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The Development Of Academic Achievement Was Through The Use Of Teaching Aids On The 5 Main Food Groups Of Elementary School Students At Ban Truat School, Srinarong Distric Surin Province



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Abstract

This research aims to 1) develop the five main food learning communication groups for students in Year 4 to be effective in accordance with the specified regulations. 2) To study the learning achievement before and after learning of Prathom Suksa 4 students from learning with learning lessons 3) To study the satisfaction of learners towards learning about the 5 main food groups for students. Grade 4 The sample group used in this research was 21 grade 4 students. From Ban Truat School Srinarong District Surin Province, which was obtained by a simple random sampling method (SimpleRandom). Sampling) Research tools are 1) learning materials 2) Learning management plan 3) Achievement test before and after class 4) Student satisfaction questionnaire with learning materials Data analyzed by finding the mean, standard deviation (SD), percentage (%) And statistical values of t-test under the Dependent Group. The findings were as follows: 1) The learning materials set on the 5 main food groups for students. The research was found that 1) the core food learning materials set 5. The group for students in Year 4 has an efficiency level of 475.00 / 80.95, in accordance with Regulation 80/80 established. 2) The learning achievement of the students who studied with the 5 groups of main food materials for Grade 4 students had significantly higher academic achievement than before studying at the 05 and 3 levels). The satisfaction of the students towards learning materials on the 5 main food groups for primary school students at 4 Overall, it was at the highest level with a mean of 4.70 and a standard deviation of 0.18.

1. Introduction

1.1 Importance and Background of the Problem The fundamental factor for improving the quality of life of Thai children is good hygiene for all children. Physical, mental, emotional and social aspects Today, advances in medical technology have solved the problem of the spread of infectious diseases. Effectively Cause of death In the early stages caused by the infection decreased At the same time, economic and social changes The introduction of various technologies Entering Thai society, including being influenced by foreign media and culture The life of Thai children has become more comfortable. Add to the trend of consumerism Resulting in the way of life Of Thai children today has changed from the original

1) The child has violent behavior. Including neglect of personal health care

2) Living based on health risks such as lack of exercise Crunchy snacks are more popular with soft drinks.

3) are all from improper behavior Therefore, Thai school-age children are at health risks, including skin diseases, infectious diseases, allergies, dental caries, diarrhea, and obesity, etc.

Due to the rapidly changing economic and social conditions, the way of life Of Thai people in society and the environment has changed, it is necessary to adapt to a new environment that is monotonous Material aspect and full of modern technology making life more comfortable. Increasingly, work using relaxation machines, no exercise, and food patterns have changed. Causing the Thai way of life to be transformed into an urban society full of urgency, affecting the dietary patterns of the Cob Kitchen And many Thai children in school age The consumption of food must be fast for the convenience of living. Causing new values in the consumption of fast food Instant food Instant food Into a great role Especially with school age children Most of these foods are high in starch, sugar and fat, with the advancement of modern technology. And various facilities Makes school age children have less movement and exercise. These elements are the cause of obesity. Child obesity is an emerging problem in developing and developing countries. In the United States, obesity among children ages 6-11 has increased from 7% in 1980 to 15.3% in 2000. The World Health Organization estimates that globally at least 300 million people are facing obesity. In addition, there are some interesting studies on the epidemiology of disease in USA found that after infancy Girls are fatter than boys. Children who are obese at age 6 are 25% more likely to be obese adults, while obese children by age 12 are 75% more likely to be obese adults. In Thailand, the obesity trend among school-aged children is higher. According to the HealthData Center (HDC) system of the Ministry of Public Health, 11.4 percent of school-age children were obese and obese in 2014, and in 2015. The increase was 12.5%, with health area 3 (Nakorn Sawan District 3) the second highest rate of onset and obesity among the nationally at 19.9%. Such as ischemic disease, hyperlipidemia, diabetes, arthritis, leg bulging Including ADHD In addition, in the case of children with severe obesity. Affects the respiratory tract Cause congestion Carbon dioxide Pickwickian Syndrome causes drowsiness every time you sit. Affect to study In the educational management according to the core curriculum of basic education, BE 2551, aims to promote Developing learners to achieve learning standards has important desirable competencies and characteristics necessary for Live in a changing society And able to continually seek knowledge for oneself throughout life, such as subject matter and learning standards, subject groups, learning, education and physical education subjects, subject 1, human growth and development, standard 1.1, understand the nature of growth and Human development

Therefore, the researcher is interested in studying and developing learning materials on the 5 main food groups for grade 4 students in order to give students a better understanding of the principles of consumption. Food according to the principles of correct nutrition And students can learn by themselves inside and outside the classroom It also allows teachers to present complex nutritional content and study materials suitable for today. The study also corresponds to the Basic Education Core

Curriculum, 2008, Subject 1, Human Growth and Development, Standard PS1, Understanding the nature of human growth and development, and describes the growth and development of the body and mind according to Age and in accordance with the subject matter and learning standards, subjects, learning subjects, health education and physical education as well

2. Research objectives

1. To develop learning materials about five main food groups for primary school students at 4 To be effective according to the specified criteria
2. To compare students' pre- and post-study achievement Grade 4 from learning with learning materials.
3. To study the satisfaction of learners with learning materials about food for 5 groups of Grade 4 students.

