

## Effectiveness of Play Activities on Socialization Among Mentally Challenged Children at Balavihar Chennai



### Nursing

**KEYWORDS:** play activity; mentally challenged; children; socialization

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### ABSTRACT

*Normal children need a healthy environment for attaining their normal ability. When the children are disabled, the conducive environment has to be created to result in various developments. Socialization and communication are the most needed factors to be developed in the disabled children. Play is a natural and most easily available outlet for children's expression of needs.*

*Objective: The objective of the study is to assess the effectiveness of play activities on socialization among mentally challenged children*  
*Methods: An experimental research design was with 50 samples at Balvihar, the school for mentally challenged. The tool used for this study was socialization skill check list. Data were analyzed by using descriptive and inferential statistics.*

*Results: Paired 't' test revealed that there was improvement in communication skills, self help skills, social skills and occupation skills. The overall level of socialization is appreciably improved at P<0.05 level. The study will help the care gives to plan and organize the systemic play activities for the improvement of level of socialization.*

### INTRODUCTION

Normal children need a healthy environment for attaining their normal ability. When the children are disabled, the conducive environment has to be created to result in various developments. Socialization and communication are the most needed factors to be developed in the disabled children. Play is a natural and most easily available outlet for children's expression of needs. According to Baker<sup>B</sup> (1997) play is a child's way of learning where play provides opportunities for the child to interact with others. Play encourages emotional and social development.

### OBJECTIVES

- To assess the level of socialization among moderate mentally challenged children before administering play activities in experimental and control group.
- To determine the effectiveness of play activities among mentally challenged children in experimental group.
- To compare the level of socialization for both experimental and control group
- To find out the association between the level of socialization with the selected demographic variables.

### HYPOTHESIS

There will be a significant difference in the level of socialization through play activities among mentally challenged children in the experimental group and control groups.

### METHODOLOGY

An experimental design was used for this study. After getting content validity from Psychologist, Nursing and research experts, the study was conducted with 50 moderate mentally challenged children aged between 6-12 years at Balavihar, School for Mentally challenged. The samples were selected by simple random sampling technique (lottery method). The tool consists of demographic variables and socialization skill check list. Pre test was done with socialization skill check list for both experimental and control group by observational method. Play activities were provided to experimental group. Post test was done with same check list for both groups. At the end of the study instructional guide was given to experimental and control group parents. The data were analyzed by using descriptive and inferential statistics

### RESULTS

Assessing the level of socialization among moderate mentally challenged children before play activities. Two (8%) had inadequate, 16 (64%) had moderate and Seven (28%) had adequate level of socialization among the experimental group. Four (16%) had inadequate, 16 (64%) had moderate and 5 (20%) had adequate level of socialization in control group. The effectiveness of play activities by using paired 't' test revealed that there was improvement in communication skills, self help skills, social skills and occupation skills. The overall level of socialization is appreciably improved at P<0.05 level. Out of twenty children, no one had inadequate level of socialization, 48% had moderate level of socialization and 5% had adequate level of socialization after play activities among experimental group. Twelve percent had inadequate level of socialization 68% had moderate level of socialization and 20% had adequate level of socialization in control group. There was no significant association between the post test socialization score with age, sex, type of stay, educational status of the child, educational status of the primary care giver, religion and duration of training at the level of P>0.05.

### DISCUSSION

The aim of the study was to assess the effectiveness of play activities in promoting socialization among the moderate mentally challenged children. The findings of this study revealed that there is significant improvement in the level of socialization after providing play activities. Therefore play activities is necessary and to be provided as a planned programme is a periodical manner for the mentally challenged children. This helps to achieve an optimum level of socialization.

### CONCLUSION

Play situations can be developed in almost all situation in the life of the resident. e.g Bathing, feeding, dressing etc. It can be very rewarding to witness development in the residents skills through the medium of play. Play has to be taught and the nurse or therapist should make efforts to teach the resident to play as an individual and as group hopefully leading to the development of peer group co-operation and identification. The study will help the care gives to plan and organize the systemic play activities for the improvement of level of socialization.

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