

**A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING AMRUTHAM NUTRITIONAL SUPPLEMENT AMONG BENEFICIARIES OF ANGANWADI AT PALLITHOTTAM, KOLLAM**Soya Baby^{1*}, Shelmi Wilson¹, Sherin A.¹, Sona C. Cleatus¹, Sterlin Mary Jose¹ and Jyothilakshmi J.²¹Fourth Year B. Sc Nursing Students, Bishop Benziger College of Nursing, Kollam.²Assistant Professor, Community Health Nursing Department, Bishop Benziger College of Nursing, Kollam, Kerala, India.

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ABSTRACT

Introduction: The research work undertaken was “A study to assess the effectiveness of video assisted teaching programme on knowledge regarding amrutham nutritional supplement among beneficiaries of anganwadi at Pallithottam, Kollam”. The objectives of the study were to assess the knowledge regarding amrutham nutritional supplements among the beneficiaries of anganwadi, to assess the effectiveness of video assisted teaching programme on knowledge regarding amrutham nutritional supplement among beneficiaries of anganwadi and to find out association between pretest knowledge regarding amrutham nutritional supplement among the beneficiaries of anganwadi and selected demographic variables. **Materials and Method:** The researchers used pre experimental one group pretest post-test design. The study was conducted among 50 beneficiaries of anganwadi residing in Pallithottam, Kollam. The samples were selected by using non probability purposive sampling technique. The researchers collected the data using self structured knowledge questionnaire and the data was analyzed using descriptive and inferential statistics. **Result:** The study result shows that the mean post test score (15.24) with a standard deviation of 1.75 was greater than mean pre test score (9.64) with standard deviation of 2.72 on knowledge regarding nutritional supplement among beneficiaries of anganwadi. The mean difference between pre test and post test knowledge score was 9.56. The paired ‘t’ value 2.12 was greater than the table value (0.27) at 0.05 level of significance, so the video assisted teaching program was effective in improving the knowledge regarding amrutham nutritional supplement among beneficiaries of anganwadi. There was significant association between pretest knowledge score and demographic variables such as ‘occupation’. There was no significant association between pretest knowledge score and demographic variables such as age, socio economic status and utilizers of amrutham nutritional supplement.

KEYWORDS: Effectiveness; Video assisted teaching programme; Amrutham Nutritional Supplement.**INTRODUCTION**

India has achieved remarkable levels of economic growth, and yet, despite all the progress, it continues to host the highest number of malnourished children in the world. Malnutrition refers to deficiencies, excesses or imbalances in a person’s intake of energy and nutrients. The term malnutrition covers 2 broad groups of conditions. One is ‘under nutrition’—which includes stunting, wasting, underweight and micronutrient deficiencies or insufficiencies. The other is overweight, obesity and diet-related non communicable diseases such as heart disease, stroke, diabetes and cancer.

The Amrutham Nutritional Supplement, a dietary supplement distributed by the Government of Kerala for

children between the ages of six months and three years to fulfill the nutritional needs. The distribution of Amrutham Nutritional Supplement started in 2006. The powder mixture was prepared by Dr. Niloofar of the Central Plantation Crops Research Institute (CPCRI) Kasaragod. Distribution of Amrutham Nutritional Supplement through Anganwadi under the supervision of ICDS supervisors of the Department of Social Justice. As much as 1,300 metric tonnes of the Nutrimix are distributed among 33,000 Anganwadi in Kerala. Amrutham Nutritional Supplement includes wheat (45 grams) soya chunks (10 grams) Bengal gram (15 gram) groundnut (10 gram) and sugar (20 gram). The Amrutham Nutritional Supplement is available in 500

gm in one packet. A child is given 3.375 kg of powder per month.

OBJECTIVES

- To assess the knowledge regarding amrutham nutritional supplements among the beneficiaries of anganwadi at Pallithottam.
- To assess the effectiveness of video assisted teaching programme on knowledge regarding amrutham nutritional supplement among beneficiaries of anganwadi at Pallithottam, Kollam.
- To find out association between pretest knowledge regarding amrutham nutritional supplement among the beneficiaries of anganwadi and selected demographic variables.

Hypothesis

- **Hypothesis (H₁):** There will be significant difference between the mean pretest and mean posttest knowledge score regarding amrutham nutritional supplement among beneficiaries of anganwadi at Pallithottam after administering video assisted teaching programme.
- **Hypothesis (H₂):** There will be significant association between the pretest knowledge regarding amrutham nutritional supplement among beneficiaries of anganwadi and selected demographic variable.

MATERIALS AND METHODS

Research approach: Quantitative research approach

Research design: Pre experimental one group pretest posttest research design

Population: Mothers of children between the age group of 6 months to 3 years

Sample: 50 Mothers of children between the age group of 6 months to 3 years

Sampling technique: Non probability purposive sampling technique

Setting: Velicham Nagar and Century Nagar of Pallithottam, Kollam, Kerala

Data collection method: Using a self structured knowledge questionnaire.

Inclusion criteria

1. Mothers of children between the age group of six months to three years.
2. Sample who are willing to participate in the study.

