"A Descriptive Study Among Parents Of School Going Children Regarding Indoor And Outdoor Games"

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Abstract-

The current study has been undertaken to assess the Knowledge score regarding indoor and outdoor games among Parents of school going children in Mangliya, Indore. The research design used for study was descriptive in nature. The tool for study was self-structured knowledge questionnaire which consists of 2 parts-PART- I consisted questions related to Socio-demographic data; PART-II consisted of self -structured knowledge questionnaire to assess the knowledge score regarding indoor and outdoor games among Parents of school going children. The data was analyzed by using descriptive & inferential statistical methods. The most significant finding was that 44.0% subjects have poor knowledge, 40.0% have average knowledge score while 16.0% Parents of school going children were having good knowledge score.

Keyword- Indoor and outdoor games and Parents of school going children.

## I.	Introduction

Form thousands of years people are playing Indoor and outdoor games. Often indoor games are played in social or family situations, or when darkness or bad weather prevent people from moving outside. Kabaddi is one of the popular national sports in India. The four forms of kabaddi played in India and abroad are Amar, Sanjeevni, Huttuttoo, and Gaminee. Amar is generally played in Punjab, Haryana, America, Canada, and other parts of the world, mostly by Punjabi sportsmen. Sanjeevni is the most-played form of kabaddi in India and the world. This is the form generally used in international matches and played in Asian Games. Huttuttoo, a much tougher version of kabaddi, was played by men in Maharashtra State. Kabaddi players are strong enough mentally & physically. The potential of player depends on its body structure & diet. Some authors list only the Relatively basic elements, such as strength, muscular endurance and cardiovascular endurance. Other builds from this base and includes items of ability, flexibility, power, balance speed and neuromuscular coordination. Kabaddi requires tremendous physical stamina, agility, individual proficiency, neuromuscular coordination, lung capacity, quick reflexes, intelligence and presence of mind on the part of both attackers and defenders.

## II.	Need of the study

Sports and games have always been an integral part of India's rich culture and history. Sadly, today's kids are so engrossed in playing video games that traditional games like Pallanguzi, Lippa, Kabaddi, Gilli-danda have been completely forgotten. Gone are the days when kids simply couldn't wait to go out and play a few rounds of Pithoo or Kith-Kith (Hopscotch) with their friends. The reduction in physical activity has given rise to a host of health issues in kids. Therefore, reviving traditional games will provide a host of health benefits.

## III.	Objective of the study

1. To assess the knowledge scores regarding indoor and outdoor games among Parents of school going children.
2. To find out association between knowledge score regarding indoor and outdoor games among Parents of school going children with their selected demographic variables.

IV.   Hypotheses:

RH$_0$:   There will be no significant association between knowledge score on indoor and outdoor games among Parents of school going children with their selected demographic variables.

RH$_1$:   There will be significant association between knowledge score on indoor and outdoor games among Parents of school going children with their selected demographic variables.

V.   Methodology

A descriptive research design was used to assess the knowledge score regarding indoor and outdoor games among Parents of school going children residing in selected rural area, Indore. The study was carried out on 50 Parents of school going children selected by convenience sampling technique. Demographical variable and self-structured 30 knowledge questionnaire were used to assess the Knowledge score regarding indoor and outdoor games in children by survey method.

VI.   Analysis and interpretation

SECTION-I Table -1 Frequency & percentage distribution of samples according to their demographic variables. n = 50

S. No	Demographic Variables	Frequency	Percentage
1	**Age in Years**		
a.	21-30	20	40.0
b.	Greater than 30	30	60.0
2	**Sex**		
a.	Male	36	72.0
b	**Female**	14	28.0
3	**Educational status**		
a.	Higher secondary	31	62.0
b.	Graduate	19	38.0
4.	**Previous knowledge regarding indoor and outdoor games**	28	56.0
a.	Yes	22	44.0
b.	No		
5	**Sources of information regarding indoor and outdoor games**		
a.	Internet	6	12.0
b	TV	23	46.0
c	News paper	19	38.0
d.	Conference/workshop	2	4.0

SECTION-II- Table- 2.1.1- Frequency and percentage distribution of pre-Knowledge scores of studied subjects:

Category and test Score	Frequency (N=50)	Frequency Percentage (%)
POOR (1-10)	22	44.0
AVERAGE (11-20)	20	40.0
GOOD (21-30)	8	16.0
TOTAL	50	100.0

