

## Habit of Television Viewing and Its Impact on Weight Status among School Age Children

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### Abstract

**Background:** Television viewing is become part of life for all kind of individuals irrespective of age. Childrens are now days viewing much television than involving in the physical activity.

**Aims And Objectives:** The study aimed at assessing television viewing habits of school age children in order to know the weight status of children, finding the correlation between habit of television viewing and weight status of school children and find out the association between television viewing habit scores and weight status scores with selected demographic variables.

**Materials and methods:** television viewing habits of school age children was assessed by rating scale and used interview method for data collection. Weight status was identified by measuring the weight and height and compared weight status with BMI classification according to Indian Academy of pediatrics.

**Results :** The study results shows that 90% of school age children had average television viewing habits, 5% had poor and good habit each. Regarding weight status 56.6% children lies <50<sup>th</sup> percentile, 8.33% children had 50<sup>th</sup> percentile, and 35% children belongs to >50<sup>th</sup> percentile. The correlation value shows that 0.045 as a mild positive correlation between television viewing habits with weight status. There was a significant association between television viewing habits scores with age of the child ( $X^2=12.51$ ,  $df=4$ ), class of the study ( $X^2=8.49$ ,  $df=3$ ), occupation of father ( $X^2=10.59$ ,  $df=2$ ), area of house ( $X^2=8.17$ ,  $df=2$ )

**Conclusion:** The study concludes that improve the television viewing habits among school age children and involve much of the school age children in physical activity. Monitor regularly their eating habits while watching TV and nutritional status.

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### I. Introduction

It is generally believed that television has become a very powerful medium and its contact, no doubt, can change the likes and dislikes, learning and social habits. In recent years increased attention has been focused by many professionals with regard to its impact on human lives at any stage of development<sup>1</sup>. Watching television is something most children and adults do. It is convenient, inexpensive, available, and appealing. Television can be very entertaining for children and can teach them some things. But too often it is used as a substitute for other activities. Studies show that many children watch more television than the American Academy of Pediatrics (AAP) recommends. The group recommends no TV for children under 2, and fewer than 2 hours per day for older children.

Too much television watching may cause some of the following problems:

- Television often takes the place of physical exercise. Exercise is an important part of a healthy lifestyle, and children's bodies need exercise to grow normally.
- Watching television may take the place of social interaction with friends and family. Children who watch too much television may not talk as much about their ideas and feelings. This can prevent parents from learning more about their kids.
- Television may take the place of reading as part of a child's day. This may contribute to poor school performance and delay the ability to read.
- Seeing violence on television may upset children, and may lead to more aggressive behavior.
- Television watching has been linked to higher rates of attention problems in children.

Previous studies from developing countries have reported that Television (TV) viewing, if excessive and of poor quality has a proven negative influence on child health. Indian studies on this subject are few<sup>2</sup>. The amount of time that children and teens spend watching television may have more to do with their parents' TV habits than

with family media rules or the location of TVs within the home<sup>3</sup>. There is a significant relationship between the television viewing habit and violent behavior among school children. Nurses could initiate and encourage discussions with the parents in this aspects and generate awareness among them<sup>4</sup>.

### **Problem statement**

“A correlation study to assess nutritional status and dietary habits of preschool children in a selected areas of Aurangabad district”

### **Objectives of the study**

- 1) To assess the television viewing habits by using rating scale
- 2) To assess the weight status of school age children by comparing with BMI scores of Indian academic of Pediatrics classification.
- 3) To find out the correlation between habit of television viewing and weight status of school age children
- 4) To find out the association between habit of television viewing and weight status scores with selected demographic variables.

### **Hypothesis**

#### **Tested at 0.05 level of significance**

**H<sub>1</sub>:** There is a significant correlation between habit of television viewing and weight status of school age children

**H<sub>2</sub>:** there is a significant association between habit of television viewing and selected demographic variables

**H<sub>3</sub>:** There is a significant association between weight status with selected demographic variables.

### **Operational definitions**

**Impact:** It refers to the change produced in the weight status of school-age children viewing television.

**Habit:** It refers to the regular or repetition of the act of watching TV for 2 hours or more per day.

**Weight status:** Refers to measurement of body fat in terms of BMI based on BMI categories according to Indian academic of Pediatrics

**School-age children:** Children in the age group of 8-12 years.

### **Assumptions:**

1. School age children watching television for more than two hours per day
2. Television viewing is influencing weight status of children
3. School age children having poor habit of watching television.

