish to express my sincere thanks to the Phd scholars **Prof. Dr.Nalini, M.Sc, Ph.D (N)**, and Principal Ultra College of Nursing Madurai, **Prof. Dr. Helen Pertida, M.Sc, Ph.D (N), Dr. Sebasan, MBBS, DPM, and MNAMS, Ph.D.** Psychiatrist, Christian Mission Hospital. **Mr.Prabhakarn, M.SC** Biochemistry **Mrs. Thenmozhai M.Phil, Ph.D.**, Nutrition **Dr.Charles, M.S., M.ch., DHM, DA**, Medical Director, Christian mission hospital, for his excellent guidance and support for the successful completion of the study.

The grapes are trodden until all the juice is expressed my special thanks to all the **participants** who participated in this study.

I wish to express my thankful to **Mr. David Brother** with help of make video for my research study.

I thank our department staff **Prof.Mrs.V.Gomathi**, M.Sc(N), ^{_____}Ph.D., Asso. Professor, **Prof.Mrs.Christina** M.Sc.,(N) Asso.Professor, **Prof.Mrs.Grace balammal** M.Sc.,(N) Asso. Professor, **Mrs.Jabarani** M.Sc.,(N) lecture and **Miss.Jesintha** B.Sc.(N)., Clinical Instructor.

I am compelled to **Mrs. Angeline Mannova**, the Librarian of C.S.I. Jeyaraj Annapackiam College of Nursing, and **library staff** of **Dr. Tamil Nadu M.G.R.**

Medical University, Chennai and CMC, Vellore for their cooperation and assistance towards building a sound knowledge base for this study.

I have no word to appreciate all my **classmates VINEYARD AT BAALHAMON'16** those bestowed their endurance in one or another way to the triumphant of the study.

I thank **Miss.Priyanka** M.Sc(N)., Lecture for her guidance.

My emotions fall short of right vocabulary to express my immense debts to my lovable husband **Mr.T.Alaguraj Petrol Chemical Engineering** my sweet sun **A.Sudeep Kannan**, Studying L.K.G, my dearest uncle, aunty **Mr.Thangaraj**, and **T. Dhanalkshmi** my brother in law **T. Suseeyandran Studying Civil Service**, who are the person for all this hard work and study. Their constant prayers, love, sacrifice, encouragement and support throughout the master program without which this study would not have been possible. Once again, my deepest thanks to all.

I am very much bewitched to express my heartfull extension of thanks to my father **Mr. P .Ganavel** and **Mrs. Chellathai** for their constant encouragement and suggestion towards the stratagem of this research work.

ABSTRACT

“A study to evaluate the effectiveness of video assisted teaching program on knowledge and practice regarding fast food related health hazards among adolescent boys from selected school at Madurai” was undertaken by **G. Kanagamani** in partial fulfilment of the requirement for the degree of Master of Science in Nursing at C.S.I Jeyaraj Annapackiam College of Nursing, affiliated to the Dr.M.G.R Medical University, Chennai, October -2018.

Objectives

1. To assess the pre-test and post-test knowledge and practice regarding video assisted teaching program on fast food related health hazards among adolescent boys in control and experimental group .
2. To evaluate the effectiveness of video assisted teaching program regarding fast food related health hazards among adolescent boys in experimental group.
3. To compare the pre-test and post-test score of video assisted teaching program on knowledge and practice regarding fast food related health hazards among adolescent boys between control and experimental group.
4. To find out the co-relation between knowledge and practice on video assisted teaching program regarding fast food related health hazards among adolescent boys in control and experimental group.
5. To find out the association between pre knowledge and practice on video assisted teaching program regarding fast food related health hazards with their selected demographical variables among adolescent boys in control and experimental group.

