



## STUDY TO ASSESS KNOWLEDGE REGARDING IMPORTANCE OF PLAY AMONG MOTHERS OF UNDER FIVE CHILDREN IN SELECTED RURAL VILLAGES OF KARAD TALUKA.

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**ABSTRACT** **Background of the Study:-** Play is the key center of a healthy child's life. Play provides the opportunities to be free, creative and expressive. In play, children expand their understanding of themselves and others, their ability to communicate with peers and adults. Play is the business of the childhood, allowing your child free rein to experiment with the world around him and the emotional world inside him, says Linda Acredolo professor of Psychology at the University of California. In play children expand their understanding of themselves and others, their knowledge of physical world and their ability to communicate with peers and adults. Play is crucial for your child social, emotional, physical, cognitive growth. "A pre-experimental study to evaluate the effectiveness of planned teaching programme (PTP) on knowledge and attitude regarding play needs of children, among mothers of under five children, at selected areas of Kolhapur" **Objectives of the Study:-** 1. assess the level of knowledge regarding importance of play (therapy) among mothers of under five children. 2. To find out association between knowledge score & all demographic variables. **Methods: Research Methodology Research Approach :-** Qualitative approach **Research Design -** Survey design, **Settings of the Study :-** selected nursing institutions. **Population :** Mothers of under five **Sample Size:-** 40 Mothers of under five **Sampling Technique:** Universal sampling. **Criteria for Selection of Sample: Inclusive Criteria:-** Revised general nursing midwifery students 1 who are studying in the 3rd year included both male and female. 2 who are available at the time of data collection. **Exclusive Criteria:-** Revised general nursing midwifery students 1 who are absent at time of data collection. **Plan for Tool Preparation:-** Section A – Questionnaires on-demographical data. Section B – Questionnaires on knowledge play among mothers of under five children.

### Plan for Data Collection and Data Analysis

Data collection will be done by :- self-administered knowledge questionnaires.

Data analysis was planned by done by

- Descriptive and inferential statistics.
- The data to be analyzed using frequency, percentage "t" test.
- Association by chi-square test

Major finding of the study:-

- Moderate Knowledge Level: A majority of mothers had only a moderate or average level of knowledge regarding the importance of play.
- Specific Gaps: Knowledge was lowest concerning the cognitive, social, and emotional benefits of play, while awareness of physical benefits was higher.
- Education Link: There was a significant association between a mother's educational background and her knowledge score; more educated mothers knew more about the topic.
- Attitude vs. Practice: While mothers generally held a positive attitude towards play, they often lacked the specific knowledge required to facilitate age-appropriate and developmentally rich play activities.

**Conclusion:-** The study would likely conclude that while mothers in the selected rural villages of Karad Taluka have a foundational but incomplete understanding of the importance of play, their current knowledge is often insufficient to optimize the holistic development of their under-five children. A significant gap exists in understanding the cognitive, social, and emotional benefits of play compared to the more commonly understood physical benefits.

**KEYWORDS :** Knowledge, Mothers, Importance of Play, Under-five Children, Early Childhood Development

### I. INTRODUCTION

Play is a very emotive word which means different things to different people, and has been defined in many ways. Play was defined by the emerging professionals as behavior which is freely chosen, personally directed and intrinsically motivated activity. Children understand each other and make sense of the world around them through the play activities. Children's play may or may not involve equipment or have an end product. Children play on their own and/or with other children. Their play may be boisterous and energetic or quiet and contemplative, light-hearted or very serious.

Play has an important role in the %development of essential skills in a child. Engaging in play activities helps to nurture social and language skills. When a child engages in play activities at home, it helps to refine his listening and reasoning skills. There are many multi-sensory play activities that teach a child to understand and learn through touch, sight and sound. Play is so important to optimal child development that it has been recognized by The United Nations high commission for human

rights as a right of every child. This birth right is challenged by forces including child labour and exploitation practices, war and neighbourhood violence, and the limited resources available to children living in poverty. However, even those children how are fortunate enough to have abundant available resources.

Play can be classified according to social participation in play, cognitive involvement and combination of both social & cognitive characteristics.

