

A Study to Assess the Knowledge Regarding Outdoor Play among Parents of under Five Children at Urban Area of Nagpur City

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Abstract: A study was conducted to assess the level of knowledge among the parents of under five children regarding outdoor play. A study to assess the knowledge of parents of under five children improve the knowledge regarding outdoor play. **Introduction:** Play is an activity which is very essential for growth and maturation of the physical and mental powers of the child. Play is the work of children and is the vehicle for their development. A child can't resist himself from play, He or She need to run, jump, and climb, and he or she needs to feel the wind, he or she sight and smell of plant and trees. The categories of play are not mutually exclusive. Some specific categories of play are as follows. Physical play has a social nature because in involves other children. It also provides exercise. Expressive play gives children opportunities to express their feelings by engaging with materials. Symbolic play gives children opportunities to symbolically express their problems. Because there are no rules in symbolic play. Nature has a positive impact on physical and mental well being of children's. Parents must design outdoor play environment. outdoor play forms and essential part of children's. The children learn communication skills and social interaction through outdoor play. **Objective:** To assess the knowledge regarding outdoor play among parents of under-five children's. To associated knowledge regarding outdoor play with demographic variable. **Methodology:** The study was conducted on 30 parents of under five children at Bajrang nagar of Nagpur city and non probability purposive sample technique was used. research design was pre-experimental pretest research design. Assess the knowledge regarding outdoor play. **Result:** Assess the study revealed that pretest mean score 38.39 with standard deviation 4.53. **Conclusion:** Hence the assess knowledge regarding outdoor play. the study revealed that there is no significant association between demographic variable with pretest assess the knowledge score $P < 0.05$. Data was analysed using descriptive & inferential statistics. After show that there will be moderate knowledge of outdoor play in parents of under five children's.

Keywords: Assess, knowledge, outdoor play, parents, under five children's

1. Introduction

Play is an activity which is very essential for growth and maturation of the physical and mental powers of the child. Play is the work of children and is the vehicle for their development. A child can't resist himself from play, He or She need to run, jump, and climb, and he or she needs to feel the wind, he or she sight and smell of plant and trees. The categories of play are not mutually exclusive. Some specific categories of play are as follows. Physical play has a social nature because in involves other children's. It also provides exercise.

Expressive play gives children opportunities to express their feelings by engaging with materials. Symbolic play gives children opportunities to symbolically express their problems. Because there are no rules in symbolic play.

Nature has a positive impact on physical and mental well being of children's. Parents must design outdoor play environment. outdoor play forms and essential part of children's. The children learn communication skills and social interaction through outdoor play.

1.1 Aim of the Study

A study to assess the knowledge of outdoor play.

1.2 Objective of the Study

- To assess the knowledge regarding outdoor play among parents of under-five children's.
- To associated knowledge regarding outdoor play with demographic variable.

2. Material & Method

The investigator developed a conceptual framework which was based on "Ludwig Von Bertalanffy Theory". an evaluatory research approach.

Research Design

The research design used for the parents pre-experimental study.

Sample Size

Sample of 30 parents of under five childrens at Nagar of Nagpur city. Selected for conducting the study non-probability purposive sample technique was used for selecting the samples.

Sampling Technique

Non-probability purposive sample technique.

Validation

“Validity refers to degree of which an instrument measures what it is supposed to measure. In order to obtain content validity, the tool was given to 7 experts who includes one each from department of Child health nursing, one each from department of Community health nursing, one from Psychiatric department, two from department of obstetrics and midwifery and two from department of Medical – surgical nursing, receiving opinion from the experts and consultations from the guide some modification were done in framing the item and some were incorporated into the tool.

Reliability

Reliability is the degree of consistency and accuracy with which an instrument measures the attribute for which it is design to measures. Reliability analysis was done for questionnaire by split half coefficient, and was 1. So, tools were reliable.

Statistical Analysis

The data gathering process began from 17th October. The investigator visited to selected community and obtained the necessary permission from the concerned authorities. Online method used for main study data collection. The investigator introduced himself and informed them about the nature of the study so as to ensure better co-operation during the data collection.

