



ISSN: 0976-3031

Available Online at <http://www.recentscientific.com>

CODEN: IJRSFP (USA)

International Journal of Recent Scientific Research  
Vol. 8, Issue, 7, pp. 18855-18860, July, 2017

**International Journal of  
Recent Scientific  
Research**

DOI: 10.24327/IJRSR

## Research Article

### 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

**Kirti Karambelkar and Janaki Shinde**

Child Health Nursing Department, D. Y. Patil College of Nursing, D. Y. Patil University, Kolhapur

DOI: <http://dx.doi.org/10.24327/ijrsr.2017.0807.0581>

#### ARTICLE INFO

##### Article History:

Received 17<sup>th</sup> April, 2017  
Received in revised form 21<sup>th</sup>  
May, 2017  
Accepted 28<sup>th</sup> June, 2017  
Published online 28<sup>th</sup> July, 2017

##### Key Words:

Play needs of children, Mothers of under five children, knowledge, attitude, Planned teaching programme

#### ABSTRACT

Play is the key centre 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.<sup>1</sup>

A pre experimental, one group pre test & post test research design was used, which consisted of 60 samples that were selected by using non-probability, purposive sampling technique. Data was collected by using structured knowledge questionnaire and attitude scale regarding play needs of children. A PTP was administered to the samples at the end of the pre test and post test was conducted 7 days after pre test and from administration of PTP.

The result showed that, out of 60 mothers of under five children, In pre test majority of the participants 33 (55%) had poor knowledge and 24 participants (40%) had average knowledge and only 3 (5%) of the participants had good knowledge, where as in post test 42 (70%) participants had average knowledge, 15 (25%) participants had good knowledge and 3 (5%) of the participant had poor knowledge. The calculated paired 't' value ( $t_{cal} = 18.56$ ) is greater than tabulated value ( $t_{tab} = 2.00$ ). This indicated that the gain in knowledge score was statistically significant at  $p < 0.05$  level. Therefore the findings revealed that the PTP on play needs of children was effective in increasing the knowledge regarding play needs of children among mothers of under five children.

In pre test majority of the participants 35 (58.33%) had moderately favorable and 25 participants (41.66%) had favorable attitude and None of the participants had unfavorable attitude, where as in post test 33 (55%) participants had average favorable attitude, 27 (45%) participants had moderately attitude and None of the participant had unfavorable attitude. The calculated paired 't' value ( $t_{cal} = 2.895$ ) is greater than tabulated value ( $t_{tab} = 2.00$ ). This indicates that the gain in attitude score is statistically significant at  $p < 0.05$  level. Therefore the findings revealed that the PTP on play needs of children was effective in improving the attitude regarding play needs of children among mothers of under five. There is significant association between pre test attitude scores and selected socio-demographic variable like number of children [ $\chi^2_{cal} = 6.987$ ,  $\chi^2_{tab} = 5.99$ ]. The calculated Chi-square value was higher than tabulated value at 0.05 level of significance. This indicated that there was significant association between pre test attitude scores and selected socio-demographic variables at 0.05 level of significance children.

Copyright © Kirti Karambelkar and Janaki Shinde, 2017, this is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

#### INTRODUCTION

##### Background of the Study

In India, children of under 3 years constitute 9% of our total population. Studies have shown that children live in a vastly

different world today. Migration and globalization have created significant, organization health and social psychological change.<sup>1</sup> Babies and toddlers need a safe, healthy environment and warm, responsive adults to stimulate their growth and development. It is nature and nurture working together that

\*Corresponding author: **Kirti Karambelkar**

Child Health Nursing Department, D. Y. Patil College of Nursing, D. Y. Patil University, Kolhapur

enhances physical, social, emotional, cognitive, cultural and creative growth in children.<sup>2</sup>