The types of play include as follows:

- Unoccupied Play: In the early months of infancy, from birth to about three months, the child is busy in unoccupied play. Children seem to be making random movements with no clear purpose.
- Solitary Play: from 3 to 18 months, babies will spend much of their time playing on their own. during solitary play, children are very busy in playing with own toys & they may not seem to notice other children sitting or playing nearby

- Onlooker Play: Onlooker plays happen most often during the toddler years. This is where the child watches other children play. Children are learning how to relate to other and learning language.
- Parallel Play: From the age 18 months to 2 years, children begin to play alongside other children without any interaction. This is called parallel play. They begin to show their need of being with other children of their own age.
- Associative Play: Preschooler becomes more interested in other children than the toys. Start to child socializes with other children.
- Cooperative play: it is common in preschool & school age children. As their social & emotional development matures, children play cooperatively with other. Their play as an organized structure and children will communicate with each other as they work together towards a common goal.

### Need for Study

In children's rights provision, the growing capacity of a child is always taken to account. It is general; surprise us with unexpected interest & abilities to pressure play. Play occurs to be the business for children. During hospitalization child exploring & elevate the crisis of hospitalization by play. Play helps is speedy recovery. The recovery rate is more in children who got play therapy during their hospitalization. To hospitalized children needs more than recreational play because illness and hospitalization constitute crisis in child's life. These situations are fraught with over whelming stresses. Children need to play out angers, fear & anxieties as a means of coping with these stresses. Play also helps temporarily to divert their mind from pain & loneliness. Play helps in the child in growing, developing, learning, & ultimately maturing. The most creative children are those who have had parents involved in their play. Therefore, parents must have adequate knowledge and attitude towards the play needs of their children. According to centre for health education, training & nutrition awareness play has different connotation for children & adults. Adults are busy working all the time & they play for recreation to break the monotony of work. Children play all the time except when they are sleeping. Hence it can be said, "Play is to a child what work is to an adult". In other words, "play is child's work."

### Statement Problem

"Study to assess knowledge regarding importance of play among mothers of under five children in selected rural villages of karad taluka."

### Aim

To assess the knowledge level of mothers of under-five children regarding the importance of play in their child's growth and development in selected rural villages of Karad Taluka, and to find any association with their socio-demographic variables.

### Objectives

- **Assess Knowledge:** Determine the extent of mothers' awareness about how play affects a child's physical, cognitive, social, and emotional development.
- **Identify Gaps:** Pinpoint specific areas where knowledge is lacking (e.g., types of play, developmental benefits).
- **Explore Associations:** See if knowledge levels differ based on factors like age, education, income, or residence.

### Operational Definition

- **Knowledge:** Defined as the number of correct answers given by mothers on a structured questionnaire about play's benefits (cognitive, physical, social, emotional) for under-five children.
- **Importance of Play:** Measured by understanding play's impact on brain development, skill-building (confidence, social skills, problem-solving), and overall well-being.
- **Mothers of Under-Five Children:** The target population includes female caregivers of children aged 0-5 years residing in the specified rural villages.
- **Rural Villages of Karad Taluka:** The specific geographical setting, limiting data collection to selected villages in Karad, Maharashtra.

### ➤ Criteria for Selection of Sample

**Inclusive Criteria:** Revised general nursing midwifery students 1 who are studying in the 3rd year included both male and female. 2 who are available at the time of data collection.

**Exclusive Criteria:** Revised general nursing midwifery students 1 who are absent at time of data collection.

### Plan for Tool Preparation

Section A – Questionnaires on-demographical data

Section B – Questionnaires on knowledge play among mothers of under five children.

### Plan for Data Collection and Data Analysis

Data collection will be he done by: self -administered knowledge questionnaires.

