

## Effectiveness of Puppet Show on Knowledge Regarding Ill Effects of Junk Food Among the Secondary School Students

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### Keywords:

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### Abstract

'Eat healthy and live healthy' is one of the basic Principal of life. But Unfortunately children have accepted a system of having Junk food, which leads to ill health and nutritional deficiencies. Children are the future of nation. The foremost and the most critical step is creating awareness among the children for strong and healthy nation and maximum population we found in school. To create health awernes among the school children we need interesting, attractive and effective audio and video teaching method. There are different ways of implementing such programs and one of the method is PUPPET show. Methodology: A quantitative research approach was adopted and data was collected by one group pre-test post-test method from 100 school children and 20 teachers by interviewing with questionnaire to assess pre and post knowledge score of children after puppet show, also pre and post score of teachers to assess their perception about puppet show method for creating awareness and improving knowledge of children. Result: Statistical analysis shows that the overall peretest mean score was 6.84 out of maximum score of 20 and 13.62 in post-test which is statistically significant (t test value : 1.88 ). pre-test mean score of teachers' perception about adopting puppet show method of teaching is 1.35 and post-test mean score 4.55 which more than pre-test.

### 1. Introduction

'Eat healthy and live healthy' is one of the basic principal of life. But unfortunately children have accepted a system of having Junk food, which leads to ill health and nutritional deficiencies. Frequent consumption of junk food increases the intake of excess fat, carbohydrates which may lead to a higher risk of obesity and cardiovascular diseases, also it leads to micronutrient deficiency which can be one of the cause of slow intellectual and physical development. .Children are the future of nation. The foremost and the most critical step is creating awareness among the children for strong and healthy nation and maximum population we found in school. To create health awernes among the school children we need interesting ,attractive and effective audio and video teaching method. There are different ways of implementing such programs and one of the method is PUPPET show.

- As per WHO fact sheet on healthy diet, intake of healthy diet helps to prevent malnutrition as well as noncommunicable diseases however increased production of processed food. Changing lifestyle and urbanisation led to shift dietary pattern. Community is now consuming more food, oil, energy, fat, free, sugar and salt or sodium .many people do not eat enough fruit vegetables and dietary fibber like whole grains<sup>1</sup> .According to the article published in Indian Express in year 2017 “Most of the Indian have moved away from healthy diet and started preferring Fast food and processed food ,same way children are also following the same pattern of food consumption <sup>2</sup>. Study shows The average intake of fruits and vegetables among the students is abysmally low at 2.94 servings per day<sup>3</sup>.

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Studies show that puppet show participants has more positive attitudes and more accurate factual knowledge of individuals with disabilities compared to the control group participants who didn't experience the puppet show.<sup>4</sup> Hence the study aims to assess the knowledge regarding ill effects of junk food among the secondary school students before and after puppet show and to assess Teacher's perception about Puppet show, as a method of teaching to school children

## Objectives:

- To assess the knowledge regarding ill effects of junk food among the secondary school students.
- To assess knowledge regarding ill effects of junk foods before and after puppet show among the secondary school students

- To assess Teacher's perception about Puppet show, as a method of teaching to school children

## 2. Methodology

The Research Approach adopted was Quantitative and the Research Design: one group pre-test, post-test design. The Samples were 100 Secondary School Children studying in 5<sup>th</sup> and 6<sup>th</sup> standard and 20 Secondary School teachers with minimum two years of teaching experience selected through Convenient sampling method from a Secondary school of Navi Mumbai. The data collection instruments were Semi structured questionnaire to asses the knowledge regarding ill effects of junk food among the secondary school students, Checklist to assess teachers' perception about puppet show method

## 3. Results:

**Table1:** Distribution of Demographic Variables of Children

Variables	<i>f</i>	%
<b>Gender</b>		
Male	68	68%
Female	32	32%
<b>Type of family</b>		
Nuclear	63	63%
Joint	37	37%
<b>Family income</b>		
2,000 -25,000	55	55%
25,000 – 40,000	15	15%
40,000 -1,00,000	30	30%
<b>Occupation of father</b>		
Unemployed	0	44%
Self employed	32	12%
Service	68	37%
<b>Occupation of mother</b>		

