
“KNOWLEGDE OF CHILDREN PLAY NEEDS AMONG MOTHERS”

Mr.Venkatesha Reddy T* & Dr. Pratiksha Patrick**

**PhD Scholar Malwanchal University Indore.*

***Guide- S.S Institute of Nursing Sciences.*

ABSTRACT

Play is essential for every child as it serves as a means of expression. It plays a significant role in the development of a child's social, cognitive, and physical skills, while also strengthening the emotional bond with parents. Parents, especially mothers, often act as the primary play partners for their children. Research has indicated that a mother's understanding of play needs, toy selection, and the creation of a suitable environment can influence a child's developmental outcomes. This study aims to assess the knowledge of mothers regarding the play needs of children under five.

KEYWORDS: *Play Needs; Knowledge; Mothers; Under-Five Children.*

INTRODUCTION

Play and toys are crucial for children's growth and development. They encourage learning, promote maturation, instill moral values, and nurture creativity. Play also aids in the development of social, cognitive, and physical skills, while strengthening the emotional bond between parents and children. It is considered a natural form of expression for children, allowing them to communicate and interact with their surroundings. From an early age, children begin engaging with and exploring the world around them, and play provides them with the means to create and master their environment.

A comparative study involving Asian and Euro-American parents of preschool-aged children found that Euro-American parents viewed play as an essential tool for early development, while Asian parents did not consider play a necessary activity for preschool-aged children. Parents, particularly mothers, often serve as children's first play partners. The mother's role includes designing the environment and selecting materials, activities, and routines that encourage children's development of specific skills. When appropriate, mothers also provide the instructional support needed to help children successfully participate in activities or routines and master new skills.

A mother's knowledge can be seen as having an indirect influence on a child's developmental outcomes. This underscores the importance of assessing mothers' understanding of the play needs of children under five.

OBJECTIVES:

- To assess the knowledge of mothers regarding the play needs of children under five.
- To examine the association between mothers' knowledge scores and selected demographic variables.

METHODS AND MATERIALS:

A quantitative research approach with a descriptive design was employed for this study. It was conducted in selected rural villages within the Muddapura Taluk of Chitradurga, chosen based on feasibility and good accessibility from the institute. A total of 100 mothers of children under five were selected using a convenience sampling technique. The study included biological mothers who were able to understand and communicate in Kannada. Mothers with disabilities, such as hearing or speech impairments, or those with mental disabilities, were excluded from the study.

A structured interview schedule, consisting of 34 items, was used to collect information about the mothers' knowledge of the play needs of children. The questions were formatted as multiple-choice questions and asked verbally. Content validity of the tool was established through expert review, ensuring the relevance of the items. The reliability of the tool was assessed using the split-half method, and the tool was found to be reliable with a correlation coefficient of $r = 0.67$.

The interpretation of the tool categorized the knowledge of mothers into three levels: Good knowledge (greater than 75%), Moderate knowledge (50% to 75%), and Poor knowledge (less than 50%). Prior to data collection, informed consent was obtained from all participants, ensuring their understanding of the study. The confidentiality and privacy of the subjects were maintained throughout the research process. The interview for each respondent took approximately 20-25 minutes to complete.

Following data analysis, a structured teaching program (STP) was developed based on the study findings. This program was administered to the mothers at the conclusion of the study. The focus of the STP was on key topics such as the selection of play materials, the role of play in a child's growth and development, the types of play suitable for different age groups, and the role of parents in supporting play.

The data collected from the study were analysed using both descriptive and inferential statistics.

RESULTS:

The findings revealed that 65% of the mothers had moderate knowledge about the play needs of children under five, 32% had poor knowledge, and only 3% demonstrated good knowledge. The study also showed a significant association between mothers' knowledge scores and their educational background.

CONCLUSION:

The study concluded that mothers' knowledge about the play needs of young children is insufficient. There is a clear need for increased awareness and educational initiatives to enhance mothers' understanding of these needs.

