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An Evaluation of the Impact of Video-assisted Teaching on School Children's Knowledge of Safe and Unsafe Touch in Selected Schools of Bangalore

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Abstract

The aim of the research was to educate school-aged children about the concepts of good touch and bad touch, enabling them to protect themselves in potentially harmful situations. A quantitative research method was employed using a pre-experimental, one-group pre-test post-test design. This approach was used to evaluate the effectiveness of a video-assisted teaching program on this subject. The study included 70 school children from selected schools in Bangalore, chosen through non-probability convenience sampling based on specific inclusion criteria. A structured questionnaire was utilized to assess the children's knowledge both before and after the intervention. Data analysis was carried out using descriptive statistics, the Chi-square test, and the paired t-test. The findings revealed that the mean knowledge score before the intervention was 6.22±1.56, which significantly increased to 12.62±1.73 after the program. The mean score difference was 4.90, and the paired t-test value of 29.109 indicated a statistically significant improvement in knowledge at the $p<0.001$ level. These results suggest that the video-assisted teaching method was highly effective in enhancing children's understanding of safe and unsafe touch. The study concluded that such educational interventions significantly boost awareness and knowledge among children, as evidenced by the notable rise in post-test scores.

Keywords: Effectiveness, Good touch and bad touch, Video, Teaching program, School children

INTRODUCTION

In today's world, reports of molestation frequently surface in newspapers and across various media platforms. Almost every day, we come across distressing news about young children being subjected to abuse—often by someone they know and trust, or sometimes by strangers. A major concern is that many children fail to recognize that they have been violated, simply because they lack awareness about the difference between appropriate and inappropriate touch [1].

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Touch is an essential part of human connection. It's a natural form of communication and emotional expression. From the moment a baby is in the womb, touch is the first sense that develops, and it continues to be a fundamental experience throughout a person's life—from infancy through adulthood and into old age. Parents, siblings, relatives, friends, and especially teachers all have vital roles in shaping a child's development and sense of security.

A "safe touch" is one that conveys care, ensures safety or health, and makes the child feel loved and comfortable. In contrast, an "unsafe touch" includes

any form of contact that is secretive, involves private body parts, or causes the child to feel scared, uneasy, or threatened [2].

OBJECTIVES

Primary Objective

To evaluate the impact of a video-assisted teaching program on enhancing school children's understanding of safe and unsafe touch.

Secondary Objective

To examine the relationship between children's knowledge of safe and unsafe touch and their selected demographic characteristics.

METHODOLOGY

Research Approach

The study employed a quantitative research approach.

Research Design

A pre-experimental design featuring a single group with pre-test and post-test assessments was utilized for this study.

Settings

The study was carried out among school children at a selected school in Bangalore.

Sample

The students were selected from Swamy Vivekananda rural educational society, Chandapura circle Bangalore.

Sample Size

The present study, sample size was 70 students were selected from Swamy Vivekananda rural educational society, Chandapura.

Tool

In this present study, the instrument used by the researcher to collect the data was a structured knowledge questionnaire.

Methods of Data Collection

Data was collected in the following steps [3]:

- The ethical clearance was obtained from Institutional ethics committee.
- The formal permission was obtained from authorities of selected school at Anekal taluk, Bangalore
- The study samples were selected by using non-probability convenient sampling technique based on inclusion criteria.
- Written informed consent was taken from the subjects.
- The investigator was collected the data from 70 school students by administering the structured questionnaires, each student was given 45-50 minutes to complete pre-test.
- On the same day followed by pre-test video assisted teaching was provided to the students by using appropriate audio and visual aids.
- The same structured questionnaires were administered on 8th day for collecting the post test data.

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- The same structured questionnaires were administered on 8th day for collecting the post test data.

Data Collection Forms

Section A: Socio demographic data: Age, Educational status, Gender, type of family, number of siblings,area of residence, History of parents substance abuse, Mode of transportation, Parents educational status.

Section B: Structured knowledge questionnaires

Scoring Procedures

- *Good Knowledge:* The score falls between 11 to 16.
- *Average knowledge:* The score falls between 6 to 10.
- *Below Average knowledge:* The score falls between 0 to 5.

