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Sonam Kumari
B.Sc. Nursing 4th year
Students, Narayan Nursing
College, Jamuhar, Rohtas,
Bihar, India

Shivani Kumari
B.Sc. Nursing 4th year
Students, Narayan Nursing
College, Jamuhar, Rohtas,
Bihar, India

Raushan Kumar
B.Sc. Nursing 4th year
Students, Narayan Nursing
College, Jamuhar, Rohtas,
Bihar, India

Shiv Prakash Mourya
B.Sc. Nursing 4th year
Students, Narayan Nursing
College, Jamuhar, Rohtas,
Bihar, India

Nitish Kumar
B.Sc. Nursing 4th year
Students, Narayan Nursing
College, Jamuhar, Rohtas,
Bihar, India

Khundrakpam Sarita Devi
Assistant Professor, Narayan
Nursing College, Jamuhar,
Rohtas, Bihar, India

Corresponding Author:
Khundrakpam Sarita Devi
Assistant Professor, Narayan
Nursing College, Jamuhar,
Rohtas, Bihar, India

A study to assess the effectiveness of structured teaching programme (STP) regarding the benefits of yoga among school going children between age group 11 to 15 years old in selected rural school Sasaram, Bihar

Sonam Kumari, Shivani Kumari, Raushan Kumar, Shiv Prakash Mourya, Nitish Kumar and Khundrakpam Sarita Devi

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Abstract

Introduction: Yoga is basically a spiritual practice that aims to achieve harmony between the mind and body through a very subtle science. Yoga is an effective means of enhancing both mental and physical health and wellbeing. Over 5,000 years ago, the Indus Sarasvati civilization in northern India created the foundations of yoga. The Rig Veda, one of the oldest sacred texts, is where the word “yoga” first appeared. Yoga should be incorporated into daily activities in schools, workplaces, civil Society organizations, and communities in order to support each nation’s mission to meet the Sustainable Development Goal (SDG) target of 15% relative reduction in physical inactivity by 2030.

Methodology: The objectives of the study.

1. To Assess the Knowledge of Children 11-15 years regarding the Benefits of Yoga among school going children.
2. To Evaluate Effectiveness of Structured Teaching Program (STP) On Knowledge regarding the Benefits of yoga among school Going children Between Age group 11-15 years.
3. To Compare the Pre-test and Post-test knowledge regarding the Benefits of yoga Among school going children between age group 11-15 year.

The current research design pre-experimental one group pre-test and post-test research design, at the High School Jamuhar, Rohtas. The total sample size was consisting of 50 sample were selected by using of non-Probability sampling. The total Sample size was consisting of 50 sample was collected purposive sampling technique. The data was collected, analysed and interpreted based on descriptive and inferential statistics and test to determine the significant association between the pre-test knowledge score and selected demographics profiles of study participant.

Result: The current study of revealed that in the pre-test out of 50 students, 20 (40%) students had possessed inadequate knowledge and 30 (60%) had moderately adequate knowledge. In the post-test 15 (30%) Had moderately adequate knowledge, 02 (04%) had inadequate knowledge and 33 (66%) had adequate knowledge. That ‘t’ value 23.90 was compared with tabulated table Value at the level of $p < 0.05$ was significant. Thus it was concluded that teaching programme was statistically effective.

Discussion and Conclusion: The study results show that the structured teaching program facilitate them to improve knowledge regarding benefits of yoga among school going children.

Keywords: Assessment, effectiveness, yoga, school going children

Introduction

Yoga is a lifestyle. It is primarily focused on preserving composure at all costs. The Yoga concept holds that one can revert to that primordial state, when the mind is purified and thinking processes are under control. The individual self-existed only as a component of the divine. The word yoga means “union” in Sanskrit. The ultimate goal of a yogi is to use certain mental and physical practices to help them achieve this “union” with the eternal Self. Yoga is regarded as an intervention in the complementary and alternative medical system. Yoga is a type of mind-body healing that date back thousands of years. Yoga’s physical postures and breathing techniques enhance blood circulation, oxygen Absorption, muscle strength, flexibility, and hormone functions.

Yoga is an effective means of enhancing both mental and physical health and wellbeing.

Yoga should be incorporated into daily activities in schools, workplaces, civil society organizations, and communities in order to support each nation's mission to meet the Sustainable Development Goal (SDG) target of 15% relative reduction in physical inactivity by 2030. Health care professionals should, when appropriate, Advise patients to practice yoga in order to enhance overall health, manage illnesses, including non-communicable diseases (NCDs), and hasten the healing process following illnesses and injuries.

All children, but especially those with special needs, can benefit greatly from yoga. They can improve their body awareness, flexibility, strength, and coordination on a physical level. Asanas, or physical exercises, can improve a patient's strength, flexibility, and coordination. Breathing exercises and meditation, on the other hand, can quiet the mind, improve awareness, reduce anxiety, and enhance quality of life.

Objectives of the study

- To Assess the Knowledge of Children 11-15 years regarding the Benefits of Yoga among school going children.
- To Evaluate Effectiveness of Structured Teaching Program (STP) On Knowledge regarding the Benefits of yoga among school Going children Between Age group 11-15 years.
- To Compare the Pre-test and Post-test knowledge regarding the Benefits of yoga among school going children between age group 11-15 year.

Methodology

Research design and setting

The current study constituted a pre-experimental one group pre-test and post-test research design to evaluate the Effectiveness of Structured Teaching Programme (STP) regarding The benefits of Yoga among school going children between age group 11-15 years old In selected Rural school Sasaram, Bihar.

Sample and Technique

The sample for the present study was comprised of the school going children age between 11-15 year who met the inclusion criteria at government +2 High school at Jamuhar, Sasaram, Bihar. In this study, non-Probability sampling was

used to select the samples, and areas were selected by a purposive sampling technique.

