



A Study To Assess The Knowledge And Attitude Among The Mothers Of Under 3 Years Hospitalized Children Regarding Play Therapy In A Selected Hospital At Bangalore”

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INTRODUCTION

Play Therapy is the systematic use of a theoretical model to establish an interpersonal process wherein play therapists use the therapeutic powers of play to help children to prevent or resolve psychosocial challenges and achieve optimal growth and development. A working definition might be a form of counseling or psychotherapy that therapeutically engages the power of play to communicate with and help people, especially children, to engender optimal integration and individuation. Play Therapy is often used as tool of diagnosis. A play therapist observes a client playing with toys (play-houses, pets, dolls, etc.) to determine the cause of the disturbed behavior. The objects and patterns of play, as well as the willingness to interact with the therapist, can be used to understand the underlying rationale for behavior both inside and outside the session.

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.

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 enhances physical, social, emotional, cognitive, cultural and creative growth in children.

In India, children of under 3 years constitute 9 percent of our total population. Studies have shown that children live in a vastly different world today. Migration and globalization have created significant, organizational health and social psychological change.

Objectives

1. To assess the knowledge of mothers of under 3 years hospitalized children regarding play therapy.
2. To assess the attitude of mothers of under 3 years hospitalized children regarding play therapy.
3. To find out the association between the knowledge of mothers regarding play therapy for hospitalized children with the selected demographic variables.

METHODS& MATERIALS

survey approach was found to be suitable for the present study. The present study is a descriptive survey. The present study was undertaken in Vydehi Institute of Health Sciences due to the feasibility of the study and availability of the samples. The target population for the present study comprised mothers who have under 3 years hospitalized children. In this study, 100 samples consisted of mothers who have under 3 years hospitalized children in Vydehi Institute of Health Sciences, Bangalore. purposive sampling technique was found to be apt for the study.

Organization of the findings

The data collected were organized and presented under the following sections:

Section A: Distribution of samples based on demographic characteristics.

Section B: Knowledge of the samples regarding play therapy of under 3 years

Hospitalized children.

Section C: Attitude of samples regarding play therapy of under 3 years hospitalized Children.

Table 1: Distribution of demographic variables among mothers of under 3 years hospitalized children regarding play therapy

N = 100

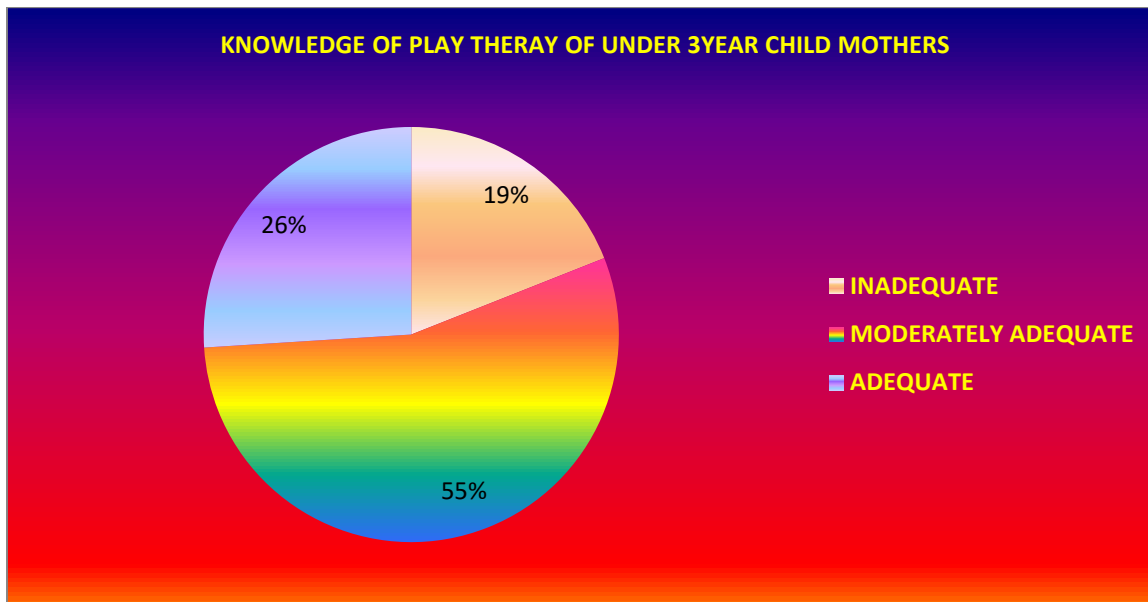
S.No	Demographic Variables	n	%
1	Age of the mother		
	a. less than 20 years	2	2.0
	b. 20 to 25 years	53	53.0
	c. 26 to 30 years	40	40.0
	d. above 30 years	5	5.0
2	Age of the child		
	a. 0 – 12 months	37	37.0
	b. 13 – 24 months	33	33.0
	c. 25 – 36 months	30	30.0
3	Type of family		
	a. Joint family	42	42.0
	b. Nuclear family	58	58.0
4	Educational qualification of the mother		
	a. Primary to Secondary education	17	17.0
	b. Higher secondary education	21	21.0
	c. Graduate and above	62	62.0
5	Occupation of the mother		
	a. Housewife	37	37.0
	b. Employed	63	63.0
6	Monthly income of the family		
	a. Less than Rs.2000	3	3.0
	b. Rs.2001 to Rs.4000	8	8.0
	c. Rs.4001 to Rs.6000	24	24.0

