
MONKEY SPORTS

***SURVEY REPORT
PHYSICAL & MENTAL HEALTH, &
CORONA VIRUS RELATED AWARENESS***



DIRECTOR'S MESSAGE



Monkey Sports is a social enterprise with the mission to improve physical and mental ability of children through the power of sports. World Health Organization recommends that children should play for at least 1 hour each day. But with the current lock down due to corona virus , the children are spending all their time at home. Because of that, children's mental stress is increasing and their physical needs are not getting fulfilled.

This can have a long term effect on children's habit on learning and their behavior. Therefore, Monkey Sports' team has created a survey to understand children's mental and physical health along with their awareness about Corona Virus .

Based on the feedback , we have created innovative games that can be played at home with only 2-3 players and with minimum equipment. The games consists of board games, yoga exercises and physical activities. Parents , coordinators & teachers can engage their children in physical activity by using these games. It will help create a positive environment at home and improve communication between parents and children. The program will also ensure that when children get back to school, they are active and ready to learn with less stress syndrome.

A handwritten signature in blue ink that reads "Kushal Agarwal".

Kushal Agarwal
Founder & Director
Monkey Sports

METHODOLOGY & PLAN

To understand the physical and mental health of children , we created a survey. The survey consisted of 22 questions to understand the physical & mental health of children. The survey was created based on the survey created by California Department of Education.

You can access the survey by clicking here: [Health Survey for Children](#)

We researched the survey thoroughly and picked up the questions that were most relevant to the local needs. We also added question to understand children's awareness about key prevention technique against Corona virus.

All the questions are in Hindi and were asked on a likert scale from 1 to 5. The questions were divided into 4 sections. The first section is to understand the Physical health, then the mental health ,the third section is to understand the support from friends & family and finally the fourth section to understand the Corona Virus related awareness.

The survey was conducted among 4 of the school managed by a NGO in Patna. The NGO works with the most marginalized and disadvantaged children who lived on the streets. The NGO has shelter homes where they provide lodging and food to the children. Monkey Sports has been working with the children staying in the shelter homes from last 1 year to provide life skill training.

To conduct the survey , coordinators from each shelter homes were provided training by Avinash Pandey (Training & Monitoring officer at Monkey Sports). Each coordinator after receiving the training, started to conduct survey among the children (aged between 10-18 years). The coordinators asked the questions to the children and filled out the survey online through the google form.

A total of 95 survey forms were filled out. Below is the result of each section.

PHYSICAL HEALTH

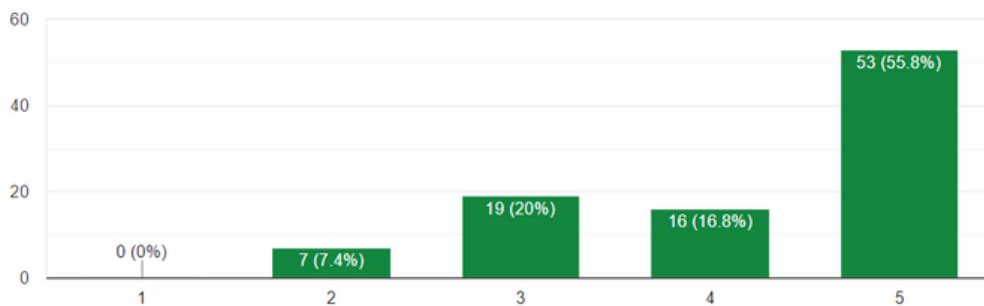
A total of 4 questions were asked in this section.

The first statement (question) is "I am satisfied with my weight"

- The response of the children was very positive. 56% of the children responded that they are very satisfied with their weight. 17 % of children were satisfied and only 7% of children were not happy with their weight.

मैं अपने वजन से संतुष्ट हूँ?

95 responses



The second statement is "I often eat junk food like french fries, potato chips, Maggie or other fried items."

A mixed response, with 29 % of the children agreeing and 58 % disagreeing that they eat junk food.

The third statement is "I often eat vegetables. (Include salads and non fried potatoes.)"

-The response was very positive from the children with 86 % agreeing that they often eat vegetables.

