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## Effectiveness of extension teaching methods in generating awareness in rural women about health and nutrition

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### Abstract

This study was conducted to Kanpur district of Uttar Pradesh. Selected extension teaching methods viz., Exhibition, Nukkad natak, rally and puppet show was studied to generate awareness on selected health and nutritional aspects viz., balanced diet, safe drinking water, immunisation and iron deficiency. Puppet show, Exhibition and Nukkad natak proved to be more effective in generating awareness and rally found to be less effective in gaining awareness. Among the four selected extension teaching methods puppet show ranks first followed by Nukkad natak, exhibition and rally in generating awareness on health and nutrition. Exhibition and rally combination proved to be effective in generation awareness on all the selected health and nutritional aspects.

**Keywords:** Awareness; Extension Teaching Methods; Health and Nutrition

### Introduction

Today women are at par with men in all the aspects and play an equally important role along with men in creating a better life of family. The major section of Indian women resides in villages and poor health is one of the striking problem which is prevalent mainly in vulnerable group i.e., children, adolescents, pregnant women and lactating mothers. Despite multiple roles of women in agricultural operation and household chores, the nutritional and health status of rural women in general is much lower than their male counterparts. Most of the rural women are undernourished and their children are suffering from malnutrition and health problems. It is estimated in the year 2008 that 80 percent adolescent girl and pregnant women suffer from severe anaemia in India. (INDIA 2008). There are many reasons like poverty, low standard of living, illiteracy etc for poor nutritional and health status. And lack of awareness on their health and nutritional aspects still worsens the problem. It is the need of the hour to generate proper and complete awareness among the rural women on various important aspects regarding their health and nutrition. This task of generating awareness can be done only through proper extension services. Extension teaching methods play a significant role in terms of awareness generation and it differs from method to method and practice to practice. Thus it is necessary to identify effective extension methods that help in generating awareness among women.

### Objectives

The purpose of the study was

1. To study the effectiveness of the selected extension teaching methods in generating awareness
2. To compare the effectiveness of selected extension methods in developing awareness.

### Methodology

The study was conducted in Kanpur district of U.P. out of seven panchayat samitis in this district, of which one panchayat samiti Kalyanpur was selected purposively. Out of 100 villages in Kalyanpur Panchayat Samiti, 4 villages viz., Singhpure, Baikunthpur, Eshwariganj and Barhat which were at least 30 km away from the city area, to avoid direct or indirect influence, were purposively selected. From each village 30 women were selected purposively

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and the total sample for the study constitutes 120. Out of several extensions teaching methods 4 methods viz., Exhibition *Nukkad natak*, Rally and Puppet show were selected for the study purpose. Interview Schedule was prepared for the study for collecting the information. Statistical tools like Mean Percent Score, paired 't' test and 't' test were used for data interpretation.

**Results and Discussion**

**i. Effectiveness of selected extension teaching methods in generating awareness**

**Table 1:** Gain in Awareness about Balanced Diet through Selected Extension Methods (N=30)

S. No.	Teaching Methods	Mean Percent Score			't' value
		Pre	Post	Gain	
1.	Exhibition	11.37	55.29	43.92	20.860*
2.	Nukkad natak	14.12	55.69	41.57	19.364*
3.	Rally	12.94	35.10	22.16	19.837*
4.	Puppet show	12.16	58.04	45.88	18.25*

\* 0.5% level of significant.

Perusal of Table 1 reveal that in extension method wise comparison of the awareness gain scores clearly reveals that

**Table 3:** Gain in Awareness about Immunisation through Selected Extension Methods (N = 30)

S. No.	Teaching Methods	Mean Percent Score			't' value
		Pre	Post	Gain	
1.	Exhibition	16.00	66.00	50.00	18.730*
2.	Nukkad natak	11.33	63.00	51.67	24.668*
3.	Rally	13.00	39.33	26.33	12.443*
4.	Puppet show	16.67	66.67	50.00	20.857*

\* Significant of 0.5% level.

Perusal of Table 3 reveals that there was significant gain in awareness about immunisation through all four extension methods as the t value was found to be significant at 0.5 percent level of significance. Data further reveal that no difference was found in gain in awareness through Exhibition and Puppet show. Extension method wise comparison of the awareness gain scores clearly reveals that highest gain was observed in case of Nukkad natak (51.67%) and least gain in awareness was observed (26.33%) in Rally for the immunization.

**Table 4:** Gain in Awareness regarding Iron Deficiency (Anemia) through Selected Extension Methods (N = 30)

S. No.	Teaching Methods	Mean Percent Score			't' value
		Pre	Post	Gain	
1.	Exhibition	15.33	66.67	51.33	32.680*
2.	Nukkad natak	16.67	74.00	57.33	22.231*
3.	Rally	17.67	44.00	26.33	8.632*
4.	Puppet show	16.00	70.00	54.33	24.917*

\* Significant of 0.5% level.\*

Table 4 portrays that there is a significant difference in all selected extension methods in awareness generation. Extension method wise comparison of the awareness gain

highest gain was observed in case of Puppet show (45.88%) followed by Exhibition (43.92%) and *Nukkad Natak*. The least gain in awareness was observed (22.16%) in Rally for the balance diet component.

