



Television Viewing Habit and Violent Behavior among School going Children (10-15 Years)

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ABSTRACT

Background: Television is a window to the outside world for children. More than half of television viewers in India are children below 15 years. Studies suggest that exposure to violence on television influences child's behavior especially aggressive behavior. **Objectives:** To assess the television viewing habit and violent behavior among school going children. To determine the association of television viewing habit and violent behavior with their selected demographic variables. To find out the correlation between television viewing habit and violent behavior.

Material and Methods: A Non-experimental, Explorative and Descriptive study design was undertaken. Data was collected from 60 school going children selected by stratified random sampling and 60 parents of the same children. A structured questionnaire and rating scale was used for data collection.

Results: Findings showed that majority (72%) of samples had moderately high television viewing habit. The overall mean score of violent behavior was (64.7±18.61) suggesting that the school going children had mild level of violent behavior. There was significant positive relationship between the television viewing habit and violent behavior ($r=0.50$). There was significant association between the television viewing habit and gender ($\chi^2-5.91, P<0.05$) and leisure time ($\chi^2-4.34, P<0.05$). There was highly significant association between violent behavior and gender ($\chi^2-11.09, P<0.05$) and significant association between violent behavior and angry behavior among family member ($\chi^2-6.43, P<0.05$) and leisure time ($\chi^2-6.69, P<0.05$).

Conclusion: Study revealed that there is significant relationship between the television viewing habit and violent behavior among school children. Nurses could initiate and encourage discussions with the parents in this aspect and generate awareness among them.

KEYWORDS: Television viewing habit, Violent behavior, School going children,

INTRODUCTION

Children are precious gift of god to the parents. Total population of school children (10-15 years) in India is nearly 10.5% of the population of country. The proportion of young adolescents aged 10-15 is the largest among all young people¹. India is home to the largest number of children in the world. Total percentage of children aged 5-14 years attending school in Maharashtra is 89.1 % in which

92.3% are from urban area and 87.3 % are from rural area².

21st Century has witnessed technological advancement and rapid changes in mass media. Television is a "window to the world". Total number of TV homes in India has grown from 90.69 million to 100.38 million. In the urban areas, the number of TV homes has increased to 48.98 million (20.67%) while in the rural areas it has touched 51.39 million(25.26%). The ratio is highest

in Tamil Nadu (10.33 million), followed by Andhra Pradesh (9.84 million) and Maharashtra (8.41 million)³.

Children should watch only two hours of quality programming per day⁴. Children aged 8-18 years spend more time (6.5 hours daily) in front of television, computer and video games than any other activities in their lives. More than half of television viewers in India today are children below 15 years⁵.

According to Albert Bandura's theory, children and adolescents learn by observing and imitating the behaviour what they see. Hence children are more likely to imitate the actions of a character with whom they identify. Exposure to violence on television may upset children and may lead to more aggressive behavior.

With the professional and personal experiences, the investigators also observed that the school age group children who views television frequently and extended period of time leads to behavioural consequences. Children commonly watch programmes like TV sporting events, stunt events, and violent cartoons etc which provoke them to develop violent behaviors. The role television plays in the behavior modification of the children especially in developing countries like India is unexplored.

OBJECTIVES

- To assess the television viewing habit and violent behavior among school going children.
- To determine the association of television viewing habit and violent behavior with their selected demographic variables.
- To find out the correlation between television viewing habit and violent behavior.

MATERIAL AND METHODS

A non-experimental, explorative and descriptive study design was undertaken. Data was collected from 60 school going children of Ahilyabai Holkar high school, Loni Bk village, Maharashtra selected by stratified random sampling and 60 parents of the same children. Parental data was collected from the homes of children which is around 4 km surrounding the school. A structured questionnaire and rating scale was used for data collection. The inclusion criteria were school children who were in the age group of 10-15 years, who were viewing television everyday, who were having cable TV/DTH (Direct To Home) connection at home and any one Parent of same children who were available to participate in the study.

Structured questionnaire and rating scale was used to collect the data from the school children and their parents which consists of socio demographic variables of school going children and parents, rating scale to assess the television viewing habit(25items) which includes three aspects with alternatives like never, sometimes and always with scores of 1, 2 and 3 respectively and rating scale to assess the violent behavior(38items) which includes five aspects with alternatives like never, rarely, sometimes, often and always with scores of 1,2,3,4 and 5 respectively. Standardized tools like Buss-Durkey Hostility Inventory Scale, Overt Aggression Scale, Child Behaviour Checklist, and Adaptive Behavioural Scale were used for preparing rating scale for assessing violent behaviour of children⁶. The content validity of the tool was established in consultation with experts. Reliability of the tool was established using Karl Pearson's Correlation Coefficient formula and it was 0.98.

