



Study to assess the perception of play therapy among school going children in a given community setting and relating the impact on their social, cognitive, physical, physiological and emotional aspects

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Abstract

Background: The research focuses on emphasizing the importance and impact of playing on health of the children in their school age of 6- 12 years. In addition to this the children exemplify their answers pertaining to the importance of play therapy for their development. Play therapy initiates the coping mechanism and makes them to adjust themselves in the surrounding area that helps them in various aspects of personal growth and social bonding.

Sampling technique: Purposive Sampling

Selection: randomly those agree to participate in the study

Target population: School going children

Population size: 40

Method of data collection: Interview technique

Technique of data collection: Questionnaire dichotomous questions

Setting: residing Community children

Data analysis and interpretation: Inferential and descriptive Statistics shows that statistical analysis applied were Standard deviation and correlation coefficient that enabled to prove the impact of play therapy on selected variables.

Conclusion: The outcome of the study from analysis proves, play therapy enhances children self-development and encourages them to overcome the hurdles, learning the scenario of life helps them to mould themselves to the surrounding with various kind of play therapy associated among the children. The study outweighed the circumstances and found that most of the school going children enjoy playing and eventually helps in their growth and development

Keywords: social, cognitive, physical and physiological, emotional, intellectual, school going, perception

Introduction

Children are the merry go round players of the society, who happily take part when associated with play. This play might be either indoor or outdoor games. At times, we find elders saying the child is mischievous, that's their age and they tend to be with those characteristics. On the other hand, imagine if the child withdraws from the society, that's not accepted as normal growth and development, then it's obvious parents, elders or guardians have to intrude to know the cause and find a remedy to uplift them. The values inculcated in them responds better when they bring forth their talents and creativity while playing and source of reasoning for their betterment and implicates the balance in day to day life.

Methodology

The methodology focuses on collecting data from school going children residing in the community within the age group of 6-12 years to understand their perception of play therapy on their health and development. The researcher focused on the following domains of social, cognitive, physical, physiological and emotional aspects of children and associating the findings to their health enhancement.

Questionnaire pattern applied was dichotomous as Yes and No with scorings and applying the technique of

Interview face to face as the method of data collection assuring positive mind set and not anxious while answering. Sampling method applied was purposive sampling

technique, where the school going children were easily accessible from within the community, consent from their family members or an elder associated with their responsibility were approached and on their cooperation, children were asked questions pertaining to their perception. The total population included in the study was 40.

Hypothesis

- H1: Play therapy is effective

Limitations

- Children perceived this interview technique as exam
- Parents apprehension

Exclusion

- Those with intellectual disability / Special needs
- Those with sign languages, since the researcher had to assure misinterpretation of their sign language.
- Those understanding the language the researcher speaks and vice versa.

Data analysis and interpretation

The demographic data collected from the desired population among the 40 pupils were selected randomly, the age group existed between 6-12 years of mixed gender among whom, the total number of girls were 19 and boys 21, sharing their perspectives pertaining to the questions asked on play therapy.

Table 1: Age Group of participated School Going Children

Age group	6 yrs.	7 yrs.	8 yrs.	9 yrs.	10 yrs.	11 yrs.	12 yrs.	Total
Girls	1	1	2	2	7	5	1	19
Boys	1		2	6	5	6	1	21
Total	2	2	4	8	12	11	2	40

The above table 1, illustrates the total number of participants participated in the study in each age group. This configuration allowed the researcher to assess the perception of play therapy among school going children irrespective of the gender. The questionnaires analysed under each domain of Social, Cognitive, Emotional, Physical and Physiological

aspects were found to be intrusively with exciting findings that enabled the researcher to understand the importance of play in self-development enhancing the ability and motivates them to improve through socializing allowing them to be aware of their surroundings to adapt in the environment they reside.