The fourth statement is " I engage in physical activity for at least 30 minutes daily that make him/her sweat".

- Positive response from the children with 75 % of children agreeing that they engage in physical activity each day for at least 30 minutes.

Overall, the children gave a positive response to the questions related to the physical health.

MENTAL HEALTH

A total of 5 questions were asked in this section.

The first statement is " I spend a lot of time watching TV or playing mobile games" - **76% of the children agreed that they spend a lot of time watching television or playing video games. Increase in screen time has been shown to be directly related to increase in mental stress for children.**

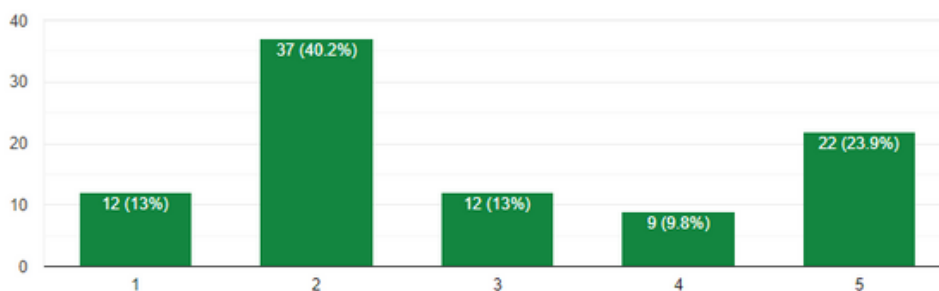
The second statement is "On most days, s/he feel sad and down." **A positive response, with 61.7 % of the children disagreeing and 3% agreeing with the statement that they feel sad & down.**

The third statement is "On most days I have a hard time relaxing. " **-Again, the response was positive from the children with more than 60% disagreeing with the statement that they have a hard time relaxing.**

The fourth statement is " On most days I get easily irritated". **-The response from the children is on the negative side with 53% agreeing that they easily get irritated. Only 33% of the children, disagreed with the statement.**

ज्यादातर समय में, मैं बहुत जल्दी से चिढ़ जाता/जाती हूँ।

92 responses



The fifth statement is " On most days it is hard for me to get excited about anything".

A mixed response, with 35 % of children both agreeing and disagreeing with the statement that it is hard for them to get excited about anything.

Overall, the children gave a mixed response on the questions related to mental health.

FRIEND, FAMILY & SCHOOL SUPPORT

A total of 4 questions were asked in this section.

The first statement is " On most days, I sit to study by myself without requiring parents to scold me"

- A mixed response from the children with 56% agreeing and 29% disagreeing that they sit by themselves to study.

The second statement is "I can easily communicate my problems with guardians."

- A positive response from the children with 75 % agreeing and only 2% disagreeing that they can easily communicate their feelings with their coordinator , guardian or parent.

The third statement is "I like to go to school.. "

-Again, the response was positive from the children with almost 80% agreeing that they like to go to school.

The fourth statement is "I have a friend with whom I can share my problems."

-Again, the response was positive from the children with almost 80% agreeing that they have friends with whom they can share their problems.

Overall, the children have a good support from family & friends (in this case adults and the children staying in the shelter homes).

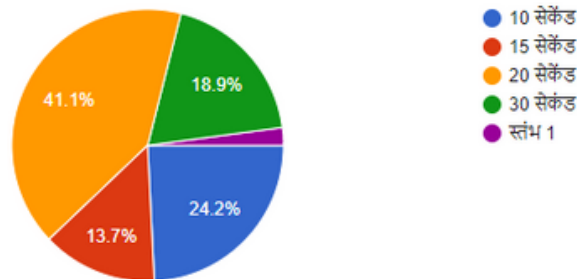
CORONA VIRUS RELATED AWARENESS

A total of 5 questions were asked in this section. The answers were multiple choice.

The first statement is " I need to wash my hand forsecs."

