



A Pre- Experimental Study To Evaluate The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Importance Of Play Needs Among The Mothers Of Under Five Children In Selected Areas At Sri Ganganagar

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Abstract

Playing takes place in every child. In children this helps in growth of physically as well as mentally in every age which is focused relationship connecting the children and the environment. High rate of knowledge about benefits of playing is very most important for mothers to keep their children safe and healthy

Keyword- KNOWLEDGE, EFFECTIVENESS , STRUCTURED TEACHING PROGRAM

1. INTRODUCTION

Play can be defined as "any spontaneous or organized activity that offers enjoyment, entertainment, entertainment or diversion." Play is important to the growth of children because it provides children with time and space to learn and obtain skills required for adult life.¹

Play helps kids to use their creativity when strengthening their imagination, abilities, and physical, mental, and emotional strength. Play is essential for healthy brain development. It is through play that kids in the world around them engage and communicate at a very early age. Play helps youngsters, often in collaboration with other children or adult parents, to build and discover a world they can master, overcoming their fears while learning adult roles. As they master their environment, play lets kids build new skills that lead to increased trust and readiness to meet potential challenges.²

Children exercise decision-making ability, travel at their own speed, explore their own places of interest, and eventually participate entirely in the interests they want to follow while play is allowed to be child-driven. The developmental trajectory of children is critically mediated by suitable, affective interactions with caring and reliable parents as they contribute to play to children. When parents watch their children in play or engage them in child-driven play, they have a rare opportunity to see the world from the point of view of their child as the child navigates a world that is ideally created to meet his or her needs.

2. OBJECTIVE OF THE STUDY

- To assess the pre-test knowledge score of mothers of under five children regarding the importance of play needs in selected areas in Sri Ganganagar.
- To administer planned teaching programme on knowledge about importance of play needs among the mothers of under five children at selected areas in Sri Ganganagar
- To assess the post-test knowledge score of mothers of under five children regarding the importance of play needs in selected areas in Sri Ganganagar.
- To compare pre-test level of knowledge with post-test level of knowledge about importance of play needs among the mothers of under five children at selected areas in Sri Ganganagar.
- To evaluate the effectiveness of structured teaching programme on knowledge about importance of play needs among the mothers of under five children at selected areas in Sri Ganganagar
- To determine the association between Pre-test knowledge score with their selected demographic variables.

3. Hypothesis

H1: The mean post-test knowledge score will be significantly higher than the mean pre-test knowledge score of mothers of under five children regarding the importance of play needs.

H2: There will be a significant association between pre-test knowledge score of mothers of under five children regarding the importance of play needs with their selected socio-demographic variables.

4. ASSUMPTION

1. School going adolescents may have deficit knowledge regarding Child sexual abuse.
2. Education module will enhance knowledge of School going adolescents regarding Child sexual abuse.

5. METHODOLOGY:

Pre-Experimental Design was used. Study was conducted at Selected village Sri Ganganagar. 60 mothers were selected by using Non-probability convenient sampling Technique. The tools used to collect the data were socio-demographic variables and knowledge assessment rating scale. The method used to collect data was structured interview schedule.

6. ANALYSIS AND INTERPRETATION

The information offered in four parts was based on the aforementioned aims: -

Major findings of the study presented under following headings:

Section I: -Deals with the analysis and Interpretation of selected demographic variables of the samples such as Age in years ,Number of Children ,Type of family ,Educational status ,level of education ,Employment status ,Area of Residence Attended any educational intervention programme related to play therapy.

Section II: -Deals with the analysis and Interpretation of the knowledge level of the sample Collected on knowledge assessment scale before and after Structured Teaching Program.

Section III: - Deals to evaluate the effectiveness of the Structured Teaching Program.

Section IV: -Deals to find an association between post-test knowledge scores of the mothers with selected demographic variables.

Section I: frequency and percentage distribution of demographic variables

This section deals with the analysis of the demographic variable according to their as Age in years ,Number of Children ,Type of family ,Educational status ,level of education ,Employment status ,Area of Residence ,Attended any educational intervention programme related to play therapy.