RESULTS

The study was conducted with 100 mothers of children under five years of age, residing in selected rural villages of Punjab. The findings indicated that the majority of the mothers, 61%, were in the age group of 26-30 years. Regarding education, 36% of the mothers had completed their secondary education, while 9% had never attended formal schooling. Forty-four percent of the subjects had a family income between Rs. 5,000 and Rs. 10,000. The majority (47%) had two children, and 12% had more than four children. A large proportion (79%) of the subjects belonged to the Sikh religion, and 20% of the mothers lived in joint families.

The knowledge of mothers about the play needs of children was assessed, revealing that the majority (65%) had moderate knowledge. Thirty-two percent of the mothers had poor knowledge, while only 3% demonstrated good knowledge regarding the play needs of children. The data showed a mean score of 19.05 ± 3.56 for the knowledge of mothers, suggesting that most mothers had moderate knowledge concerning the play needs of children under five.

The mean score highlights various aspects of mothers' knowledge regarding the play needs of children. The findings showed that 66% of respondents had knowledge about the types of play, and 56% had knowledge about selecting appropriate play materials. The mean score related to the role of play in the growth and development of children was 4.81%, indicating a moderate level of awareness in this area.

Furthermore, the study revealed that the knowledge scores of mothers regarding the play needs of children were significantly associated with the mothers' education level ($p < 0.01$). This suggests that the educational background of mothers plays a crucial role in their understanding of the play needs of children under five. However, the knowledge scores were found to be statistically non-significant in relation to other selected demographic variables included in the study.

DISCUSSION

The findings of the study revealed that the majority of mothers (65%) had moderate knowledge regarding the play needs of children under five, 32% had poor knowledge, and only 3% demonstrated good knowledge. When evaluating specific components of the structured interview schedule, the study showed that mothers had the highest knowledge about the types of play for children and the least knowledge about the role of play in a child's growth and development. In terms of percentages, mothers had 66% knowledge regarding the types of play, and 56.8% knowledge regarding the selection of play materials. The mean knowledge score was 19.05 ± 3.56 , indicating that most mothers had moderate knowledge according to the pre-established criteria for interpreting knowledge levels.

A similar study on caregivers found that 40.8% of caregivers were aware of the importance of play for young children, while the study found no significant association between caregivers' knowledge levels and demographic variables at a $p < 0.05$ level. However, another study highlighted that the knowledge scores of mothers were associated with factors like their educational background, ethnicity, place of residence, and number of children. The study did not find any association between knowledge and demographic variables such as age, religion, occupation, or family type, which aligns with the current study's findings.

Furthermore, a study conducted in Calicut on 60 mothers revealed that 58% had average knowledge and 42% had good knowledge regarding the selection of play materials, with none showing poor knowledge. Similarly, a study in Dholpur, Rajasthan, found that 52% of parents lacked adequate knowledge about the play needs of children under five. In contrast, a study on parents of toddlers found that 52% of parents had good knowledge about the play needs of toddlers, while 48% had average knowledge. A study in Nepal showed that mothers had the highest knowledge (91.2%) regarding the type of play material suitable for children under five but were less informed about the hazards related to play.

In the current study, a significant statistical association was found between mothers' knowledge scores and their education level ($p < 0.01$). However, no significant association was observed between knowledge scores and other selected demographic variables, including maternal age, family income, religion, and number of children. This finding aligns with other studies, which also found no significant associations between knowledge levels and demographic factors like age, occupation, or family type, but did identify an association with the educational level of mothers.

CONCLUSION

The present study concludes that mothers of children under five possess a moderate level of knowledge regarding the play needs of their children. While mothers demonstrate good knowledge about the types of play and their role in facilitating play, their understanding is less developed regarding the role of play in a child's growth and development, as well as the selection of appropriate play materials. The study also suggests that a mother's educational status has a significant impact on her knowledge of play needs. However, factors such as age, religion, number of children, and family income did not appear to influence the knowledge levels of mothers regarding the play needs of under-five children.