The present table 2.1.1 concerned with the existing knowledge regarding indoor and outdoor games in children among Parents of school going children were shown by knowledge score and it is observed that most of the Parents of school going children 22 (44.0%) were poor (01-10) knowledge, 20 (40.0%) were have average (11-20) knowledge score and rest of the Parents of school going children have 8 (16.0%) were from good (21-30) category.
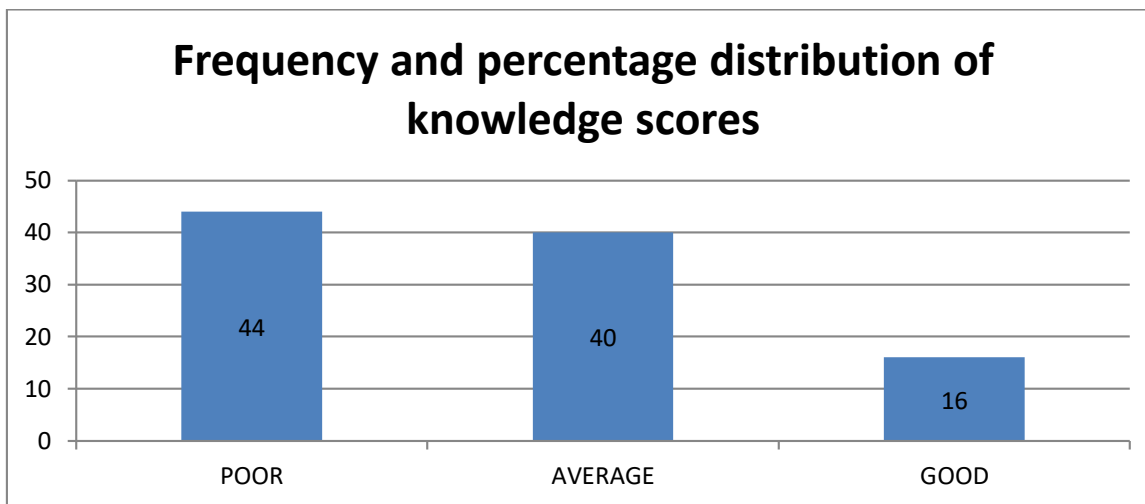
Frequency and percentage distribution of knowledge scores

Chart values: POOR = 44, AVERAGE = 40, GOOD = 16

FIG.-2.1.1- Frequency and percentage distribution of knowledge scores of studied subjects

Table-2.1.2. - Mean ($\overline{X}$) and standard Deviation (s) of knowledge scores:

Knowledge Pre –test	Mean ($\overline{X}$)	Std Dev (S)
Pre-Knowledge score	1.60	0.49

The information regarding mean, percentage of mean and standard deviation of Knowledge scores in shown in table 2.1.2 knowledge in mean knowledge score was 1.60 ± 0.49 while in knowledge regarding indoor and outdoor games among Parents of school going children residing in selected rural area.

Knowledge score

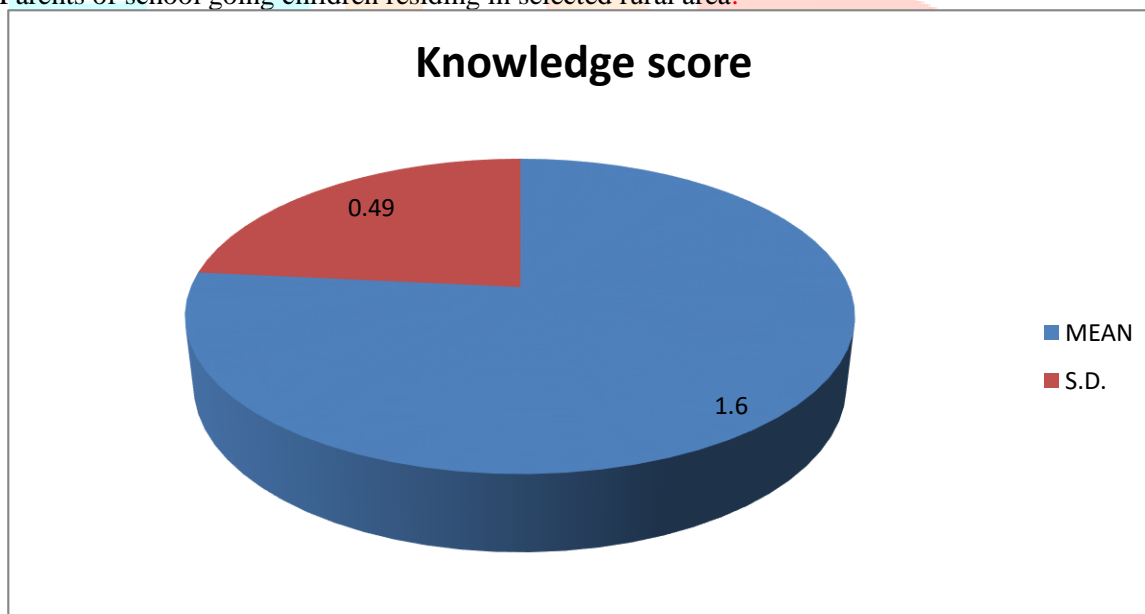Pie chart values: MEAN = 1.6, S.D. = 0.49

