

Research Article

An Exploratory Study to Assess the Knowledge & Attitude of Parents Regarding Play Needs of Children (under 5 years of age) in Selected Hospital of Durg (C.G.)

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ABSTRACT:

Background-The human life has a distinct sphere– the world of play makes childhood more meaningful, happy & motivate the child to learn, develop & mature. Parents, teachers, nurses, psychologists are becoming increasingly aware of the importance of play and its influence upon bringing of children. The study was designed to assess the knowledge and attitude of parents regarding play needs of children.

Materials & Methods- 100 couples were selected using purposive sampling technique. A structured questionnaire was prepared for assessing the knowledge & attitude of parents regarding play needs of children (under 5 years of age).

Results- 20% of them had moderately adequate knowledge whereas 22% had moderately adequate attitude with. Knowledge & attitude of parents correlated. There is no significant association between socio demographic variables and knowledge except gender, religion, and mass media exposure, type of family, and monthly income and number of children as demographic variables. There is no significant association between socio demographic variables and attitude except gender, religion, qualification, type of family, and number of children as demographic variables.

Conclusion-This study was conducted in Govt. Hospital of Durg (Chattisgarh) with the parents having children under 5 years of age. The findings of the study recommended the further interventional approaches regarding play needs of children. Parents need to be educated about meaning and importance of play for child. It creates awareness play know, attitudes, play needs, under five.

KEYWORDS: pregnancy; brittle bone disease; osteogenesis imperfecta; materna outcome; fetal outcome.

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INTRODUCTION:

Play is a dynamic, active, constructive behavior and essential and integral part of all children's healthy growth, development, and learning across all domains, ages and cultures. Play is a dynamic process that develops and changes as it becomes increasingly more varied and complex. It is considered a key facilitator for learning and development across all domains and reflects the social and

cultural contexts in which children live. Playing is learned by so many factors like proper health (mental & physical), motor development, sex, surrounding environment, socioeconomic status and play equipment/items. Play is that accepted part of a child's life today that few people refuse to consider the role it plays in the child development. Play is basically categorized into two parts; namely: **Active play** in which the child is actively involved in games and the other

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Table 1: Demographic details.

S. No.	Demographic variables	No. of parents (n)	%
[1]	Age		
1.1	31 -35 yrs	63	63.0%
1.2	36 -40 yrs	24	24.0%
1.3	41 -45 yrs	9	9.0%
1.4	46 -50 yrs	4	4.0%
[2]	Religion		
2.1	Hindu	65	65.0%
2.2	Muslim	16	16.0%
2.3	Christian	11	11.0%
2.4	Sikh	8	8.0%
[3]	Sex		
3.1	Male	40	40.0%
3.2	Female	60	60.0%
[4]	Qualification		
4.1	Illiterate	27	27.0%
4.2	Primary/middle education	41	41.0%
4.3	High school/ higher secondary education	19	19.0%
4.4	Graduate//post graduate education	13	13.0%
[5]	Mass media		
5.1	Radio	17	17.0%
5.2	TV	42	42.0%
5.3	Magazine	14	14.0%
5.4	Newspaper	27	27.0%
[6]	Type of family		
6.1	Nuclear family	61	61.0%
6.2	Joint family	39	39.0%
[7]	Monthly income		
7.1	<Rs.3000	47	47.0%
7.2	Rs.3000 -5000	18	18.0%
7.3	Rs.5000 -7000	21	21.0%
7.4	Rs.7000 -10000	14	14.0%
[8]	No. of children		
8.1	One	21	21.0%
8.2	Two	35	35.0%
8.3	Three	26	26.0%
8.4	>Three	18	18.0%

being *Passive play* in which the child enjoys other's activities for e.g.:- watching people & animal on T.V. Our study assessed the association between play need of children and attitudes of parents towards play of children under the age 5.

MATERIALS & METHODS:

The study was carried out in Government hospital in Durg (Chhattisgarh). Ethical permission was duly taken. The participants were informed about

the study. Non experimental research design was used to assess the knowledge & attitude of parents regarding play needs of children (under 5 years of age). 100 couples (parents) were selected using purposive sampling technique. All the couples willing for the study and falling within 31 to 50 years were included in the study. Validity and reliability of tool were tested and a self-structured questionnaire was prepared. 31 - 50 years age group of parents were included in study. After collection of data, informational booklet was