Based on these findings, the study recommends the creation and distribution of educational materials for mothers to enhance their understanding of play needs. These materials should be made available at all healthcare facilities that provide services under well-baby clinics, ensuring that mothers have access to the information they need to support their children's development through play.

REFERENCES

- i. Gupta P. Essentials of pediatric nursing:3rd Edition.2007. Robert Myers. Parents guide to toy for babies: Child Development learning.<https://childdevelopmentinfo.com/child-activities/parents-guide-toys-babies/#gs.t7f3hw>.
- ii. Dr David Whitebread.A report on the value of children’s play with a series of policy recommendations. University of Cambridge. 2012.
- iii. Dash M. Assess the knowledge of mother regarding importance of play therapy in a selected village of Puducherry. Madridge J Intern Emerg Med. 2019; 3(1): 114-116.Haight WL, Wang XL, Fung HH, Williams K, Mintz J. Universal, developmental, and variable aspects of young children's play: a cross cultural comparison of pretending at home. Child Dev. 1999;70(6):1477-1488. doi:10.1111/1467- 8624.00107.
- iv. Rose Drury Leena Robertson. The importance of play for cultural and language learning (2011). p.27- 28.
- v. Dash M. Assess the Knowledge of Mother regarding importance of Play Therapy in a selected Village of Puducherry.Madridge J Intern Emerg Med. 2019; 3(1): 114-116.
- vi. O’Reilly AW, Bornstein MH. Caregiver-child interaction in play. In Bornstein MH, O’Reilly AW. (Eds). The role of play in the development of thought. New directions for Child Development, 59, San Francisco, CA: Jossey-Bass. 1993.
- vii. Parmar P, Harkness S, Super, CM. Asian and Euro- American parents’ ethnotheories of play and learning: Effects on preschool children’s home routines and school behavior. International Journal of Behavioral Development. 2004; 28(2): 97–104. DOI: 10.1080/01650250344000307.
- viii. Gerianne M. Alexander E Teresa Wilcox E Rebecca Woods. Sex Differences in Infants Visual Interest in Toys. Arch Sex Behav 2009 nov.38:427–433.10508- 9430-1.
- ix. Dr. Rachel E. White .The power of play:A Research Summary on Play and Learning.2012.
- x. Goldstein,J. play and technology in A.D. Pellegrini(Ed):oxford University handbook of development of play oxford university press. 2011.45 (4):381-91.
- xi. Peter Odera Masinde Muliro, Rossette K. Murigande.A study of involvement of caregivers in children’s play: problems of education in the 21st century ;Volume 26.2010.
- xii. Rozario AAA, Joy D, Thomas R, Jose A, AssumaBeevi T.M. Knowledge of mothers regarding the selection of play materials for children in a selected hospital, Calicut. Int. J. Health. Sci. Res. 2018; 8(4): 143-146.

-
- xiii. Gupta MM. Study to assess the knowledge and attitude regarding play needs of children among parents of various economic groups. *Int. J. of Adv. Res.* 2017; 5 (Jun): 2096-2105.
- xiv. Daniel, Shen, Fareha Khan. A Descriptive Study to Assess the Knowledge and Attitude regarding the Play Needs of Toddlers among Parents in a Selected Hospital of New Delhi. *International Journal of Nursing & Midwifery Research* 2018. 5(2): 15-19.
- xv. Adhikari D. Knowledge and practice regarding play for pre-schooler among mothers. *Int J Health Sci Res.* 2019; 9(9):137-145.
- xvi. Gesa George. A Study to Assess the Knowledge and Attitude Regarding Importance of Play in Children among Mothers of Children under 12 years of Age in Selected Hospitals in Pala. *Int. J. Paed. Nurs.* 2019. 5(1).
- xvii. Adhikari D. Knowledge and practice regarding play for pre-schooler among mothers. *Int J Health Sci Res.* 2019; 9(9):137-145.
- xviii. Gesa George. A Study to Assess the Knowledge and Attitude Regarding Importance of Play in Children among Mothers of Children under 12 years of Age in Selected Hospitals in Pala. *Int. J. Paed. Nurs.* 2019. 5(1).