

# A study to assess the effectiveness of a structured teaching programme on knowledge regarding road safety measures among children studying in a selected private school at Komarapalayam, Namakkal District.

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**Abstract-** World Health Organization has defined accidents as “an unexpected, unplanned occurrence which may involve injury”. Amongst all accidents, road traffic accidents claim almost one third of the lives. According to a study conducted by the National Transportation planning and Research center (NTPRC), every four minutes a person is killed or injured in road accidents in India. A Road traffic accident(RTA) was defined as accident, which took place on the road between two or more objects, one of which must be any kind of a moving vehicle. The major causes for RTAs in our country are rapid increase in personalized modes of transport, a mixture of slow and fast moving vehicles, lack of road discipline, drunken driving and use of mobile phones while driving. Objectives of the study: To assess the level of knowledge among primary school children regarding road safety measures before and after structured teaching program. To determine the effectiveness of structured teaching program among primary school children regarding road safety measures. To determine the association between selected demographic variables with level of knowledge. Research approach: Quantitative research approach was selected for this study. Research design: One group pretest and posttest (pre-experimental) design was adopted for the present study. Setting of this Study: The present study was conducted in selected private school at Komarapalayam, Namakkal District. The study setting is 2 kms away from Sresakthimayeil Institute of Nursing and Research, Namakkal. Sampling technique: Non-probability Convenient sampling technique was used for the selection of sample. Sample size: The sample size consists of 60 school children. Data collection was conducted in selected private school at Komarapalayam Namakkal district. For group, 60 students were selected based on their academic performance and interest in participating group activities as reported by their teacher from 4 to 7th standard and given structured teaching programme on road safety measures by investigator. The investigator has been selected the group II the age group of 09-12 years by convenient sampling technique, 60 samples were selected. First assessed the knowledge of road safety measures by structured questionnaire. After that Child to Child session was conducted. In that session, the children (each one) disseminate the information regarding road safety measures through A.V. Aids (flash cards, booklet, leaflet, power point) to group children for three days. Totally 6 sessions were carried out during the data collection period (18 days). Finally post test was conducted by the same structured questionnaire regarding road safety measures. Pre- test and post- test are compared and analyzed. Results : The study was done to evaluate the effectiveness of a structured teaching programme on knowledge regarding road safety measures among children studying in a selected private school at Komarapalayam, Namakkal District. The result of this study showed that structured teaching programme was effective in improves the knowledge regarding road safety measures among school children. World Health Organization has defined accidents as “an unexpected, unplanned occurrence which may involve injury”. Amongst all accidents, road traffic accidents claim almost one third of the lives. According to a study conducted by the National Transportation planning and Research center (NTPRC), every four minutes a person is killed or injured in road accidents in India. Road traffic accident is one of the leading causes of preventable deaths worldwide. This article is specially targeted to draw the attention of the young students and their parents by discussing the factors related to road traffic accidents, and also by discussing the various preventive measures that can be taken to reduce the occurrence of such incidents. A Road traffic accident(RTA) was defined as accident, which took place on the road between two or more objects, one of which must be any kind of a moving vehicle. The major causes for RTAs in our country are rapid increase in personalized modes of transport, a mixture of slow and fast moving vehicles, lack of road discipline, drunken driving and use of mobile phones while driving.

## STATEMENT OF THE PROBLEM

A study to assess the effectiveness of a structured teaching programme on knowledge regarding road safety measures among children studying in a selected private school at Komarapalayam, Namakkal District.

## OBJECTIVES OF THE STUDY

1. To assess the level of knowledge among primary school children regarding road safety measures before and after structured teaching program
2. To determine the effectiveness of structured teaching program among primary school children regarding road safety measures
3. To determine the association between selected demographic variables with level of knowledge

## MATERIALS AND METHODS :

Quantitative evaluative approach was used for this present study .The research design selected for this study was one group pre test and post test design was selected to evaluate the effectiveness of Structured Teaching programme on Road safety measures among the children. The present study was conducted in private school at komarapalayam .The Population for this present study was the childrens , The sample selected for the present study was childrens were fulfilling the inclusion criteria. The inclusion criteria were male, female available at the time of data collection, willing to participate in the study and those who can understand Tamil or English .

