

# Knowledge on Play Therapy Among Mothers of Under Five Children at Karaikal

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## Abstract-

**Background of the study:** Play can be fun or serious. Children explore social, material and imaginary worlds and their relationship through the play. Play constitutes an important parameter of a child's normal development. It is also an important means of communication in childhood, while the effects of the child's physical or mental disease may affect the child's ability to play.

**Objectives:** To assess the knowledge on play therapy among Mothers of under five children.

**Materials and Methods:** Non-experimental descriptive study was conducted to assess the knowledge of mothers of under five children at Karaikal. A sample size consists of 50 mothers of under five children were selected through non-probability purposive sampling. The data was collected by face to face interview. The data collected from 50 samples were analyzed by using descriptive and inferential statistics.

**Results:** 08% of mothers of under five children had adequate Knowledge and 36% of mothers of under five children had moderately adequate Knowledge and 56% of mothers of under five children had Inadequate Knowledge.

**Conclusion:** overall mean was  $8.94 \pm 4.2$  (SD) which reveals that the mothers of under five children had poor knowledge in the area of knowledge on Play therapy Hence, the researcher emphasizes the need for more research to improve the knowledge on play therapy among mothers of under five children.

**Keywords-** Assess, Knowledge, Play therapy, Mothers of under five children

## I. INTRODUCTION

Play is the key centre of a healthy child's life. Children expand their understanding of themselves and others, their ability to communicate with peers and adults through play. Also play helps in child social, emotional, physical, cognitive growth.

Play is a universal language of children. Play is a form of communication and self-expression of the child. Play is one of the most effective ways of communication and can be an effective technique in relating to them. Play empowers children, supports their right to make choices to discover their own solutions and to develop at their own space.

Hospitalization causes an unpleasant experience for children because of unfamiliarity, 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

Play in the hospital has multiple objectives. Play in the hospital ensures a type of connection with the familiar, friendly environment of home. Its Provides a way out of all negative feelings and disappointment that may possibly accompany a child upon hospital admission and hospitalization, while they may be 'transformed' through play. Play Reduces distress and anxiety, while developing respect for other people's views and feelings. Helps children maintain their self-esteem and confidence, and, thus, feel that they may have control of the entire situation. Play contributes in the development of new creative solutions in the problems observed.

Mothers are child's first and best play mates. Much research finding shows that the most creative children are those who have had mothers involved in their play. So mothers have primary position in selection of toys and play materials. Most of the parents are unaware about role on play with their children. They should act as a facilitator and

responder not a director. The parents should know regarding different ways of social and sex role behavior in play and must have the knowledge, skill, experiences and interests in selection and care of play things.

**II. STATEMENT OF THE PROBLEM**

A Study to assess the knowledge on play therapy among mothers of under five children at Karaikal.

**III. OBJECTIVES**

- To assess the knowledge on play therapy among mothers of under five children.
- To impart the knowledge on play therapy among mothers of under five children.
- To find the association between the knowledge on play therapy among mothers of under five children with selected demographic variables.

**IV. MATERIALS AND METHODS**

The research approach adopted for the present study was non experimental descriptive research approach. Participants were selected by non-probability purposive sampling technique. The total number of mothers of under five children included was 50. The study was conducted in Karaikal. The tools used for this study were demographic Variables and Questionnaire. The tool was pre-tested by administering it to five mothers of under five children. The time taken to complete the tool was 15 minutes. The reliability of the tool was tested by split half method. A pilot study was conducted to find out the feasibility of the study. Data analysis was done by using both descriptive and inferential statistics.

