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A STUDY TO ASSESS THE KNOWLEDGE REGARDING THE IMPORTANCE OF PLAY THERAPY FOR HOSPITALIZED CHILDREN AMONG MOTHERS IN SELECTED HOSPITAL

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ABSTRACT:

Background: Play is essential for children's development for numerous reasons. Play encourages creativity and the development of imagination, dexterity, and physical, cognitive, and emotional strength.

Aim: The aim of the study to assess the knowledge regarding the importance of play therapy for hospitalized children among Mothers in selected hospital.

Methods: Descriptive research design was used. The study was conducted among mother with children who were admitted in a selected hospital at Chennai. The sample consisted of 84 mothers with children. A convenient sampling technique was used for the study.

Finding: The study revealed that in terms of knowledge about play therapy, 75% demonstrated a satisfactory understanding of the introduction, and 60% understood its definition. However, only 55% were aware of the types of play, and just 47.85% understood the advantages of play, indicating significant gaps. Knowledge of safety precautions was relatively higher at 57%.

Conclusion: The study concluded revealed that mothers had moderate knowledge on play therapy. They need the educational programs to enhance mothers' understanding of play therapy's benefits and types. No significant association was found between demographic variables and mothers' knowledge of play therapy ($p>0.05$).

Keywords: Play therapy, Knowledge, Children, Mothers.

1. INTRODUCTION

Play is essential for children's development for numerous reasons. It serves as a natural language through which children express themselves. Developmentally, play helps bridge the gap between concrete experience and abstract thought, allowing children to organize their real-life experiences, which are often complex and abstract. Through play, children gain a sense of control and learn coping skills. Play therapy utilizes this understanding, providing a therapeutic environment for children's play.[1]

Play encourages creativity and the development of imagination, dexterity, and physical, cognitive, and emotional strength. It is vital for healthy brain development. Engaging in play from an early age helps children interact with the world, create and explore environments, master their fears, and practice adult roles, often in collaboration with other children or adult caregivers.[2]

Despite the benefits of play for both children and parents, time for free play has significantly decreased due to factors such as: Lack of parental knowledge about play materials and their uses, Busy lifestyles and urbanization, Changes in family structure and Increased focus on academics.[3]

Recent literature supports the use of play therapy as a counseling medium for elementary school counselors. Play therapy assists in implementing the National Standards developed by the American School Counselor Association (ASCA). Scientific studies have highlighted the significant role of play in child development, shifting attitudes towards recognizing its value.[4]

Aim of the Study

The aim of the study to assess the knowledge regarding the importance of play therapy for hospitalized children among Mothers in selected hospital.

2. METHODOLOGY

Study Design and Settings

Descriptive research design was used. The study was conducted among mother with children who were admitted in a selected hospital at Chennai. The sample consisted of 84 mothers with children. A convenient sampling technique was used for the study.

Inclusion criteria:

- Mothers with children admitted in selected hospital.
- Mothers with children aged 5-12 years

Exclusion criteria:

- Mothers who do not understand English and Tamil.
- Mothers who are not willing to participate.

Data Collection

Informed consent was obtained from the mothers. Data was collected using a demographic information, structured knowledge questionnaire regarding various aspects of play therapy. Data were collected through interviews, with mothers assured that the information was solely for study purposes.

Statistical Analysis

The data was analysed using SPSS version 25. Descriptive statistics, such as frequency and percentage, were employed to summarize the data. Inferential statistics, specifically chi-square tests, were conducted to evaluate the associations.

