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World Journal of Biology and Medical Sciences

Published by Society for Advancement of Science®

ISSN 2349-0063 (Online/Electronic)

Volume 6, Issue-2, 12-16, April - June, 2019

Journal Impact Factor: 4.197



WJBMS 06/02/019/2019

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A Double Blind Peer Reviewed Journal / Refereed Journal

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REVIEW ARTICLE

Received: 22/02/2019

Revised: 08/05/2019

Accepted: 09/05/2019

Mothers Knowledge Regarding Play in Children less than Five Years in Elmesiaktab Algouz Village Shendi, River Nile State, Sudan

Mariam Mohammed Elnageeb, *Ahlam Mohammed Haj Ibrahim

Salma Hamooda and *Shireen Ebdelfatah Mohmmed

Faculty of Nursing Science, Head Department of Pediatric Nursing, Shendi University

*Faculty of Medicine, Shendi University

**Department of Pediatric Nursing, Shendi University

***Faculty of Nursing Science, Department of Pediatric Nursing, Shendi University

ABSTRACT

This study was done to assess mothers' knowledge regarding play in children less than five years in Elmesiaktab Algouz village. It was a descriptive cross sectional community based study. (162) mothers were included by random selection, data was collected by questionnaire and analyzed by statistical package for social sciences (SPSS). The study reflected that more than one third (37%) of study group had university education level. Mothers had fair knowledge regarding definition of play (43%) and poor knowledge about importance of play (52%). On the other hand it was shown that about one third (34%) of study group beliefs that environmental factors affect play, more than one third (37%) of them selected the top benefit of play as behavioral and more than half (56%) selected play therapy as a type of hospital play. Finally, this study recommended to; Encourage health education about play by mass media and field trips and that further studies should be done in effect of play on development of children.

Key Words: Mothers, Play, Children and Algouz village.

INTRODUCTION

Play is important to child development. Children learn about the world through play. Play with other children encourages peer cooperation, interaction, and sharing. It enhances fine and large muscle

coordination and strengthens muscles (Rosfahl et al., 2012) play helps children develop new competencies that lead to enhanced confidence and the resiliency they will need to face future challenges. Undirected play allows children to learn how to work in groups, to share, to negotiate, to resolve conflicts, and to learn self-advocacy skills (Anderson et al., 2010). It fosters creativity, imagination, social connections and learned behaviors. Play is the activity which can be defined as “a range of voluntary, intrinsically motivated activities that are normally associated with pleasure and enjoyment. Play is the child’s means of expression and often is called the work of childhood. As the child moves through each developmental stage, he or she learns to explore and communicate feelings and needs through play (Clements, 2011). Play is essential to the social, emotional, cognitive, and physical well-being of children beginning in early childhood. Play also allows children to be creative. It provides time for parents to be fully engaged with their children, to bond with their children, and to see the world from the perspective of their child (Mmilt, 2012). However, children who live in poverty often face socioeconomic obstacles that impede their rights to have playtime, thus affecting their healthy social-emotional development. For children who are under resourced to reach their highest potential, it is essential that parents, educators, and pediatricians recognize the importance of lifelong benefits that children gain from play (Nicki L. Potts and Barbara L. Mandlco, 2012). Children play for different reasons. Sometimes they are exploring or learning new things. At other times, they are consolidating existing learning or practicing a skill (Goldstein, 2012). Children often play simply for fun and enjoyment (Shields, 2010). Play is commonly used as an important therapeutic tool for hospitalized children, either through formal play sessions with a trained play therapist, or in an informal situation with other children and staff. Through play, nurses and other health staff can handle a child’s aggressive and hostile behavior, and help children prepare for impending situations such as operations. In many pediatric hospitals, the play leader/therapist is an important part of the team (Maria Njeri Jeri Njuguan, 2014).

MATERIAL AND METHODS

Study design: This was descriptive cross sectional community based study done to assess mother’s knowledge regarding play in children less than five years in Elmesiaktab Algouz village, in period extended from June to October 2018.

Study area and setting: Elmesiaktab is located 180km north of the capital Khartoum which located about 8km from Shendi Town. There is a big hospital, most of population work in agriculture and commerce. Algouz village is small village in El Miseiktab North; it divided in two parts the north and the south. Population about 2835 person, including 650 families.

Study population and Sample size: The study involves all mothers living in El Miseiktab algouz village having a child less than five years. One Hundred and sixty-two mothers were included in this study.

Sample Technique: By using simple random sampling.

Data collection tool: Standard closed ended questionnaire, composed of 16 questions.

Data analysis technique: Data was analyzed by statistical package for social sciences (SPSS version 21).

RESULTS AND DISCUSSION

Play is an essential process for a child’s development and for learning life skills. The present study showed that more than one third of mothers (37%) had university education level. The study reflected that less than half of mothers (43%) had fair knowledge about definition of play, this stated by; Jeffry Goldstein who reported that play is any activity freely chosen, intrinsically motivated, and personally directed. More than half of mothers (52%) had poor knowledge about importance of play. Regarding knowledge about benefits of play. This study showed that more than one third of mother (35%) knowledgeable about behavioral benefits of play. This result agrees with study done in kyneait which stated that play is essential to development because it contributes to the cognitive, physical, social, behavioral and emotional well-being of children. With regard to factors effecting play above third (34%) of study group had selected environmental factor, this agree with Terry L. Clements who

reported that understanding the relationships between play, experiences in nature, environmental identity, the health, learning, attention, and development benefits of outdoor play. According to type of play in hospital this study showed that more than half (56%) knew play therapy. This agrees with Kenneth R. Ginsburg who stated that, utilizing play therapy based on cognitive-behavioral approach for a child with attention deficit/hyperactivity disorder is of special importance. The study revealed that was significant relation between level of education and behavioral benefits of play (P-value 0.018).