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Unemployed	45	45%
Self employed	25	25%
Service	30	30%
Previous knowledge on ill effects of junk food	30	30%
<b>Source of information</b>		
Mass Media, Friends And Family	50	50%
Health Care Professionals	10	10%
Friends And Family	20	20%
Other	20	20%

**Table -2** Knowledge regarding ill effects of junk foods before and after puppet show among the secondary school students

S.No	Items	Pretest Score %	Posttest Score %
1.	Which among the following is the junk food?	30	90
2.	Neurological problem caused by junk food among children is	56	75
3.	Higher affinity to junk food can increase risk for	24	49
4.	The effect of excessive consumption of sodium in junk food can lead to	72	97
5.	Which among the following can cause stomach ulcer?	15	62
6.	The effect of junk food on digestive system is	34	87
7.	What is the effect of junk food filled with sodium?	67	100
8.	What are the long term effect of unhealthy eating?	40	75
9.	The possible health issues that can arise from eating too much junk food is	2	73
10.	The artificial colouring of junk food may increase risk for	1	87
11.	The fast foods are mostly preferred due to	45	97
12.	The simple ways to prevent unhealthy food	8	48
13.	A Food component used in junk food namely Sodium Glutamate can cause	8	59

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**Table 3:** Perception of teachers regarding puppet show method for creating health awernes among the school students

Sr. No	Items	Pertest score of correct response		Post test score of correct response	
		f	%	f	%
1.	I think use of puppet show is suitable method of communication in classroom	5	25	20	100
2.	Puppet show activities assist children to learn easily and joyfully in the classroom.	12	60	20	100
3.	Puppet show activities assist to get more attention of children towards learning new things	3	15	20	100
4.	I find puppet show is useful media for health education	1	5	20	100
5.	Overall, I prefer puppet show activities for improving health promotion knowledge among children.	8	40	20	100

**Table –4 .** Knowledge level regarding ill effects of junk foods before and after puppet show among the secondary school students Pre-Test Mean  $6.84 \pm 1.41$  , Post-test Mean  $13.62 \pm 1.99$

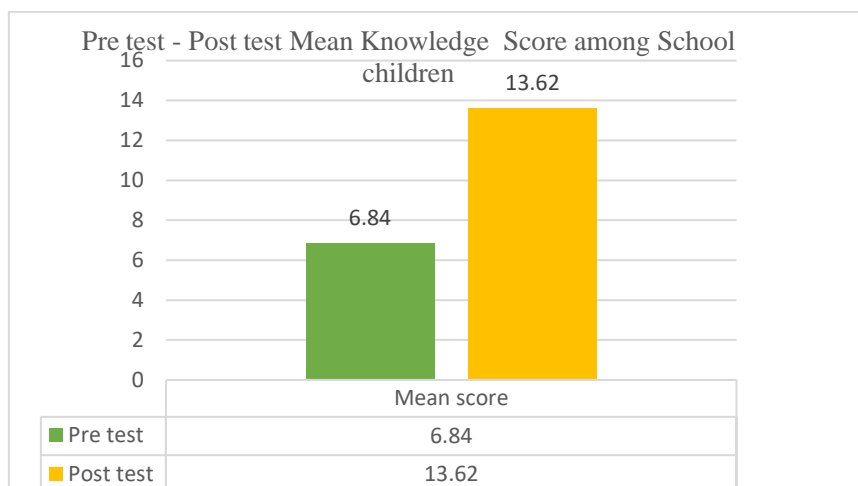
Pre test Score out of 20		Post test Score out of 20	
Knowledge Level	%	Knowledge Level	%
Poor (Mean < 5.43)	33	Poor(< 11.63)	6
Average (Mean 8.25 to 5.43)	50	Average (15.61 – 11.63)	63
Good (Mean >8.25 )	17	Good(>15.61)	31

**Table 5:** Perception of teachers regarding puppet show method for creating health awernes among the school students Pre-test Mean score:  $1.35 \pm 0.93$  Post-test mean score:  $4.55 \pm 0.75$ .