The description of demographic variable of sample has been presented in the form of frequency and percentage and interpreted with the diagrams.

Table 3- frequency and percentage distribution of samples according to their demographic variable (N=60)

S.No.	Demographic Variables	Categories	Freq.(f)	Percentag(%)
1	Age (in years)	20-25 26-30 31-35 >35	38 18 4 0	63.33 30 6.67 00
2	Number of Children	One Two Three >Three	31 26 03 00	51.67 43.33 5.00 00
3	Type of family	Joint Extended Nuclear Single Parent	18 10 32 0	30.00 16.67 53.33 00
4	Educational Status	Literate Illiterate	46 14	76.67 23.33
5	Level of education	Below 10 th Senior Secondary Graduation Post-Graduation	30 10 4 2	65.22 21.74 8.70 4.35
6	Employment status	Government Private Self Housewife	04 10 17 29	6.67 18.67 28.33 48.33
7	Area of status	Rural Urban	21 39	35 65
8	Attended any interventional programme related to play therapy	Yes No	00 60	00 100

- Considering number of children, 51.67% of the mothers having one children, 43.33% of the mothers having two children, 5.00% of the mothers having three children and none of them are having more than three children.
- Considering age group, 63.33% of the mothers are between 20-25 years, 30.00% of the mothers are between 26-30 years , 6.67% of the mothers are between 31-35 years and none of the mothers are > 35 years old.
- Considering type of family, 30.00% of the mothers are belongs to joint family, 16.67% of the mothers are belongs to extended family, 53.33% of the mothers are belongs to nuclear family and none are from single parent family .
- Considering educational status, 76.67% of the mothers are literate, and 23.33% are illiterate .
- Considering level of education, 65.22% of the mothers are belongs to below 10th, 21.74% of the mothers are Senior Secondary, 8.70 % of the mothers are Graduated and 4.35 % Post Graduated .
- Considering Employment status , 6.67% of the mothers are belongs to Government job, 18.67% of the mothers are in Private job, 28.33 % of the mothers are Self job and 48.33 % are Housewife .
- Considering residential area, 35% of the mothers are rural, and 65% are Urban .
- No mother ever attended any interventional programme related to play therapy.

Section II: Analysis and interpretation of the knowledge level of the sample collected on knowledge assessment scale before and after administration of Structure Teaching Program.

Table 4- Level of knowledge among mothers showing frequency and percentage of knowledge on knowledge assessment scale (Pre-Test) (Objective 1: To assess the pre-test level of knowledge among mothers living in selected 2M.LNatawali Village at Sri Ganganagar, Rajasthan.)

Sr No.	Knowledge level	Frequency	Percentage
1	Inadequate	57	88.33
2	Moderate	03	11.67
3	Adequate	00	21.66

Above table 3 reveals, that during pre-test 57 (88.33%) samples showing inadequate and 03(11.67 %) samples showing moderate knowledge and 00 (00 %) samples having adequate knowledge.

Table 5- Level of knowledge among mothers showing frequency and percentage of knowledge on knowledge assessment scale (Post-Test)

Sr.No.	Knowledge level	Frequency	Percentage
1	Inadequate	06	10
2	Moderate	15	25
3	Adequate	39	65

Table 5 shows that the 06 (10%) samples were showing Inadequate knowledge and 15 (25%) samples showing moderate knowledge and 39 (65%) samples showing adequate knowledge.

Table 6-Testing the hypothesis effectiveness of Structured Teaching Program (N=60)

Over all knowledgescore	Maximumscore	Mean	Std. deviation	Mean percentage	t" value	"P" value
PRE-TEST	30	11.4	2.24	38.17	25.9	0.05
POST-TEST	30	22.7	2.17	75.90		

"t" (59, 0.050) = 2.02

Above table 5 shows the value is compared and paired "t"- test is applied at 0.05 level of significance. The tabulated "t" -value for 59 degree of freedom is 2.02 and calculated value is 25.92 much greater than in area wise distribution of knowledge score.