RESULTS

Percentage distribution of participants as per demographic variables N=50

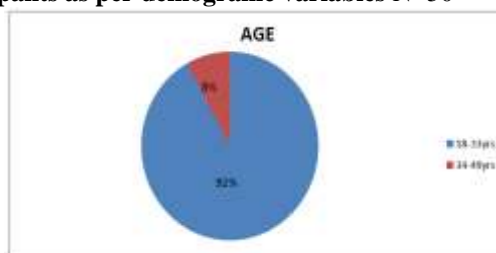


Figure 1: Diagram showing percentage wise distribution of sample according to their age.

3. Sample who are able to read Malayalam.

Exclusion criteria

1. Sample who are non beneficiaries of Anganwadi
2. Sample who are not willing to participate in the study.

Data collection process

The data collection process was scheduled after communicating the purpose and significance of the study with the participants through the Medical officer of Community health Centre Pallithottam in advance. The data were collected through self structured knowledge questionnaire.

Ethical approval and informed consent

Formal permission was granted from the institutional ethics committee. Formal permission received from the concerned authorities of Community Health Centre and the participants consent has been assured.

Tool

Section A: Demographic Proforma consisted of details of demographic variables such as age, gender, occupation, socio economic status, utilizers of amrutham nutritional supplement.

Section B: Self Structured knowledge questionnaire

Reliability

The researchers established reliability of the tool by using test – retest method.

Reliability co-efficient calculated was 0.78 for the self structured knowledge questionnaire indicating that the tool was reliable

Analysis

1. **Descriptive statistics:** Demographic data and knowledge regarding amrutham nutritional supplement were analysed by using frequency and percentage.

2. **Inferential statistics:** chi- square test was used to find out the association between pretest knowledge scores and selected demographic variables and paired t-test was used to analyse the effectiveness of video assisted teaching programme.

The data presented in the figure 1 shows that out of 50 sample 92% belongs to 18-33 years of age and 8% belongs to 34-49 years of age. (N=50)



Figure 2: Diagram showing percentage wise distribution of sample according to occupation.

Figure 2 shows that out of 50 sample 74% were housewife and 26% were employed.

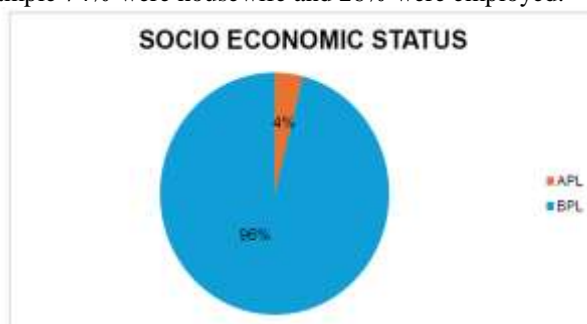


Figure 3: Diagram showing percentage wise distribution sample according to socio-economic status.

Figure 3 shows that out of 50 sample 96% belongs to BPL category and 4% belongs to APL category.

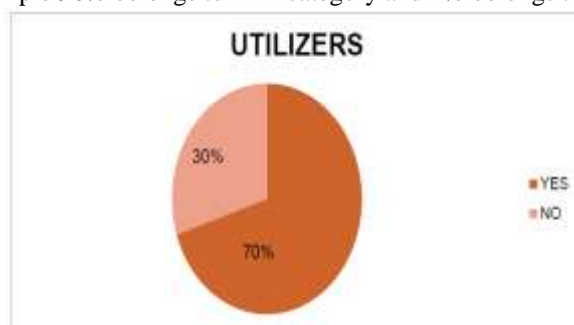


Figure 4: Diagram showing percentage wise distribution of sample according to consumers.

Figure 4 shows that out of 50 samples 70% were utilizers of amrutham nutritional supplement and 30% were not utilizers of amrutham nutritional supplement.

The study was conducted at anganwadi's of century Nagar and Velicham Nagar in Pallihottam, Kollam, Kerala. A total of 50 mothers of children between the age group of 6 months to 3 years. Totally, 92% of mothers under the age group of 18-33 years, 8% belonged to 34-49 years. The study result shows that 60% had moderate knowledge 36% had good knowledge and only 4% had poor knowledge in pretest. After administering video assisted teaching programme as an intervention 56% had good knowledge, 42% had very good knowledge and 1% had moderate knowledge regarding amrutham nutritional supplement in post test. The mean pretest knowledge score was 9.64 and mean posttest knowledge score was

15.24 and the mean difference between the pretest knowledge score and post test knowledge score was 9.56. The paired 't' test value was 2.12 which was greater than the table value (0.27) at 0.05 level of significance, which indicated the effectiveness of video assisted teaching programme on knowledge regarding amrutham nutritional supplement among beneficiaries of anganwadi.

Mean, standard deviation, mean difference, paired 't' on knowledge regarding amrutham nutritional supplement among beneficiaries of anganwadi after administering video assisted teaching.

