

# **Child to Child Approach on knowledge and hygienic practices of school children regarding prevention of water-borne diseases (WBD)**

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## **Abstract**

### **Research Statement**

“A study on effectiveness of Child to Child Approach on knowledge and hygienic practices of school children regarding prevention of water-borne diseases (WBD) in selected schools of Haldwani block, Uttarakhand.”

## **1. Introduction**

Health is a paramount issue in every society. Children lives are more dominated by two main environments, which are home and the school. Children's health is more affected when they encounter diseases-laden environment, hence schools have high influence in their health. Schools also serve as health promoting agencies and have a strong bidirectional relationship between a child's holistic well being and education. Children are the best teachers who have the charisma to be influential change agents in reciprocating what is taught to them as health behavior. Health behavior includes hand washing, hygienic water bottle handling, using potable water etc. these behavior can be straight learned in the school. Child to Child Approach is an educational practice in which students interact with other students to attain educational objectives. It is becoming increasingly popular as a learning methodology in schools and colleges. It involves students exposed to similar circumstances from the same education programmes, but at different level. In simpler terms students involved in this type of learning are senior and junior of same school. It can be considered as a mode of learning for everyone, by everyone and about any selected topic. So, we can say for the better outcome in improving knowledge and practices of school children child to child approach plays an important role and to help in spreading awareness of the issues by using this approach in an effective way with the help of audio visual aids to make learning more fun and impressive. This will help in the betterment of our nation at present and in future.

## **2. Objectives**

1. To assess the knowledge of school children regarding prevention of waterborne diseases.
2. To identify the hygienic practices of school children regarding prevention of waterborne diseases.

3. To introduce the child to child approach programme among school children.
4. To evaluate the effectiveness of Child to Child Approach on knowledge of water-borne diseases, in school children.
5. To evaluate the effectiveness of Child to Child Approach on practices of school children regarding prevention of water borne diseases.

### **3. Methods and materials**

In the present research study researcher adopted quantitative approach and pre experimental one group pre-test post-test design. The total sample size of the study were 55 school students in selected school of Haldwani. Purposive sampling technique and Total enumerative sampling technique was used for the study to select the samples. Socio-demographic data, Structured knowledge questionnaire, Observation practice checklist and Self-reported practice checklist was used as tools to collect data. Pretesting, Reliability testing and validation of tools was done before administration of tools. Pilot study was conducted before commencing with the main study and it was found that the methodology was feasible.

Data collection was done in phases. Phase 1: The total 15 students of Class VI were have been identified and selected by using Purposive sampling technique criteria. The total 15 students were selected for the pre-test before the main Child to Child Approach awareness program. Than 15 students who were selected were chosen on the basis of academic performance and they were administered structured knowledge questionnaire to derive the Pre-test knowledge score and from the Pre-test knowledge score of the 15 students six students were identified and Pre-test knowledge score of the students were identified in table number 6. These six students of class VI were selected as change agents. Training was provided by the researcher regarding Prevention of water borne diseases by using activities self prepared by researcher i.e. Games (Puppet show and Quiz), Picture book, Demonstration on hand washing, Poem recitation on cholera, Story telling on Viral hepatitis and at last Discussion. The activities were prepared for 2 days session for total 2 hours. Each activity was of 15 minutes. Post-test was done after 7 days of training provided and the difference was seen if it is not appropriate. The re-training has to be provided to the six change agents and conduct the post-test. Phase 2: The total 49 students of Class V were selected by the Total enumerative sampling technique. Pre-test was conducted. The Child to Child Approach was done by six senior student of class VI who were selected as change agents to junior students of class V.

### **4. Result**

The following were the major findings of the study:

#### **Section I: Findings related to Socio-demographic data of Class V and Class VI students.**

The significant major findings of the study revealed that Out of 55 samples Majority of students 26(47%) were in age group of 11 years, 19(34%) students were in age of 10 years and 10(18%) student were in age of 12 years. Majority 49(89%) students of class V and 6(11%) of class VI students as change agents were included in the study. Maximum 40(73%) mothers completed

graduation and 15(27%) had intermediate education. Majority 44(80%) fathers completed graduation and 11(20%) had intermediate education. Maximum mothers were housewife 44(80%), 9(16%) had self private job and 2(4%) were doing government job. Majority of father's had government job 21(38%), 18(33%) had private job and 16(29%) were self employed.

### **Findings related to knowledge of water borne diseases**

The comparison mean pre-test post-test scores and the mean difference, the P value shows that the awareness program is effective

### **Findings related to Practices of water borne diseases**

The mean, SD and mean difference in pre-test post-test show that P value is less than 0.0001 which indicates that the awareness program is significantly effective.

### **Section VII: Effectiveness of the training program**

The students of class VI after attending the training program scored good in post- test and the 6 Change agents who scored high were selected as change agents to conduct the Child to Child Approach and teach to their junior class V about water borne diseases to increase their knowledge. The effectiveness of the Child to Child Approach was seen in the pre-test post-test scores gained by the school students of class V and class VI both.

## **5. Conclusion**

The study concluded that the Child to Child Approach was effective because the knowledge of school students is significantly high after administering the teaching programme.

**Key words:** Effectiveness, Child to Child Approach, Knowledge, Hygienic practices, School children, Water borne diseases (WBD).

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**Ankita Masih**

### **Authors' Biography**

Ms. Ankita masih who is the primary author as a M.Sc nursing student she was able to do this project by the guidance of many people. Now at present she is working as a nursing tutor at MIET Kumaon College of Nursing, Haldwani.

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Ms. Ankita Maurya who is the 2<sup>nd</sup> guide in this project as a lecturer. Now she is working as a government nursing officer at Tehri, Uttarakhand.

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