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## A quasi experimental study to assess the effectiveness of child to child approach on knowledge regarding impact of television watching among school going children in selected schools at Trichy

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### Abstract

**Background:** The youngsters of today are living in a world that is constantly evolving. An amazing technological advancement that has become a necessary part of our daily lives and has brought about a sea change in the realm of communication, the television is a significant milestone in the history of scientific innovation.

**Objectives:** This study's goal is to evaluate the state of knowledge regarding how television viewing affects school-age children who are either in the experimental or control groups.

**Methods and Results:** It was a quasi-experimental design that included a control group, a pretest, and a posttest. In both the control group and the experimental group, the degree of knowledge was evaluated prior to the test. Students in the eighth grade received instruction on the effects of viewing television as part of their required health education. Students will receive training in preparation for the launch of the child-to-child approach program. The change agents will be given a post-training test three days after the training has been completed in order to determine whether or not they have learnt sufficient knowledge. The convenience technique will be utilised for the beginning of the program. In the control group, the findings of this study revealed that 6.66 percent, possessed acceptable knowledge, twenty percent, possessed moderate knowledge, and seventy-three percent, possessed inadequate information. There were four individuals in the experimental group who had adequate knowledge, eleven individuals who had fairly adequate knowledge, and fifteen individuals who had inadequate information. The results of the study indicated that the average level of knowledge in the experimental group after the post-test was 19.23, which was greater than the average level of knowledge before the test, with a standard deviation of 5.47. Furthermore, the 't' value that was obtained ( $t=11.284$ ) was found to be statistically significant at a level of  $p<0.05$ . In light of this, the hypothesis (H1) was accepted.

**Conclusion:** A child-to-child program was shown to be beneficial in boosting understanding on the effects of television watching among school-aged children, according to the findings of the study, which were presented below. The school health nurses have the ability to incorporate the child to child program into their regular activities in order to enhance the level of knowledge among the children who attend school.

**Keywords:** Child to child approach, television watching, knowledge, quasi experimental, school going children, effectiveness

### Introduction

The youngsters of today are living in a world that is constantly evolving. A remarkable piece of technology that has become an indispensable component of our everyday lives and has brought about a sea change in the realm of communication, the television is a significant milestone in the history of scientific innovation.

It was claimed by Blousea R that children will be able to escape from the realities of their lives and enter a realm of fantasy through the medium of television, which also activates the study image of schoolchildren. In place of activities such as playing outside, doing chores around the house, or performing religious responsibilities, television will serve as a distraction. The children don't take their eyes off the television set. For this reason, they are especially susceptible to the messages that are communicated through television, which have the ability to affect both their thoughts and their actions.

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The viewer of television is required to sit in front of this gorgeous small screen; such activities have the potential to harm the well-being of the individual on all levels, including the physical, mental, and psychological.

According to Dietz S, televisions have become increasingly important facets of our children's lives on a daily basis. The average amount of time that children who are six years old spend watching television is between three and four hours, according to two studies. In many circumstances, television can be effective, particularly educational and wild life programming, to develop or widen the children's knowledge and awareness about the world around them. Additionally, television can introduce children to a variety of cultures and communities from around the world.

Most children's lives revolve around television in some form or another. 99% of homes in the United States have at least one television, while the typical family has two or more televisions. The average amount of time that children in the United States spend watching television in a week is between 21 and 28 hours. Even while it may not appear to have any negative consequences, excessive television viewing has been linked to a number of negative outcomes, including increased risk-taking behaviours, increased sedentary lifestyles, poor nutrition, and increased antisocial behaviours. Their perspectives, beliefs, and ideas about the world, in addition to their physical and social abilities, are beginning to take shape, and they are attempting to take in information from all directions. Television, on the other hand, becomes a source that is disproportionately informative and influential in terms of attitudes because of the significant amount of time that is spent watching it.

While the investigator was going to community postings, he went to visit parents who were complaining about their children watching an excessive amount of television. As a result of this, the investigator took an interest in children who were so obsessed with watching television. Because of this, it is important to raise awareness among children who are deficient in their understanding of the effects that viewing television might have.