Play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children and youth. Play also offers an ideal opportunity for parents to engage fully with their children. Despite the benefits derived from play for both children and parents, time for free play has been markedly reduced for some children. This report addresses a variety of factors that have reduced play, including a hurried lifestyle, changes in family structure, and increased attention to academics and enrichment activities at the expense of recess or free child-centered play. This report offers guidelines on how pediatricians can advocate for children by helping families, school systems, and communities consider how best to ensure that play is protected as they seek the balance in children's lives to create the optimal developmental milieu.<sup>3</sup>

All children need to play irrespective of age, culture, and social background, economic circumstances. Mothers must know the play therapy of their children to maintain sound mental and physical health. From the infant's birth till he attains the age of three, the child is seen playing games that involve emotional, perceptive and biological motions. He/ She is interested in playing with gaily colored objects which he/ she throws around breaks them and puts them in his mouth. The very small infant is capable only of throwing his arms and feet about. The infant in his age group also play with colored chart, paint and brushes etc. They take keen interest in listening to stories and studying pictures in books. Playing with dolls making sand edifices is an equally engaging occupation for them.<sup>4</sup>

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. Play empowers children, supports their right to make choices to discover their own solutions and to develop at their own pace.<sup>6</sup>

#### **Objectives of the Study**

1. To evaluate the effectiveness of planned teaching programme on knowledge and attitude regarding play needs of children among mothers of under five children.
2. To find correlation between knowledge and attitude regarding play needs of children.
3. To find out the association between pre-test knowledge score of mothers of under five children with their selected Socio demographic variables.
4. To find out the association between pre-test attitude score of mothers of under five children with the selected socio demographic variables.

#### **MATERIAL AND METHODS**

The population of this study was mothers of under five children at selected areas of Kolhapur. A quantitative, evaluative survey approach was considered to carry out the study. Pre experimental, one group pre test & post test research design was used, which consisted of 60 samples that were selected by using non-probability, purposive sampling technique. Data was collected by using structured knowledge questionnaire and attitude scale regarding play needs of children. A (Planned Teaching Programme) PTP was administered to the samples at

the end of the pre test and post test was conducted 7 days after pre test and from administration of PTP.

#### **Inclusion Criteria**

Mothers who were

- Having children of under five years.
- Present at the time of data collection.
- Able to read and write Marathi.

#### **Exclusion Criteria**

Mothers who were not willing to participate.

#### **Procedure for Data Collection**

The setting of main study was selected randomly by using lottery method. Hence, for the main study, Dr. D.Y. Patil Hospital and research center, Kolhapur was selected. The research investigator obtained Permission from Medical Superintendent of Dr. D.Y. Patil Hospital and research center, Kolhapur. The main study was conducted at selected wards of Dr. D.Y. Patil Hospital and research center, Kolhapur from 07/02/2017 up to 15/02/2017. Planning of the time schedule was done as per the timing provided by the authorities of Dr. D.Y. Patil Hospital and research center, Kolhapur.

Researcher introduced herself to the subjects and explained the purposes of the study. Subjects were taken into confidence and assured of confidentiality of their responses. Subjects were selected by non-probability, purposive sampling technique. 70 subjects were chosen for the pretest because of possibility of dropouts in posttest. Informed consent was taken from the subjects. Average time taken by the subjects for the data collection was 30 min approximately.

Pretest was conducted on 07/02/2017 by administrating the selected Sociodemographic data, structured knowledge questionnaire and attitude scale to assess the knowledge and attitude regarding play needs of children among 70 mothers of under five children. On the same day PTP was administered to 70 subjects.

After 7 days of PTP, i.e. on 15/02/2017 post test was conducted by using same tool from 60 mothers of under five children. 10 drop outs were there.

#### **FINDINGS AND DISCUSSION**

To begin with, the data was entered in a master sheet for tabulation and statistical processing. Analysis of data is organized and presented under the following heading:

**Section I:** Findings related to distribution of selected Sociodemographic data of subjects.

**Section II:** Analysis and interpretation distribution of pretest and posttest knowledge scores of subjects regarding play needs of children.

