



ORIGINAL RESEARCH PAPER

Nursing

"ASSESS THE LEVEL OF KNOWLEDGE ON PROMOTING PLAY AND ITS IMPORTANCE AND HEALTHY EATING AMONG PARENTS OF PRE-SCHOOL CHILDREN AT URBAN AND RURAL AREAS OF VADODARA DISTRICT"

KEY WORDS: Knowledge, Play, Healthy Eating, Parents And Pre-school Children.

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ABSTRACT

BACKGROUND OF THE STUDY: With the help of this study, we will assess the level of knowledge on promoting play and its importance and healthy eating among parents of pre-school children. The parent gets a better knowledge regarding play and healthy eating of their pre-school children. The pre-school parents get adequate knowledge by assessing the pre-test in the study.

AIMS AND OBJECTIVES:

1. To assess the level of knowledge on promoting play and its importance and healthy eating among parents of pre-school children.
2. To find out co-relation between knowledge on promoting play and its importance and healthy eating among parents of pre-school children.
3. To find the association between knowledge score of parents regarding play and its importance and healthy eating of pre-school children with their selected demographic variables.

MATERIAL AND METHODS A descriptive research approach is used to describe characteristics of a population or phenomenon being studied. The selection of the samples was done by purposive sampling technique. The evaluation was done through tools like demographic variables and Structured Knowledge Questionnaire.

RESULTS The collected data was tabulated and analyzed by using descriptive and inferential statistics. Results shows that (16.66%) pre-schooler's parents have inadequate knowledge, 50(83.33%) of them have moderate knowledge and 0(0%) have adequate knowledge regarding play and healthy eating. The obtained χ^2 value in all variables is more than the table value of χ^2 at 0.05 level of significance. Hence there is association between knowledge score of parents regarding play and its importance and healthy eating of pre-school children with their selected demographic variables.

CONCLUSION According to the calculation, 83.33% had moderate level of knowledge & 16.66% had inadequate knowledge and no one had adequate knowledge regarding play and its importance and healthy eating. It is also found that there is a Correlation between knowledge on promoting play and its importance and healthy eating among parents of pre-school children.

INTRODUCTION

"Health and intellect are the two blessings of life"

-Menander

If you have health, you probably will be happy, and if you have health and happiness, you have the health you need, even if it is not all you want.¹ Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distraction, the gates of the soul open.² Healthy eating is not about strict dietary limitation, staying unrealistically thin, or depriving yourself of the foods you love.³

Parents in these tasks can provide a forum for teaching about nutrition foods and principles of preparation. The pre -schooler's diet is similar to that of the toddler, but mealtime a more social event. Children like the company of others while they eat, and they enjoy helping with food preparation and table setting.⁴ Pre-schooler are emerging as creative persons who are preparing for their future role in society. This is also a time of changes in the parent-child relationship. Food dishes are attractive and forks and spoons of size appropriate for children.⁵

Pre- schooler has begun to play in a new way. In addition to this social dimension of play, enjoy large motor activities such as swinging, riding a tricycle and throwing ball, provides some drawing materials and also pictures. Provides simple pictures puzzles using the trial and error methods of finding correct place for a piece particular simple craft materials, chocks, story books and photographs also including in a play material.⁴

BACK GROUND OF THE STUDY

With the help of this study, we had assessed the level of knowledge on promoting play and its importance and healthy

eating among parents of pre-school children. The parent gets a better knowledge regarding play and healthy eating of their pre-school children. The pre-school parents get adequate knowledge by assessing the pre-test in the study.

MATERIAL AND METHODS:-

The selection of design depends upon the purpose of the study, research approach and variable to be studied. One group pre-test research design, which belongs to descriptive research approach to describe characteristics of a population or phenomenon being studied. The selection of the samples was done by purposive sampling technique. The evaluation was done through tools like demographic variables and Structured Knowledge Questionnaire.

HYPOTHESES

H₁:- There will be significant co-relation between knowledge on promoting play and its importance and healthy eating of pre-school children.

METHODOLOGY

RESEARCH APPROACH: Descriptive research approach.

RESEARCH DESIGN: Non- experimental design.