Participants of study

School going children age group of 11 to 15 year. Study includes both boys and girls. Those who are available at the time of data collection. Who were not willing to participate in the study? The students who do not have involvement in the study.

Description of tool

Part A: Demographic profile- The tool Consists of 09 items that deal with the analysis of demographic variables data of the study sample like- Age, Gender, Educational status of children, Education status of father, Educational Status of mother, Father's occupation, Mother's Occupation, Family income per month, Type of family.

Part B: Structures Questionnaire- there is a total 25 items of section and each Section Consist of 5 items dealing with the analysis of date related to the self-structured Questionnaire to assess the knowledge of school going children regarding the benefits of yoga.

Every question contained four possible answers, only one of which was correct. A correct response yielded one mark, whereas an incorrect response resulted in no points.

Ethical consideration

Ethical approval for the current study will be taken from the Narayan Nursing College, GNSU ethical committee. The process of data collection will be explained to the school going children regarding the benefits of yoga. Participants were informed of the study's goal and protocol, which guaranteed their voluntary participation, anonymity, and confidentiality of their data.

Plan for Data Analysis

The methodical arrangement and integration of research data, along with the utilization of the gathered data to test research hypotheses, constitute data analysis. Summarizing empirical data is a valuable application of descriptive statistics. Based on the principles of probability, inferential statistics offers a way to make inferences about the population.

Table 1: Showing socio-demographic variables (n = 50)

Characteristics	Category	Frequency	Percentage %
Age Group	11-12 year		
	13-14 year	33	66
	Above 14	17	34
Gender	Male	21	42
	Female	29	58
Educational status of children	Class 9th	47	94
	Class 10 th	03	06
Mother's Education	No formal education	07	14
	Primary	21	42
	Matriculation	16	32
	Intermediate/Graduation	06	12
Mother's Occupation	Housewife	32	64
	Daily labourer	03	06
	Private Job	10	20
	Government Job	05	10
Father's Education	No formal education	05	10
	Primary	18	36

	Matriculation	17	34
	Intermediate/Graduation	10	20
Father's Occupation	Unemployment	07	14
	Private Job	17	34
	Daily labourer	21	42
	Government Job	05	10
Type of Family	Nuclear family	26	52
	Joint family	24	48
Family Income	Less than 10000₹	30	60
	More than 10000₹	15	30
	More than 20000₹	02	04
	Above 30000₹	03	06

Table 2: Showing the result of Pre-test knowledge score data

Pre -Test	Frequency	Percentage (%)	Valid Percent (%)	Cumulative Percent (%)
Inadequate	20	40.0	40.0	40.0
Moderate	30	60.0	60.0	100.0
Total	50	100.0	100.0	

This table shows that the Pre-test scores is Inadequate (40%), Moderate (60%) knowledge Score.'

Table 3: Shows the result of post-test data

Post-Test	Frequency	Percentage (%)	Valid Percent (%)	Cumulative Percent (%)
Adequate	15	30.0	30.0	30.0
Inadequate	02	04.0	04.0	34.0
Moderate	33	66.0	100.0	100.0
	50	100.0	100.0	

This table shows that the Post-test score is adequate (30%), Inadequate (04%) and Moderate (66%) knowledge Score.

Discussion

Assessment of effectiveness of structured teaching programme for school going children regarding the knowledge on benefits of yoga

The assessment of the knowledge regarding knowledge on benefits of yoga government higher secondary school students. The students who met inclusion criteria had been selected as samples and their demographic variables and the knowledge was assessed through structured questionnaires. The data analyses showed that among 50 students 30 (60%) moderately adequate knowledge and 20 (40%) inadequate knowledge. It reveals that the students need structured teaching programme to improve their knowledge on benefits of yoga among school going children.

Evaluate the effectiveness of structured teaching Programme on knowledge regarding the benefits of yoga among school going Children

Table reveals that among 50 students 02 (04%) had inadequate knowledge and 33 (66%) had moderately adequate knowledge in the pre-test. In the Post-test, 15 (30%) Students had adequate knowledge. The overall mean of level of knowledge regarding the benefits of yoga among school going children during pre-test 'mean' was 9.04 and Standard deviation was 2.740 and in Post-test the mean was 14.86 and standard deviation Was 3.603. By comparing pre-test and Post-test confidence interval may conclude that Post-test knowledge was increased.

Compare the Pre-test and Post-test knowledge regarding the benefits of Yoga among school going children

In this study the data analysis of Pre-test showed that among

50 students 30 (60%) Moderately knowledge and 20 (40%) inadequate knowledge. And during Post-test 50 Students 02 (04%) had inadequate knowledge and 33 (66%) had moderately adequate Knowledge in the pre-test. In the Post-test, 15 (30%) students had adequate knowledge.

Conclusion

Yoga has become known as a viable technique to support schoolchildren's overall Wellness. This study aims to advance current understanding by assessing how well a structured teaching program about the health advantages of yoga is received by school going children. It is intended that by increasing children's understanding and practice of yoga, this intervention will provide them with useful skills for stress management, Focus improvement, and general wellbeing. In the end, this study's findings might help Create evidence-based plans for fostering wellness and health in learning environments. In the pre-test out of 50 students, 20 (40%) students had possessed inadequate Knowledge and 30 (60%) had moderately adequate knowledge. In the Post-test 15 (30%) Had moderately adequate knowledge, 02 (04%) had inadequate knowledge and 33 (66%) had adequate knowledge. That 't' value 23.90 was compared with tabulated table Value at the level of P< 0.05 was significant. Thus it was concluded that teaching programme was statistically effective.

Conflict of Interest

Not available

Financial Support

Not available

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