**Section III:** Findings related to mean, median, mode, range, standard deviation & difference of pre and post knowledge scores of subjects regarding play needs of children.

**Section IV:** Analysis and interpretation distribution of pretest and posttest attitude scores of subjects regarding play needs of children.

**Section V:** Findings related to mean, median, mode, range, standard deviation & difference of pre and post attitude scores of subjects regarding play needs of children

**Section VI:** Testing of Hypotheses at 0.05 level of significance

1. Analysis and interpretation of data on effectiveness of PTP on knowledge regarding play needs of children among subjects.
2. Analysis and interpretation of data on effectiveness of PTP on attitude regarding play needs of children among subjects.
3. Analysis and interpretation of data on correlation between knowledge and attitude regarding play needs of children among subjects.
4. Analysis and interpretation association between pre-test knowledge scores of subjects with their selected socio-demographic variables.
5. Analysis and interpretation association between pre-test attitude scores of subjects with their selected socio-demographic variables.

**Section I: Findings related to distribution of selected Socio-demographic data of subjects**

In this section the researcher analyzed and categorized the frequency and distribution socio demographic data of subjects regarding play needs of children.

**Table 1** Frequency and percentage distribution of selected Sociodemographic data of subjects

n=60			
Sr No	Socio demographic Variables	Frequency f	Percentage %
1.	<b>Age in Years</b>		
	a) 21-24 Years	26	43.34
	b) 25-28 Years	18	30.00
	c) 29-32Years	16	26.66
2.	<b>Mothers Education</b>		
	a) Primary	42	70.00
	b) Secondary	10	16.00
	c) Higher Secondary	06	10.00
	d) Diploma	01	1.67
	e) Degree & above	01	1.66
3.	<b>Occupation</b>		
	a) House wife	57	95.00
	b) Self employment	02	3.34
	c) Job	01	1.66
4.	<b>Type of Family</b>		
	a) Nuclear	22	36.67
	b) Joint	38	63.34
5.	<b>Number of Children</b>		
	a) One	21	35.00
	b) Two	29	48.33
	c) Three & above	10	16.00
6.	<b>Source of information</b>		
	a) No any	23	38.34
	b) Mass Media	01	1.66
	c) Self experience	31	51.66
	d) Others experience	04	6.66
	e) Health Personnel	01	1.66

**Table 1:** Indicates that,

1. Majority of the subjects 26 (43.33%) belonged to the age group of 21-24 years and only 16 (26.66%) belonged to the age group of 29-32
2. Majority of the subjects had 42(70%) primary education and only one participant (1.66%) had completed diploma.

3. Majority of subjects were House wives 57 (95%) and only 1 (1.66%) was doing job.
4. Majority of subjects belonged to joint family that is 38 (63.33%)
5. Majority of subjects had two children 29 (48.33%) and only 10 subjects (16%) had more than three children.
6. Majority of subjects had self experience 31 (51.66%) as source of information and minority of subjects had health care personnel 1(1.66%) as source of information.

The result were contradictory to the findings was found in the study done by Homan lee, Kathrine T at USA in which majority of mothers were at workforce (80%)<sup>32</sup>. This indicated that, in India majority of mothers are house wives where as in western culture, majority of the mothers work.

**Section II: Analysis and interpretation distribution of pre and posttest knowledge scores of subjects regarding play needs of children**

In this section the researcher analyzed and categorized the pretest and posttest knowledge scores of subjects regarding play needs of children.

**Table 2** Frequency and percentage distribution of pretest and posttest Knowledge scores of subjects regarding play needs of children

Knowledge Score	Pretest		Posttest	
	f	%	f	%
Good	03	5	15	25
Average	24	40	42	70
Poor	33	55	03	5

**Table 2:** Indicates that,

In pretest majority of the subjects 33 (55%) had poor knowledge and 24 subjects (40%) had average knowledge and 3 (5%) of the subjects had good knowledge, where as in posttest 42 (70%) subjects had average knowledge, 15 (25%) subjects had good knowledge and 3 (5%) of the participant had poor knowledge.