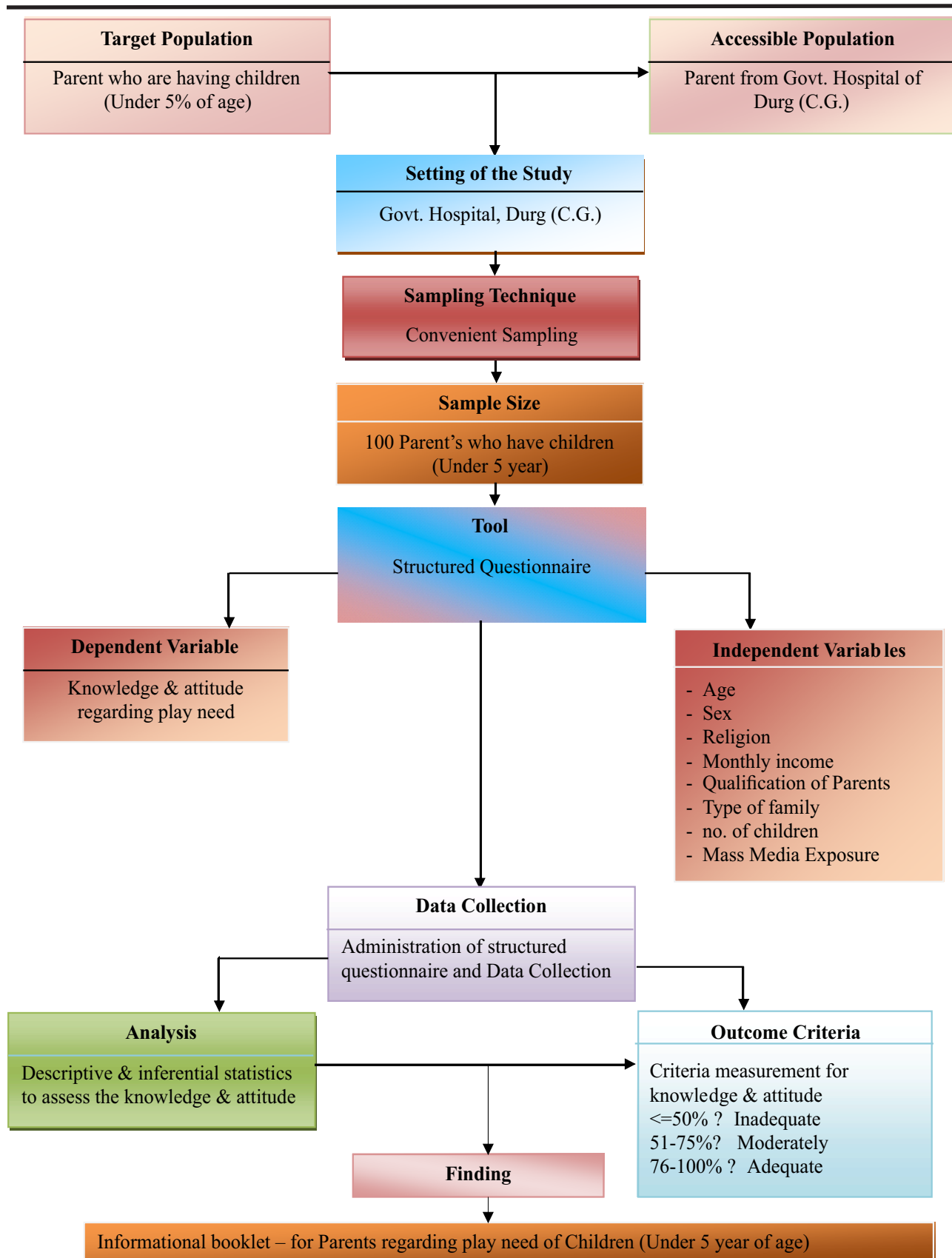


Figure 5: Schematic representation of the research design.

Table 2: Parents level of knowledge score on play needs of children

Level of knowledge	Criteria for measurement	No. of parents	%
Inadequate knowledge	0 - 11.5 = $\leq 50\%$	80	80.0%
Moderately adequate knowledge	11.6 - 16.5 = 51 - 75%	20	20%
Adequate knowledge	16.6 - 22.0 = 76-100%	0	0.0%
Total		100	100%

Table 3: Parents level of attitude score on play needs of children

Level of Attitude	Criteria for measurement	No. of parents	%
Inadequate knowledge	0 - 1 = $\leq 50\%$	78	78.0%
Moderately adequate knowledge	11 - 15 = 51 - 75%	22	22%
Adequate knowledge	16 - 20 = 76-100%	0	0.0%
Total		100	100%

distributed. Booklet explained the importance of play in child, advantages & types of play, playing activities according to age and suitability of toys.

Firstly, demographic details such as age, religion, qualification, mass media exposure, type of family (nuclear or joint), monthly family income and number of children were assessed. This was followed by assessing the level of knowledge parents had regarding the play needs of children under the age of 5. There was a scale to assess the same. If the parents' knowledge were less than 11.5, the parents had inadequate knowledge. If the score was between 11.6 to 16.5, the parents had intermediate knowledge and if the scores were above 16.6, the parents had good knowledge. Similarly, the attitude of parents towards play needs were assessed. The criteria for its measurements were as follows- scores less than 11 were grouped as inadequate knowledge, between 11 to 15 were grouped as moderate knowledge and finally 16 and above were grouped as good knowledge. Figure 1 depicts the strategy for the study.