Knowledge score	Mean	Standard deviation	Mean difference	Paired 't'
Pre-test	9.64	2.72		
			9.56	2.12
Post test	15.24	1.75		

t=1.96, *significant at 0.05 level of significance.

The data presented in the table 3 shows that the mean post test score (15.24) with a standard deviation of 1.75 was greater than mean pre test score (9.64) with standard deviation of 2.72 on knowledge regarding nutritional supplement among beneficiaries of anganwadi. The mean difference between pre test and post test knowledge score was 9.56. The paired 't' value 2.12 was

greater than the table value (0.27) at 0.05 level of significance, so the video assisted teaching program was effective. Hence the hypothesis (H_1) which states that there was significant difference between the mean pre test and mean post test knowledge score regarding amrutham nutritional supplements after administering video assisted teaching was accepted.

The association between demographic variables and pretest knowledge score using chi square test.

Sl. No	Demographic Variables	Poor	Moderate	Good	Very good	df	Chi Square Value	Table Value	Level of significance
1.	Age								
	18-33 years	2	28	16	0	3	0.47	3.18	NS
34-49years	0	2	2	0					
2.	Occupation								
	Working	1	11	1	0	3	6.27	3.18	S
House wife	1	19	17	0					
3.	Socio economic status								
	APL	0	1	1	0	3	0.21	3.18	NS
BPL	2	29	17	0					
4.	Utilizers of amrutham nutrional supplement								
	Yes	2	22	11	0	3	1.69	3.18	NS
No	0	8	7	0					

There was significant association between pretest knowledge score and demographic variable such as occupation and there was no significant association between pretest knowledge score and demographic variable such as age, socio economic status and utilizers of amrutham nutritional supplement.

DISCUSSION

The present study revealed that out of 50 samples, 4% of beneficiaries had poor knowledge, 60% had moderate knowledge and 36% had good knowledge regarding amrutham nutritional supplement in pretest. After the administration of video assisted teaching program, 2% had moderate knowledge, 56% had good knowledge and 42% had very good knowledge in Post test regarding amrutham nutritional supplement.

The above study was supported by a cross sectional quantitative research study was conducted in a semi urban anganwadi centre located in Kottayam district. The study was conducted on the year 2014. The sample consisted of 22 young women's who are the mother's of

children in the anganwadi. The study was on innovative products using amrutham Nutritional Supplement and it's popularization among mother's. In the present study, 20 common preparations were chosen. In all Preparations, the multigrain amrutham powder was added as a substitute instead of the usually used single grain flours. The recipes were chosen based on the participants' familiarity with the recipes and availability of ingredients. In this study the mean pre test (30) and post test (44)($p < 0.05$) revealed that the awareness program conducted was very effective in improving knowledge of the participants about amrutham Nutritional Supplement and its nutritional significance in children.

The present study shows that mean pre test knowledge score was 5.68 and mean Post test knowledge score was 15.24 and the mean difference between the pretest knowledge score and post test knowledge score was 9.56. The paired t value was 2.12, it was greater than the table value. so the structured teaching program was

effective in improving the knowledge regarding amrutham nutritional supplement among beneficiaries.

The above findings are supported by a cross sectional quantitative study to assess the effectiveness of structured teaching program on knowledge regarding ICDS program among selected mother's of under five children. The study was conducted on December 2011. The pre experimental study was carried on 30 mother's of under five children in Ramanagar Village, Belagavi Karnataka. Self structured questionnaire used to collect the data. The study findings reveals that the overall pre test mean knowledge scores as 33.5% and post test knowledge scores as 72.3%. The mean enhancement score was founded to be 38.8%. The statistical results established significant at 5% level ($t=52.09$) indicating the effectiveness of structured teaching program in enhancing the knowledge of respondents.

The findings of the present study showed that there is a significant association between pretest knowledge score and demographic variable 'occupation.' There is no significant association between demographic variable like age, socio economic status and utilizers of amrutham nutritional supplement.

The findings of the present study was compared with a study to assess the knowledge and factors influencing utilization of services provided by anganwadi workers among mothers attending the selected anganwadi. A cross-sectional quantitative research study was conducted at Sangli-Miraj-Kupwad corporation area on September 2019. Total 140 samples were selected by probability cluster random sampling method. A structured questionnaire of 15 items and one checklist was administered to collect data. The study results showed that there is significant association of age and income and no significant association of knowledge score with education, occupation and Source of information.

CONCLUSION

The present study was undertaken to assess the effectiveness of video assisted teaching program on knowledge regarding amrutham nutritional supplement among beneficiaries of anganwadi at Pallihottam Kollam. The study results showed that, There was a significant improvement in knowledge regarding amrutham nutritional supplement among beneficiaries after providing a video assisted teaching program. Association between pre test knowledge score and demographic variables among beneficiaries of amrutham nutritional supplement was analysed using chi square test. There was a significant association between pretest knowledge score and regarding demographic variable 'occupation' and there was no significant association between pretest knowledge score and regarding demographic variables such as age, socio economic status and utilizers of amrutham nutritional supplement.

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Conflicts of interest

There are no conflicts of interest.

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