Table 6- Association between posttest knowledge score and demographic variables

N=60

Srno	Demographic variables	Knowledge level						X ² value
		Inadequate		Moderate		Adequate		
		F	%	F	%	F	%	
1	Age (in years)a. 20-25 b. 26-30 c. 31-35 d. >35	05 00 01 00	16.13 00 25 00	11 03 01 00	28.95 16.67 25 00	22 15 02 00	57.89 83.33 50 00	5.18 S
2	Number of Children One Two c. Three d.>Three	05 01 00 00	16.13 3.85 00 00	10 05 00 00	32.26 19.23 00 00	16 20 03 00	51.61 76.92 100 00	6.19 S
3	Type of family Joint Extended Nuclear Single Parent	00 00 06 00	00 00 18.75 00	06 01 08 00	33.3.3 10 25 00	12 09 18 00	66.67 90 56.25 00	7.09 S
4	Educational Status Literate Illiterate	04 02	8.70 14.29	11 04	23.91 28.57	31 08	67.39 57.14	0.60 NS
5	Level of education Below 10 th Senior Secondary Graduation Post Graduation	01 01 02 00	3.33 10 50 00	08 01 01 01	26.67 10.00 25.00 50.00	21 08 01 01	70.00 80.00 25.00 50.00	11.93 S
6	Employment Status Government Private Self Housewife	02 02 01 01	50.00 20.00 5.88 3.45	00 02 06 07	0.00 20 35.29 24.14	02 06 10 21	50 60 58.82 72.41	11.28 S
7	Area Of Residence Rural Urban	02 04	9.52 10.26	06 09	28.57 23.08	13 26	61.90 66.67	0.22 NS
8	Attended any interventional educational programme related to play therapy Yes No	00 06	00 10.00	00 15	00 25.00	00 39	00 65.00	00 NS

The association between posttest knowledge score and demographic variables such Age in years, Number of Children, Type of family, educational status, level of education, Employment status, Area of Residence, attended any educational intervention programme related to play therapy of the respondent analysis of variance Chi-square test had been used with the help of spss 20. The outcome of the analysis in the above table reveals that there is significant association between post-test knowledge score and Age in years, Number of Children, Type of family, Educational status, level of education, Employment status, Area of Residence, Attended any educational intervention programme related to play therapy. X² value is greater than the 0.05 significance value indicates that there is significant difference between post-test knowledge score Age in years, Number of Children, Type of family, level of education, Employment status of respondents. But there is no significant association between post test

knowledge score and educational status, Area of Residence, attended any educational intervention programme related to play therapy because X^2 value is lesser than the 0.05.

TABLE 7- Association between selected demographic variables.

Sr. no.	Association		Inferences
1	Post-test score	Age	Significant association
2	Post-test score	Number of Children	Significant association
3	Post-test score	Type of family	Significant association
4	Post-test score	Educational status	Not significant
5	Post-test score	Level of education	Significant association
6	Post-test score	Employment Status	Significant association
7	Post-test score	Area of residence	Not Significant
8	Post-test score	Attended any educational intervention programme related to play therapy	Not Significant

Thus table 7 reveals that there is significant association between posttest knowledge score of knowledge with selected demographic variables such as Age, class of adolescent, type of family, Monthly Family Income, education of mother and residential area.

7. RESULTS

The results shows that during pre-test 57 (88.33%) samples showing inadequate and 03(11.67%) samples showing moderate knowledge and 00 (00%) samples having adequate knowledge. The results shows that during the post-test the 06 (10%) samples were showing Inadequate knowledge and 15 (25%) samples showing moderate knowledge and 39 (65%) samples showing adequate knowledge. The data also shows that the overall pre-test knowledge score Mean is (11.4) and SD is (2.24) and post-test knowledge score Mean (22.7) and SD (2.17). The obtained “t” value is 25.9 which is greater than the table value “t” (59) 2.0010..

8. CONCLUSION

The present study attempted to assess the effectiveness of structured teaching program on mothers of under five-year children and found that the structured teaching program was effective in increasing the knowledge of participants.

9. REFERENCE-

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