This study protocol was approved by institutional ethical and research committee of Pravara Institute of Medical Sciences, Loni. Prior to data collection written permission was obtained from school authorities and informed consent was taken from school children and their parents. Mean, standard deviation and mean percentage were calculated and tabulated for comparison. Chi square test was used to find the association between television viewing habit and violent behaviour with socio-demographic variables. Correlation between the television viewing habit and violent behaviour was assessed by Karl Pearson's correlation coefficient formula.

RESULTS AND DISCUSSION

SOCIO DEMOGRAPHIC VARIABLES OF CHILDREN AND THEIR PARENTS

Table 1 shows highest percentage (25%) of children was in the age group of 13 years. Maximum number of children was males. Equal numbers of students were selected from each standard i.e 10 students from 5th -10th standard. Majority (52%) of them were from joint family. Majority (42%) of them had two siblings. Majority (40%) of them had individual house, 13% of them lives in slum area. 23% of children stated their father has frequent angry behaviour. Majority (50%) of them spent their leisure time by watching television.

Table 1- Socio Demographic Variables of Children (n=60)

Socio demographic variables of children	No	Percentage
Age in years		
10	08	13.3%
11	12	20.0%
12	04	06.6%
13	15	25.0%
14	08	13.3%
15	13	21.6%
Gender		
Male	39	65%
Female	21	35%
Type of family		
Nuclear family	29	48%
Joint family	31	52%
Number of siblings		
One	20	33%
Two	25	42%
Three and above	14	23%
None	01	02%
Location area of house		
Housing complex	23	38.3%
Individual house	24	40.0%
Chawl area	05	08.3%
Slum area	08	13.3%
Presence of frequent angry behavior among family members		
Father	14	23.3%
Mother	02	03.3%
Grandparents	03	05.0%
Siblings	04	06.6%
None of them	34	56.6%
Leisure time activities		
Sports and games	04	6.6%
Drawing pictures	02	3.3%
Watching Television	30	50%
Playing with friends	09	15%
Reading books	15	25%

Table 2 shows highest percentage (40%) of parents was in the age group of 41 years and above. Maximum number of interviewed parents (73%) was females. Majority (48%) of them have monthly income less than Rs.5000. Highest

percentage(48%) of fathers had secondary education and highest percentage (43%) of mothers also had secondary education. Maximum number (37%) of fathers was daily wagers. Majority (53%) of mothers were housewives.

Table 2- Socio Demographic Variables of Parents (n=60)

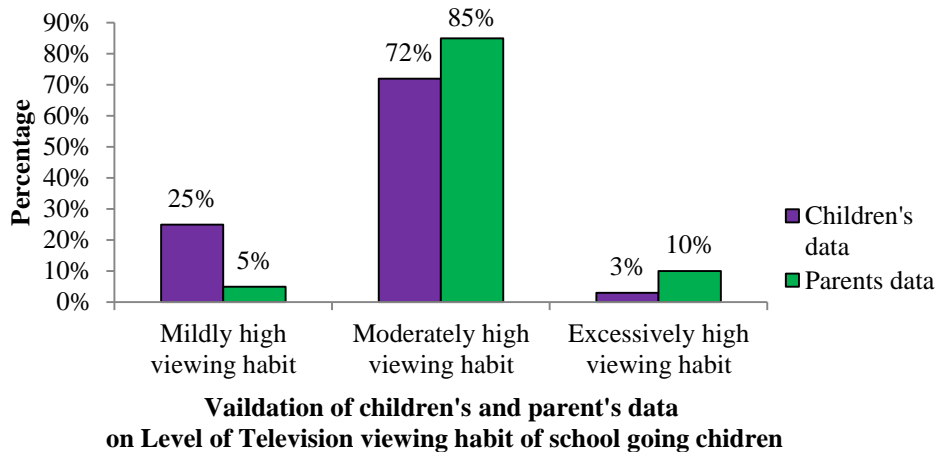
Socio demographic variables of parents	No	Percentage
Age in years		
25-30	05	08%
31-35	09	15%
36-40	22	37%
41 and above	24	40%
Gender		
Male	16	27%
Female	44	73%
Monthly income of family		
Less than Rs.5000	29	48%
Rs.5001-10000	16	27%
More than Rs.10001	15	25%
Education of father		
Illiterate	08	13%
Primary	09	15%
Secondary	29	48%
Higher secondary	13	22%
Graduate and above	01	2%
Education of mother		
Illiterate	09	15%
Primary	17	28%
Secondary	26	43%
Higher secondary	08	14%
Occupation of father		
Farmer	15	25%
Daily wages	22	37%
Private employee	04	07%
Govt. employee	09	15%
Business/ self-employment	10	17%
Occupation of mother		
Housewife	3	53%
Farmer	2	18%
Daily wages	1	18%
Private employee	1	07%
Govt. employee	1	03%