### Statement of the problem

A Quasi experimental study to assess the effectiveness of child to child approach on knowledge regarding impact of television watching among school going children in selected schools at Trichy.

### Objectives

1. To assess the current level of knowledge of the effects of viewing television on school-aged children who both participated in the experimental group and those who served as the control group.
2. To determine whether or whether the child-to-child method is effective in enhancing the knowledge of school-aged children in the experimental group regarding the influence of watching television or other forms of media.
3. The aim of this research is to ascertain the relationship between specific demographic factors and the level of understanding about the impact of television viewing on school-age children in the experimental group.

### Hypothesis

**H<sub>1</sub>:** Using a child-to-child approach, the experimental group's degree of understanding about the impact of

television watching among school-age children differed significantly from that of the control group.

**H<sub>2</sub>:** A strong correlation was found between certain demographic variables and the pre-test level of awareness regarding the influence of television watching among children who were enrolled in school and who were part of the experimental group.

### Methods and Results

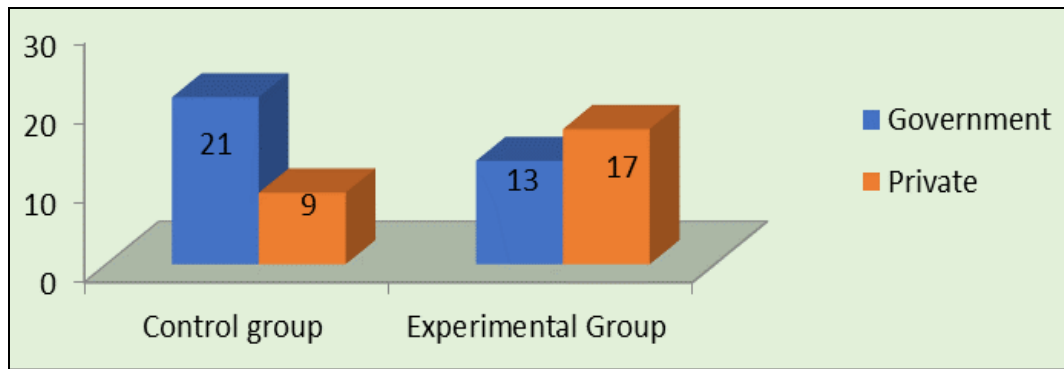
Students enrolled in the eighth grade made up the study samples. 60 eighth-grade children from Care International School and RC Matriculation School in the Trichy district were chosen as samples using a non-probability convenience sampling technique, with 30 placed in the control group and 30 in the experimental group. A self-administered survey about the effects of viewing television was one of the tools used to gather data. Both the control and experimental groups' pretest knowledge levels were evaluated with prior approval from the school principal. Students in the eighth grade received health education about the negative effects of viewing television. Here, the change agents will receive training in preparation for the launch of the child-to-child approach initiative. The change agents will take a post-test three days following training to see whether they have learnt enough. In the event that change agents are found to lack sufficient understanding for the program's start, retraining will be provided. After that, in three sessions, their peer group will teach them about the negative effects of viewing television. Every session lasts thirty minutes, with ten minutes dedicated to discussion. For every change agent, there were five students. Both the experimental and control groups' knowledge levels were evaluated before and after the tests.

### Results

All of the participants in the study were students who were in the eighth grade currently. In the Trichy district, sixty kids who were enrolled in the eighth standard at Care International School and RC matriculation school were chosen as samples through the utilisation of a non-probability convenience selection technique. Thirty of these students were assigned to the control group, and the remaining thirty were assigned to the experimental group. Self-administered questionnaires were utilised as the instruments for data collection, and they were used to obtain information about the influence of viewing television. Following receipt of prior authorisation from the principal of the school, the level of knowledge on the pretest was evaluated for both the control group and the experimental group. Students in the eighth grade received instruction on the effects of viewing television as part of their required health education. In this location, the change agents will receive training in preparation for the launch of the child-to-child approach program. The change agents will be given a post-training test three days after the training has been completed in order to determine whether or not they have learnt sufficient knowledge. Retraining will be provided in the event that change agents are found to have insufficient knowledge, and the convenience technique will be utilised for the beginning of the program. Following that, the information regarding the effects of viewing television will be communicated to their peer group in a total of three sessions. The duration of each session is thirty minutes, with