Figure no.-1 Mean and SD of knowledge score of Parents of school going children.

SECTION-III Association of knowledge scores between test and selected demographic variables:

Table- 3.1 Association of age of Parents of school going children with knowledge scores:

Age	Knowledge scores			Total
(In years)	POOR (1-10)	AVERAGE (11-20)	FAIR (21-30)	
21-30	9	7	4	20
Greater than 30	13	13	4	30
Total	22	20	8	50
X= 0.549		p>0.05 (Insignificant)		

The association of age & Knowledge scores is shown in present table 3.1. The probability value for Chi-Square test is 0.54 for 2 DF which indicated insignificant value (p>0.05). Hence, it is identified that there is insignificant association between age & Knowledge scores. Moreover, it is reflected that age isn't influenced with current problem.

Table- 3.2 Association of Sex with knowledge scores:

Sex	Knowledge scores			Total
	POOR (1-10)	AVERAGE (11-20)	FAIR (21-30)	
Male	1	8	5	14
Female	21	12	3	36
Total	22	20	8	50
X= 12.15		p>0.05 (significant)		

The association of Sex & Knowledge scores is shown in present table 3.2. The probability value for Chi-Square test is 12.15 for 2 df which indicated Sex & Knowledge scores. Moreover, it is reflected that Sex is influenced with current problem.

Table- 3.3 Association of educational status with knowledge scores:

Educational status	Knowledge scores			Total
	POOR (1-10)	AVERAGE (11-20)	FAIR (21-30)	
Higher sec.	16	13	2	31
Graduate	6	7	6	19
Total	22	20	8	50
X= 5.80		p>0.05 (Insignificant)		

The association of educational status & Knowledge score is shown in present table 3.3. The probability value for Chi-Square test is 5.80 for 2 degrees of freedom which indicated educational status and Knowledge scores. Moreover, it is reflected that educational status isn't influenced with present problem.

Table- 3.4 Association of previous knowledge regarding management of TB with knowledge scores:

Previous knowledge	Knowledge scores			Total
	POOR (1-10)	AVERAGE (11-20)	FAIR (21-30)	
Yes	10	10	8	28
No	12	10	0	22
Total	22	20	8	50
X= 7.57		p>0.05 (Insignificant)		

The association of previous knowledge & Knowledge score is shown in present table 3.4. The probability value for Chi-Square test is 7.57 for 2 degrees of freedom which indicated previous knowledge and Knowledge scores. Moreover, it is reflected that previous knowledge isn't influenced with present problem.

Table- 3.5 Association of sources of knowledge with knowledge scores:

Sources of knowledge	Knowledge scores			Total
	POOR (1-10)	AVERAGE (11-20)	FAIR (21-30)	
Internet	4	2	0	6
TV	9	10	4	23
News paper	7	8	4	19
Conference	2	0	0	2
Total	22	20	8	50
X= 5.04		p>0.05 (Insignificant)		

The association of sources of knowledge & Knowledge scores is shown in present table 3.5. The probability value for Chi-Square test is 5.04 for 6 degrees of freedom which indicated sources of knowledge & Knowledge scores. Moreover, it is reflected that source of knowledge isn't influenced with current problem.

VII.   Results

The findings of the study revealed that 44.0% subjects have poor knowledge, 40.0% have average knowledge score while 16.0% Parents of school going children were having good knowledge score towards indoor and outdoor games in children. The mean knowledge score of subjects was 1.60 ± 0.49. The association of knowledge score of Parents of school going children was found to be statistically significant with Living area. (p<0.05).

VIII. Conclusion

It was concluded that majority of Parents of school going children had poor knowledge score regarding indoor and outdoor games in children. Parents of school going children should also educate regarding indoor and outdoor games to control disease.

IX. Limitations

- This was limited to selected rural area, Indore.
- This was limited to 50 Parents of school going children.

X. Reference

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