

A Study To Assess The Effectiveness of Planned Teaching Program Regarding Play Needs of Toddlers on Knowledge Among Selected Anganwadi Workers of Sangli, Miraj & Kupwad Corporation Area

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Abstract- The study was conducted to evaluate the effectiveness of planned teaching program on knowledge regarding play needs of toddlers among selected anganwadi workers of Sangli, Miraj and Kupwad corporation area

The objectives of the study were:-

- 1) To assess the existing knowledge of anganwadi workers regarding play needs of toddlers.
- 2) To evaluate the effect of planned teaching program on knowledge of anganwadi workers regarding play needs of toddlers.

The research design used was Quasi-experimental one group pre-test, post-test. Sample were selected as per the criteria with stratified random sampling technique.

A pilot study was conducted on 20 samples, to check the feasibility and practicability of the questionnaire.

The final study carried out with 170 samples from selected anganwadis of Sangli, Miraj and Kupwad corporation area. On day first, a pre-test was conducted to assess the knowledge of samples. After that planned teaching was given immediately. After completion of 7th day post-test was conducted using same questionnaire the data was collected from 23-10-2017 to 30-10-2017.

Based on the objectives and hypothesis the data was analyzed by using various statistical test i.e. percentage, mean, standard deviation to test hypothesis.

Major findings of the study:-

The most of the samples were from the education category of higher secondary (47%) and the experience of the anganwadi workers was 5-10years (63%), 83% were married. In the pre-test none of them (0%) had poor knowledge

score(0-5), 32% had average knowledge score(5-10) while 68% had good knowledge score(10-15). Mean and standard deviation were used to find the effectiveness of planned teaching program. Post result shows, the planned teaching program was effective as the mean score of post-test was 13.59 with standard deviation of 0.877812 while in the pre-test mean score was 9.38 with standard deviation of 1.333168. The findings of the study showed that the knowledge of anganwadi workers regarding play needs of toddlers was improved through planned teaching program. We can conclude that planned teaching can increase the knowledge

I. INTRODUCTION

Play is an important asset for child's growth and development. A child plays same like adult works, it is the business of childhood. Through play the child grows, develops, learns and ultimately matures, play therapy is having following importance:

- Providing opportunity for the child to interact with others in play encourages emotional and social development.
- A play is a natural and most easily available outlet for children expression of needs and feelings.
- It is the necessary stimulation for optimal development and support for their natural curiosity.
- Spontaneous play evolves from children need for self expression mastery in the environmental and integration of past and current experience.
- Young children plays with exhilaration and total enjoyment.
- A play is an important for the children's physical, psychosocial and intellectual development.
- Play is a child's way of living or daily "Work", it can satisfy needs of the child for physical, emotional, social and mental development. Play is an essential for the sick child as for the healthy one. It improves the health standard of child.¹

- Play is universal for all children. It is work for them and ways of their living. It is pleasurable and enjoyable aspect of child's life and essential to promote growth and development. Play is the activity that has no serious motive and from which there is no material gain. The distinction between work and play however lies in the mental attitude. Football can be play for children or can be work and means for earnings for the professional footballer.²

Contribution of play to development-

Just as the adult works, so does the child play; it is the business of childhood. Through play the child grows develops learns, ultimately matures. Providing the opportunities for the child to interact with others in play encourages emotional and social development.⁴

Play holds immense benefits for children and helps in:-

1. Building creative skills-

Through play children explore their environment since they are curious by nature.

2. Learning new concepts-

When children repeat words and practice activities they have learnt at school or by watching T.V. , new concepts stick.

Building persistence-

A good example here is the persistence that a child applies to stick you out during a hide and seek game because play encourages children to explore, take risks and experiment, they have an outlet to practice anything they have learnt on T.V. or at school until they get it right.

Play also has lots of benefits for the child's holistic development. Some of these benefits are as follows-

- Play is a form of relaxation. Emotionally, the child expresses zest for life while releasing energy.
- Play enhances the child's cognitive, affective, social and physical development.
- The child learns to solve problem when he works out puzzles and plays with educational toys that allows him match shapes. A child's ability to come up with answers to the puzzles he plays with boosts his self-esteem and confidence.⁵

There are also drastic effects if a child is not exposed to play during his childhood. This aids us for the need of study regarding the play needs of toddlers.

II. OBJECTIVES

- 1) To assess the existing knowledge of anganwadi workers regarding play needs of toddlers.
- 2) To evaluate the effect of planned teaching program on knowledge of anganwadi workers regarding play needs of toddlers.