Data analysis was planned done by

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- Association by chi-square test

### II. Review of Literature:

1) A Comparative Study to assess the Knowledge of Mothers of Under-Five Children Regarding Importance of Play in Growth and Development in Selected Rural and Urban Areas, Bangalore Play is a universal language of children. It is one of the most important forms of communication and can be an effective technique in relating to them. Parents are child's first and best play mates. The most creative children are those who have had parents involved in their play. This study was conducted to assess and compare the knowledge of mothers of under-five children regarding importance of play in growth and development. Prasannakumar DR. A Comparative Study to assess the Knowledge of Mothers of Under Five Children Regarding Importance of Play in Growth and Development in Selected Rural and Urban Areas, Bangalore. International Journal of Nursing Education and Research. 2014 Mar 28;2(1):77- 80.

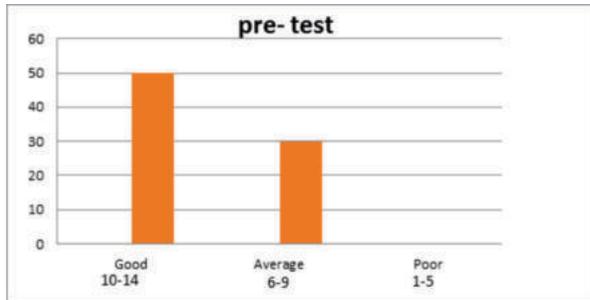
2) Assess the Knowledge of Mother regarding importance of Play Therapy in a selected Village of Puducherry Play is essential to growth and development because it contributes to the cognitive, physical, social, and emotional well-being of children and youth. Play also offers an ideal opportunity of parents to engage fully with their children. Play is so important to optimal child growth development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child. Today more than ever before, manufactures of toys and play equipment emphasize the educational value of their products. Similarly it is important to the parents also to know the importance of play. Objective: To assess the knowledge of mothers on different types of play and it's important for children. Methodology: A descriptive study was under taken to assess the knowledge regarding Play Therapy and its importance among mothers with children age group of 0-12 years at Periyakalpet, Puducherry. A sample of 20 mothers with children was selected by convenient sampling technique. The interview schedule was used to assess the knowledge of the mother regarding play therapy and its importance. The collected data were analyzed using descriptive statistics.

Findings: 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 (ie 75%) but with other items of play therapy they had poor knowledge in advantages of play (ie 47.85%). There was a need for health education regarding play and its importance among mothers. Dash M. Assess the Knowledge of Mother regarding importance of Play Therapy in a selected Village of Puducherry. Madrridge J Intern Emerg Med. 2019 Jan 31;3(1):114-6.

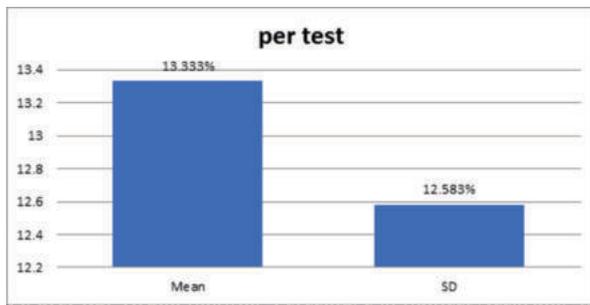
### III. Research Methodology:

**Research Approach:** A quantitative research approach is used to measure and analyze the knowledge levels of mothers numerically. **Research Design:** A descriptive cross-sectional survey design is typically adopted. This design involves collecting data from a sample population at a single point in time to describe the existing knowledge and identify any associations with demographic variables. **Study Setting:** The study would be conducted in selected rural villages within the Karad Taluka region. **Target Population:** Mothers of under-five children residing in the selected rural villages. **Sample Size:** The sample size would be determined using a statistical formula, often based on a population proportion and a desired margin of error. **Sampling Technique:** A non-probability sampling technique, such as purposive sampling or convenience sampling, is commonly used to select participants based on specific inclusion criteria, although probability methods like simple random sampling or stratified random sampling are also possible. **Inclusion Criteria:** Revised general nursing midwifery students 1 who are studying in the 3rd year included both male and female. 2 who are available at the time of data collection. **Exclusion Criteria:** Revised general nursing midwifery students 1 who

are absent at time of data collection. Socio-demographic variables: Age of the mother, Educational qualification, Occupation (e.g., employed, homemaker) Type of family (e.g., nuclear, joint). Monthly family income, Parity (number of children) Source of information regarding child play (e.g., health workers, television, family), Age and sex of the under-five child, Previous exposure to information/education programs on the importance of play, Dependent Variable: The dependent variable is the main focus of the study and is what is being measured: Knowledge regarding the importance of play: This is the measurable outcome, typically assessed through a structured knowledge questionnaire or scoring system. The level of knowledge can be categorized (e.g., poor, average, good).