### **Material And Methods**

**Source of data:** In this study the data will be collected from school age children in a selected areas of Aurangabad District.

**Research design:** Descriptive correlation design was used for this study

**Setting :** The study is conducted at selected areas of Aurangabad District.

**Population:** Population Includes school age children

**Method of data collection:** rating scale is used to assess the television viewing habits and weight status was assessed by checking weight and height.

**Sampling method:** sample for the study selected by convenient sampling technique

**Sample size:** sample size comprise of 60 school age children.

**Inclusion criteria for sampling:**

- School age children residing at urban areas
- Children with the age group of 8-12 years

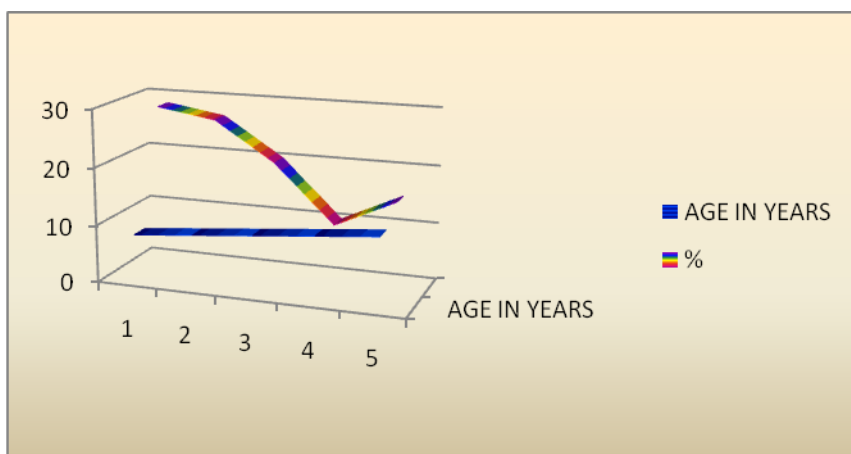
**Exclusion criteria for sampling**

- School age children suffering long term diseases.
- School age children suffering with acute illness.
- School age children not willing to participate in the study.

**Result of the study**

**Section 1: Demographic data**

**AGE IN YEARS** **N=60**



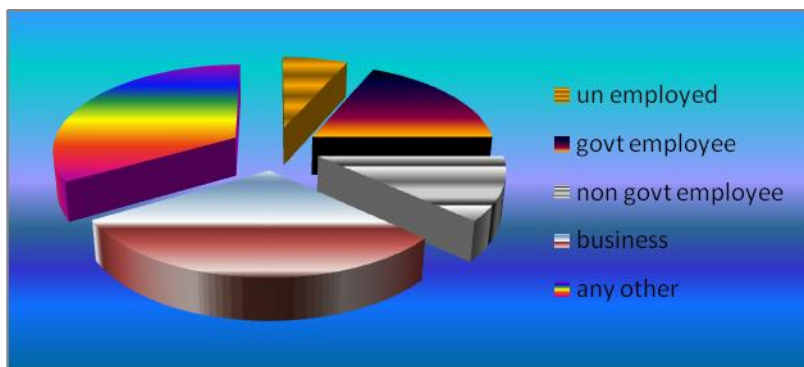
**Fig No 1:** line diagram shows distribution of samples according to age of children.

**CLASS OF THE STUDY** **N=60**

CLASS OF THE STUDY	F	%
3 <sup>rd</sup> Std	19	31.66
4 <sup>th</sup> std	16	26.66
5 <sup>th</sup> std	12	20
6 <sup>th</sup> std	13	21.66