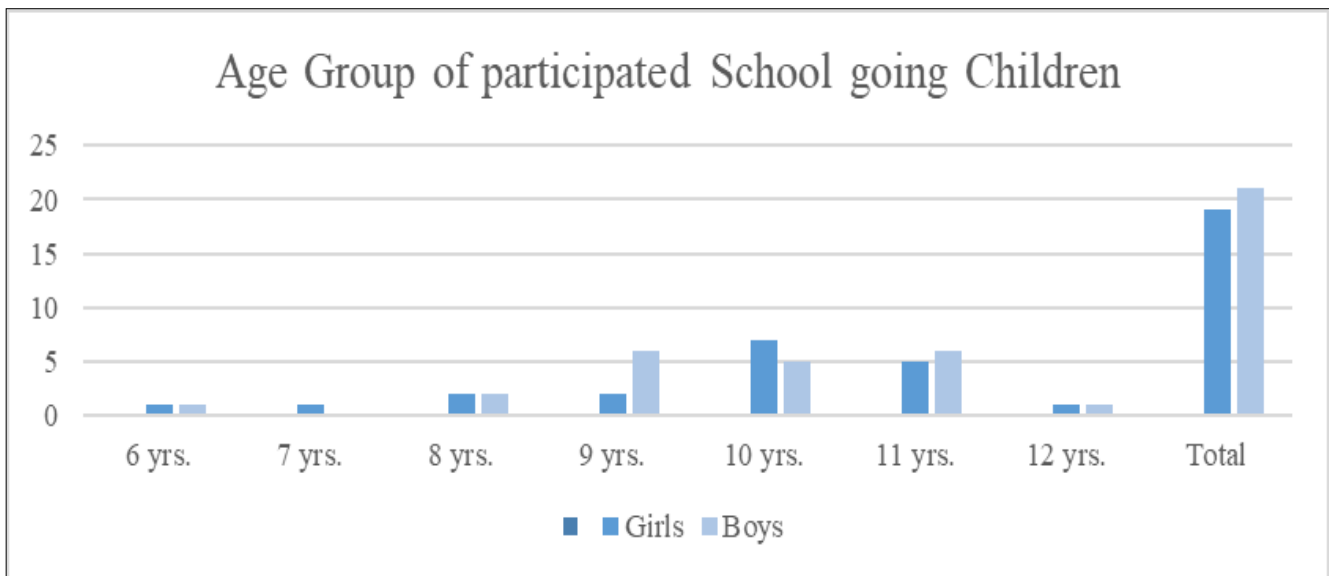


Fig 1: Age Group of participated School going Children

The researcher executed the domains and on statistical analysis with paired ‘t’ test the inference indicated that null hypothesis was rejected; since, calculated value was greater

than the tabulated value. Therefore, play therapy is effective the following table illustrates the value calculated

Table 2: Research Statistical analysis

Mean value of Yes	Mean Value of No	r value	SD ₁	SD ₂	SE	paired t test	Level of significance at 0.05
13.5	0.95	0.79	5.2	3.5	0.98	12.34	2.02

Table 2 shows that the calculated standard deviation value derived resulted in assuring the Standard error value, the combination of Standard deviation, Standard error and the mean value, calculated from the scorings initiated in having the desired application of paired t test to the existing data. To enhance the effectiveness of the study the researcher implied to measure the relationship factor among the variables, proving subsequently the variables associated by deriving the correlation coefficient factor. Therefore, on computing the numerical figures the ‘r’ value drawn from the statistical value is 0.79. This value derived helped to establish the particular that the correlation between the variables exhibited is eventually found to be positive and directly proportional to the configuration of the subjective data retrieved from the desired samples via interview technique, resembling a positive perspective towards importance of play therapy. Indoor and outdoor games allowed the development of children socially, intellectually, physically, physiologically and emotionally. The following table 3. represents play therapy statistical value along with their respective domains.

Table 3: Percentage of perception domains answered by School Going Children

Perception Domains	Gender	Yes	%	No	%
Social	Girls	19	47.5		
	Boys	21	52.5		
Cognitive	Girls	17	42.5	2	5
	Boys	19	47.5	3	7.5
Physical and Physiological	Girls	18	45	1	2.5
	Boys	20	50	2	5
Emotional	Girls	17	42.5	2	5
	Boys	17	42.5	4	10

The descriptive data collected from the school going children indicated the following details. Contrary to Social domain they enjoyed having social relationship, sharing their things teaching them to give and take, in addition to this they added that they took decisions on what to share Since, being generous they found that either at times the toys was lost or broken and even if given they took that back and kept safely, so that they can cherish their playing moments. Development of moral values, understanding and

choosing what's right and wrong, assuming responsibility for their actions, are accepted code of behaviour. Among the total 40 participants 80% enjoyed outdoor games like cycling, badminton, running around with friends, playing hide and seek. 7.5% liked indoor games like chess, playing card with family members, carrom, puzzles, building words whereas, 12.5% enjoyed both outdoor and indoor playing and everyone expressed that they don't like to be lone players. In a nut shell, all wanted to be social.

Similarly for cognitive showed the significance of numbers, colours, shapes, objects, problem solving skills, distinguish between reality and fantasy, expansion of knowledge through books, stories, films, playing. The participants expressed that 87.5% learn through playing

Physical and physiological domains derived the facts showing coordinated peripheral nervous system, balanced hormonal activity and metabolism, absorption of nutrients, muscle development and better appetite. School Children specified, playing allows them to be more energetic and active, therefore 92.5% children agreed on this domain and 87.5% assured that they are healthy and their attendance in school is regular.

Emotional domain allowed children to be acquainted of their competencies, developing moral worth, curbing ego, communicating, balancing play and studies, control anger and aggression. Children specified that they try to solve their problems on own and approach parents when required this enabled to exhibit their maturity that accounted to nearly 85%

Conclusion

Study reveals that play is an essential part of childhood, that enormously accelerates the emulsion of children and motivating them to get accustomed to their surroundings, this motivates children to reveal their true self and the qualities that inhibit within them. Molding behaviour, thinking, health and social dimensions that coincides with the upbringing of the children. In addition to this, the inferential and descriptive data signifies that the study pertaining to play therapy has a positive impact on the variables selected irrespective of the gender. The researcher has assured the participants of their confidentiality and replication of this study modifying the development of the children for propagating, magnifying, zooming, enhancing, amalgming their life with colours of rainbow that perpetuate their physical, physiological and emotional aspects to maturity enabling them to lead a life that exemplifies the maximum purpose of their existence. To, conclude play therapy is an essential aspect for children.

Hovering their practises of play allows them to be healthy and have a sound mind and body. Therefore, parents are also a key role to understand the necessity of their children that prunes them to be the person they should be confiding with the social, cognitive, emotional, physical and physiological aspects of play therapy.

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