

A Study to Evaluate the Effectiveness of Planned Teaching Programme on Knowledge and Practices Regarding the Importance of Play Activities among the Mothers of Under Five Children During attending OPD in the Selected Hospital, Bardoli, Gujarat

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Abstract

Background: Play constitutes an essential parameter of the normal psychosomatic development of children, as well as their statutory right. Play is the most important activity of a child's life. **METHOD:** in this research study a quantitative approach with Pre-experimental one group pre-test post-test design was adopted. 50 mothers of under five children were selected by using non-probability convenient sampling technique. Structured interview schedule and inventory checklist both were used to collect data from the subjects. Planned teaching programme was organized to educate the mothers regarding importance of play activities followed by posttest. data was analysed by using descriptive and inferential statistics such as standard deviation, chi- test, and paired 't' test. **RESULT:** The pre-test knowledge scores showed that majority of respondents 37 (74%) had average knowledge, 13 (26%) had good knowledge and posttest knowledge scores showed that 46(92%) had good knowledge, 4 (8%) had average knowledge. The pretest practice scores showed that majority of respondents 38 (76%) had average practice, 12 (24%) had good practice and posttest practice scores showed that 48 (96%) had good practice, 2 (4%) had average practice. paired t value of knowledge and practice was 13.72 and 18.54 was greater than tabulated value 1.991 at 0.05 level of significance. The study results depicts that, there was significant association between the post-test knowledge score and type of family and birth order of child. And there was also significant association between post-test practice score and education.

Keywords: Planned teaching programme, mothers of under five children, importance of play activities

Introduction

"The children of today, are the adults of tomorrow. They deserve to inherit a safer, fairer and healthier world. There is no task more important than providing healthful environment."

-Gro Harlem Brundtland.

Today's children are citizens of tomorrow, so the health of the children is very important in determining the prosperity of a country. Indian journal of pediatrics (2005) indicated that 20% of children have some form of psychological problem and that of 70% of these are

helped through the use of psychological based therapies such as play and creative arts.¹

Play is the key center of a healthy child's life. Play provides the opportunities to be free, creative and expressive. Play is crucial for your child social, emotional, physical, cognitive growth.²

Play also has important therapeutic value for helping the child to deal with crisis situations, such as hospitalization. In this case, it can positively influence the physical and emotional recovery of the child to make the hospitalization process less traumatic, and accelerate

the child's recovery. In the hospital context, play is often used for role play and conflicts, promoting catharsis, which signifies relief and purification of the individual. After all, expression through play is the most natural form of self-therapy at the child's disposal.³

Hospitalization constitutes an unpleasant experience mostly for children, who suddenly have to leave the familiar place of their home and the persons who are important for them, and stop their favorite activities, including play.⁴

As a result, play is often disregarded, or considered of minor importance. However, the role and value of play increases when the child is repeatedly hospitalized, mostly due to a chronic disease or disability, since it decisively contributes to emotional, mental well-being, self-confidence and self-esteem.⁵

Epidemiologic evidence shows that 8 % of children between the ages of 5 and 17 suffer from difficulties due to anxiety. Indian journal of pediatrics (2005) indicated that 20% of children have some form of psychological problem and that of 70% of these are helped through the use of psychological based therapies such as play and creative arts.¹

Need of The Study

"The sky's awake so I'm awake so we have to play".

-Princess Anna from Disney's frozen

Hospitalization is a stressful and threatening experience, which can be emotionally devastating to children. Hospital play interventions have been widely used to prepare children for invasive medical procedures and hospitalization. Nevertheless, there is an imperative need for rigorous empirical scrutiny of the effectiveness of hospital play interventions, in particular, using play activities to ease the psychological burden of hospitalized children.⁶

In South Asia (2016) 24.8 % of under five deaths in 2016 occurred (1.2 million deaths, 95 % UI 1.2 million to 1.3 million). Global disease burden study has revealed that in 2016, 0.9 million under five children died in India. According to data from the national family health survey 4, the under-five mortality rate in India stands

at 50 per 1000 live births down from 74 in the 10 years between 2005-06 and 2015-16. This can be reduced by demonstration, health education and guidance to the parents and creating awareness and making changes towards the health care branches.²

The study was conducted to assess the effectiveness of play therapy on anxiety among hospitalized children in selected hospital at Vadodara. In experimental posttest mean score was 37.87 and SD was 14.708 therefore the research hypothesis was accepted. So it clearly shows that the level of anxiety was reduced in experimental group in post-test. The study concluded that children's were anxious in the pre-test and in the post-test shows that children's were not anxious. So, it indicates that play activities was effective.⁷

Statement of the Problem

A study to evaluate the effectiveness of planned teaching programme on knowledge and practices regarding the importance of play activities among the mothers of under five children during attending OPD in the selected hospital, Bardoli, Gujarat.

Objectives

1. To assess the knowledge regarding importance of play activities among the mothers of under five children before and after planned teaching programme.
2. To assess the practices regarding importance of play activities among the mothers of under five children before and after the planned teaching programme.
3. To compare the knowledge and practices scores regarding the importance of play activities among the mothers of under five children during hospitalization in the selected hospital, Bardoli, Gujarat.
4. To associate the effect of knowledge and practices scores with their selected demographic variables such as age, education, family income etc.

Hypothesis

H1: There will be a significant difference between the mean pre-test and post-test knowledge scores of mothers regarding importance of play activities in under five children.