**Section III: Findings related to mean, median, mode, Range, Standard deviation & Difference of pretest and posttest knowledge scores of subjects regarding play needs of children**

In this section the researcher analyzed and categorized the mean, median, mode, range & standard deviation of pretest and posttest knowledge scores of subjects regarding play needs of children.

**Table 3** Findings related to Mean, Median, Mode, Range, Standard Deviation and Difference of knowledge scores of subjects regarding play needs of children

n = 60					
Area Of Analysis	Mean	Median	Mode	SD	Range
Pretest	9.01	08	06	3.68	15
Posttest	13.65	13	12	4.02	15
Difference	4.64	05	06	0.34	00

**Table 3:** Indicates that,

1. The overall knowledge score of samples is increased by mean difference 4.64 units and median difference is 05 where as mode difference is 06.

- The variability around the mean of knowledge score distribution is 0.34.
- The range between the highest and lowest score is same after administering the PTP.

**Section IV: Analysis and interpretation distribution of pretest and posttest attitude scores of subjects regarding play needs of children**

In this section, the researcher analyzed and categorized the pretest and posttest attitude scores of subjects regarding play needs of children.

**Table 4** Frequency and percentage distribution of pretest and posttest Attitude scores of subjects regarding play needs of children

Attitude Score	Pretest		Posttest	
	f	%	F	%
Favorable	25	41.66	33	55
Moderately favorable	35	58.34	27	45
Unfavorable	00	00	00	00

**Table 4:** Indicates that, In pretest majority of the subjects 35 (58.33%) had moderately favorable and 25 subjects (41.66%) had favorable attitude and None of the subjects had unfavorable attitude, where as in posttest 33 (55%) subjects had average favorable attitude, 27 (45%) subjects had moderate attitude and None of the participant had unfavorable attitude.

The similar findings were reported by meta Analysis study on children's independent active free play in four studies. The most consistent and widely reported finding was that parental concern for their children's safety was a barrier to independent active free play. Specifically, parents were concerned about safety with respect to strangers, bullies/teenagers, and traffic.

This indicated that, majority of mothers had favorable and moderately favorable attitude which revealed that, they are having mostly positive attitude towards play but they have inadequate knowledge.

**Section V: Findings related to mean, median, mode, range & standard deviation of pre and post attitude scores of subjects regarding play needs of children**

In this section the researcher analyzed and categorized the mean, median, mode, range & standard deviation of pretest and posttest attitude scores of subjects regarding play needs of children.

**Table 5** Findings related to Mean, Median, Mode, Range, Standard Deviation and Difference of attitude scores of subjects regarding play needs of children

Area of Analysis	Mean	Median	Mode	SD	Range
Posttest	46.23	45.5	44.04	5.72	21
Difference	0.93	01	1.14	-1.78	-6

**Table 5:** Indicates that,

- The overall attitude score of samples is increased by mean difference 0.93 units and median difference is 01 where as mode difference is 1.14.

- The variability around the mean of attitude score distribution is -1.78.
- The range between the highest and lowest score is -6 after administering the PTP.

**Section VI: Testing of hypotheses at 0.05 level of significance Analysis and interpretation data on effectiveness of PTP on knowledge regarding play needs of children among subjects**

In this section, the researcher analyzed and categorized the mean difference, standard error difference and paired 't' values of knowledge scores of subjects regarding play needs of children.

**H<sub>01</sub>:** There is no significant difference between pre-test and post-test knowledge scores of subjects

**H<sub>1</sub>:** The mean post-test knowledge score of subjects is higher than mean pre-test knowledge score of subjects.