A Study was conducted with 60 school childrens. The sample were selected by using Nonprobability convenience sampling technique. I excluded who are,not willing to participate in the study and suffered with severe health issues. Statistical methods adopted were mean , median, mode , paired and unpaired , chi- square value for assessing the effectiveness of structured teaching programme.

## DESCRIPTION OF THE TOOL

Tool consists of 2 sections.

### Section A – Demographic variables

- Age
- Sex
- Child Educational Status
- Education of Father
- Education of Mother
- Occupation of Father
- Occupation of Mother
- Type of family
- Family members
- Living area
- Mode of travelling
- Daily play activities
- Source of information

**Section B** – consists of 25 structured knowledge questionnaire regarding road safety measures.

Each right answer carries 1 marks and wrong answer carries zero marks. No negative marks for wrong answer.

### Scoring :

Knowledge is classified according to percentage of score.

Adequate knowledge - 76 – 100%

Moderately adequate knowledge - 51 – 75%

Inadequate knowledge - <50%

### Ethical consideration :

- I.The research proposal was approved by the dissertation committee prior to conduct the pilot study.
- II.Ethical clearance was obtained from the ethical committee of sresakthimayeil institute of nursing and research.
- III.The information oral consent was obtained from each subject before starting the data collection.
- IV.The subjects privacy confidentially and anonymity was maintained throughout the study

**VALIDITY:** After preparing the tool, the content was validated by five experts in the field of Child Health Nursing and one expert from the department of Pediatrics Medicine.

**RELIABILITY:** Reliability is tested by test re- test method. Reliability was calculated by spearman's rankco-relation test and the reliability was  $r=0.85$ , Hence the tool was reliable.

### PILOT STUDY

In order to find out the feasibility and practicability of study, a pilot study was conducted in was selected private school at Kumarapalayam Namakkal district by the investigator. After getting permission from the school head master, pilot study was conducted for a period of seven days. structured knowledge questionnaire was used for data collection. pilot study revealed that the study was feasible and the tool was appropriate for the study.

### DATA COLLECTION PROCEDURE

Data collection was conducted in was selected private school at Kumarapalayam Namakkal district. For group, 60 students were selected based on their academic performance and interest in participating group activities as reported by their teacher from 4 to 7th standard and given structured teaching programme on road safety measures by investigator.

The investigator has been selected the group II the age group of 09-12 years by convenient sampling technique, 60 samples were selected. First assessed the knowledge of road safety measures by structured questionnaire. After that Child to Child session was conducted. In that session, the children (each one) disseminate the information regarding road safety measures through A. V. Aids (flash cards, booklet, leaflet, power point) to group children for three days.

Totally 6 sessions were carried out during the data collection period (18 days). Finally post test was conducted by the same structured questionnaire regarding road safety measures. Pre- test and post- test are compared and analyzed.

### PLAN FOR DATA ANALYSIS

The data analysis was done by using inferential and descriptive statistics such as percentage, mean, t-test and Chi square test.

### RESULTS

### DISCUSSION

**Table 3:Frequency and percentage wise distribution of demographic variables among primary school children(N=60)**

SL. NO	DEMOGRAPHIC VARIABLES	FREQUENCY (N)	PERCENTAGE (%)
<b>1</b>	<b>Age in years</b>		
	A) 9	6	10
	B) 10	17	28.3
	C) 11	21	35
	D) 12	16	26.7
<b>2</b>	<b>Gender</b>		
	A) Male	37	61.7
	B) Female	23	38.3
	C) Transgender	0	0
<b>3</b>	<b>Level of class</b>		
	A) 4	8	13.3

	B) 5	17	28.3
	C) 6	20	33.4
	D) 7	15	25
<b>4</b>	<b>Father's education</b>		
	A) Profession/Honours	9	15
	B) Graduate/Postgraduate	10	16.7
	C) Intermediate/Post high school diploma	8	13.3
	D) High school certificate	13	21.7
	E) Middle school certificate	7	11.7
	F) Primary school certificate	11	18.3
	G) Non literate	2	3.3
<b>SL. NO</b>	<b>DEMOGRAPHIC VARIABLES</b>	<b>FREQUENCY (N)</b>	<b>PERCENTAGE (%)</b>
<b>5</b>	<b>Mother's education</b>		
	A) Profession/Honours	4	6.7
	B) Graduate/Postgraduate	11	18.3
	C) Intermediate/Post high school diploma	7	11.7
	D) High school certificate	13	21.7
	E) Middle school certificate	8	13.3
	F) Primary school certificate	13	21.7
	G) Non literate	4	6.6
<b>6</b>	<b>Father's occupation</b>		
	A) Profession	4	6.7
	B) Semi profession	11	18.3
	C) Clerical/Shop owner/Farmer	7	11.7
	D) Skilled worker	20	33.3
	E) Semiskilled worker	13	21.7
	F) Unskilled worker	5	8.3
	G) Unemployed	0	0
<b>7</b>	<b>Mother's occupation</b>		
	A) Profession	2	3.3
	B) Semi profession	4	6.7
	C) Clerical/Shop owner/Farmer	6	10
	D) Skilled worker	12	20