H2: There will be a significant difference between the mean pre-test and post-test practices scores of mothers regarding importance of play activities in under five children.

H3: There will be a significant association between the post-test knowledge and practices scores with selected socio-demographic variables of mothers regarding importance of play activities.

Material and Method

Research design

Pre-experimental one group pre-test post-test design which is an experimental research design.

Setting

Sardar hospital, Bardoli

Sample

mothers of under five children who attending OPD in the Sardar hospital of Bardoli, Gujarat.

Inclusion criteria

1. Mothers of under five children who are available during time of data collection.
2. Mothers who can comprehend in Hindi and Gujarati language.

Exclusion criteria

1. Mothers of under five children who are not willing to participate.
2. Critical ill children's mother during the time of data collection.

Tool for data Collection

Tool 1: socio-demographic Performa with 12 items namely; age of the mother, marital status, religion, residence, education, occupation of the mothers, type of family, number of children, monthly income of family, age of the child, sex of the child, and birth order of the child.

Tool 2: structured interview schedule which consists of 30 questions on knowledge regarding importance of

play activities in children.

Questionnaire Procedure

For knowledge assessment – If answer right - 1

If answer wrong- 0

Scoring interpretation of knowledge:

Poor knowledge: 1-33 %

Average knowledge: 34-66 %

Good knowledge: 67-100 %

Tool 3: Inventory checklist which consists of 14 questions.

Questionnaire Procedure

Positive statement – 1

Negative statement – 0

Scoring interpretation of practice:

Poor practice: 1-33 %

Average practice: 34-66 %

Good practice: 67-100 %

Reliability

Reliability of the structured interview schedule among the 5 selected mothers was calculated by using test, re-test method followed by Karl Pearson's coefficient of correlation(r).

Data Collection Procedure

The researcher obtained written permission from the concerned authority, Medical Superintendent of Shree Sardar Smarak Hospital, Bardoli, 15th April to 27th April. Each participants were taken consent and assured confidentiality of their responses. The average days taken for data collection was 13. Sample collection was done from pediatric OPD. Each day of data collection took maximum 3 to 4 hours of duration to conduct both the pre-test and providing PTP. After 7 days post test was administered to assess the knowledge and practice of the mothers of under five children regarding importance of play activities.

Statistical Design

Data were verified prior to computerized entry. The Statistical Package for Social Sciences (SPSS version 20.0) was used. Descriptive statistics were applied (e.g., mean, standard deviation, frequency and percentages). Test of significance (chi square and paired t test) was applied to test the study hypothesis.

Analysis

Table 1: Mean, Median, mode, standard deviation and range of knowledge score of mothers

n=50

Area of Knowledge	Mean	Median	Mode	Standard deviation	Range
Pre test	18.66	18	17	3.80	13-27
Post test	23.50	23	23	2.55	17-29
Difference	4.84	5	6	1.25	2

Table 2: Mean, Median, mode, standard deviation and range of practice score of mothers

n = 50

Area of Practice	Mean	Median	Mode	Standard deviation	Range
Pre test	9.7	10	10	1.01	7-11
Post test	11.64	12	12	0.74	10-13
Difference	1.94	2	2	0.27	1

Table 3: Significance of mean difference between Pre-test and Post-test knowledge score of mothers.

n=50

Knowledge score				Mean difference	SD Difference	SEd	t- value		Signi- fiance
Pre-test		Post-test					Table value	Calculated value	
Mean	SD	Mean	SD						
18.66	3.80	23.50	2.55	4.84	1.25	0.35	1.991	13.72	S

Table 4: Significance of mean difference between Pre-test and Post-test practice score of mothers

n=50

Practice score				Mean difference	SD Difference	SEd	t- value		Signi- fiance
Pre-test		Post-test					Table value	Calculated Value	
Mean	SD	Mean	SD						
9.70	1.01	11.64	0.74	1.94	0.27	0.10	1.991	18.54	S

Conclusion

The present study was undertaken by the researcher to evaluate the effectiveness of planned teaching programme on knowledge and practice regarding the importance of play activities among the mothers of under five children during attending OPD in the selected hospital, Bardoli, Gujarat. The conceptual framework of the present study was based on Imogene king's goal attainment theory 1981. A sample of 50 mothers were selected by using non-probability convenient sampling technique, one group pre-test post-test design was used. Structured interview schedule and inventory checklist was used as a tools to assess the knowledge and practices of mothers of under five children. Data were analyzed and hypothesis were tested using descriptive (frequency, percentage, mean, median, mode, standard deviation) and inferential statistics (paired "t" test and chi square). The data is interpreted in the forms of tables and graphs.

Recommendations

In the light of the present study findings, the researcher makes the following recommendations for the future research:

1. The study can be replicated in larger sample for better generalization.
2. Similar study can be conducted in different groups and also at different settings.
3. A comparative study can be carried out in different community to find out the significant difference between rural and urban mothers.

4. Descriptive study can be conducted to assess the knowledge and practices of mothers regarding importance of play activities in rural area.
5. Video assisted teaching programme can be used to assess knowledge of mothers regarding importance of play activities.
6. To assess the attitude of the parents regarding importance of play activities in children.
7. A study can be conducted to assess the effectiveness of workshop on importance of play activities by administering pre-test and post-test among the participants.
8. The similar study can be conducted with different research design.

Conflict of Interest: There is a no conflict during the research study.

Source of Funding: Use a self-funding during the research study.

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