**Table No 1:** Represents the sample distribution according to the class of the study.

**Occupation of father** **N=60**



**Fig No 2:** Pie diagram shows the sample distribution according to the occupational status of father.

Area of house

N=60

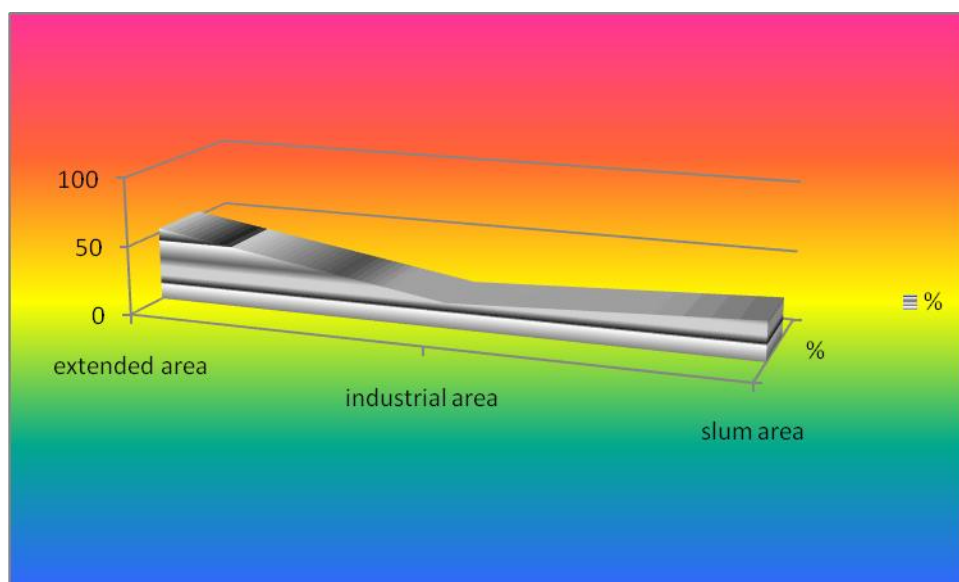


Fig No 3: Area Graph shows the sample distribution according to the area of house.

Section 2: Television viewing habits

N=60

S.No	Grades	Scores	Frequency	%
1	Poor	39-58	3	5
2	Average	20-38	54	90
3	Good	0-19	3	5
Total			60	100

Table NO 2: Represents that 90% sample having average TV Viewing habit, 5% of each sample having poor and good habit of TV Viewing respectively.

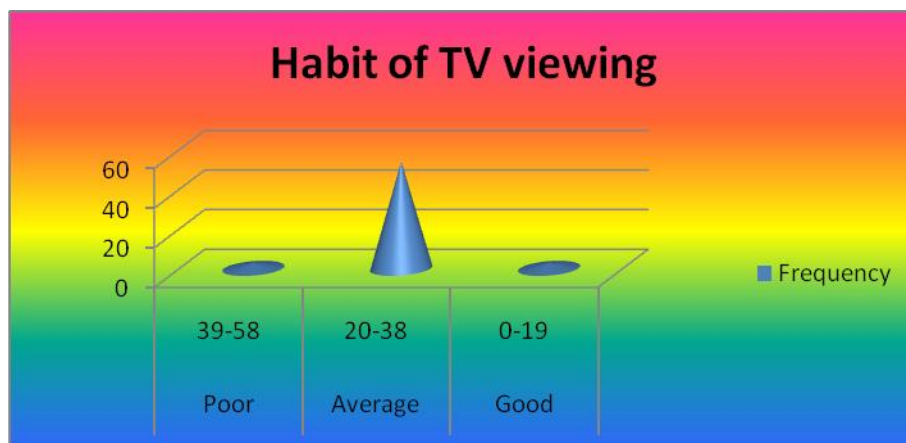
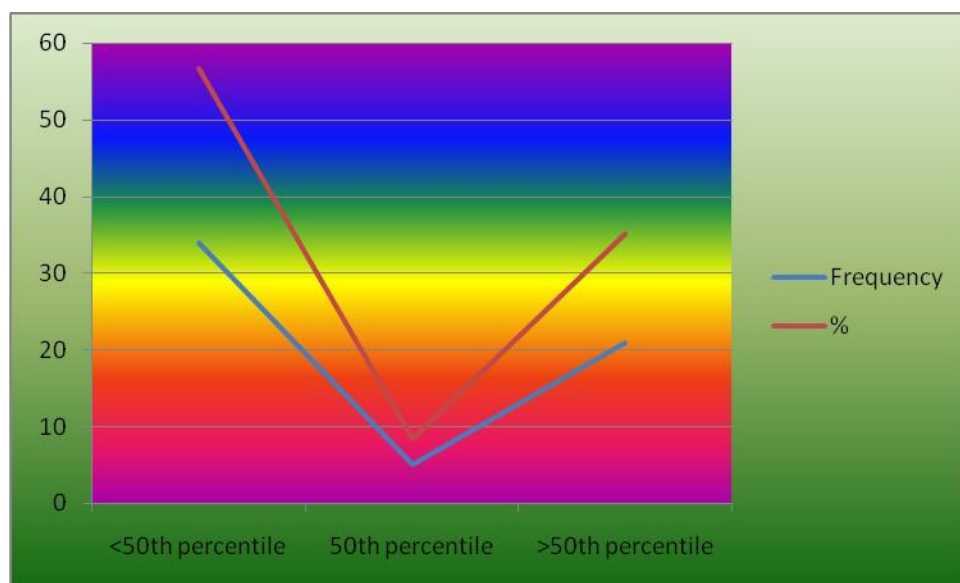