Review was done relevant to this study. The conceptual framework for the study was based upon general system theory model. The research design was quasi-experimental non-randomized control group design. To evaluate the effectiveness of video assisted teaching program on knowledge and practice regarding fast food related health hazards among adolescent boys in selected school at Madurai. For pilot study, 6 samples were selected at CSR Thirunagar higher secondary school at Madurai. The feasibility of main study found through the pilot study. A total of 60 samples were included in this study using purposive sampling technique. The experts validated the tool on self-administered structured questionnaires assessed by the researcher. Reliability of the tool was $r = 0.88$. Main study was done in CSI boys higher secondary school at Madurai. The collected data was analyzed tabulated and interpreted using descriptive and inferential statistics. Result showed that

- The effect of video assisted teaching program regarding fast food related health hazards in the experimental group was highly significant among adolescent boys.
- Level of knowledge regarding fast food related health hazards among adolescent boys with adequate knowledge 75%, moderate knowledge 51-75%, inadequate knowledge less than 50% in experimental group.
- Level of practice regarding fast food related health hazards among adolescent boys with poor practice 33%, average practice 34 -66%, good practice more than 66% in experimental group.
- Over all paired ‘ t ’ test was found in experimental group pre and post- test score to evaluate the effectiveness of video assisted teaching program on knowledge regarding fast food related health hazards among adolescent boys ‘t’ value is 8.58 and p value $p < 0.001$ was highly significant.

- Over all paired ‘t’ test was found in experimental group pre and post-test score to evaluate the effectiveness of video assisted teaching program on practice regarding fast food related health hazards among adolescent boys ‘t’ value is 8.25 and p value $p < 0.001$ was highly significant.
- Over all unpaired ‘t’ test was found in pre-test score knowledge level between control and experimental group regarding fast food related health hazards among adolescent boys ‘t’ value is 0.34 and p value $p < 0.734$ was no significant.
- Over all unpaired ‘t’ test was found in post-test score knowledge level between control and experimental group to evaluate the effectiveness of video assisted teaching program regarding fast food related health hazards among adolescent boys in ‘t’ value is 8.515 and p value $p < 0.001$ was highly significant.
- Over all unpaired ‘t’ test was found in pre-test score practice level between control and experimental group regarding fast food related health hazards among adolescent boys in ‘t’ value is 0.32 and p value $p < 0.746$ was no significant.
- Over all unpaired ‘t’ test was found in post-test score practice level between control and experimental group to evaluate the effectiveness of video assisted teaching program regarding fast food related health hazards among adolescent boys in ‘t’ value 7.07 and p value $p < 0.001$ was highly significant.
- Co-relation between knowledge and practice in control and experimental group both pre-test and post-test ‘t’ value 0.681 and p value $p < 0.001$ was highly significant.

- There was no significant association between pre-test levels of knowledge in control and experimental group with their selected demographic variables.
- There was significant association between pre-test levels of practice in control and experimental group with their selected demographic variables (Religion, educational status and source of information age).

INDEX

CHAPTER NO	CONTENTS	PAGE NO
I	INTRODUCTION	1-10
	Significant and need for the study	4
	Statement of the problem	6
	Objectives of the study	6
	Hypothesis	7
	Operational definitions	8
	Assumption	9
	Delimitation	9
	Projected outcomes	9
II	REVIEW OF LITERATURE	11-27
	Studies related to effectiveness of video assisted teaching program on fast food related health hazards among adolescent boys.	11
	Studies related to knowledge and practice regarding fast food	19
	conceptual frame work	25
III	RESEARCH METHODOLOGY	28-35
	Research approach	28
	Research design	28
	Setting of the study	30
	Population	30
	Sample	30
	Sample size	31
	Criteria for sample collection	31
	Description of the tool	32
	Scoring procedure	33
	Validity and reliability of the tool	33
	pilot study	34
	Data collection procedure, Schedule and Plan for data analysis	34

	Protection of human rights	35
IV	DATA ANALYSIS AND INTERPRETATION	36-72
V	DISCUSSION	73-79
VI	SUMMAR AND RECOMMENDATIONS	80-85
	Summary	80
	Conclusion	81
	Implication	83
	Limitation	85
	Recommendation	85
	REFERENCES	86-90
	APPENDICES	

