

Assessment Of Effectiveness of Planned Teaching Program Regarding Health Hazards Of Junk Food Among Middle School Children In Selected School At Jaipur.

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Abstract

Introduction: It's the 21st century and "junk food" has gone global. For worse junk food is now available all over the world. Healthy nutritious foods have been replaced by the new food mantra - JUNK FOOD! Junk food comprises of anything that is quick, tasty, convenient and fashionable. It seems to have engulfed every age, every race and the newest entrants in children. The director of the Centre for Science, Michael Jacobson (1972) invented the term junk food called "Empty calories". He was accredited as the "chief of the food police" by the food industry, for uncovering the harmful effects of junk food with its use of additives such as vibrant food colors, Salt and Transfat.

Materials & Methods: In this study Evaluative research approach was used. The research design adopted for this study is pre experimental one group pretest and post test research design was used for assessing the effectiveness of planned instructional module on health hazards of junk foods among school children. In this study the planned instructional module on health hazards of junk foods among 50 school children is independent variable. A self-administered knowledge questionnaire was used, and data were analyzed using descriptive and inferential statistics (paired t-test).

Results: The study found a significant improvement in school children knowledge scores after administering a planned instructional module. The mean knowledge score increased from 9.35 mean in pretest, 20.67 in post test is and showing a 11.32 improvement. The paired t-test results confirmed the effectiveness of the planned instructional module ($p < 0.01$, t -value = 23.45).

Conclusions: The findings of the study revealed that before the planned instructional module the school children had inadequate knowledge and lack of awareness about health hazards of junk foods. But after the intervention of planned instructional module, there was improvement in their level of knowledge about the hazards of junk foods. Today's children are Tomorrow's future. Nutrition during the formative period has a meaningful long term effect, providing building blocks to construct the growing brain.

Keyword: Effectiveness; planned instructional module; Knowledge; health hazards; junk foods; Among school children.

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Introduction: It's the 21st century and "junk food" has gone global. For worse junk food is now available all over the world. We see it all most everywhere we go in groceryshop and also in convenience stores. Children find themselves amidst of a complex society that is under goingbreathhtaking changes. Concepts, relationships, lifestyles are metamorphasised to accommodate the new jet-setting age. Food is of no exception, Healthy nutritious foods have been replaced by the new food mantra - JUNK FOOD! Junk food comprises of anything that is quick, tasty, convenient and fashionable. It seems to have engulfed every age ,every race and the newest entrants in children. The director of the Centre for Science, Michael Jacobson (1972) invented the term junk food called “Empty calories”. He was accredited as the “chief of the food police” by the food industry, for uncovering the harmful effects of junk food with its use of additives such as vibrant food colors, Salt and Transfat.

Aim of the study:

Aim of the study was to assess the effectiveness of health hazards of junk foods among school children after planned instructional module.

Hypotheses:

H1: There will be no significant difference between the pretest and posttest level of knowledge on health hazards of junk foods among school children.

Materials & Methods

This study was to assessing the effectiveness of planned instructional module on health hazards of junk foods among school children. In this study Evaluative research approach was used. The research design adopted for this study is pre experimental one group pretest and post test research design was used for assessing the effectiveness of planned instructional module on health hazards of junk foods among school children. In this study the planned instructional module on health hazards of junk foods among 50 school children is independent variable. Setting of this study were Genext World School vatika road , Jaipur. A self-administered knowledge questionnaire was used, and data were analyzed using descriptive and inferential statistics (paired t-test).

Results

Table 1 Comparison of Frequency and percentage Distribution of Level of Knowledge among School Children Regarding Health Hazards of Junk Foods on Pre Test and Post Test.

Level Of Knowledge	Pre Test Score		Post Test Score	
	f	%	f	%
Poor Knowledge	25	50.00%	5	10.00%
Good Knowledge	15	30.00%	10	20.00%
Average Knowledge	10	20.00%	25	50.00%
Excellent Knowledge	0	0.00%	10	20.00%
Total	50	100.00%	50	100.00%

Table1 shows that the level of knowledge regarding health hazards of junk foods through pretest and post test. In pretest out of 50 school children, none of them had excellent knowledge, 10(20%) of children had average knowledge and 15(30%) of children had good knowledge and 25 (50.00%) of the students have poor knowledge. With regard to post test score 10 (20.00%) excellent knowledge, 25(50%) of children had average knowledge and 10(20%) of children had good knowledge and 5 (10.00%) of the students have poor knowledge.