ASSESSMENT OF TELEVISION VIEWING HABIT OF SCHOOL GOING CHILDREN

Fig.1 indicates that both children's and parental data shows moderately high television viewing

habit among school children, but 10% of parental data shows excessively high television viewing habit in comparison to 3% of children's data.

Fig. 1: Validation of children’s and parent’s data on level of television viewing habit of school going children (n=60)

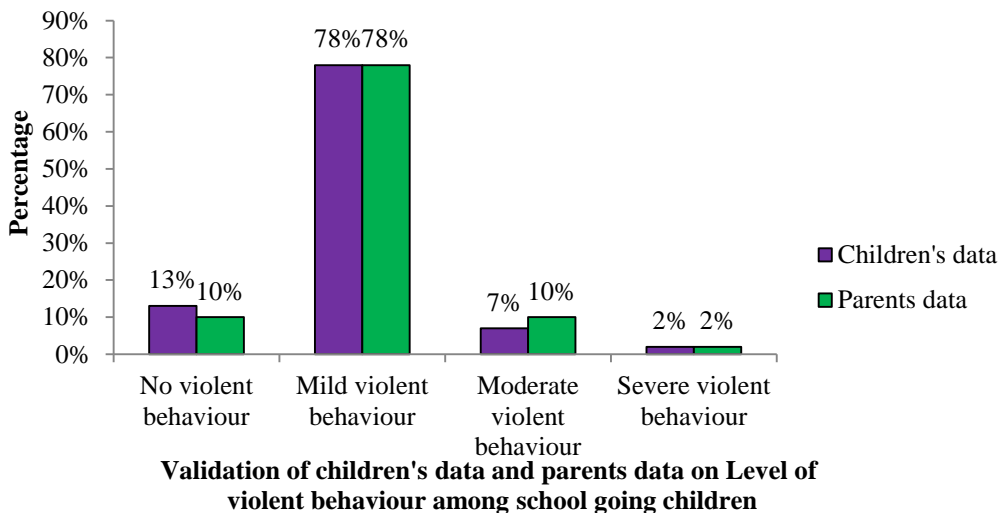


ASSESSMENT OF VIOLENT BEHAVIOUR AMONG SCHOOL GOING CHILDREN

On validating the information from children with that of parental information on the level of violent behavior among school going children, showed that

both children’s and parental data indicates mild violent behaviour . According to children’s data, 7% shows moderate violent behaviour whereas 10% of parental data shows moderate violent behaviour among children (Fig.2)

Fig. 2: validation of children’s and parent’s data on level of violent behaviour among school going children(n=60)



AREA WISE COMPARISON OF MEAN, SD AND MEAN % OF VIOLENT BEHAVIOUR OF SCHOOL GOING CHILDREN

Distribution of mean, SD and mean% of violent behaviour among school going children shows that

the highest mean score (14.05±5.01) which is 56.2% of the total score was obtained in the area of gang behaviour which falls in the category of moderate violent behavior. It is interpreted that, gang behaviour is the major type of violent behaviour observed in children. (Table 3)

Table 3-Area Wise Comparison of Mean, SD and Mean % of Violent Behaviour of School Going Children (n=60)

Sr. No	Area	Max.Score	Mean	SD	Mean %
1	Physical violence to others	75	23.50	7.01	31.33%
2	Violence against self	35	12.25	5.17	35.00%
3	Verbal violence	25	07.05	2.63	28.20%
4	Social violence	30	07.80	3.34	26.00%
5	Gang behaviour	25	14.05	5.01	56.20%
Overall		190	64.70	18.61	34.00%