**Table 6** Findings related to effectiveness of PTP on knowledge regarding play needs of children among subjects

Mean Difference	Standard Error (SE)	Paired 't' value		df
		Calculated	Tabulated	
4.64	0.25	18.56*	2.00	59

\* - indicates significance

**Table 6:** Indicates that,

The calculated paired 't' value ( $t_{cal} = 18.56$ ) is greater than tabulated value ( $t_{tab} = 2.00$ ). Hence  $H_1$  is accepted and  $H_{01}$  is rejected. This indicates that the gain in knowledge score is statistically significant at  $p < 0.05$  level. i.e.  $H_1: \mu \neq \mu_{01}$ . Therefore the findings reveal that the PTP on play needs of children was effective in increasing the knowledge regarding play needs of children among subjects.

**Analysis and interpretation of data on effectiveness of PTP on attitude regarding play needs of children among subjects**

**H<sub>02</sub>:** There is no significant difference between pre-test and post-test attitude scores.

**H<sub>2</sub>:** The mean post-test attitude score of subjects is higher than mean pre-test attitude scores.

**Table 7** Findings related to effectiveness of PTP on attitude regarding play needs of children among subjects

Mean Difference	Standard Error (SE)	Paired 't' value		df
		Calculated	Tabulated	
0.93	0.46	2.895*	2.00	59

\* - indicates significance

**Table 7:** Indicates that,

The calculated paired 't' value ( $t_{cal} = 2.895$ ) is greater than tabulated value ( $t_{tab} = 2.00$ ). Hence  $H_2$  is accepted and  $H_{02}$  is rejected. This indicates that the gain in attitude score is statistically significant at  $P < 0.05$  level. i.e.  $H_2: \mu \neq \mu_{02}$ .

Therefore the findings reveal that the PTP on play needs of children was effective in improving the attitude regarding play needs of children among subjects.

**Analysis and interpretation of data on correlation between knowledge and attitude regarding play needs of children among subjects**

**H<sub>03</sub>:** There is no co-relation between knowledge and attitude regarding play needs of children among subjects.

**H<sub>3</sub>:** There is a co-relation between knowledge and attitude regarding play needs of children among subjects.

**Table 8** Findings related to correlation between knowledge and attitude regarding play needs of children among subjects

n=60		
Karl Pearson's Correlation Value		df
Calculated	Tabulated	
0.37*	0.25	58

\* - indicates significance

**Table 8:** Indicates that,

The calculated correlation value ( $t_{cal} = 0.37$ ) is greater than tabulated value ( $t_{tab} = 0.25$ ). Hence  $H_3$  is accepted and  $H_{03}$  is rejected. This indicates that there is correlation between knowledge and attitude statistically significant at  $p < 0.05$  level. i.e.  $H_3: \mu \neq \mu_{03}$ .

Therefore the findings revealed that there is a moderately positive correlation between knowledge & attitude regarding play needs of children among subjects. This shows that knowledge and attitude is correlated to each other.

**Findings related to association between pre-test attitude scores with the selected socio-demographic variables**

**H<sub>04</sub>:** There is no an association between pre-test attitude score of subjects with their selected socio demographic variables.

**H<sub>4</sub>:** There is an association between pre-test attitude score of subjects with their selected socio demographic variables

In this section the researcher analyzed and categorized the association between pretest attitude scores of primary school children regarding play needs of children with their selected socio-demographic variables.

There is significant association between pretest attitude scores and selected socio-demographic variable like number of children [ $\chi^2_{cal} = 6.987, \chi^2_{tab} = 5.99$ ] The calculated Chi-square value is higher than tabulated value at 0.05 level of significance.

Hence  $H_4$  is accepted and  $H_{04}$  is rejected. This indicates that there is significant association between pretest attitude scores and selected socio-demographic variables at 0.05 level of significance, i.e.  $H_4: \mu \neq \mu_{04}$ .

This indicated that there was significant association between pre-test attitude scores and selected socio-demographic variables like number of children at 0.05 level of significance, i.e.  $H_4: \mu \neq \mu_{04}$ . which revealed that, if parents had more than one children, it improved their attitude towards play needs of children.