3. RESULTS

Table 1: Demographic variables of the mothers with children (n=84)

Demographic Variables		Frequency (n=84)	Percentage (%)
Age Group	26-35 years	59	70
	Other ages	25	30
Educational Level	High school	63	75
	No formal education	13	15
	Primary education	13	15
Family Structure	Nuclear family	80	95
	Other types	4	5
Children Count	One child	29	35
	Two children	46	55
	Three children	8	10
Employment Status	Employed	50	60
	Unemployed	34	40

Table 2: Knowledge Levels of Mothers with children in different aspects of play

Aspect	Percentage of Knowledge (%)
Introduction	75
Definition	60
Types of play	55
Advantages of play	47.85
Safety precaution	57

Figure: 1 Percentage of Knowledge Levels of Mothers with children

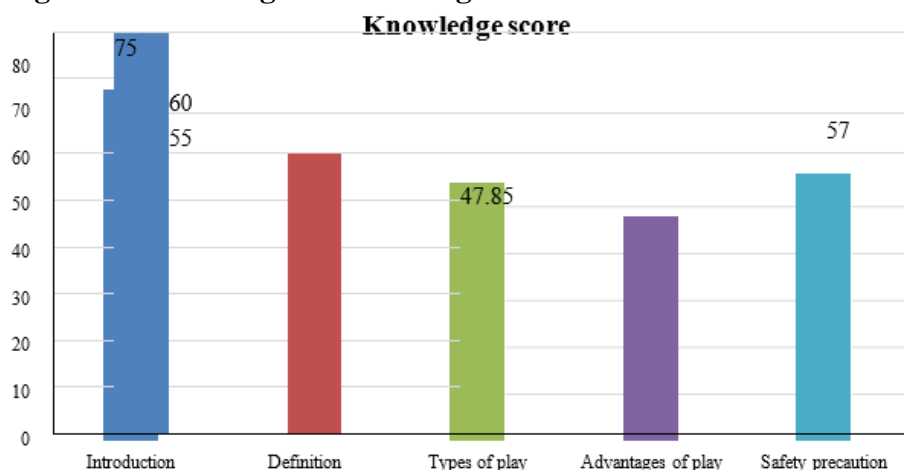


Table 2 shows the majority (75%) demonstrated a satisfactory understanding of the introduction to play therapy, while 60% understood its definition. However, only 55% were knowledgeable about the types of play, and just 47.85% understood the advantages of play, indicating significant gaps in awareness. Knowledge of safety precautions was higher at 57%. These findings highlight the need for targeted educational programs to improve mothers' understanding of play therapy's benefits and types, contributing to better child development.

No significant association was found between any of the demographic variables and the mothers' knowledge of play therapy ($p>0.05$).

4. DISCUSSION

The study was conducted on 84 mothers with children to assess the knowledge regarding the importance of play therapy for hospitalized children. The demographic analysis of the sample population ($n=84$) shows that the majority of mothers (70%) are aged 26-35, with 75% having completed high school. Most mothers (95%) belong to nuclear families, with varying numbers of children. Employment status is split, with 60% employed and 40% unemployed. In terms of knowledge about play therapy, 75% demonstrated a satisfactory understanding of the introduction, and 60% understood its definition. However, only 55% were aware of the types of play, and just 47.85% understood the advantages of play, indicating significant gaps. Knowledge of safety precautions was relatively higher at 57%. These findings suggest a need for targeted educational programs to enhance mothers' understanding of play therapy's benefits and types. No significant association was found between demographic variables and mothers' knowledge of play therapy ($p>0.05$).

Similar study by Manjubala Dash et al. concluded that the mothers were aged between 26 and 36 years, with most having two children. While the majority of mothers had a satisfactory understanding of the introduction to play therapy (75%), their knowledge was limited in other areas, particularly the benefits of play (47.85%). These results highlight the necessity for educational programs to enhance mothers' understanding of play and its importance.

5. CONCLUSION

The study concluded that majority of respondents demonstrated a satisfactory understanding of the introduction to play therapy and its definition, there are notable gaps in knowledge regarding the types and advantages of play therapy. Despite the relatively higher awareness of safety precautions, these findings emphasize the need for targeted educational programs to improve mothers' comprehensive understanding of play therapy. Importantly, no significant associations were found between demographic variables and mothers' knowledge of play therapy, suggesting that factors other than demographics may influence their understanding and awareness.

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