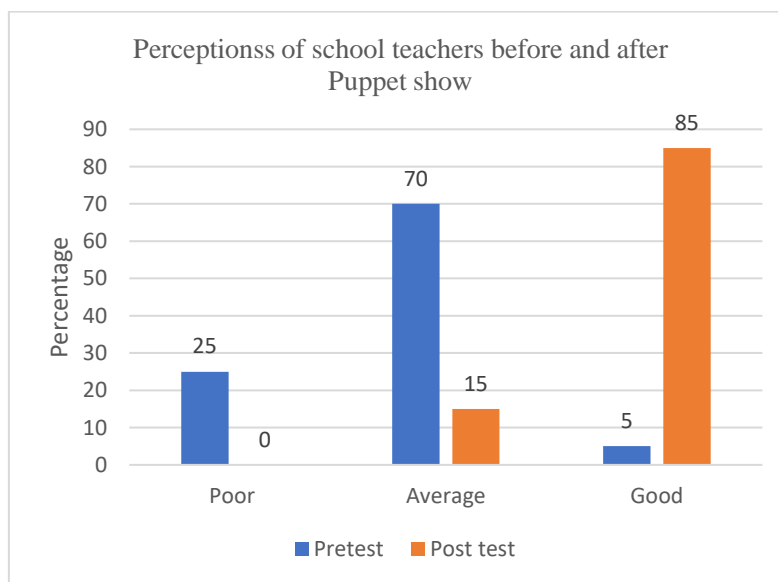
Pre -test Score out of 5		Post test Score out of 5	
Perception Level	%	Perception Level	%
Poor (Mean < 0.45)	25	Poor(Mean < 3.8)	0
Average (Mean 2.25 – 0.45)	70	Average (Mean 5- 3.8)	15
Good ( >2.25)	5	Good (Mean >5)	85

**Table – 13.** Significance of the difference between mean on knowledge score of the samples.

Test	Mean score	SD	df	t	Significance
Pre test	6.84	1.41	99	1.88	Significant at 0.01 level
Post test	13.62	1.99			



**Figure 1:** pre-test mean score of knowledge regarding ill effects of junk foods before and after puppet show



**Figure 2:** Teachers’ perception about puppet shows as a method of teaching

#### 4. Discussion

In the study majority of sample 68% were males and only 32% were females, majority of the educational status of father having high school education is 71%, Majority educational status of mother having high

school education was 61%, Majority occupation of father is service was 68% Majority occupation of mother 45% were unemployed, Majority families of subject having family income from Rs. 2,000 - Rs. 25,000 was 55%, Majority type of family 63% is nuclear, 30% of children knew about which food

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comes in junk food in the pre-test and in the post-test 90% knew about it. Whereas in pre-test 2 % and 87% in post-test the children knew that junk food is predisposing factor for heart disease ,30% of children knew about which food comes in junk food in the pre-test and in the post-test 90% knew about it. The overall pretest mean score was 6.84 out of maximum score of 20 and 13.62 in post-test which was statistically significant (T test value : 1.88 ) Pre-test mean score of teachers' acceptance about puppet show method regarding ill effects of junk food was 1.35 and 4.55 was the post-test mean score.

A Similar study explored the effectiveness of a children's puppet show in disseminating safety information to children between the ages of six and eight suggested that puppet shows may be an effective means of reinforcing existing knowledge and communicating new information.<sup>5</sup>

At the end of another study involving puppet shows, students were positively and emphatically were inclined towards the stories of the puppet show, they were able to understand the dangerous scenario of child sexual abuse. Puppet theatre will not only be known for future researchers as a pedagogical tool to learn the language or speaking, but also as an effective communication platform on bringing awareness to children regarding taboo subjects.<sup>6</sup>

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