The investigator approached the parents of under-five children’s to relatives, friend and family member and explained the purposes of the study and explained how it will be beneficial for them. Investigator enquired their willingness to participate in the study and obtain consent from them, the investigator personally visited each house and made them comfortable and oriented to the study and administered questionnaire to them. For main study, questionnaire administered through online method. Investigator instructed them not to interact with other, doubts were clarified. Once the questionnaire completed, investigator collected them back each sample required mean time of 30 min to complete the structured questionnaire. After the pre-test assess the knowledge regarding outdoor play.

3. Result

The analysis & interpretation of the observations are given in the following section.

Section A: Description of parents of under-five children’s according to their demographic variables in term of frequency and percentage.

Section B: Description of existing knowledge of parents of under-five children’s.

Section C: Description of pre-test knowledge regarding of outdoor play.

Section D: Description of evaluation of the knowledge regarding of outdoor play.

Section E: Description of association pre-test knowledge score regarding outdoor play

Table 1: Significance of knowledge score in pre-test parent of under five children regarding to outdoor play

Overall	Mean	S.D	Mean Percentage %
Pre-Test	38.29	4.533825	22.5

Table no .01: depicts the overall mean knowledge score of pre-test mean knowledge score 38.29 with SD of + 4.53. statistically significant at (p<0.05).

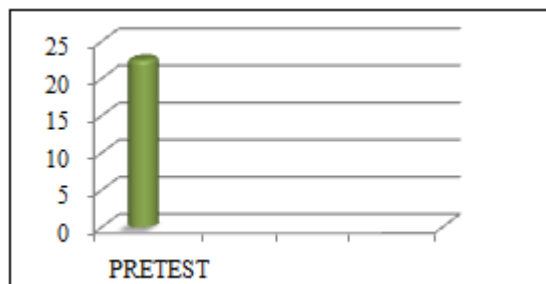


Figure 1: Bar diagram shows that significance of assess the knowledge score in pretest of community people to assess the knowledge regarding of outdoor play.

In pretest 30 participant 0% have poor knowledge 0% have poor knowledge 30% have average knowledge & 70% have good knowledge.

Table 2: An analysis of data to find association in pre-test knowledge and selected demographical variable

Sr. No	Demographic Variable	Chi-square value	Degree of freedom	Table value	Level of significance	Significance
1	Age	1.04	12	21.03	0.05	Non-significant
2	Area of residence	1.18	6	12.59	0.05	Non-significant
3	Source of play	138.73	3	7.82	0.05	Significant
4	Gender	0.86	4	9.49	0.05	Non-significant
5	Occupation	14	6	12.49	0.05	Non-significant

Analysis reveals that there is significant association between knowledge score with age, area of residence, source of play, gender, occupation.

4. Discussion

Present study was undertaken to assess the knowledge of outdoor play among parents of under-five children’s at

urban area of Nagpur city. The study assesses the knowledge regarding outdoor play. There was no significant association between the pre-test knowledge of parents of under five children’s with their selected demographic variable such as age, area of residence, source of play, gender, occupation.

The result 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 favourable attitude towards play needs of children's. The overall mean attitude score was 77.62. There was no significant association found between the knowledge level of samples and demographical variables at $p < 0.05$ level. There was no significant association found between attitude level of samples and the variable at $p < 0.05$ level.

5. Conclusion

Hence the assess knowledge regarding outdoor play. the study revealed that there is no significant association between demographic variable with pretest assess the knowledge score $P < 0.05$. Data was analysed using descriptive & inferential statistics. After study result show that there will be moderate knowledge of outdoor play in parents of under five children's.

6. Acknowledgement

It is the matter of great privilege for us to express our sincere thanks to all those who helped us through their expert guidance. Active cooperation & good will in completion of our study even at the cost of their inconvenience.

We are thankful to Mrs. Mercy Anjore, principles of Suretech college of nursing, Nagpur for her kind permission to conduct this study, we are thankful to my guide Mr. Hanokh Chakaranarayana, Associated professor of suretech college of nursing, Nagpur for giving me guidance.

Above all we express our deep sense of gratitude to the god & to those who have contributed to the successful completion of the endeavour.

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