Per Test.



Mean and SD of Pre Test.

#### IV. DISCUSSION AND SUMMARY:

**Overall Knowledge Level:** The discussion would interpret the results of the study, for example, finding that the majority of mothers in selected rural villages of Karad Taluka had average or moderately adequate knowledge regarding the importance of play. This indicates a foundational understanding but highlights a gap in comprehensive knowledge about specific benefits.

**Knowledge Gaps:** It would pinpoint specific areas of weakness, such as knowledge about the importance of play for cognitive or social development, which studies often find is lower than knowledge about physical development. Mothers might understand that play helps with physical energy but less about its role in problem-solving or social skills.

**Influence of Socio-demographic Variables:** The discussion would analyze how independent variables (like education, income, and access to information) affected the dependent variable (knowledge level). Findings from similar studies often show that mothers with higher education levels and better economic status tend to have significantly better knowledge regarding play needs.

**Comparison with Existing Literature:** The results would be compared to findings from similar studies in other rural or urban areas (e.g., Pune, Bangalore). A typical finding is that rural mothers have lower knowledge than urban mothers, emphasizing the need for targeted education in rural settings.

**Parental Attitudes and Practices:** The discussion might note that despite average knowledge, most mothers have a positive attitude towards play and allow their children to play daily. However, a gap might exist between knowledge and practice, as mothers may lack awareness of suitable play materials or structured play activities.

#### Major Findings

- Specific Knowledge Gaps: Mothers often exhibited better knowledge regarding the physical benefits of play but were less

aware of its role in cognitive, social, and emotional development. For instance, knowledge about language development or problem-solving through play was typically found to be low.

- Association with Education: The knowledge level of mothers was consistently found to have a significant association with their educational status and family income. Mothers with higher levels of education generally scored better on knowledge assessments.
- Positive Attitudes, Inadequate Practice: While a majority of mothers had a favorable or positive attitude toward their children's play needs and allowed them to play daily, this positive attitude did not always translate into a deep understanding of how to facilitate appropriate play or select suitable play materials.
- Primary Information Sources: The main source of information for many mothers was often found to be mass media (television, magazines) or friends and relatives, rather than formal health education channels.

These findings highlight that the existing knowledge among rural mothers is inadequate and emphasizes the strong need for creating awareness and providing accessible knowledge related to the comprehensive play needs of under-five children.

You can find more detailed examples of results in research literature on topics like this via reputable sources like the International Journal of Nursing Education and Research.

The discussion explains that while mothers have good intentions, they need more specific knowledge to help their children develop fully. The study provides evidence that targeted educational help will make a big difference in the lives of these under-five children.

#### Aim:

1. To assess the existing knowledge level: To determine the baseline knowledge scores of mothers regarding various aspects of children's play (physical, cognitive, social, and emotional benefits).
2. To identify knowledge gaps: To pinpoint specific areas where mothers lack adequate information (e.g., understanding the link between play and brain development).
3. To find associations: To determine if there is a statistically significant relationship between the mothers' knowledge levels and their socio-demographic variables (such as age, education level, occupation, and income).
4. To provide evidence for future interventions: To use the collected data to justify the need for, and inform the design of, a targeted educational program aimed at improving maternal knowledge regarding the importance of play.

#### Objectives Of The Study

1. Assess the level of knowledge regarding importance of play (therapy) among mothers of under five children.
2. To find out association between knowledge score & all demographic variables.

**HYPOTHESIS:** H1: The majority of mothers in the study area will have suboptimal or inadequate knowledge about the importance of play for cognitive and socio-emotional development.

H1: Mothers who have previously attended a health education session on child development will have a higher level of knowledge than those who have not.