VARIABLES UNDER THE STUDY

Research variable: The level of knowledge of parents of pre – school children regarding play and its importance and healthy eating.

RESEARCH SETTING: Urban and Rural areas of Vadodara District, Gujarat.

POPULATION: Parents of Pre-school children in selected Urban and Rural areas of Vadodara District, Gujarat.

SAMPLE AND SAMPLING TECHNIQUE: The sample of the study comprised of 60 parents of pre-school children. In this study, purposive sampling technique was used.

DATA COLLECTION TECHNIQUES AND TOOLS: Data collection instrument was structured knowledge questionnaire. In two divided sections.

SECTION-A
 It is designed to elicit general information of the respondents and it consists of selected areas of Urban and Rural areas of Vadodara district to demographic variables of parents.

SECTION-B
PART - 1
 Tool for collecting the relevant information regarding the play and it's importance, among parents of pre-school children are prepared. Total 15 questions are included in this part aiming to gather information.

PART – 2
 Questions regarding healthy eating are prepared. Total 8 questions are included in this part aiming to gather information on knowledge regarding healthy eating.

PART – 3
 Questions regarding parental role in play and healthy diet of a pre-schooler are prepared. Total 10 questions are included in this part aiming to gather information on knowledge.

RESULTS
 Results are discussed under following sections

- Section I: Analysis Of Socio Demographic Characteristics Of The Parents.
- Section II: Assessing The Level Of Knowledge On Promoting Play And Its Importance And Healthy Eating Among Parents Of Pre-School Children.
- Section III: Correlation between Knowledge On Promoting Play And Its Importance And Healthy Eating Among Parents Of Pre-School Children.
- Section IV: Association between Knowledge Scores Of The Parents With Selected Socio Demographic Variables.

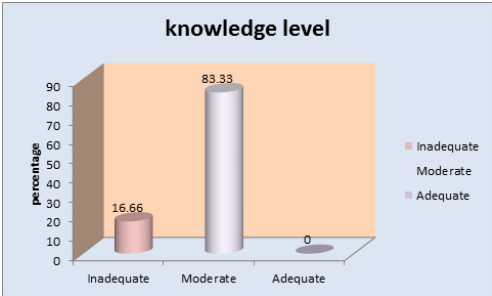
SECTION I
ANALYSIS OF SOCIO DEMOGRAPHIC CHARACTERISTICS OF THE PARENTS.
 Out of 60 samples are selected demographical variables such as age in years in which 13 (21.66%) are in 20 to 25 years, 20 (33.33%) are in 26 to 30 years, 23 (38.33%) are in 31 to 35 years, 4 (6.66%) are in 36 and above, religion in which 32 (53.33%) are Hindu, 6 (10%) are Christians, 19 (31.66%) are Muslim, 3 (5%) are any other, educational status in which 8 (13.33%) are having primary, 30 (50%) are having secondary, 22(36.66%) are having graduation, 0 (0%) are having Post Graduation. Occupation in which 12(20%) are from business, 10(16.66%) are from labor work, 13 (21.66%) are from professional, 25 (41.66) are from private job. income of the family per month in which 5 (8.33%) are having <3000rs, 8 (13.33%) are having 3001 – 6000rs, 21 (35%) are having 6001 – 9000rs, 26 (43.33%) are having >9000rs. Types of family in which 19(31.66) are from nuclear family, 32 (53.33%) are from joint family, 9 (15%) are from extended family. Living location in which 30 (50%) are in Urban, 30 (50%) are in Rural. Do you have any information regarding healthy eating, play and its importance of pre-schooler in which 60 (100%) are having yes, 0 (0%) are having no. if yes, source of information in which 17 (28.33%) are from mass media, 21 (35%)0 are from health professional worker, 17 (28.33%) are from relatives/ friends/ family and 5 (8.33%) are from any other.

SECTION II:
ASSESSING THE LEVEL OF KNOWLEDGE ON PROMOTING PLAY AND ITS IMPORTANCE AND HEALTHY EATING AMONG PARENTS OF PRE-SCHOOL CHILDREN.

