

The Effectiveness of Snake and Ladder Game Based Health Education On Healthy Practices Among Primary School Children - A Quasi Experimental Study

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Abstract: This paper presents an overview on the effectiveness of snake and ladder game based health education on healthy practices among primary school children.

Keywords: Healthy Practices.

1. Introduction

Children's health and wellbeing is high on the research and policy agenda of many nations. There is a wealth of epidemiological research linking childhood circumstances and health practices with adult health. However, echoing a broader picture within child health research where children have typically been viewed as objects rather than subjects of enquiry, we know very little of how, in their everyday lives, children make sense of health-relevant information.

WHO (2009) declared that every nation should achieve the goal as health for all. Method for achieving health is with proper health care of the school children who form 15% of the total population. Ensuring access to the primary basic hygienic practices are the major effort under taken by governments, national organizations and international organizations such as UNICEF. Through this effort make the development of knowledge, attitudes, values and the life skills needed to make appropriate decisions and act up on them. Arno Halberger (2010) stated that school going period is a relatively safe period from health point of view. However, supervision of health of school children is important. Sound health and its care picked up during these years have a great bearing in the individuals, his family and community for years to come.

National Wide Survey (2011) on health status of school children The main focus of the study was to assess the knowledge and practice of healthy habits among school children at selected government primary school at Saifai, Uttar Pradesh by delivering game based teaching program by snake and ladder game regarding hygienic practices.

2. Methodology

Pre-experimental one group pretest post test experimental

design was adapted in this study. Children, who are studying in Government Primary School at Shahjahanpur, Uttar Pradesh were considered for the population of the study sample size. Simple random sampling technique was used to select the sample size.

The data was collected by questionnaire method which includes demographic data, close ended questionnaire to assess the knowledge and for practice regarding healthy habits. Descriptive statistics was used to analyze the frequency, mean, standard deviation of demographic variables, knowledge and practice. Inferential statistics was used to determine comparison and association.

3. Major findings of the study

The pretest score was less in knowledge and practice regarding healthy habits among school children. Game based teaching program by snake and ladder game about healthy habits and its importance. The findings of the study revealed that there is an improvement in the post test knowledge and practice scores.

- The pretest mean value of knowledge was 13.83.
- The post test mean value of knowledge was 18.63.
- The pretest mean value of practice was 19.30.
- The post test mean value of practice was 25.96.
- The obtained "t" value for comparison of knowledge score was 21.24 at 59, degrees freedom was significant at 0.05 level.
- The obtained "t" value for comparison of practice score was 18.40 at 59, degrees freedom was significant at 0.05 level.
- There was no association between pretest knowledge score with selected demographic variables. □ There was no association between pretest practice score with selected demographic variables.

The paired "t" test was used to evaluate the effectiveness of snake and ladder game by comparing the pretest and post test scores of knowledge and practice. It was found that the „t“ value was statistically significant at $p = 0.05$ level. The findings of the

study revealed that there was a significant difference between pretest and post test knowledge and practice scores. In association of demographic variable Chi Square test was used to evaluate the significant association between the selected demographic variables with the knowledge and practice score in pretest.

4. Conclusion

The pretest score was less in knowledge and practice regarding healthy habits among school children after administration of snake and ladder game regarding healthy habits. The findings of the study revealed that there is an improvement in the post test knowledge and practice scores.

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