Fig NO 4: cone diagram shows sample distribution according to habit of television viewing. (N=60)

Section 3: Weight status categories according to IAP (N=60)

S.No	Weight status	Frequency	%
1	<50 <sup>th</sup> percentile	34	56.6
2	50 <sup>th</sup> percentile	5	8.33
3	>50 <sup>th</sup> percentile	21	35
Total		60	100

**Table NO 3:** Represents that 56.6% of sample lies below 50<sup>th</sup> percentile, 35% lies above 50<sup>th</sup> percentile and only 8.33% are in 50<sup>th</sup> percentile.



**Fig No 5:** line diagram shows the sample distribution according to weight status of children. (N=60)

#### Section 4: Correlation Between T V Viewing Habits With Weight Status

Variables	Mean	S D	R value	significance
Tv viewing habits	29.66	6.45	0.045	significant
Weight status	16.33	2.44		

**Table No 4:** Represents that there is a mild correlation between TV Viewing habits and weight status.

#### Section 5: a) Association between television viewing habits with selected demographic variables

S.No	Demographic variable	X <sup>2</sup> value	Df	Significance
1	Age	12.51	4	S
2	Sex	0.31	1	NS
3	Class of the study	8.49	3	S
4	Education of father	3.86	3	NS
5	Education of mother	0.92	3	NS
6	Number of siblings	3.78	1	NS
7	Occupation of father	10.59	2	S
8	Occupation of mother	0.878	2	NS
9	Monthly income	3.83	2	NS
10	Type of family	0.2	1	NS
11	Type of house	0.21	1	NS
12	Area of house	8.17	2	S
13	Number of tv present in home	0.189	1	NS
14	Type of television	0.42	1	NS

**S- Significance**                      **NS – Not Significant**

**Table No 5:** Shows that significant association between television viewing habits with age of child, class of the study, occupation of father, and area of house.

b) Association between weight status with selected demographic variables

S.No	Demographic variable	X <sup>2</sup> value	Df	Significance
1	Age	6.71	3	NS
2	Sex	0.068	1	NS
3	Class of the study	6.05	3	NS
4	Education of father	2.5	3	NS
5	Education of mother	6.34	3	NS
6	Number of siblings	3.58	2	NS
7	Occupation of father	2.76	2	NS
8	Occupation of mother	1.21	2	NS
9	Monthly income	2.84	2	NS
10	Type of family	0.34	1	NS
11	Type of house	2.21	2	NS
12	Area of house	4.08	2	NS
13	Number of tv present in home	0.31	1	NS
14	Type of television	0.73	2	NS

S- Significance                      NS – Not Significant

**Table NO 6:** Represents that there is no significant association between weight status with selected demographic variables of children.

**Recommendations**

- A similar study can be conducted for a large samples to generalize the findings for a larger population
- A similar study can be done in different settings
- A similar study can be done in different age group of children.
- A similar study can be conducted on behavior of children with different age group.

**Conclusion**

The present study shows with small samples and evidenced that only few children belongs to normal weight status and average television viewing habits. The study recommends that children need proper assessment for nutritional status regularly and maintain the normal nutrition status and regular monitoring of watching television.

**REFERENCES**

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