RESULTS

The Table 1 Shows that most of the school children, 56 (77.8%) were aged 13 years, 36 (50%) were boy and girl each, 72 (100%) were studying in 6th standard , 38 (52.8%) were travelling to school by school bus, 58 (80.6%) had 1 sibling in the family, 62 (86.1%) belonged to nuclear family, 50 (69.4%) were residing in urban area and 42 (58.3%) had no history of substance use in the family.

Table 1. Pretest among the different Demographic Variables

Demographic Variables	Frequency	Percentage
Age in years		
12	14	19.4
13	56	77.8
14	2	2.8
Gender		
Boy	36	50.0
Girl	36	50.0
Educational status		
6^{th}std	72	100.0
7^{th}std	-	-
8^{th}std	-	-
Mode of transportation to school		
School bus	38	52.8
Private bus	12	16.7
Other mode of transportation like walking, by auto or van etc.,	22	30.5
Number of siblings in the family		
1	58	80.6
2	10	13.8
More than 2	4	5.6
Type of family		

Nuclear family	62	86.1
Joint family	6	8.3
Extended family	4	5.6
Area of residence		
Rural area	10	13.9
Urban area	50	69.4
Semi-urban area	12	16.7
Is their any history of substance use in the family		
Yes	30	41.7
No	42	58.3
Father's educational status		
Illiterate	2	2.8
Primary school	30	41.6
Secondary school	28	38.9
Graduated and above	12	16.7
Mother's educational status		
Illiterate	6	8.3
Primary school	22	30.6
Secondary school	34	47.2
Graduated and above	10	13.9

The above Table 1 also shows that in the pretest among school children, 5 (90.28%) had inadequate knowledge and 7 (9.72%) had moderate knowledge and in the post test, 37 (51.39%) had adequate knowledge and 35 (48.16%) had moderate knowledge regarding safe and unsafe touch among school children. The data indicates that the average pre-test knowledge score about safe and unsafe touch among school children was 6.22±1.56, while the post-test mean score increased to 12.62±1.73. This reflects a mean improvement of 4.90 points. The computed paired t-test value of $t = 29.109$ demonstrated a statistically significant enhancement in knowledge levels, with significance established at the $p<0.001$ level. These results clearly suggest that the video-assisted teaching program was effective in increasing the children's awareness and understanding of safe and unsafe touch.

Additionally, the analysis of demographic variables showed no statistically significant relationship between these variables and the pre-test knowledge levels at the $p<0.05$ level. However, further examination revealed that two demographic factors—father's educational background ($\chi^2 = 11.905$, $p = 0.008$) and the type of family ($\chi^2 = 6.982$, $p = 0.030$)—were significantly associated with the children's knowledge levels, at the $p<0.01$ and $p<0.05$ levels respectively. The remaining demographic variables did not exhibit any statistically significant association with the children's understanding of safe and unsafe touch [4].

FINDINGS OF THE STUDY

Findings Related To Demographic Information

Percentage distribution of samples according to their age: Findings shows that among selected samples of school children 17.14% of them belong to 12 years of age ,80% of them belongs to 13 years of age and 2.85% 0f them belongs to 14 years of age.

Percentage distributions of samples according to their sex: Findings shows that among selected school children 48.57% of them were Boys,51.42% of them were Girls.

Percentage distribution of samples according to their education: Findings shows that among selected school children 100% of them belongs to class seven.

Percentage distribution of samples according to mode of transportation to school: Findings shows that among selected school children 51.42% goes to school by school bus,14.28% of them goes to school by private bus and 34.28% of them goes to school by using other mode of transportation [5].

Distribution of Participants Based on Number of Siblings: The findings indicate that the majority of the students (82.85%) had one sibling. Additionally, 11.43% reported having two siblings, while 5.71% had more than two.

Distribution Based on Type of Family: Among the participating school children, 85.17% belonged to nuclear families, 8.57% were from joint families, and 5.71% came from extended family structures.