SD-Standard Deviation

ASSOCIATION OF TELEVISION VIEWING HABIT WITH SOCIO DEMOGRAPHIC VARIABLES OF SCHOOL GOING CHILDREN

Table 4 shows that there was significant association between the television viewing habit and the socio

demographic variables like gender and leisure time activity as the calculated χ^2 value is more than the table value at $P < 0.05$

Table 4- Association of Television Viewing Habit with Socio Demographic Variables of School Going Children (n=60)

Sr. No	Variables	χ^2 Value	Level of significance
1	Gender	5.91	Significant
2	Leisure time Activities	4.34	Significant

(Df-1, Table value=3.84, $P < 0.05$)**ASSOCIATION OF VIOLENT BEHAVIOUR WITH SOCIO DEMOGRAPHIC VARIABLES OF SCHOOL GOING CHILDREN**

Table 5 shows that there was highly significant association between violent behaviour and gender.

There was significant association between violent behaviour and angry behaviour among family member and leisure time activity as the calculated χ^2 value is more than the table value at $P < 0.05$.

Table 5- Association of Violent Behaviour with Socio Demographic Variables of School Going Children (n=60)

Sr.No	Variables	χ^2 Value	Level of significance
1	Gender	11.09	Highly Significant
2	Angry behaviour among family	06.43	Significant
3	Leisure time	06.69	Significant

(Df-1, Table value=3.84, $P < 0.05$)**CORRELATION BETWEEN TELEVISION VIEWING HABIT AND VIOLENT BEHAVIOUR AMONG SCHOOL GOING CHILDREN**

Karl Pearson's co-efficient of correlation analysis between television viewing habit and violent behaviour scores shows that there is significant

positive relationship ($r=0.50$) between television viewing habit and violent behaviour. Hence it can be interpreted that television viewing habit has influence on the violent behavior.

DISCUSSION

Highest percentage (72%) of school going children had moderately high television viewing habit.

These findings are consistent with the study conducted by A.N. Ngwoke, who reported that the highest mean score (74.41±12.9) is falling in the category of moderate television viewers⁷.

The areas like physical violence to others, verbal violence, violence against self and social violence indicates the school children had mild violent behaviour, however the highest mean score (14.05±5.01) which is 56.2% of the total score was obtained in the area of gang behaviour indicates moderate violent behaviour. These findings are supported by Gatti U, Tremblay RE, Vitaro F, McDuff P who also reported that gang members displayed far higher rates of delinquent behaviour and drug use than non-gang members⁸.

The study finding revealed that there was significant association between the television viewing habit with selected demographic variables like gender (χ^2 - 5.91, $p < 0.05$), leisure time activity (χ^2 - 4.34, $p < 0.05$). The findings is supported by the study conducted by Mary Dorinda Allard who found that maximum number (male-79%, female-75%) of school children aged 10-15 years spent their leisure time by watching television than all other activity⁹.

The present study findings revealed that there was highly significant association between violent behaviour and gender (χ^2 - 11.09, $p < 0.05$). There was significant association between violent behaviour and presence of angry behaviour among family member (χ^2 - 6.43, $p < 0.05$) and leisure time activity (χ^2 - 6.69, $p < 0.05$). The findings is consistent with the study carried out by Nazari MR, Hassan MD, Osman Mohd, Parhizkar S, Imran Bin Yasin who identified that students' leisure time is filling with television viewing and

was moderately correlated with their aggression level¹⁰.

The findings shows that there was significant relationship between television viewing habit and violent behaviour among school going children ($r=0.50$). The finding is consistent with the study conducted by Rachel J, who identified that there is positive correlation between television viewing habit and violence behaviour ($r=0.8$) among school going children¹¹.

CONCLUSION

Television being a social media which highly influences the children also has social responsibility to contribute to healthy development of children. Television has the most pernicious and pervasive influence on the growth and upbringing of children as citizens of tomorrow. Parents and teachers have primary role in providing optimum and right environment for the development of child. Nurses, especially a school health nurse can contribute to this through increasing awareness about healthy habits as well as early identification of variations from normal behaviour. The nurse can contribute to increase the awareness on numerous effects of watching television on the varied dimensions of the child's life and related behavioural problems, as well as she can provide necessary guidance to prevent them.

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