HYPOTHESIS:-

H0- There is no significant effect of planned teaching program on knowledge regarding play needs of toddlers among selected anganwadi workers

H1- There is significant effect of planned teaching program on knowledge regarding play needs of toddlers among selected anganwadi workers.

VARIABLES:-

• Dependent Variables:-

Knowledge of selected Anganwadi workers.

• Independent Variables:-

Planned teaching program regarding play needs of toddlers.

III. REVIEW OF LITERATURE

In the present study, the review of literature is organized under the following headings:-

- 1) Research studies related to play therapy
- 2) Literature related to play therapy

1) Research study related to play therapy:-

a) STRUCTURED TEACHING PROGRAM FOR ANGANWADI WORKERS REGARDING PLAY NEEDS OF TODDLERS.

Linu Sam, Achamma Varghese and Shreeja Vijayan .

A pre experimental study was conducted to assess the effectiveness of structured teaching program through brochure

on the knowledge of Anganwadi workers regarding play needs of toddlers at selected anganwadis of Indore. One group pre-test and post-test design was adopted. 30 anganwadi workers were selected using purposive sampling technique.

Tools used were structured knowledge questionnaire to assess the knowledge of anganwadi workers following which structured teaching program was carried out with the help of a brochure, prepared by the investigator on play needs of toddlers. The findings revealed that mean post test score 12.33 was higher than mean post test score 10.26. There was highly significant difference between pretest and posttest knowledge score of anganwadi workers ($t_{29} = 15.42$) at $p \leq 0.001$. The study concluded that structured teaching program is effective in increasing the knowledge of anganwadi workers regarding play needs of toddlers.⁷

b) KNOWLEDGE AND ATTITUDE REGARDING PLAY NEEDS OF CHILDREN AMONG PARENTS OF VARIOUS ECONOMIC GROUPS. Madan Mohan Gupta.

(Assistant Professor, Teerthankar Mahaveer College of Nursing, Moradabad)

The study was conducted to assess the knowledge and attitude regarding Play Needs Of Children among Parents of Various Economic Groups in Selected Areas of Dholpur Dist., Rajasthan.

A survey approach and descriptive explorative research design was adopted for study. For data collected using purposive sampling technique among 90 parents who having children up to age of 5 years.

A structured interview schedule was used to assess the knowledge of parents regarding the play needs of children and modified 5 point Likert Scale was used to assess the attitude of parents. The collected data analysis descriptive and inferential statistics.

The results of study revealed majority of samples 47 (52%) had inadequate knowledge regarding play needs. The overall mean knowledge score was 12.10. Majority of samples 55 (61.1%) had favorable attitude towards play needs of children. The overall mean attitude score was 77.62.

There was no significant association found between the knowledge level of samples and demographic variables at $p < 0.05$ level. There was no significant association found between attitude level of samples and the variables and also there was no significant association of attitude with selected variables.⁸

c) PARENTAL PERCEPTION TOWARDS PRE-SCHOOL EDUCATION IMPARTED AT EARLY CHILDHOOD CENTRE,

Fouziya Qadri & Sarika Manhas. Published online 1st September 2017 P.G. Department of Home Science (Human Development) University of Jammu, Jammu & Kashmir, India.

The present research was conducted to assess parental perception towards preschool education imparted at early childhood education centers. The sample comprised of 200

Review of literature related to the role of educators in developing the young children's play.

The study determines that if levels of teacher education and experience would influence how teachers respond to children's play needs in a preschool classroom. The interactions of eight teachers--three of whom were categorized as high education/high experience, three as low education/high experience, and two as low education/low experience--were videotaped and analyzed over a 6-month period. Findings show that teachers with high levels of education and experience were more likely to perform good-fit play interactions. In interviews, teachers from this group identified specific elements of teacher education that enhanced their classroom experiences and consequently, their ability to match their interactions to children's play needs. In contrast, low/high teachers were more likely to provide poor-fit responses to play, often giving direct support when none was needed. Teachers of the low/low group were unpredictable in their responses to children's play, often failing to interact at all when opportunities arose for meaningful play intervention. Interviews with these two groups revealed reasons for these poor-fit interactions, including a lack of knowledge about play and an inability to reflect on child outcomes. Implications of these findings for teacher education are considered¹³.

A study provides educators a way to develop a common understanding of the importance of play in the early learning experience of young children. Meaningful discussion among teachers, parents, administrators, and teacher candidates regarding play in early childhood education programs is critical to ensure the growth and development of young children with and without disabilities. In this study, the investigator provides a definition of play and discusses how play can enhance interventions for children with disabilities and facilitate academic learning for each and every child. The article concludes with a discussion of the role of early childhood special educators in incorporating play in the

curriculum and clearly articulating the importance of play in classroom to parents, administrators, and other stakeholders ¹⁴

"Learning through play" in early childhood education is widely advocated, but studies show that play is not easily enacted in classrooms. This study examines how one teacher implemented learning through play within a formal and didactic Hong Kong pre-school

IV. RESEARCH METHODOLOGY

RESEARCH APPROACH:-

The research approach refers to the way in which the investigator plans and construct in research process. (Pilot and Hungler,2008)

In this study it is Quantitative Research Approach.

