



Research Article

A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME (VATP) ON KNOWLEDGE OF MOTHERS REGARDING IMPORTANCE OF PLAY AND SELECTION OF PLAY MATERIAL FOR CHILDREN IN SELECTED RURAL AREA, BHAGAVATI, BAGALKOT

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ABSTRACT

Background: Play is an important aspect in the physical as well as the psychological aspect of the child. Injuries during play remain one of the main factor contributing to childhood accidents. Mothers are the primary care givers of the children. There are very limited studies conducted on the knowledge assessment of the mothers. This study was undertaken to evaluate the effectiveness of structured video assisted teaching programme on knowledge of mothers regarding importance of play and selection of play materials in children in selected rural area, Bagalkot.

Materials & Methods: The research design selected for the present study was pre experimental with one group pre test and post test design.

Methods: Convenient sampling technique was used to select 30 children below 12 yrs in PHC Bhagavati, Bagalkot Rural District.

Results: The results of the study shows that in pre test the overall mean percentage obtained by the respondent was 25.21. The maximum score (50%) was obtained for the importance of play and the minimum score was for selection of play materials (39.2%). In post test the overall mean percentage was 74.05. The maximum score was for selection of play materials and minimum was for safety during play.

Conclusion: The study concluded that the video assisted Teaching Programme was effective in improving the knowledge of mothers regarding importance of play and selection of play materials. There is no significant association between the demographic variables and the knowledge of the respondents.

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INTRODUCTION

The birth of a child is a significant event in any family. The health of a growing child is always a matter of great concern to the parents. The physical health of a child is important because it is associated with the mental and social development.¹ There exist many factors which are responsible for the overall development of the child. Play is one of the major factors which plays a vital role in the growth and development of the children. Through the universal medium of play children learn what no one can teach them. They learn about their world and how to deal with this environment of objects, time, space, structure and people.

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They learn about themselves operating within that environment what they can do, how to relate to things and situation and how to adapt themselves to the demands society makes on them. Play is the work of the child. In play, children continually practice the complicated, stressful process of living, communicating and achieving satisfactory relationship with other people.²

Play is essential for learning in children. Toys are the tools of play. Type of play materials provided and how they are used are equally important in play. Adults caring for children can be reminded that toys facilitate but do not substitute for the most important aspect of nurture-warm, loving, dependable relationships. Toys should be safe, affordable and developmentally appropriate. Children do not need expensive toys. Toys should be appealing to engage the child over a period of time.³

Play is a cherished part of childhood that offers children important developmental benefits and parents the opportunity to fully engage with their children. However, multiple forces are interacting to effectively reduce many children's ability to reap the benefits of play. As we strive to create the optimal developmental milieu for children, it remains imperative that play be included along with academic and social-enrichment opportunities and that safe environments be made available to all children. Additional research is needed to explore the appropriate balance of play, academic enrichment, and organized activities for children with different temperaments and social, emotional, Intel and environmental needs.⁴

Need of the Study

Play is a major part of young child's education. Children deprived of play experiences can develop learning and other problems from which they may take years to recover. Parents should be encouraged to buy toys which are right for their child's stages of development. "Educational toys" can be useful in stimulating particular aspects of development, e.g. Hand-eye co-ordination, manual dexterity, association of cause and effect etc⁵. A good variety of toys is important. Children become more quickly bored than adults because their attention span is shorter. A good principle is to buy toys that are challenging without being too difficult.⁶

Parents develop an understanding of normal growth and development and how to evaluate and stimulate their child's development through the use of toys. They will be able to select and create appropriate toys that will not frustrate or over stimulate the child. This promotes and stimulates their child's gross and motor skills, social development, and cognitive development through the use of toys.⁷

Strenuous physical activity is not only healthy for students but improves their academic performance. Based on such research, have to stop eliminating physical education programs under the current political pressures to emphasize academics and instead to reform traditional physical education. Modern physical education should move away from its competitive-sports approach to one that employs a wide range of play involving strenuous physical activity for every student.⁸

Statement of Problem

"A study to assess the effectiveness of Video Assisted Teaching Programme (VATP) on knowledge of mothers regarding importance of play and selection of play material for children in selected rural area, Bhagavati, Bagalkot"

Objectives

1. To assess the effectiveness of Video assisted teaching program me regarding importance of play and selection of play material for children in terms of post-test knowledge score.
2. To find out the association between the knowledge with selected demographic variables.

Hypothesis of the Study

H₁: There will be significant difference between pre and post test knowledge scores.

H₂: There will be significant association between post test knowledge scores with selected demographic variables.

Sampling Criteria

Inclusive Criteria

1. Mothers who have children below 5 years of age.
2. Mothers who are available during data collection.
3. Mothers who are willing to participate in the study

Exclusive Criteria

1. Mothers of children who are not willing participate in the study
2. Mothers who have children above 5 years of age.

METHODOLOGY

Research Design

The research design selected for the present study was pre experimental with one group pre test and post test design, in which pre test is done.

Variables under Study

Independent variable

In the present study the independent variable is the videos assisted Teaching Program on Importance of play and selection of play materials in children.

Dependent variable

In the present study, the dependent variable is Knowledge of mothers regarding Importance of play and selection of play materials.

Setting of the study

The study was conducted in the Bagavathi, Rural area, Bagalkot.

Population

The population of this study comprises of mothers of children aged between 0-12 years in rural area.

Sample and sampling technique

Purposive sampling technique was used to draw the sample.

Sampling Criteria

Inclusive Criteria

1. Mothers who have children below 5 years of age.
2. Mothers who are available during data collection.
3. Mothers who are willing to participate in the study

Exclusive Criteria

1. Mothers of children who are not willing participate in the study
2. Mothers who have children above 5 years of age.

RESULTS

Part I: The effectiveness of Video assisted Teaching Programme on importance of play and selection of play material for children.

Table 1 The effectiveness of Video assisted Teaching Programme on importance of play and selection of play material for children.

	n	mean	Mean%	SD	enhancement	Enhancement %	Df	T	Inference
Pre test	30	13.1	42.21 %	0.77					
Post test	30	23.23	74.05%	0.89	10.13	0.12	29	2.73	S

P < 0.001 S = Significant

The above table depicts that the mean post test knowledge score 23.2 is greater than the mean pre test knowledge score 13.1. The enhancement in the knowledge of respondents is 10.13. The data further represents that the obtained 't' value of 27.35 is significantly higher than the table value 3.45. Hence the mean post test knowledge scores are significantly higher than the mean pre- test knowledge scores.

Part II: Association between Knowledge score and different Demographic variables

Table 2 Association between Knowledge score and different Demographic variables

sl no	Socio demography variables	DF	Chi square variable	Table value	Level of significance	Association
1	Age	1	0.49	3.84	0.05	NS
2	Education	1	1.20	3.84	0.05	NS
3	Occupation	1	1.19	3.84	0.05	NS
4	Income	1	0.007	3.84	0.05	NS
5	Family	1	1.67	3.84	0.05	NS
6	Caste	1	0.40	3.84	0.05	NS
7	Number of Children	1	0.31	3.84	0.05	NS

Table 2 shows that there was no significant association between any of the demographic variables and knowledge of mothers.

CONCLUSION

The study concluded that the Video Assisted Teaching Programme (VATP) has significantly improved knowledge of mothers regarding importance of play and selection of play material for children in selected rural area of Bhagavati, Bagalkot.

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