#### CONCLUSION

The study would conclude that while mothers in the selected rural villages of Karad Taluka possess a foundational but incomplete understanding of the importance of play, their current knowledge is largely insufficient to optimize the holistic development of their under-five children. A significant gap exists in understanding the cognitive, social, and emotional benefits of play compared to the more commonly understood physical benefits.

- Knowledge Gaps Confirmed: The results confirm that a majority of the mothers fall into the "average knowledge" category, indicating a substantial need for targeted educational interventions within the community.
- Education is Key: The study establishes a clear link between a mother's formal education level and her knowledge regarding play, suggesting that education is a critical factor in understanding child development needs.
- Need for Awareness Programs: The findings strongly recommend the implementation of structured, community-based health education programs to raise awareness about the profound impact

of play across all developmental domains.

- Empowering Mothers: The conclusion emphasizes that by improving maternal knowledge, mothers can be better empowered to facilitate appropriate play activities that enhance their children's readiness for school and future success.

#### Nursing Implication:

- Targeted Health Education: Nurses should develop and implement planned teaching programs in the paediatric outpatient departments (OPD), immunization clinics, and community settings (like Anganwadi centers). These programs need to use simple language and visual aids, focusing on specific knowledge deficits identified by the study, such as the importance of play for cognitive and socio-emotional development.
- Role as Educator and Counselor: The nurse acts as a key educator, organizer, and motivator. They should counsel mothers on how to use everyday, accessible items for play and how to actively engage with their children during play, as mothers are often the child's first playmate.
- Early Detection and Referral: By utilizing standardized developmental screening tools during home visits, nurses are positioned to identify potential developmental delays early. They can then provide appropriate guidance and refer families to specialists if necessary, ensuring timely intervention.
- Cultural Sensitivity: Nurses must incorporate cultural competence into their practice by understanding the existing cultural child-rearing practices in rural areas and tailoring education to respect those beliefs while promoting healthy developmental practices.

#### Nursing Education: Integrating Child Development in Curriculum

Nursing education programs (Diploma, GNM, BSc, MSc) should integrate comprehensive coursework on early childhood development (ECD) and the importance of play across all developmental domains (physical, cognitive, social, emotional).

- Focus Areas: The curriculum should move beyond physical milestones and emphasize how play facilitates brain development, language acquisition, and social skills.
- Case Studies: Educators should use real-world scenarios and case studies from rural communities (like those in Karad Taluka) to prepare future nurses for the specific challenges and knowledge gaps prevalent in these settings.
- Simplified Communication: Students need training on using non-technical language, visual aids (charts, flip books), and practical demonstrations rather than relying solely on written pamphlets.
- Role-Playing: Role-playing exercises can prepare students to counsel mothers effectively during routine clinic visits or home visits, ensuring they are empathetic and clear in their messaging.
- Local Language Proficiency: Training should encourage proficiency in local dialects (like Marathi in the Karad region) to build trust and ensure messages are accurately understood.
- Workshops and Training: The findings should inform regular, mandatory workshops for existing healthcare staff (e.g., ASHA workers, ANMs, CHOs, and staff nurses) on the latest guidelines for promoting child development through play.
- Knowledge Updates: These sessions should ensure that all frontline workers have up-to-date, accurate information to share with mothers effectively.

#### Limitations

- o If a convenience or purposive sampling method was used, the findings may not be truly representative of all mothers in all rural areas of Karad Taluka. The sample might be skewed towards mothers who were easier to reach or more willing to participate, potentially leading to an overestimation or underestimation of general knowledge levels.

#### Recommendations

- Utilize Appropriate Teaching Aids: Given varying literacy levels, nurses and community health workers should use simple, culturally relevant visual aids such as flip charts, posters, and demonstrations using locally available materials (e.g., household items, natural materials like stones or sticks) instead of expensive toys.
- Emphasize Interactive Sessions: Move beyond lectures to foster interactive question-and-answer sessions, group discussions, and practical demonstrations where mothers can share experiences and learn from each other.
- Integrate Play Education into Routine Care: Make discussions

about the importance of play a mandatory part of every consultation for mothers of under-five children, reinforcing the message consistently over time.

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