RESEARCH DESIGN:-

The research design is the plan, structure a strategy of investigation of answering research questions is the overall plan or blue print the researcher select to carry out their study. (Basvanthappa, 2007)

In this study it is Quasi Experimental One group pre test post test design.

VARIABLES:-

INDEPENDENT VARIABLE:-

In this study the independent variable is the planned teaching program regarding play needs of toddlers.

DEPENDENT VARIABLE:-

In this study the dependent variable is the knowledge of selected Anganwadi workers

SETTING OF THE STUDY:-

Setting is defined as a physical location and condition in which the data collection takes place in the study (Pilot and Hungler,1999)

The study was conducted in selected Anganwadi"s of Sangli Miraj and Kupwad Corporation area.

POPULATION:-

Population is a group whose members possess specific attitude that researcher is interested in studying.

The population of this study comprises of Anganwadi workers of Sangli, Miraj & Kupwad Corporation area.

SAMPLES:-

A sample is a small portion of population selected to participate in the research study.

Selected Anganwadi Workers are the samples in this study.

SAMPLE SIZE:-

An optimal sample in survey is one which fulfills the requirements of efficiency, representatives, reliability, flexibility ." The sample size plays an important role in sampling. Hence the sample must be small enough to avoid the sampling error.

The sample size selected for pilot study was 20 and main study was 170. Only those who fulfills the sampling criteria and who expressed willingness to participate in the study were selected.

SAMPLING TECHNIQUE:-

Stratified Random Sampling technique is used.

SAMPLING CRITERIA:-

The following criteria were set for the selection of sample.

Inclusion criteria:-

- 1) Anganwadi workers those who are willing to participate in the study.
- 2) Anganwadi workers who knows Marathi or Hindi language.

V. DATA COLLECTION TECHNIQUES AND INSTRUMENTS

data e.g. questionnaire, tests , observation schedule etc. (Pilot and Hungler,1998)

The format of questionnaire comprises of two sections

SECTION 1

It consists of demographic data such as:-

Code no-

- 1) Education of anganwadi workers
- 2) Experience of anganwadi workers
- 3) Marital status of anganwadi workers
- 4) Number of children of angawadi workers
- 5) Previous information received regarding play needs of toddlers. Yes / No If yes then source of information.

SECTION 2

Structured Questionnaire:-

It consists of questions related on play needs of toddlers (introduction of play, definition, values, functions, types of play and play materials, role of anganwadi workers etc.)

Total 15 questions were included and each right answer given a score of 1 mark. Total score was 15 .

VALIDITY:-

Validity of the tool was established by 19 experts. They were requested to give their opinions and suggestions regarding the relevance of the tool for further modifications of items to improve clarity and content of items.

After considering suggestions from experts, consultation with the guide the tool was modified and translated into Marathi language. Experts established the validity of the tool.

RELIABILITY:-

The reliability is the degree consistency or dependability with which an instrument measures the attribute it is designed to measure.(Pilot and Hungler)

The reliability of tool was determined by administering the questionnaires to 20 samples. The reliability coefficient was calculated by using split half test. The reliability coefficient „r“ was found to be $r=0.9$. Since r value is more than 0.7 the tool was found reliable.

PILOT STUDY:-

A pilot study is a small scale version or a trial run of the major study. The function of study is to obtain information for improving the project or for assessing its feasibility. A pilot study was conducted on 19-9-2017 to 27-9-2017 in anganwadi of Sangli. This was done to assess the feasibility of

the study and to decide on a plan for a statistical analysis. Prior administrative

PROCEDURE FOR DATA COLLECTION:-

A formal permission was obtained from Mrs. Shilpa Patil (Deputy Executive Officer Child Welfare and Development Department Sangli.) and written permission was obtained from the anganwadi workers. Data was collected from 23-10-2017 to 30-10-2017. On 23-10-2017 the pretest was conducted and purpose of the study was explained to the anganwadi workers and confidentiality of their response was assured. After pretest the planned teaching program was conducted to the anganwadi workers and the post test was conducted on 30-10-2017

ANALYSIS AND INTERPRETATION

The data collected was analyzed on the objectives of the study in the following way.