	E) Semiskilled worker	0	0
	F) Unskilled worker	0	0
	G) Unemployed	36	60
<b>8</b>	<b>Type of family</b>		
	A) Nuclear family	31	51.7
	B) Joint family	22	36.7
	C) Extended family	7	11.7
	D) Broken family	0	0
	E) Others	0	0
<b>SL. NO</b>	<b>DEMOGRAPHIC VARIABLES</b>	<b>FREQUENCY (N)</b>	<b>PERCENTAGE (%)</b>
<b>9</b>	<b>Number of family members</b>		
	A)<3	49	81.7
	B)3-5	9	15
	C)6-10	2	3.3
	D)>10	0	0
<b>10</b>	<b>Residence</b>		
	A) Rural	30	50
	B) Urban	22	36.7
	C) Semiurban	8	13.3
	D) Others	0	0
<b>11</b>	<b>Mode of travelling to school</b>		
	A) Pedestrian	4	6.7
	B) Cycle	3	5
	C) School Vehicle	23	38.3
	D) Public Transport	20	33.3
	E) Private Transport	10	16.7
<b>12</b>	<b>Do you play out door games?</b>		
	A) Yes	53	88.3
	B) No	7	11.7
<b>13</b>	<b>Any previous Knowledge about Road safety</b>		
	A) Yes	24	40
	B) No	36	60
<b>14</b>	<b>If yes, source of information</b>		

A) Parents	9	15
B) Teachers	11	18.3
C) Friends	0	0
D) Media	4	6.7
E) Not applicable	36	60

**In Table 3 shows frequency and Percentage wise distribution of demographic variables among primary school children.** Out of the 60, primary school children who were interviewed, Majority of the primary school children 21 (35%) of study population were in the age group are 11 years. Majority of the primary school children were Male 37 (61.7%). Majority of the primary school children, 20(33.4%) Level of class was 6. Majority of the primary school children, father's education were High school certificate 13 (21.7%). Majority of the primary school children, Mother's education were High school certificate and Primary school certificate 13 (21.7%). Majority of the primary school children, Father's occupation were skilled worker 20 (33.3%). Majority of the primary school children, Mother's occupation were Unemployed 36(60%). Majority of the primary school children were Nuclear family 31(51.7%). Majority of the primary school children, Number of family members 49(81.7%) were <3. Majority of the primary school children were Rural 30(50%). Majority of the primary school children, Mode of travelling to school were School Vehicle 23(38.3%). Majority of the primary school children were play out door games 53 (88.3%). Majority of the primary school children were not previous Knowledge about Road safety 36(60%). Majority of the primary school children, source of information were not applicable 36(60%).

**Table – 4: Frequency and percentage wise distribution of pre-test and post-test of the level of knowledge among primary school children regarding road safety measures before and after structured teaching program.**

LEVEL OF KNOWLEDGE	(N=60)			
	PRE TEST		POST TEST	
	N	%	N	%
<b>Inadequate knowledge</b>	41	68.3	0	0
<b>Moderate knowledge</b>	19	31.7	8	13.3
<b>Adequate knowledge</b>	0	0	52	86.7
<b>Total</b>	<b>60</b>	<b>100</b>	<b>60</b>	<b>100</b>
<b>Mean±Standard deviation</b>	9.42±3.115		20.83±4.114	

In Table – 4.: shows that frequency and percentage wise distribution of pre-test and post-test of the level of knowledge among primary school children regarding road safety measures before and after structured teaching program.

**In pretest,** Majority of primary school children 41(68.3%) had Inadequate knowledge and 19(31.7%) had Moderate level of knowledge and the mean and standard deviation the level of knowledge among primary school children regarding road safety measures before and after structured teaching program is (9.42±3.115) respectively.