मैं अपने हाथों को एक बार में ____ समय तक धोता/धोती हूँ।

95 responses

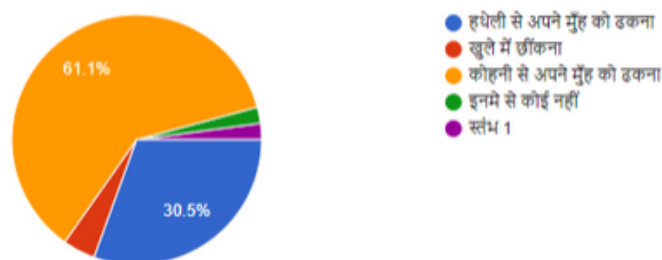


- Only 41% of the children gave the correct answer that they need to wash their hands for 20 secs as recommended by World Health Organization.

The second statement is "While Sneezing or coughing, I....."

अक्सर छींक आने पर मैं ____ करता/करती हूँ।

95 responses



-60% of the children answered correctly that they would use the elbow to cover their mouth , while more than 30% said that they will use their hands to cover their mouth.

The third statement is "During Social distancing, the distance between two people should be at least "

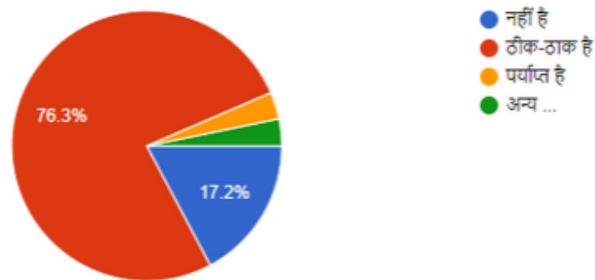
-More than 90% of the children gave the correct answer of 1 m.

CORONA VIRUS RELATED AWARENESS

The fourth statement is " Because of lock down, the availability of food at home is"

Lock down के वजह से हमारे परिवार में राशन और प्रतिदिन भोजन की वर्तमान स्थिति _____ है।

93 responses

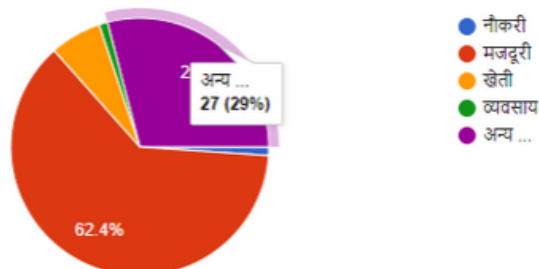


- 76,3% of the children replied that the availability of food at home is minimum while 17% responded that there is no food at all.

The fifth statement is "The main business of my family is..."

हमारे परिवार का मुख्य पेशा _____ है।

93 responses



-More than 63% of the children replied that the main business of family is daily wage labor work, while 6% said the main business of family is agriculture.

Overall, the awareness of corona virus related prevention among the children is very limited. Many children's family members are struggling to get food everyday during the lock down.

LIMITATION OF THE SURVEY

- a) The survey was conducted by the coordinators of the NGO. This could have influenced children decision to give answers that favored the status quo. The best way to take the survey was that the children fill out the survey form themselves. But due to travelling constraints (lock down), it could not me materialized.
- b) It is possible that the questions were not properly understood by the coordinators or the children. There was no monitoring mechanism in place to understand the problem.
- c) Children could have got influenced by their peers while giving the answers.
- d) The subjectivity of physical and mental health survey. We cannot get a holistic view of the children's health through this survey.

CONCLUSION

a) Children showed a positive response to Physical and friend & family support questions. However, because of the limitation of the survey been conducted by the coordinator ,we cannot truly say if children's answer were influenced or not.

b) Children showed a mixed response to mental health survey questions. Many children are spending a large amount of their time watching television or playing mobile games. As stated before, this result also has it's limitation in children getting influenced while giving their answers.

c) The questions, related to Corona virus prevention techniques, shows that the children have a very limited knowledge. Awareness program can help the children to equip them with prevention techniques knowledge.

Research shows that many children & adults will get diagnosed with clinical depression due to Corona Virus Lock down. Mental health issues are going to become more prevalent due to change in our lifestyle to maintain social distancing for the next 1-2 years. Physical activities such as exercise, yoga and fun games such as board games, chess & ludo can help to fight against mental health issues.

With the lock down going to end soon, the best weapon against corona virus is changing our lifestyle and incorporating correct hand wash techniques and other preventive measures as recommended by World Health Organization.

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