

Effectiveness of Planned Teaching Programme Regarding Prevention of Food and Water Borne Diseases Amongst Upper Primary School Children in a Selected School

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Abstract: This paper presents effectiveness of planned teaching programme regarding prevention of food and water borne diseases amongst upper primary school children in a selected school.

Keywords: Teaching Programme, Upper Primary School

1. Introduction

Effectiveness of planned teaching programme on knowledge regarding prevention of food and waterborne diseases amongst upper primary school children in a selected school.

We shall not finally defeat AIDS, Tuberculosis, Malaria or any of the other infectious diseases that plague the developing world until we have also won the battle for safe drinking water, sanitation and basic health care....Kofi Annan

We live in a world with rapidly changing elements which includes environment, food supply, population and scientific knowledge. Within different environments our personalities, needs and goals change. These constant changes of life must be in positive balance to produce healthy living. Food and water are the prime necessity of life. Food and water borne diseases have major historical and public health importance. It may spread like a wild fire in a community with overcrowding, poor sanitation and poor hygiene. Water borne diseases according to World Health Organisation (WHO) are those which generally arise from the contamination of water by faeces or urine infected by pathogenic viruses or bacteria and which are directly transmitted when unsafe water is drunk or used in preparation of food.

2. Background of the study

The WHO says that every year more than 3.4 million people die as a result of water related diseases making it leading cause of disease and death around the world. Most of the victims are young children. It is estimated that diseases resulting from poor water sanitation and hygiene account for almost 10% of the total global burden of the illness. Globally almost 900 million people lack access to safe water supply and 2.5 billion people live without access to improved sanitation. Currently 1.4

million children die as a result of diarrhoea. A report says 4 out of every 10 people in the world particularly those in Africa and Asia do not have clean water to drink.

3. Aim

To assess the knowledge of upper primary school children regarding prevention of food and waterborne diseases before and after planned teaching programme.

4. Need of the Study

The lack of clean water resources and sanitation facilities stand as one of the most serious environmental health problem faced today. Globally water borne diseases are the second leading cause of death in children below the age of 5 years. Youth participation in water sanitation and hygiene education is a unique and powerful means for not only to strengthen knowledge, attitude and practices of children who are involved in the programme but also provide valuable advocacy monitoring and support towards sustainable and health behaviour change of families and communities at large.

A study conducted in primary schools reported outbreak of acute gastroenteritis occurred in an explosive manner recently mass food poisoning from a school lunch. The majority of patients were in the age group of 6-14 years. The study highlights the relationship between the incidences of acute gastroenteritis associated with school lunch and hygiene in school children.

5. Hypothesis

Ho: There is no difference in the knowledge score regarding prevention of food and water borne diseases amongst upper primary school children after planned teaching programme.

Sample:

200 sample of upper primary school children.

- Sampling technique: Non probability convenient sampling
- Inclusion criteria: i) Students who can understand and speak English, ii) Students who are willing to participate,

- iii) Students who are present in the school at the time of the study, iv) Students between the age group of 9-12 years.
- c) Exclusion criteria: Children with learning disorders.

6. Tool

- 1) A structured questionnaire was used to find out demographic data of upper primary school children.
- 2) A structured questionnaire was used to find out the knowledge of upper primary school children regarding prevention of food and water borne diseases.

7. Materials and Method

The pre experimental approach with group pre and post-test design was used for the study. Sample of 200 upper primary school children in selected school was taken for the study using non-probability convenient sampling. Data was collected using structured questionnaire to assess the knowledge regarding prevention of food and water borne diseases. The data was analyzed in terms of the objectives and hypothesis using inferential and descriptive statistics.

8. Results

Most of the samples belong to age group of 11-12 years (161) 80.5% out of total samples (114) 57% were boys and (86) 43% were girls. Majority of students parents (95) 49.5% were graduates and majority (170) 85% have not fallen sick anytime due to food and water borne diseases. The mean knowledge score of children were 11.15 in the pre-test and 16.20 in post-test. The computed SD score was 2.67 in the pre-test, 2.15 in the post-test and calculated "t" value (25.87) was more than the table value (1.97) at 198 degree of freedom and 0.05 level of significance.

Association of selected demographic variable and pre-test knowledge score with age calculated "t" value (0.890) was less than the table value "t" (1.96). Association of selected demographic variable and pre-test knowledge with gender calculated "t" value (5.03) was more than table value of "t" (1.97). Hence it is concluded that there is association between knowledge score and gender of sample.

a) Interpretation: planned teaching is effective in enhancing the knowledge of the sample regarding prevention of food and water borne diseases. There was no association between knowledge and selected demographic variable except gender.

9. Implication of the study

Water borne diseases are problems of immense proportion in

India and other less developed countries. 80% of the diseases in these countries are linked with contaminated water. Youth participation in water sanitation and hygiene education is a unique and powerful means for not only to strengthen knowledge, attitude and practices of children who are involved in the programme but also provide valuable advocacy monitoring and support towards sustainable and health behaviour change of families and communities at large. The implication of the study can be discussed under 4 broad areas:

1. Nursing service
2. Nursing administration
3. Nursing education
4. Nursing research

10. Recommendation

On the basis of the findings of the present study following recommendations were made:

1. A similar study can be done on a large sample and different settings to draw more definite conclusions and to make generalization.
2. A study can be done to compare knowledge and practice.
3. A similar teaching strategy can be used to teach various other topics.
4. A comparative study can be done to assess the knowledge of urban and rural school children.

11. Conclusion

The findings of the study proved that planned teaching is effective in enhancing the knowledge of upper primary school children regarding prevention of food and water borne diseases.

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