**In post- test,** Majority of primary school children 52 (86.7%) had adequate knowledge and 8 (13.3%) had moderate level of knowledge and the mean and standard deviation the level of knowledge among primary school children regarding road safety measures before and after structured teaching program is (20.83±4.114) respectively.

**Table – 5: Effectiveness of structured teaching program among primary school children regarding road safety measures. (N=60)**

Level Of Knowledge	TEST	MEAN	STANDARD DEVIATION	MEAN DIFFERENCE	't' VALUE Paired -t test	df	'p' VALUE
	<b>Pretest</b>	9.42	3.115	11.417	13.16	59	<b>0.001** HS</b>
	<b>Posttest</b>	20.83	4.114				

**\*\* $-p < 0.001$  highly significant ,NS-Non Significant.**

**In Table 5** shows that, the mean score of effectiveness of structured teaching program among primary school children regarding road safety measures in the pre-test was  $9.42 \pm 3.115$  and the mean score in the post- test was  $20.83 \pm 4.114$ . The calculated *paired 't'* test value of  $t = 13.16$  shows *statistically highly significant* difference of effectiveness of structured teaching program among primary school children regarding road safety measures.

**Table – 6: Association between selected demographic variables with post- test level of knowledge regarding road safety measures among primary school children.**

(N=60)						
SL. NO	Demographic variables	LEVEL OF KNOWLEDGE				Chi-square X <sup>2</sup> and P-Value
		MODERATE		ADEQUATE		
		N	%	N	%	
<b>1</b>	<b>Age in years</b>					
	A) 9	0	0	6	11.5	<b>X<sup>2</sup>=25.38</b> <b>Df=3</b> <b>p =0.001</b> <b>*S</b>
	B) 10	0	0	17	32.7	
	C) 11	0	0	21	40.4	
	D) 12	8	100	8	15.4	
<b>2</b>	<b>Gender</b>					
	A) Male	0	0	37	71.2	<b>X<sup>2</sup>=14.84</b> <b>Df=1</b> <b>p =0.001</b> <b>*S</b>
	B) Female	8	100	15	28.8	
	C) Transgender	0	0	0	0	
<b>3</b>	<b>Level of class</b>					
	A) 4	0	0	8	15.3	<b>X<sup>2</sup>=27.69</b> <b>Df=3</b> <b>p =0.001</b> <b>*S</b>
	B) 5	0	0	17	32.7	
	C) 6	0	0	20	38.5	
	D) 7	8	100	7	13.5	
<b>4</b>	<b>Father's education</b>					
	A) Profession/Honours	0	0	9	17.3	<b>X<sup>2</sup>=18.41</b> <b>Df=6</b> <b>p =0.041</b> <b>*S</b>
	B) Graduate/Postgraduate	0	0	10	19.2	
	C) Intermediate/Post high school diploma	0	0	8	15.4	
	D) High school certificate	1	12.5	12	23.1	
	E) Middle school certificate	0	0	7	13.5	
	F) Primary school certificate	5	62.5	6	11.5	
	G) Non literate	2	25	0	0	
<b>5</b>	<b>Mother's education</b>					
	A) Profession/Honours	0	0	4	7.7	<b>X<sup>2</sup>=12.45</b> <b>Df=6</b> <b>p =0.048</b> <b>*S</b>
	B) Graduate/Postgraduate	0	0	11	21.2	
	C) Intermediate/Post high school diploma	0	0	7	13.5	
	D) High school certificate	0	0	13	25	
	E) Middle school certificate	1	12.5	7	13.5	
	F) Primary school certificate	3	37.5	10	19.1	
	G) Non literate	4	50	0	0	
<b>6</b>	<b>Father's occupation</b>					
	A) Profession	0	0	4	7.7	<b>X<sup>2</sup>=40.03</b>
	B) Semi profession	0	0	11	21.2	