Table 1. Distribution of study group according to their knowledge about definition of play.

Level of knowledge	Frequency	Percent
Good	33	20%
Fair	69	43%
poor	60	37%
Total	162	100%

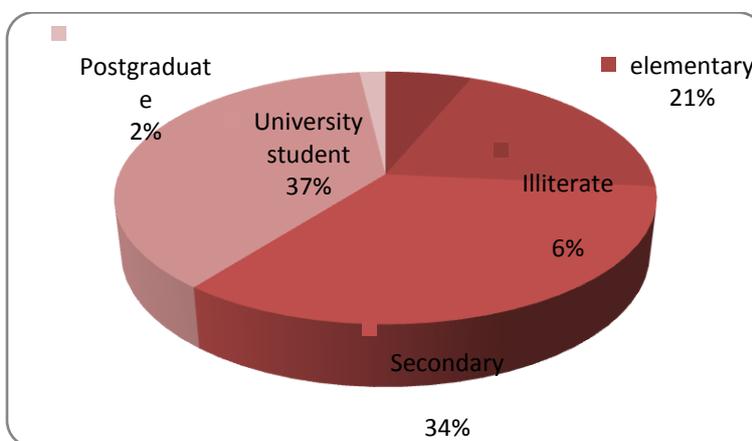


Figure 1. Distribution of study group according to their level of education.

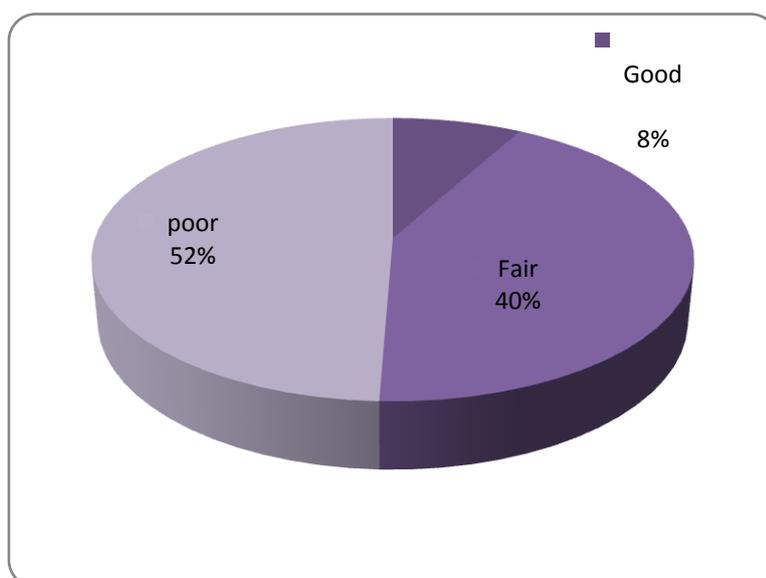


Figure 2. Distribution of study group according to their knowledge about importance of play.

Table 2. Distribution of study group according to their knowledge about benefits of Play.

Benefits of play	Frequency	Percent
Behavioral	51	35%
Emotional	44	27%
Social	29	17%
Physical	38	21%
Total	162	100%

Table 3. Distribution of study group according to their knowledge about factors affecting play.

Factors affecting play	Frequency	Percent
Health factors	45	28%
Environmental factors	56	34%
Social factors	43	26%
Do not know	18	12%
Total	162	100%

Table 4. Distribution of study group according to their knowledge about type of play in hospital.

Type of play in hospital	Frequency	Percent
Therapeutic play	49	30%
Play therapy	91	56%
I do not know	22	14%
Total	162	100%

Table 5. Relation between level of education and behavioral benefits of play.

Behavioral benefits	Level of Education											
	Illiterate		Elementary		Secondary		University student		Postgraduate		Total	
	F	%	F	%	F	%	F	%	F	%	F	%
Good	4	2.5	6	3.7	13	8	6	3.7	1	.6	30	18.5
Fair	3	1.9	15	9.3	14	8.6	12	7.4	0	0	44	27.2
Poor	3	1.9	12	7.4	28	17.3	43	26.5	2	1.2	88	54.3
Total	10	6.2	33	20.4	55	34	61	37.7	3	1.9	162	100

(Pvalue = 0 .018.)

CONCLUSION

The study concluded that less than half of study population had fair knowledge regarding definition of play, and less than one third had poor knowledge about importance of play.

RECOMMENDATIONS

Based on the study finding and conclusion, we came the following recommendation. Encourage health education in community about play by mass media and field trips. Health workers should educate mothers about play therapy and further studies should be done in effect of play on development of children.

ACKNOWLEDGMENTS

We acknowledge and thank all mothers included in this study in Elmesiaktab Algouz village.

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Corresponding author: Mariam Mohammed Elnageeb, Faculty of Nursing Science, Head Department of Pediatric Nursing, Shendi University

Email: mriamelnageeb09@yahoo.com