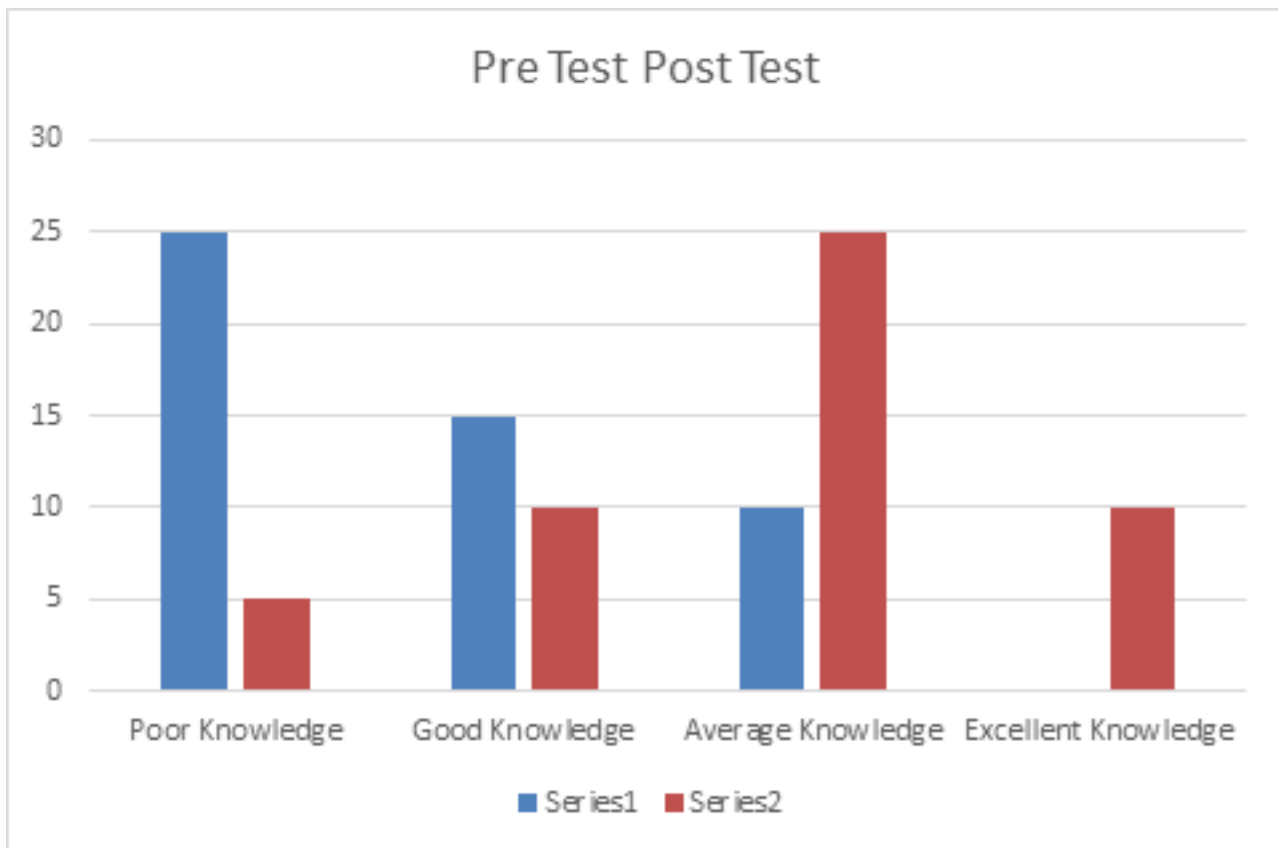


Table 2 Comparison between Mean and Standard Deviation of Pretest and Post Test level of Knowledge on Planned Instructional Module.

Level of Knowledge	Mean	N	Standard Deviation	Error Mean	t, value
Pretest	9.35	50	2.69	.269	23.45
Posttest	20.67	50	1.31	.131	

Table 2 shows that the overall mean of knowledge regarding health hazards of junk foods among the schoolchildren was 9.35 mean and 2.6 of standard deviation in pretest. The overall mean of knowledge regarding health hazards of junk foods in post test is 20.67 and standard deviation is 1.31 with paired 't' value 23.45. The mean post-test knowledge score was significantly higher than the mean pre-test knowledge scores of school children. Effectiveness of planned instructional module was highly significant at the level of $P < .001$ level. Thus, the research hypothesis was accepted. From this study it was proved that the planned instructional module to the students brought excellent changes in the level of knowledge regarding health hazards of junk foods.

Discussion:- The aim of the study was to assess the effectiveness of planned instructional module on health hazards of junk foods among school children. Total of 50 school children were selected for the study. Pretest was conducted using questionnaire method. 10(20%) of children had average knowledge and 15(30%) of children had good knowledge and 25 (50.00%) of the students have poor knowledge. With regard to post test score 10 (20.00%) excellent knowledge, 25(50%) of children had average knowledge and 10(20%) of children had good knowledge and 5 (10.00%) of the students have poor knowledge and overall mean of

knowledge regarding health hazards of junk foods among the schoolchildren was 9.35 mean and 2.6 of standard deviation in pretest. The overall mean of knowledge regarding health hazards of junk foods in post test is 20.67 and standard deviation is 1.31 with paired 't' value 23.45. The mean post-test knowledge score was significantly higher than the mean pre-test knowledge scores of school children. Effectiveness of planned instructional module was highly significant at the level of $P < .001$ level.

Conclusions

The findings of the study revealed that before the planned instructional module the school children had inadequate knowledge and lack of awareness about health hazards of junk foods. But after the intervention of planned instructional module, there was improvement in their level of knowledge about the hazards of junk foods. Today's children are Tomorrow's future. Nutrition during the formative period has a meaningful long term effect, providing building blocks to construct the growing brain. So, it is necessary for the Educators, Health Personnel and the Government to create awareness about healthy eating habits among the school children in order to improve their physical and mental wellbeing

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