RESULTS:

63% of parents were in the age group of 31 to 35 while only 4% were within 46 to 50 years. 65% were Hindu being maximum in numbers. 73% have had some kind of formal education. Regarding mass media exposure, all couples had access to atleast some form of media. Around 61% were a nuclear family. Most of the couples (47%) had a monthly income less than Rs 3000 per month. 35 % had 2 children followed by couples having 3 children [Table 1].

The level of knowledge of parents on play needs of children (under 5 year of age) showed that 80% of the parents were having inadequate knowledge

and 20% of them had moderately adequate knowledge and none of them had adequate knowledge [Table 2].

The level of attitude of parents on play needs of children (under 5 year of age) showed that 78% of the parents were having inadequate attitude and 22% of them had moderately adequate attitude and none of them had adequate attitude [Table 3].

DISCUSSION:

The data was collected, gathered, analyzed and interpreted in terms of objectives of the study. The mean, standard deviations, mean percentage, mean difference percentage of knowledge & attitude of parents regarding play needs of children (under 5 years of age) was analyzed by using descriptive and inferential statistics.

Finding of the study revealed that only 24 % gave correct responses. 73 % parents had no knowledge about rights of child. 72% parents did not agree that play should be fundamental part of every school curriculum but 28 % parents agreed. 69% parents did not know that play is helpful for self-confidence where 31% were aware. 68% parents did not agree that play is a source of learning and 32% parents agreed. 65% did not believe that lack of parent's knowledge affects child's play. 68% parents did not believe that play helps to improve communication skill and 32% parents.

Verma M et al conducted a pre-experimental study to identify the knowledge & practice of nursing personnel regarding therapeutic play for hospitalized children in pediatric unit on the basis of planned teaching program. The finding of knowledge showed that, the mean pretest knowledge score was 15.75 with median 16 and standard deviation 2.79 against the

maximum score of 30. Range of obtained Score in pretest was between 10-22, indicating there was knowledge deficits regarding therapeutic play for hospitalized children. The mean post-test knowledge score was 22.63 with median 22 and standard deviation 2.40 against the maximum score of 30. The mean difference between pretest and post-test knowledge score was 6.9. This obtained mean difference was found to be statistically significant. This indicated that the planned teaching programmed was effective to enhance knowledge of nursing personnel regarding therapeutic play. Our results were similar to the study.

Sreedhar Teji studied mother's knowledge in anganwadi regarding play amongst children. The researcher concluded that the lowest mean of pretest score was found in the area of parental responsibility followed by developmental value (30%) developmental characteristics of play (33.33%), play item & activities (35%), meaning and importance of play (38.34%). The mean post-test knowledge score (42) was found to be significantly higher than the mean pretest score (16.4) with 't' (39) > 4.75 significant at 0.01 level. This suggested that the health education program was effective in increasing the knowledge of mothers regarding play in children. The mean percentage gain between pre-test & post-test knowledge score in all the content area indicated gain in knowledge in all the areas. The maximum mean gain score had been in the area of parental responsibility (51.83%) and minimum mean score was in the area of development characteristics of play. Knowledge score also revealed that maximum modified knowledge gain score was in the area of play activity and item (0.74%) followed by parental responsibility (0.69%) meaning & importance of play (0.68%) developmental value of play (0.64%) and developmental characteristic of play (0.57%). This was in accordance to our study.

Half the parents thought that play is very essential for child. 46% parents did not believe that fulfillment of play need is. Only 27% parents agreed that economic factor in family affect the play activities of child. 48% parents did not think feel the need of more knowledge regarding play need of a child. 43% of parents think cultural impact play role on playing. 33% think responsible parent's role during child's play activities is the need of the hour. Surprisingly, 66% parents do not think play is helpful for improving moral standard of a child. 39% parent think parent's encouragement is necessary in play activities. 33% parents believe that play is helpful for overall personality development. 57% parents did not think that parent's qualification is helpful for maintaining play needs of a child. 43% parents consented that play

creates positive thoughts in child. 59% parents were of the opinion that play helps in social, cultural & spiritual development of child. Lastly, 33% of parents think that play helps in improving communication skills.

The present study revealed that there was significant association $\chi^2=14.66$ ($p=0.001$) between age & attitude of parents, in mass media $\chi^2=13.1$ ($p=0.05$) and in monthly income of parents $\chi^2=8.66$ ($p=0.03$).

CONCLUSION:

The present study showed that the maximum parents were having inadequate knowledge regarding play needs of children (under 5 years of age). Only age and education qualification variables are significantly associated with their knowledge score. Awareness programs are needed to help understand the role of play in a child's life.

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Conflicts of interest

There are no conflicts of interest.

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