

Study to Assess Knowledge of Mothers Regarding Importance of Play for Children

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ABSTRACT

Play is “work” for young children and is understood to build necessary cognitive, physical, social, language and emotional well-being of children. Play also offers an ideal opportunity for mothers to engage fully with their children. This thesis project, explores the subject of play within the early childhood considering both cognitive and social constructivism. The multiple purpose of the project was to gain a more complete understanding of the importance of play in the early childhood, emphasizing on children’s intellectual, physical, emotional and social growth, pertaining to play and in order to establish guidelines regarding the importance of play, role of mothers in their play & type of play material for children in early childhood.

Keywords: *Play, cognitive, physical, social, language, emotional, role of mothers and play material*

INTRODUCTION

“ You can discover more about a person in an hour of play than in a year of Conversation “

Plato, Greek Philosopher

Play is considered a key facilitator for learning and development across domain, and reflects the social and cultural contexts in which children live. Through play children learn about themselves and the world in which they live. Play is essential to the child’s development and it is the way that youngsters learn the skills they will need for a happy and capable childhood¹.

Play is important in early childhood because it helps to prepare child for school. Engaging in play activities helps to nurture social and language skills. When a child engages himself in a play activities, it helps to refine his learning and reasoning skills. There are many multisensory play activities that teach a child to understand and learn through touch, sight and sound. There are strong association among learning skills,

classroom behaviour and play³.

Play is so important to optimal child development that it has been recognised by the United Nations High Commissions for Human Rights as a right of every child. It is through play that children at an early age engage and interact in the world around them. It allows children to learn how to work in groups, to share, to negotiate, to resolve conflicts, and to learn self-advocacy skills. Perhaps above all, play is a simple joy that is cherished part of childhood⁴.

Statement of Problem

An Exploratory study to Assess the knowledge of Mothers regarding Importance of Play for Children in Child Health Care Area in Selected Hospital, Ludhiana, Punjab.

Objectives of the study

To assess the knowledge of mothers regarding importance of play for children.

To ascertain the relationship of mothers knowledge regarding importance of play for children with selected variables like age of mother, education, number of children, religion, type of family, family income and source of information.

To identify the deficit areas in knowledge and to prepare guidelines to improve knowledge of mothers.

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Assumption

Mothers of children in age group 1-3 years have knowledge regarding importance of play in growth and development of child.

Delimitation

The study is limited to mothers of children between age 1- 3 years.

Operational definitions-

Play – Play is an activity that enhance learning, growth and development of child.

Knowledge – it refers to mothers’ range of factual information of specific questionnaire regarding importance of play which include physical development, cognitive development, sensory development, psychosocial development and mothers role in play and selecting play materials for children between age 1-3 years.

Children – Boy or girl, especially in the age group of 1- 3 years.

Child Health Care Area – area related to health care facilities to children. i.e paediatric out patient department, paediatric medicine ward, paediatric surgery ward and well baby clinic.

Conceptual Framework

The conceptual framework of the present study was based on a “ Three Phase Theory” described by Fitts and Posner (1967).

Fitts and Posner (1967) suggested when we learn something new we go through a process moving through specific phases the more we improve. There are three phases:

Cognitive phase – Identification and development of the component parts of the skill – involves formation of a mental picture of the skill
Associative phase – Linking the component parts into a smooth action – involves practicing the skill and using feedback to perfect the skill
Autonomous phase – Developing the learned skill so that it becomes automatic – involves little or no conscious thought or attention whilst performing the skill.

In this research project, Cognitive Phase was taken by the Investigator, collecting data from mothers of children age 1- 3 yrs regarding importance of play, knowledge of mothers regarding their role and toys in Indian market in order to develop Guidelines for creating awareness in mothers.

RESEARCH METHODOGY

Research approach

An exploratory research approach was used to assess the knowledge of mothers regarding importance of play for children.

Research design

For present study non-experimental research design was utilized to achieve the objectives of the study.

Independent variable – age of mother, education, number of children, religion, type of family, family income and source of information.

Dependent variable – Knowledge of mothers regarding importance of play.

Population

The target population of study was the mothers in child health care area of selected hospital, Ludhiana, Punjab.

Description of setting

The present study was conducted in child health care area of Christian Medical College and Hospital, Ludhiana. The bed strength of the hospital was 667.

Sample and Sampling technique

Total sample was 100 mothers of children in the age group 1-3 years selected by using purposive sampling technique.