	d. Above Rs.6000	65	65.0
7	Residence of the family		
	a. Rural	26	26.0
	b. Urban	74	74.0
8	Religion		
	a. Hindu	46	46.0
	b. Christian	42	42.0
	c. Muslim	12	12.0
	d. Others	0	0
9	Number of children in the family		
	a. 1 child	38	38.0
	b. 2 children	56	56.0
	c. 3 children	6	6.0
	d. More than 3 children	0	0

Table 2: Knowledge level of the mothers of under 3 years hospitalized children regarding play therapy.

N=100

S.NO	LEVEL OF KNOWLEDGE	FREQUENCY	%
1	INADEQUATE	19	19
2	MODERATELY ADEQUATE	55	55
3	ADEQUATE	26	26
TOTAL		100	100



Inference:

Table 2 reveals that regarding level of knowledge, majority of them 55(55%) had moderately adequate knowledge, 19(19%) had inadequate knowledge and 26(26%) had adequate knowledge

SECTION C: Attitude of samples regarding play therapy of under 3years hospitalized children.

Table 3: Attitude level of the mothers of under 3 years hospitalized children regarding play therapy.

N = 100

Inference:

S.No.	Level of Attitude	n	%
1	Unfavourable	19	19
2	Moderately favourable	51	51
3	Favourable	30	30

Table 3 shows that 51(51%) had moderately favorable attitude, 19(19%) had unfavorable attitude and 30(30%) had favorable attitude.

CONCLUSION

The knowledge and attitude regarding play therapy among mothers of under 3 years hospitalized children were assessed. Out of 100 samples regarding level of knowledge, majority of them 55(55%) had moderately adequate knowledge, 19(19%) had inadequate knowledge, 26(26%) had adequate knowledge. Out of 100 samples, regarding level of attitude, majority of them 51(51%) had moderately favorable attitude, 19(19%) had unfavorable attitude, 30(30%) had favorable attitude. These findings showed that most of the mothers had moderately adequate knowledge and moderately favorable attitude regarding play therapy of under 3 years hospitalized children.

The association of the mother's knowledge with selected demographic variables revealed that there was significant association between educational qualification of the mother, occupation of the mother, monthly income of the family, residence of the family and number of children with knowledge of mothers of under 3 years hospitalized children regarding play therapy. There was no significance between age of the mother, age of the child, type of family and religion with knowledge of mothers of under 3 years hospitalized children regarding play therapy

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AUTHORS INFORMATION



Mr.Sugumar Selvaraj ,Assoc.Prof , PhD scholar had the experience of international level as worked in Zambia, Eritrea and national level had exposure of various activities . Also had international journal publications with impact.



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