LIST OF TABLES

TABLE NO	TITLE	PAGE NO
4.1.1	Frequency and percentage wise distribution to evaluate the effectiveness of video assisted teaching program on knowledge and practice regarding fast food related health hazards among adolescent boys from selected schools at Madurai according to their demographic variables in control and experimental group.	41
4.2.1	paired 't'-test was found in experimental group pre and post- test score to evaluate the effectiveness of video assisted teaching program on knowledge regarding fast food related health hazards among adolescent boys from selected schools at Madurai	55
4.2.2	paired 't'-test was found in experimental group pre and post-test score to evaluate the effectiveness of video assisted teaching program on practice regarding fast food related health hazards among adolescent boys from selected schools at Madurai	57
4.2.3	Unpaired 't'-test was found in pre-test score knowledge level between control and experimental group regarding fast food related health hazards among adolescent boys from selected schools at Madurai .	58
4.2.4	Unpaired 't'-test was found in post-test score knowledge level between control and experimental group to evaluate the effectiveness of video assisted teaching program regarding fast food related health hazards among adolescent boys from selected schools at Madurai.	60
4.2.5	Unpaired 't'-test was found in pre-test score practice level between control and experimental group regarding fast food related health hazards among adolescent boys from selected schools at Madurai.	62

4.2.6	Unpaired ‘t’-test was found in post-test score practice level between control and experimental group to evaluate the effectiveness of video assisted teaching program regarding fast food related health hazards among adolescent boys from selected schools at Madurai	63
4.3.1	Correlation between knowledge and practice regarding fast food related health hazards among adolescent boys in control and experimental group.	64
4.4.1	Association between pre-test score levels of knowledge in control group with their Selected demographic variables.	65
4.4.2	Association between pre-test score levels of knowledge in experimental group with their Selected demographic variables.	67
4.4.3	Association between pre-test score levels of practice in control group with their Selected demographic variables.	69
4.4.4	Association between pre-test score levels of practice in experimental group with their Selected demographic variables.	71

LIST OF FIGURES

FIGURE NO	TITLE	PAGE NO
4.1.1	Conceptual frame work	27
4.2.1	Schematic presentation in methodology	29
4.1.A	Mean, SD and mean percentage pre and post- test score of control group knowledge level regarding fast food related health hazards among adolescent boys from selected schools at Madurai.	45
4.1.B	Mean, SD and mean percentage pre and post- test score experimental group knowledge level of video assisted teaching program regarding fast food related health hazards among adolescent boys from selected schools at Madurai	46
4.1.C	Mean, SD and mean percentage pre and post- test score of control group practice level regarding fast food related health hazards among adolescent boys from selected schools at Madurai.	47
4.1.D	Mean, SD and mean percentage pre and post- test score experimental group practice level of video assisted teaching program regarding fast food related health hazards among adolescent boys from selected schools at Madurai	48
4.1.E	Mean, SD and mean percentage pre-test score between control and experimental group knowledge level regarding fast food related health hazards among adolescent boys from selected schools at Madurai	49
4.1.F	Mean, SD and mean percentage pre-test score between control and experimental group practice level regarding fast food related health hazards among adolescent boys from selected schools at Madurai	50

4.1.G	Mean, SD and mean percentage post – test score between control and experimental group knowledge level of video assisted teaching program regarding fast food related health hazards among adolescent boys from selected schools at Madurai	51
4.1.H	Mean, SD and mean percentage post – test score between control and experimental group practice level of video assisted teaching program regarding fast food related health hazards among adolescent boys from selected schools at Madurai	52
4.1.I	Frequency and percentage wise distribution to evaluate control and experimental group the level of knowledge regarding fast food related health hazards among adolescent boys from selected schools at Madurai	53
4.1.J	Frequency and percentage wise distribution to evaluate control and experimental group level of practice regarding fast food related health hazards among adolescent boys from selected schools at Madurai	54

LIST OF APPENDICES

APPENDIX NO.	TITLE	PAGE NO
A	Letter for seeking experts opinion for content validity	i
B	Letter for seeking permission to conduct the pilot study.	ii
C	Letter for seeking permission to conduct the research study	iii
D	Letter seeking permission for content validity.	iv
E	List of experts for content validity of the tool	v
F	Instrument: Part I Demographical variables Part II knowledge semi structure questionnaires Part III practice self- expressed structured interview questionnaire	vi
G	Intervention package (video assisted teaching program regarding fast food related health hazards)	xxv-lxxx