Distribution According to Area of Residence: Regarding their place of residence, 68.27% of the children lived in urban areas, 17.14% in semi-urban areas, and 14.28% resided in rural regions.

Distribution Based on Parental History of Substance Use: The data revealed that 42.85% of the students had parents with a history of substance use, whereas 57.14% reported no such history among their parents.

Distribution According to Father's Educational Background: Among the students, 2.85% reported that their fathers were illiterate, 42.85% had fathers who had completed primary education, 40% had fathers who had completed secondary education, and 14.20% had fathers who were graduates. Percentage distribution of samples according to Mother's educational status: Findings shows that among selected school children 8.57% of their mother's were illiterate, 31.4% of their mother's were studied primary school,45.71% of their mother's were studied secondary school and 14.28% of their mother's were graduated.

Findings Related To The Effectiveness of Video Assisted Teaching

The pre-test mean score for knowledge about safe and unsafe touch among school children was 6.22±1.56, while the post-test mean score increased to 12.62±1.73. The mean difference between the scores was 4.90. The paired t-test result ($t = 29.109$) revealed a statistically significant improvement in the children's knowledge, with a significance level of $p<0.001$. These findings clearly indicate that the video-assisted teaching program was effective in enhancing the children's understanding of safe and unsafe touch, as reflected in the post-test results.

Findings Related To Association Between the Knowledge Scores and Their Selected Demogrqphic Variables

The results of the study indicate that there was no statistically significant relationship between the demographic variables and the pre-test knowledge levels regarding safe and unsafe touch among school children at the $p<0.05$ level. However, the study found that two demographic factors—father's educational background ($\chi^2 = 11.905$, $p = 0.008$) and family type ($\chi^2 = 6.982$, $p = 0.030$)—were significantly associated with the children's knowledge of safe and unsafe touch, with significance levels of $p<0.01$ and $p<0.05$, respectively. Other demographic variables did not show a statistically significant correlation with the knowledge levels at the $p<0.05$ level.

DISCUSSION

Section 1: Demographic Variables

1. *Percentage distribution of samples according to their age:* Findings shows that among selected samples of school children 17.14% of them belong to 12 years of age, 80% of them belongs to 13 years of age and 2.85% of them belongs to 14 years of age.
2. *Percentage distributions of samples according to their sex:* Findings shows that among selected school children 48.57% of them were Boys, 51.42% of them were Girls.

3. *Percentage distribution of samples according to their education:* Findings shows that among selected school children 100% of them belongs to class seven.
4. *Percentage distribution of samples according to mode of transportation to school:* Findings shows that among selected school children 51.42% goes to school-by-school bus, 14.28% of them goes to school by private *bus and 34.28% of them goes to school by using other mode of transportation.*

Distribution of Participants by Number of Siblings: The results show that among the selected school children, 82.85% have one sibling, 11.43% have two siblings, and 5.71% have more than two siblings.

Distribution by Type of Family: According to the findings, 85.17% of the school children come from nuclear families, 8.57% belong to joint families, and 5.71% are part of extended families.

Distribution by Area of Residence: The data reveals that 68.27% of the children reside in urban areas, 17.14% live in semi-urban areas, and 14.28% are from rural areas.

Distribution Based on Parental History of Substance Use: Among the selected children, 42.85% have parents with a history of substance use, while 57.14% report that their parents do not have such a history.

Distribution According to Father's Educational Level: The findings indicate that 2.85% of the children's fathers are illiterate, 42.85% have completed primary education, 40% have secondary education, and 14.20% are graduates.

Distribution According to Mother's Educational Level: Among the selected children, 8.57% of mothers are illiterate, 31.42% have completed primary school, 45.71% have completed secondary school, and 14.28% are graduates.

Section 2: Assessment of Knowledge

Percentage of pretest and post test knowledge regarding safe and unsafe touch among school children: Findings shows that in the pretest among school children, 5 (90.28%) had inadequate knowledge and 7(9.72%) had moderate knowledge and in the post test, 37 (51.39%) had adequate knowledge and 35(48.16%) had moderate knowledge regarding safe and unsafe touch among school children [6].