**Table 2:** Gain in Awareness about Safe Drinking Water through Selected Extension Methods (N = 30)

S. No.	Teaching Methods	Mean Percent Score			't' value
		Pre	Post	Gain	
1.	Exhibition	12.50	54.79	42.29	23.964*
2.	Nukkad natak	13.96	64.17	50.21	30.857*
3.	Rally	13.33	40.83	27.50	19.746*
4.	Puppet show	16.04	70.00	53.96	30.228*

\* 0.5% level of significant.

The gain in awareness was component of safe drinking water through selected extension methods is presented in Table 2 reveals the fact that, there was also significance gain in awareness about different messages of safe drinking water, the 't' values was found to be significant at 0.5 percent level.

Table 2 unveils that in extension method wise comparison of the awareness gain scores show that highest gain was observed in Puppet show followed by *Nukkad natak*, Exhibition, and Rally for safe drinking water.

scores clearly reveal that highest gain was observed in Nukkad natak (57.33%) followed by Puppet show (54.33%) and Exhibition (51.33%). The least gain in awareness was observed in Rally. The reason might be that Rally was not able to hold the attention and interest of the respondents.

**ii. Comparison of effectiveness of selected extension teaching methods**

Table 5 portrays that rank order of extension methods in awareness generation. The overall awareness level of the respondents was calculated before and after exposure to subject matter through selected extension methods. It is clearly depicted from the able that Puppet show was found most effective methods and ranked first in the ranking category, as its gain in awareness was found 51.04 percent. The least gain 25.58 percent awareness was found in Rally method and ranked as fourth position. The finding of the study get decisive support to the study of Samar (1997) [2] that Puppets always have powerful impact and are used not only for entertainment but also for educational purposes. Further, Bhatnagar (1991) [1] has also reported that Puppet was found to be more effective with the rural masses than the modern aids like radio, T.V. and flip book.

**Table 5:** Comparison of Effectiveness of Selected Extension Methods in Developing Awareness regarding Health and Nutrition (N=120)

S. No.	Methods	Mean Percent Score			Rank
		Before exposure the massages	After exposure the massages	Gain in awareness	
1	Exhibition	13.85	60.68	46.83	III
2	Nukkad natak	14.02	64.215	50.19	II
3	Rally	14.24	39.815	25.58	IV
4	Puppet show	15.28	66.26	51.04	I

### iii. Combination of selected extension methods for awareness generation

**Table 6:** Component Wise Difference in Gain in Awareness through Combination of Selected Extension Methods (N=120)

S. No.	Methods	Balance diet	Safe drinking water	Immunization	Anemia
1.	Exhibition / Nukkad natak	0.769 <sup>NS</sup>	3.217*	0.492 <sup>NS</sup>	6.66*
2.	Exhibition / Rally	8.98*	6.475*	6.84*	7.18*
3.	Exhibition / Puppet show	0.58 <sup>NS</sup>	4.558*	0.027 <sup>NS</sup>	1.11 <sup>NS</sup>
4.	Nukkad natak / Rally	7.89*	10.40*	7.86*	8.93*
5.	Nukkad natak / Puppet show	1.280 <sup>NS</sup>	1.5306 <sup>NS</sup>	0.53 <sup>NS</sup>	0.87 <sup>NS</sup>
6.	Rally / Puppet show	8.578*	11.75*	7.406*	7.36*

- Significant level of 0.05.
- NS-Non significant

For this 't' values was calculated between component were gain in awareness scores of each of the combination of different extension methods (total 6 combinations).

A critical appraisal of the data given in Table 6 point out that for balanced diet Exhibition & Rally, Nukkad natak & Rally and Rally & Rally & Puppet show significant difference. This might be due the reason that in Exhibition, Nukkad natak and Puppet show engages more number of senses for generating quicker awarness. In case of safe drinking water. Nukkad natak as well as Puppet show were equally effective with respect to gain in awareness of respondents as there was no significant difference in these extension methods combinations. The reason might be that both of these methods involve dramatic presentation of situation which arouse interest and hold the attention of the respondents.

With respect to immunisation thee was no significant difference in the Exhibition & Nukkad natak, Exhibition & Puppet show and Nukkad natak & Puppet show. In other words Puppet show and Nukkad natak were equally effective in generating awareness regarding immunisation. While in rest of the three combination i.e. Exhibition over Rally, Nukkad natak over Rally and Puppet show over Rally, again Nukkad natak was more effective for messages related to immunization.

Further, the combinations of selected extension methods for anaemia highlights that there was no significant difference between Exhibition & Puppet show and Nukkad natak & Puppet show. Significant difference was found in Exhibition & Nukkad natak, Exhibition & Rally, Nukkad natak & Rally and Rally & Puppet show. The major reason might be that in Exhibition, chart, Poster, Specimen and Exhibits were used and in the Nukkad natak or Puppet show is the dramatically presentation of the theme. Rally was not recorded successful method for awareness generation, because respondents were not actively involved in the Rally.

### Conclusion

On the basis of findings it can be concluded that all the four extension methods in awareness generation for different messages of health and nutrition significant. For balanced diet and safe drinking water Puppet show was found most effective, where as *Nukkad natak* was recorded most effective for immunisation. Exhibition was quiet satisfactory for all components of health and nutrition. Awareness generation in all messages for Rally was found least effective. Puppet show, Nukkad natak and Exhibition were at first, second and third rank, respectively for the selected components of health and nutrition. Finally it was concluded that simple, relevant and direct applicable messages for Nukkad natak, Puppet show and Exhibition are suitable.

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