DISTRIBUTION OF PRE-SCHOOLER’S PARENTS BASED ON THEIR KNOWLEDGE CATEGORY.

SR. NO	KNOWLEDGE LEVEL	FREQUENCY	PERCENTAGE
1.	Inadequate	10	16.66
2.	Moderate	50	83.33
3.	Adequate	0	0

This above table shows that (16.66%) pre-schooler’s parents have inadequate knowledge, 50(83.33%) of them have moderate knowledge and 0(0%) have adequate knowledge regarding play and healthy eating.



PERCENTAGE DISTRIBUTION OF PRE-SCHOOLER’S PARENTS BASED ON THEIR KNOWLEDGE CATEGORIES.

SECTION: III
CORRELATION BETWEEN KNOWLEDGE ON PROMOTING PLAY AND ITS IMPORTANCE AND HEALTHY EATING AMONG PARENTS OF PRE-SCHOOL CHILDREN.

VARIABLE	MEAN	SD	CORRELATION
Play	8.55	30	0.55
Healthy eating	5.26	14	

This above table shows that the correlation between knowledge on promoting play and its importance and healthy eating among the parents of pre-school children have the knowledge score is +0.55, so as per finding to analyze the correlation play and healthy eating indicates weak correlation between these variables. So, there is weak correlation between play and healthy eating among parents of pre-school children. So, H_1 is accepted.

SECTION IV: ASSOCIATION BETWEEN KNOWLEDGE SCORES OF THE PARENTS WITH SELECTED SOCIO DEMOGRAPHIC VARIABLES.
 The obtained χ^2 value computed for to find the association between knowledge score with selected demographic variables. of age of parents of pre-school children ($\chi^2=6.8$) is not significant, religion of parents ($\chi^2=16$) is significant, there education status ($\chi^2=2.72$) is not significant, occupation ($\chi^2=18.72$) is significant, income of the family per month ($\chi^2=7.32$) is not significant, type of family ($\chi^2=0.8$) is not significant, living location ($\chi^2=5.38$) is significant, they have any information regarding healthy eating and play ($\chi^2=0$) is not significant and source of information ($\chi^2=3.3$) were not significant at 0.05 level.

DISCUSSION
 This chapter deals with the discussions in accordance with the objectives of the study, hypothesis, implication to nursing practice and recommendation for further study. The statement of the problem was, " Assess the level of knowledge on promoting play and its importance and healthy eating among parents of pre-school children at urban and rural areas of Vadodara district. "

IMPLICATION
 The findings of the study have definite implication in daily practice, nursing administration and nursing research.

Implication On Daily Practice
 The pre-schooler parents should enhance the knowledge regarding play and its importance and healthy eating. The findings of the study helps the parents regarding play and its importance and healthy eating. It can be useful for the future generation in improvement of their knowledge and practice.

Implication For Nursing Research

The result of the research study contributes to the body of knowledge of nursing. Future investigation can use the methodology as reference material. The suggestion and recommendation can be utilised by the other researchers under conducting further studies to evaluate knowledge regarding play and it's importance and healthy eating among parents of pre-school children.

RECOMMENDATIONS

On the bases of the findings of the study; it is recommended that: The study can be utilized to conduct further research study in the field of knowledge and practice regarding play and its importance and healthy eating among parents of pre-school children.

A similar study can be done to prepare structured interview schedule questionnaire for assessing the knowledge and practice regarding play and its importance and healthy eating among parents of pre-school children.

A similar study can be done with structured interview schedule questionnaire

CONCLUSION

The present study assessed the level of knowledge on promoting play and its importance and healthy eating among parents of pre-school children at Urban and Rural areas of Vadodara district and found that the majority of population had moderate knowledge regarding play and it's importance and healthy eating.

According to the study 83.33% had moderate knowledge & 16.66% had inadequate knowledge and no one had adequate knowledge regarding play and its importance and healthy eating. There was significant co-relation between play and healthy eating.

CONFLICT OF INTEREST: - Nil

SOURCE OF FUNDING:-Self funding

ETHICAL CONSIDERATION:-

Ethical clearence certificate was obtained from Sumandeep Vidyapeeth University.

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