Description of tool

Section I – Sample Characteristics

This parts consists of 7 items for obtaining personal information i.e age of mother, education, number of children, religion, type of family, family income and source of information.

Section II – Structured Questionnaire

This parts consists of 30 multiple choice question regarding different aspect of mothers knowledge regarding importance of play. Each correct answer among the four choices carries one mark. The total possible score is 30.

The questions were related to following aspect -

Area	items
• Introduction and Importance of play	5
• Physical development	2
• Cognitive development	4
• Sensory development	2
• Psycho – social development	4

Knowledge of mothers regarding their role & play material for children

Total item	30
Maximum score	30
Minimum score	0

Criterion Measures

The knowledge score refers to the total score on knowledge items in structured multiple choice questionnaire by mothers

Level of knowledge	Percentage
Excellent	> 66.66%
Good	50 – 66.66 %
Average	43.33 -26.67%
Below average	< 26.67%

Data Collection Procedure –

For collecting data following steps were taken. Informed consent from the participants of the study were taken. The objectives were explained to each subject and a self structured questionnaire was used to collect data. The confidentiality was assure

RESULT

Table – 1 : Frequency and Percentage distribution of mothers according to level of knowledge regarding importance of play for children N = 100

Level of Knowledge	Mothers		
	Score	n	%
Excellent	>20	10	10
Good	14 – 20	12	12
Average	8 – 13	54	54
Below Average	< 8	24	2

Table – 1 depicts that majority of mothers had average knowledge regarding importance of play for children.

Table – 2 : Mean, mean percentage and rank order of knowledge score of mothers according to areas of knowledge. N=100

Areas of Knowledge	Mean Knowledge Score			
	Max. Score	Mean	Mean % score	Rank
Introduction and Importance of play	5	1.82	36.55	5
Physical development	2	0.76	38.12	4
Cognitive development	4	1.66	41.58	1
Sensory development	2	0.88	41.09	2
Psycho – social development	4	1.45	36.14	6
Knowledge of mothers regarding their role & play material for children	13	5.06	38.14	3

Table -2 conclude that mothers had highest knowledge in the area of cognitive development and least knowledge in psycho – social development.

Major findings

SECTION A: Distribution of subjects according to their demographic variables

Maximum mothers were in the age group 26 – 30 years, graduate and above, had one child, Hindu belong to joint family, having family income Rs. 10,000 – 15,000 and source of information was mass media (television, Newspaper, Magazines).

SECTION B : Distribution of subjects according to level of knowledge of mothers regarding importance of play

Out of 100 mothers 54% have average knowledge score, followed by 24% below average knowledge score, 12% good knowledge and 10% excellent knowledge score.

SECTION C: Find association between demographic variables and level of knowledge regarding importance of play for children among mothers

Education of mother, religion, and number of children had significant relationship with knowledge of mothers regarding importance of play for children in age group 1- 3 years.

Implication for nursing

The finding of this study have certain important implications for nursing profession i.e nursing practice, nursing education and nursing research. In all these areas the role of nurse is to improve the knowledge of mothers regarding importance of play for children in age group 1-3 years. Mass awareness is very essential regarding the importance of play for children. Nurses act as an educator, organiser, leader, counsellor and motivator.

NURSING PRACTICE :

To enhance the knowledge level on importance of play for children among mothers is an important aspect of basic education programmes in nursing. The primary task of nursing education would be to intervene in Paediatric Outpatient department and immunization clinic.

NURSING EDUCATION :

An implication for nursing practise derived from the study was increased incidence where children are being exposed to violence and bad language in their early

childhood period and lack healthy social, emotional and cognitive development in addition to bonding with mothers. Therefore, nurses should have knowledge on importance of play in child development.

NURSING RESEARCH :

Research should be continued on newer practices and methods of teaching focussing on effective child physical, social, language, cognitive and emotional development by play and importance of play in different age groups during hospitalization.

Recommendations

The study needs to be replicated on a large sample to validate and generalise the findings.

More studies should be done on play needs of children in school going age.

More studies can be done on toxics present in toys and their harmful effects on children.

Research on importance of play for hospitalised children and how it minimises the stress related to hospitalisation in children.

CONCLUSION

The study revealed 54% (majority) of mothers having below average knowledge regarding importance of play in children and education of mothers, religion and number of mothers had association with knowledge of mothers.

Ethical Clearance- Taken from CMC ethical committee.

Source of Funding- Self

Conflict of Interest - Nil

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