**Table 9** Findings related to Association between pre-test attitude scores with demographic variables

Sr.No	Socio demographic variable	Score		Chi-square values		df
		Favorable	Moderately favorable	Calculated	Tabulated	
1	<b>Age in years</b>					
	a) 21-24	09	16	0.789	5.99	02
	b) 25-28	08	11			
c) 29-32	08	08				
2	<b>Education of mother</b>			3.732	9.49	04
	a) Primary	16	18			
	b) Secondary	05	11			
	c) Higher secondary	02	05			
	d) Diploma	00	01			
e) Degree & above	01	00				
3	<b>Occupation</b>			0.753	5.99	02
	a) House wife	23	34			
	b) Self employment	01	01			
4	<b>Type of family</b>			0.269	3.84	01
	a) Nuclear	09	13			
	b) Joint	13	25			
5	<b>Number of children</b>			6.987*	5.99	02
	a) One	03	18			
	b) Two	08	21			
6	<b>Source of information</b>			3.567	9.49	04
	a) No any	05	18			
	b) Mass media	00	01			
	c) Self experience	13	18			
	d) Health personnel	00	01			
e) Other	01	03				

\* - indicates significance

n= 60

The contradictory study was done by Mr Ninganagouda G Patill, Dr Anuradha Mhaske, The result revealed that, there was a significant association between attitude scores with education ( $X^2=7.68$ ,  $df=2$ ) of parents.<sup>36</sup>

## **CONCLUSION**

The study revealed that the planned teaching programme (PTP) was effective in increasing the knowledge and attitude of mothers of under five children regarding play needs of children.

## **Acknowledgement**

I would like to express my profound and deepest gratitude and heartfelt thanks to my esteemed teacher and my research guide Mrs. Janaki Shinde, Assistant Professor, HOD, Child Health Nursing. I thank her for the perfect direction, remarkable teaching capacities, expert and valuable guidance offered to me, to complete this study. I thank her for the patience, constant interest and continuous support throughout the study. Her encouragement and suggestions had the magical effect of making difficulties disappear and obstacles vanish.

## **Source of Funding**

No funds or grants were available for the present study

## **Conflict of Interest**

There is no conflict of interest for the present study

## **Bibliography**

1. Akbar nawaz. To assess the knowledge and attitude of educators regarding the importance of play in all-round development of young children. Msc in child health nursing harsha college of nursing; june 2011 [www.rguhs.ac.in/cdc/onlinecdc/uploads/05\\_N269\\_21128.do](http://www.rguhs.ac.in/cdc/onlinecdc/uploads/05_N269_21128.do).
2. Suhas. kamble. Learning and development 0-3 years. Childrenneed's. M.sc. (nursing),child health nursing anurhada college of nursing, sriganakava, hegganhalli, aug2013,[www.rguhs.ac.in/cdc/onlinecdc/uploads/05\\_N156\\_41092.doc](http://www.rguhs.ac.in/cdc/onlinecdc/uploads/05_N156_41092.doc)
3. Mahoney JL, Harris AL, Eccles JS. Organized activity participation, positive youth development, and the over-scheduling hypothesis. *Soc Policy Rep.*2006; 20 :1-31
4. Eccles JS, Templeton J. Extracurricular and other after-school activities for youth. *Rev Educ Res.*2002; 26 :113-180. <http://www.rcgd.isr.umich.edu/garp/articles/eccles02k.pdf>
5. Hockken berrym Wong. Nursing care infants and children. 7<sup>th</sup> edition (2008): Elsevier, p 152-158.
6. Pejver RK. Child development 2008 and beyond. Bangalore 224-228.[www.rguhs.ac.in/cdc/onlinecdc/uploads/05\\_N156\\_41092.doc](http://www.rguhs.ac.in/cdc/onlinecdc/uploads/05_N156_41092.doc)

## **How to cite this article:**

Kirti Karambelkar and Janaki Shinde.2017, 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. *Int J Recent Sci Res.* 8(7), pp. 18855-18860. DOI: <http://dx.doi.org/10.24327/ijrsr.2017.0807.0581>

\*\*\*\*\*