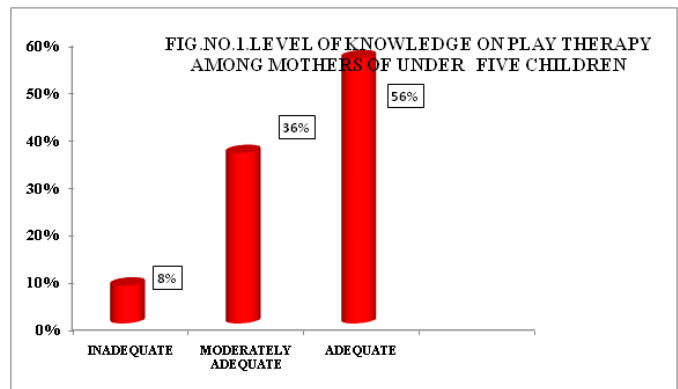
**V. RESULT**

**Table.1 Frequency and Percentage distribution of demographic variables (n=50)**

S.No	Variables	Frequency	Percentage
1	<b>Age of the Mother</b>		
	a) Less than 20 years	01	02 %
	b) 21-25 years	20	40 %
	c) 26-30 years	26	52 %
	d) Above 30 years	03	06 %
2	<b>Religion</b>		
	a)Hindu	47	94 %
	b)Muslim	01	02 %
	c) Christian	02	04 %
	d) others	0	0 %
3	<b>Education of the Mother</b>		
	a)Uneducated	0	0%
	b)Primary Education	12	24%
	c)Higher Secondary	30	60%
	d)Diploma/Degree	08	16%
4	<b>Occupation of the Mother</b>		
	a)House Wife	42	84%
	b)Self-employed	05	10%
	c)Private Job	01	02%
	d)Government job	02	04%
5	<b>Monthly income in rupees</b>		
	a)1000- 2000	11	22%
	b) 2001-4000	09	18%
	c)4001-6000	15	30%
	d) above 6000	15	30%
6	<b>Type of family</b>		
	a) Nuclear family	21	42%
	b) Joint family	29	58%
	c) Extended family	0	0%
7	<b>Sex of the baby</b>		
	a) Male	24	48%
	b) Female	26	52%
8	<b>Developmental Age of the Child</b>		
	a)Newborn	02	04%
	b) Infant	04	08%
	c)Toddler	30	60%
	d)Preschooler	14	28%

**TABLE NO.2 ASSESSMENT OF KNOWLEDGE ON PLAY THERAPY AMONG MOTHERS OF UNDER FIVE CHILDREN.**

S.NO	LEVEL OF KNOWLEDGE	FREQUENCY	PERCENTAGE
1	Adequate (>76%)	04	08%
2	Moderately adequate (51-75%)	18	36%
3	Inadequate (<50%)	28	56%



Further, the overall mean was  $8.94 \pm 4.2$  (SD) which reveals that the mothers of under five children had poor knowledge in the area of knowledge on Play therapy.

The study also revealed that there was significant association between knowledge scores of mothers of under five children when compared with demographic variables such as Age of the Mother, Religion, Educational status of the Mother, Type of family, Developmental age of the child. There was no significant association with their Occupation, Family Income and Sex of the baby.

## VI. DISCUSSION

Based on Age maximum 26(52%) Mothers were in the age group of 26-30 years. Most of them 47(94%) Mothers were Hindu. According to their education Maximum 30(60%) mother were studied till Higher Secondary. Based on Occupation maximum 42(84%) mothers were House Wife. According to their Family Monthly Income maximum 15(30%) were earn 4001-6000. Based on the Type of Family Maximum 29(58%) family were Joint family, 21(42%) family were Nuclear family. According to the Sex of the child Maximum 26(52%) children were Female and 24(48%) children were Male. Based on Developmental age of the child 30(60%) children were Toddler. The present study concluded that most of the 28 (56%) Mothers of under five children had Inadequate knowledge on play therapy

A similar type of study had been conducted on Assess the Knowledge of Mother regarding importance of Play Therapy in a selected Village of Puducherry in 2019. The findings of the study showed that the ages of the mothers were between 26-36 years and majority had two children. With regards to their knowledge on play therapy majority of mothers got satisfactory knowledge on introduction (75%) but with other items of play therapy they had poor knowledge in advantages of play (47.85%). There was a need for health education regarding play and its importance among mothers. Another one study had been conducted on Effectiveness of Planned Teaching Programme in Knowledge on Play therapy among Mothers of Hospitalized Children at Najran region in Saudi Arabia with 100 sample size .In Pre-test out of 100 samples (13%) had adequate Knowledge (22%) had Moderate Knowledge, while (65%) had inadequate knowledge. In Post-test, out of 100 samples (78%) had adequate Knowledge, (14%) had Moderate Knowledge, and (8%) had adequate knowledge

A similar type of study had been conducted on a study on knowledge and practice of mothers on play therapy for pre school children in selected Anganwadi centers of

Dehradun in 2017. The result of the study shows that 35% of mothers have average knowledge and 36.66% of mothers were have poor and average practices on play therapy for preschool children.

Most of the studies conducted on this area and result showed that need to increase the mothers knowledge on play therapy.

## VII. CONCLUSION

The researcher concluded that most of the mothers of under five children had inadequate knowledge on play therapy. So need to facilitate the awareness programme on play therapy among care givers of children in order to improve their knowledge towards the importance of play therapy and helps to promote children growth and development.

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**CONFLICTS OF INTEREST:** No conflicts of interest.

## RECOMMENDATIONS

- A similar study can be undertaken by utilizing other domains practice and attitude.
- A similar study can be undertaken on large scale.
- A similar study can be undertaken by using different teaching methods.
- A comparative study can be done in the urban and rural area.

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