SL. NO	Demographic variables	LEVEL OF KNOWLEDGE				Chi-square X <sup>2</sup> and P- Value  Df=5 p =0.001 *S
		MODERATE		ADEQUATE		
		N	%	N	%	
	C) Clerical/Shop owner/Farmer	0	0	7	13.5	
	D) Skilled worker	0	0	20	38.4	
	E) Semiskilled worker	3	37.5	10	19.2	
	F) Unskilled worker	5	62.5	0	0	
	G) Unemployed	0	0	0	0	
<b>7</b>	<b>Mother's occupation</b>					
	A) Profession	0	0	2	3.8	X <sup>2</sup> =6.15 Df=4 p=0.188 NS
	B) Semi profession	0	0	4	7.7	
	C) Clerical/Shop owner/Farmer	0	0	6	11.5	
	D) Skilled worker	0	0	12	23.1	
	E) Semiskilled worker	0	0	0	0	
	F) Unskilled worker	0	0	0	0	
	G) Unemployed	8	100	28	53.8	

SL. NO	Demographic variables	LEVEL OF KNOWLEDGE				Chi-square X <sup>2</sup> and P- Value
		MODERATE		ADEQUATE		
		N	%	N	%	
<b>8</b>	<b>Type of family</b>					
	A) Nuclear family	0	0	31	59.6	X <sup>2</sup> =6.74 Df=2 p=0.247 NS
	B) Joint family	1	12.5	21	40.4	
	C) Extended family	7	87.5	0	0	
	D) Broken family	0	0	0	0	
	E) Others	0	0	0	0	
<b>9</b>	<b>Number of family members</b>					
	A)<3	0	0	49	94.2	X <sup>2</sup> =8.69 Df=2 p=0.094 NS
	B)3-5	6	75	3	5.8	
	C)6-10	2	25	0	0	
	D)>10	0	0	0	0	
<b>10</b>	<b>Residence</b>					
	A) Rural	0	0	30	57.7	X <sup>2</sup> =7.37 Df=2 p=0.153 NS
	B) Urban	4	50	18	34.6	
	C) Semiurban	4	50	4	7.7	
	D) Others	0	0	0	0	
<b>11</b>	<b>Mode of travelling to school</b>					
	A) Pedestrian	0	0	4	7.7	X <sup>2</sup> =46.15 Df=4 p =0.001
	B) Cycle	0	0	3	5.8	
	C) School Vehicle	0	0	23	44.2	



SL. NO	Demographic variables	LEVEL OF KNOWLEDGE				Chi-square X <sup>2</sup> and P-Value *S
		MODERATE		ADEQUATE		
		N	%	N	%	
	D) Public Transport	0	0	20	38.5	
	E) Private Transport	8	100	2	3.8	
<b>12</b>	<b>Do you play out door games?</b>					<b>X<sup>2</sup>=51.50</b> <b>Df=1</b> <b>p =0.000</b> <b>**HS</b>
	A) Yes	1	12.5	52	100	
	B) No	7	87.5	0	0	
<b>13</b>	<b>Any previous Knowledge about Road safety</b>					<b>X<sup>2</sup>=13.84</b> <b>Df=1</b> <b>p =0.001</b> <b>*S</b>
	A) Yes	8	100	16	30.8	
	B) No	0	0	36	69.2	

\*-p < 0.05 significant, \*-p < 0.001 highly significant, NS-Non significant

The table 6: depicts that the demographic variable, Age in years, Gender, Level of class, Father's education, Mother's

SL. NO	Demographic variables	LEVEL OF KNOWLEDGE				Chi-square X <sup>2</sup> and P-Value
		MODERATE		ADEQUATE		
		N	%	N	%	
<b>14</b>	<b>If yes, source of information</b>					<b>X<sup>2</sup>=52.3</b> <b>Df=3</b> <b>p =0.001</b> <b>*S</b>
	A) Parents	8	100	1	1.9	
	B) Teachers	0	0	11	21.2	
	C) Friends	0	0	0	0	
	D) Media	0	0	4	7.7	
	E) Not applicable	0	0	36	69.2	

education, Father's occupation, Mode of travelling to school, Do you play out door games, Any previous Knowledge about Road safety and Sources of information had shown statistically significant association between selected demographic variables with post- test level of knowledge regarding road safety measures among primary school children.

The other demographic variable had not shown statistically significant association between selected demographic variables with post- test level of knowledge regarding road safety measures among primary school children respectively..

## CONCLUSION

The result shows in pretest, majority of primary school children 41(68.3%) had Inadequate knowledge and 19(31.7%) had Moderate level of knowledge and In post- test, Majority of primary school children 52(86.7%) had adequate knowledge and 8(13.3%) had moderate level of knowledge. The result of this study showed that structured teaching programme was effective in improves the knowledge regarding road safety measures among school children.

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