Section 3: Evaluating the Effectiveness of Video Assisted Teaching Problem

The percentage of post-test knowledge related to safe and unsafe touch among school children indicates a significant improvement. The pre-test mean knowledge score was 6.22±1.56, which increased to 12.62±1.73 after the intervention. This reflects a mean difference of 4.90. The paired t-test value calculated was $t = 29.109$, demonstrating a statistically significant gain in knowledge, with significance established at the $p<0.001$ level. These results strongly suggest that the video-assisted teaching intervention was effective in enhancing children's understanding of safe and unsafe touch [7].

Section 4: Association Between Demographic Variables and Knowledge

The study results shown that the demographic variables were not found to have statistically significant association with pretest level of knowledge regarding safe and unsafe touch among school children at $p<0.05$.

Along, the study results shown that the demographic variable father's educational status ($\chi^2=11.905$, $p=0.008$) and type of family ($\chi^2=6.982$, $p=0.030$) had statistically significant association with level of knowledge regarding safe and unsafe touch among school children at $p<0.01$ and $p<0.05$ level respectively and the other demographic variables did not show statistically significant association with level of knowledge regarding safe and unsafe touch among school children at $p<0.05$ [8].

Section 5: Discussion Related To Hypothesis

The first objective of the study was to assess the effectiveness of video assisted teaching program on knowledge regarding safe and unsafe touch among school children.

Percentage of post test knowledge regarding safe and unsafe touch among school children: The study depicts that the pretest mean score of knowledge regarding safe and unsafe touch among school children was 6.22±1.56 and the post test mean score of knowledge was 12.62±1.73. The mean difference score was 4.90. The calculated paired 't' test value of t=29.109 had shown statistically significant improvement in the level of knowledge which was found to be statistically significant at $p<0.001$ level. The findings clearly indicate that the video-assisted teaching program was effective in enhancing school children's knowledge about safe and unsafe touch, as reflected in the improved post-test scores. The study's second objective aimed to explore the relationship between selected demographic variables and the knowledge levels of students on this subject. Results revealed that most demographic factors did not have a statistically significant association with pre-test knowledge scores at the $p<0.05$ level. However, further analysis showed that two demographic variables—father's educational level (χ^2 = 11.905, p = 0.008) and family type (χ^2 = 6.982, p = 0.030)—were significantly associated with knowledge levels, at the $p<0.01$ and $p<0.05$ levels respectively. Other demographic variables showed no significant correlation with knowledge regarding safe and unsafe touch among the participants [9,10].

CONCLUSION

A descriptive research study was carried out to assess the level of knowledge about safe and unsafe touch among school children in selected schools in Bangalore. The study followed a pre-experimental design involving a single group, with both pre-test and post-test evaluations. A total of 70 participants were included in the sample, chosen through a non-probability convenience sampling method. The aim of the study was to determine the knowledge of school children regarding safe and unsafe touch and improving the knowledge of school children through video assisted teaching program. The data was collected and analyzed using descriptive and inferential statistics.

Implications of the Study

- Proper explanation and guidance needed to be given to the school children regarding safe and unsafe touch.
- Encourage the nursing students to spread the awareness regarding safe and unsafe touches among school children.

Implication for Nursing Education

- This study improves the knowledge of school children regarding safe and unsafe touch
- This study helps school students to apply the knowledge into practice

Implication for Nursing Research

- The findings of the study severe as a basis for the nursing professionals and the students to conduct further studies in different aspects of safe and unsafe touches in different settings.

Implication For Nursing Administration

- Nursing students should be taught about the safe and unsafe touches and their associated complications to protect the children from abuse.

Recommendation for further research:

- A similar study can be replicated on a large sample to generalize the findings.
- A study can be done to assess the knowledge and attitude of the school children regarding safe and unsafe.
- A similar study can be conducted in adolescent's people.
- A similar study can be conducted on various demographics.
- A study can be done to assess the knowledge regarding safe and unsafe touch among children of rural area and its implications lifestyle.

Conflict of interest

None

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