The objectives of the study were:-

- 1) To assess the existing knowledge of anganwadi workers regarding play needs of toddlers.
- 2) To evaluate the effect of planned teaching program on knowledge of anganwadi workers regarding play needs of toddlers.

ORGANIZATION OF THE STUDY FINDINGS:-

The data was analyzed, on the basis of objectives of the study in the following way:-

- 1) **Section I-** frequency and percentage of distribution of demographic variables.
- 2) **Section II-** frequency and percentage of distribution of pre-test knowledge score.
- 3) **Section III-** frequency and percentage of distribution of post-test knowledge score.
- 4) **Section IV-** comparison between pre-test and post-test knowledge score.

Section I:-

a) **Frequency and percentage distribution of educational qualification of anganwadi workers**
 ers possessed secondary education 47% possessed higher secondary education 18% possessed graduate education. None of them were of post graduate and above.

**b) Frequency and percentage distribution of experience of anganwadi workers
n=170**

| Education | Frequency | Percentage |
|-------------------------|-----------|------------|
| Secondary | 60 | 35% |
| Higher secondary | 80 | 47% |
| Graduate | 30 | 18% |
| Post graduate and above | 0 | 0% |

**Frequency and percentage distribution of marital status of anganwadi workers
n=170**

| Marital status | Frequency | Percentage |
|----------------|-----------|------------|
| Unmarried | 10 | 6% |
| Married | 142 | 83% |
| Divorcee | 5 | 3% |
| Widow | 13 | 8% |

Table no 2:-shows 6% were unmarried 83% were married 3% were divorcee 8% were widow

**d) Frequency and percentage distribution of number of children of anganwadi workers
n=170**

| No of children | Frequency | Percentage |
|----------------|-----------|------------|
| 0 | 16 | 9% |
| 1 | 44 | 26% |
| 2 | 66 | 39% |
| 3 | 40 | 24% |

Section II- frequency and percentage distribution table of pre-test knowledge score of anganwadi workers.

**Distribution of pre- test knowledge score
n=170**

| Characteristics | Frequency | Percentage |
|-----------------|-----------|------------|
| Poor (0-5) | 0 | 0% |
| Average (5-10) | 54 | 32% |
| Good (10-15) | 116 | 68% |

**Section III- frequency and percentage distribution of post-test knowledge score of anganwadi workers
n=170**

| Characteristics | Frequency | Percentage |
|-----------------|-----------|------------|
| Poor (0-5) | 00 | 0% |
| Average (5-10) | 00 | 0% |
| Good (10-15) | 170 | 100% |

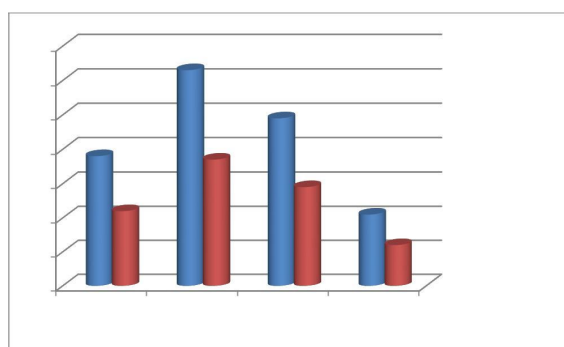
Table no 5:- shows that 100% had good(10-15) knowledge score and none of them were poor and average knowledge score.

Section IV:- Comparison between pre-test and post-test knowledge score of anganwadi workers.

**Distribution of pre-test and post-test knowledge scores in frequency and percentage.
n=170**

| | Mean | s.d. | t value | p value |
|-------------|-------|----------|---------|----------|
| Pre -test | 9.38 | 1.333168 | 4.604 | 0.001626 |
| Post - test | 13.59 | 0.877812 | | |

Table no 6:- shows that mean at pre-test was 9.38 with standard deviation at 1.333168. The post- test mean score was 13.59 with standard deviation of 0.877812. „t“ value at 4.604. „p“ value is 0.001626. since p value is less than 0.01 in post -test better result were observed .



VI. CONCLUSION

Analysis and interpretation was done on 170 anganwadi workers, where frequency and percentage distribution done for demographic variables. Effectiveness of planned teaching was done by comparing mean of pre-test and post-test knowledge score which showed that the planned teaching was effective.

VII. SUMMERY

A quasi experimental study was carried out on the anganwadi workers of sangli, Miraj & Kupwad corporation area to assess the effectiveness of planned teaching program regarding play needs of toddlers. The main objectives of the study were to assess the existing knowledge of anganwadi workers regarding play needs of toddlers. The study was carried out to evaluate the effect of planned teaching program on knowledge of anganwadi workers regarding play needs of toddlers.

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