3. Scope of study

In this research The researcher has set the scope of the study as follows.

1. this research This is a research to develop learning materials about food for 5 groups of students in Grade 4.
2. study materials include introduction of the 5 main food groups and their dietary intake according to the principles of nutrition.
3. Duration of the trial The experiment was conducted in the first semester of the academic year 2020 for 20 hours, including the duration of the academic achievement test.

4. Population and sample

1. Population: Prathom Suksa 4 students at Ban Truat School Srinarong District Surin Province Surin Primary Educational Service Area Office, District 3, Semester 1, Academic Year 2020, 2 rooms, totaling 32 students
2. The sample used in this research was 20 students in Grade 4, who assessed the satisfaction of the learning materials users. And in selecting sample groups for this research Used by simple sampling. Simplerandom (sampling).

5. Study variables

Early variant

Learning by using learning materials about 5 main food groups

Dependent variable

1. Academic achievement Of the 4th grade students with learning materials about the 5 main food groups
2. Satisfaction of Prathomsuksa 4 students towards learning by learning materials about 5 groups of food for Prathomsuksa 4 students.

Terminology definition

To understand The researcher has defined the specific terminology in this research as follows.

1. Learning materials means Learning media in the form of using media for teaching health education subjects About 5 main food groups for grade 4 students

2. The five main food groups refer to the main food group 1, protein, main food group 2, starch, group 3 main food, vegetables, main food group 4, fruit and main food group 5 fat.

3. Food consumption according to the principles of nutrition means

- 1) Eat a variety of food for each of the 5 food groups
- 2) Eat rice as a staple food, alternating with some starchy foods.
- 3) Eat lots of vegetables and fruits on a regular basis.
- 4) Eat fish, lean meats. Eggs and legumes
- 5) eat according to age
- 6) Eat foods that are high in fat.
- 7) Avoid eating foods that are sweet and very salty.
- 8) Eat food that is clean and free from contamination.
- 9) Stop or cut back on alcoholic beverages.

4. The efficiency of learning materials means The criterion was measured using the five main food learning materials groups for Grade 4 students who had set the criteria 80/80, ie the first 80 was the mean score obtained from the test. End of the unit Each unit of the student (During the study process), which is 80 percent, the latter represents the average score obtained from the student's post-study test (after the study process), which is the percentage

5. Achievement means Test scores After the student's class Which learns with 5 groups of learning materials for primary school students in grade 4

6. Satisfaction means The level of feelings of the learners towards learning with the learning materials set. About 5 main food groups for grade 4 students both in content Design and media satisfaction In which questionnaires were evaluated

7. Students mean Those who study in Grade 4, Academic Year 2020, Ban Samet Srinarong School, Surin Province

6. Expected benefits

1. Get learning materials about 5 main food groups for Grade 4 students that are effective according to the criteria 80/80.

2. Learning achievement of Prathomsuksa 4 students from learning by learning materials about 5 main food groups for Prathomsuksa 4 students.

3. Know the level of satisfaction of the learners with learning materials about the 5 main food groups. For students in grade 4=

7. Summary of study results

Subject research The development of learning materials on 5 main food groups for Prathomsuksa 4 students. The sample group used in this research was 21 students in Grade 4 from Wat Ban Suan School. Obtained by simple random sampling. The objectives of this research are as follows.

1. To develop learning materials on the 5 main food groups for Grade 4 students to be effective according to the specified criteria.

2. To compare students' pre- and post-study achievement Grade 4 from learning with learning materials.

3. To study the satisfaction of learners with learning materials about food for 5 groups of Grade 4 students.

8. Research results

Subject research The development of learning materials on 5 main food groups for grade 4 students can summarize the research results as follows:

1. Learning materials: Eat well and life is happy. For students in grade 4, at Wat Ban School, the performance was equal to 5.00 / 80.95 which D meet the established 80/80 criteria
2. The achievement of the students who studied with the 5 groups of learning materials on the main food group for the 4th grade students had higher achievement than before learning. Significantly Statistical at the .05 level.
3. The satisfaction of the students with the learning materials on the 5 main food groups for grade 4 students overall was at the highest level. The mean $\bar{x} = 4.70$, (S.D. = 0.18), representing 94.00%.

9. Discussion

From the analysis of research data on The development of learning materials on the 5 main food groups for the 4th grade students can discuss the findings as follows.

1. Finding the effectiveness of the learning materials on the 5 main food groups for grade 4 students found that the learning materials of the 5 main food groups were as effective as 76.15 / 80.95 which was in accordance with the specified 80/80 criteria.

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