ten minutes dedicated to discussion. The number of pupils assigned to each change agent was five. It was determined if

the control group or the experimental group had a higher level of knowledge before and after the test.



**Fig 1:** Frequency and percentage distribution of samples according to occupation

**Table 1:** Level of knowledge regarding impact of television watching in experimental group and control group, (N=30)

	Control Group Knowledge			Experimental Group Knowledge		
	Adequate	Moderately adequate	Inadequate	Adequate	Moderately adequate	Inadequate
Pre test	2	6	22	4	11	15
Post test	2	6	22	20	6	4

**Table 2:** Comparison of mean scores between pre-test and post-test level of knowledge in control group and experimental group, (N=30)

Groups	Pre test		Post test		Mean difference	Paired "t" test
	Mean	SD	Mean	SD		
Control group	11.63	4.10	11.50	4.177	0.295	1.682
Experimental Group	12.87	5.47	19.23	5.475	5.213	11.284*

Table 2 This table presents a comparison of the mean scores obtained by the experimental group between the pre-test and post-test levels of knowledge. In comparison to the mean level of knowledge on the pre-test (12.87), the mean level of

knowledge on the post-test (19.23) was significantly greater. The standard deviation was 5.47, and the derived t-value (t=11.284) was significant at the p>0.05 level. This means that the hypothesis1 (H1) was validated.

**Table 3:** Comparison of mean post-test level of knowledge scores between control group and experimental group

Group	Sample	Post-test Mean	Post-test SD	Mean Difference	Independent 't' test
Control group	30	21.03	4.87	9.90	8.499**
Experimental group	30	11.13	4.11		

This table presents a comparison of the mean scores of the experimental group, which were found to be 21.033, and the standard deviation, which was found to be 4.87. At a significance threshold of p<0.05, the difference in the degree of knowledge between the experimental group and the control group is found to be statistically significant (t=8.499\*\*). In light of this, the hypothesis (H2) was verified.

According to the correlation between the pre-test levels of knowledge scores and the demographic characteristics that were chosen for the experimental group during the study. Based on the chi-square value that was computed, it can be deduced that there was no significant correlation between the selected demographic characteristics, with the exception of age, and the degree of knowledge that was present before to the test in the experimental group.

**Conclusion**

The findings of the study led to the following conclusion: education for school-aged children is of utmost significance with regard to the impact of viewing television. After the administration takes a child-centred approach, the children in the school have a better understanding of the material. Therefore, through health education, it is possible to raise

knowledge about the effects of watching television for the generation that will come after us.

**Implication of this research**

The findings of this study have several implications on nursing practice, nursing education, nursing research, and nursing administration.

**Nursing practice**

The school health nurses have a major role in assessing and providing necessary action among school children to maintain their physical health and excel in academic performance by minimizing the impact of media. Community health nurses also can educate the school children in the community regarding impact of television watching.

**Nursing education**

The present study would help nursing students to understand the advantages and importance of child to child approach which is more effective in imparting knowledge among school children. Students should be given experience to practice child to child approach by the educator institution. Curriculum should integrate this type of activity in all areas

of nursing. Nursing should emphasize more innovative methods of teaching through varied approaches of health education.

### Recommendations

- A quasi experimental study to assess the effectiveness of child to child approach on knowledge regarding impact of television can be conducted in large group in various settings.
- A true experimental study to evaluate the effectiveness of Information education and communication package on knowledge regarding impact of television watching among school going children can be conducted.

### Conflict of Interest

Not available

### Financial Support

Not available

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