

A Study to assess the knowledge regarding importance of play and play therapy for hospitalized children before and after administration of a self-instructional module among nurses

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ABSTRACT

Children's psychological growth and development may be adversely affected by hospitalization and therefore need opportunities when they are hospitalized to ventilate their emotional stress. The objective of this study was to study the knowledge regarding importance of play and play therapy for hospitalized children before and after administration of a self instructional module among nurses. **DESIGN:** The research design adopted for the present study was the quasi experimental, one group pre test, post test design with self instructional module as independent variable and the knowledge of nurses regarding importance of play and play therapy for hospitalized children as dependent variable. For the present study, a structured knowledge questionnaire was prepared after validating its content with various experts in the field of child health nursing, and Medicine. It was used to assess the knowledge of nurses regarding importance of play and play therapy for hospitalized children. Data were collected from sixty nurses and was organized, tabulated and analyzed with the help of descriptive and inferential statistics and findings were interpreted. **RESULTS:** Majority of the nurses 78.3% were in the age group of 20 years -25 years. The total mean in the knowledge pretest was 14.23 ± 3.925 , where as in the post test the total mean was 31.07 ± 2.146 . Total mean percentage in the pre test was 40.65% and in the post test it significantly increased to 88.77%. It is evident that the nurses had only 40.65% knowledge in the pretest and after the administration of self instructional module their knowledge increased to 88.77%. The mean, standard deviation, mean difference and 't' values of pre and post test knowledge of nurses regarding importance of play and play therapy for hospitalized children. The total pre test mean was 14.23 ± 925 , where as the total post test mean was 31.07 ± 2.146 . The mean difference was 16.84. The obtained 't' value was - 29.276, hence it is highly significant.

CONCLUSIONS: The intervention was effective in increasing the knowledge of importance of play and play therapy for hospitalized children

Key words: play therapy, effectiveness, nurses.

INTRODUCTION

The birth of an infant is one of the most awe – inspiring and emotional events that can occur in one’s life time. Infants become children and children become adolescents, passing through their parents live and disappearing into adulthood, full fledge persons with live and futures of their own. Throughout the periods of growth and development, play is also an important one which helps a child to develop intellectually, interpersonally, socially, morally etc.(Peter,2000)

Play is a childs way of living or daily work. It consists of those activities performed for self amusement that have behavioral, social and psycho-motors rewards. It is child directed and the rewards come from within the individual child, it is enjoyable and spontaneous. Play is an important part of the childhood development. It can satisfy needs in the child for physical, emotional and mental development. It is also one of the childhood most effective tools for mastering stress. (Smith and Dutton, 2000)

Play is essential to a child's development as it helps children develop a variety of skills. Play fosters fine and gross motor skills, cognitive development, language, as well as interpersonal, social skills. Play is the most natural way for a child to learn Play helps children to experiment and enables them to learn new skills. Play encourages and develops imagination and creativity. (Gillis, 1999)

NEED FOR THE STUDY

Play is one of the most powerful tools children have for trying out and mastering new skills, concepts, and experiences. Play can help the children to develop the knowledge they need to connect in meaningful ways to the challenges they encounter. Play also contributes to how children view themselves as learners. As children play, they resolve confusing social, emotional, and intellectual issues by coming up with new solutions and ideas. Children experience the sense of power that comes from being in control and figuring things out on their own, and this helps children to develop a positive attitude toward learning.

Children and adolescents who are in hospitals need to have the same opportunity for stimulation and development as their healthy peers. It is their legal right to receive play therapy according to article 4, sections 2a and 2b of the Education Law.

Hospitalized children and adolescents are in a new and unfamiliar environment, surrounded by strangers. This may be a frightening and difficult experience. Children and adolescents express their feelings and needs individually. Through their play and creative activities they are able to work through their experiences and receive help in understanding and handling their reality.

A pre-experimental study was under taken to assess the knowledge regarding importance of play and play therapy for hospitalized children before and after administration of self instructional module among nurses in selected pediatric hospitals, Hyderabad.

The objectives of the study:

- To determine the knowledge regarding importance of play and play therapy for hospitalized children before and after administration of a self instructional module among staff nurses.
- To compare the knowledge regarding importance of play and play therapy for hospitalized children, before and after administration of a self instructional module among nurses.
- To test the association between post- tests knowledge and the selected background variables, among nurses.

RESEARCH METHODOLOGY

The research design adopted for the present study was the quasi experimental, one group pre test, post test design with self instructional module as independent variable and the knowledge of nurses regarding importance of play and play therapy for hospitalized children as dependent variable. The study was conducted at Innova children hospital, Hyderabad. The population for the present study was nurses. The size of the sample was sixty.

For the present study, a structured knowledge questionnaire was prepared after validating its content with various experts in the field of child health nursing, and Medicine. It was used to assess the knowledge of nurses regarding importance of play and play therapy for hospitalized children.

To find out the feasibility and reliability of the tool, the pilot study was conducted between 15th February, to 21th February 2011. The tool was found to be feasible and applicable for the main study. The main study was conducted from 1st April to 14th May, 2011. Data were collected from sixty nurses and was organized, tabulated and analyzed with the help of descriptive and inferential statistics and findings were interpreted.

MAJOR FINDINGS

Majority of the nurses 78.3% were in the age group of 20 years -25 years, 86.7 % were unmarried, majority of the respondent had diploma in nursing, 51.7 % of nurses had previous exposure to play therapy knowledge session through in service education, 71.7 % had work experience of 0 – 3 years, 50 % work at critical unit and 73.3% of nurses had no previous experience in parenting.

The total mean in the knowledge pretest was 14.23 ± 3.925 , where as in the post test the total mean was 31.07 ± 2.146 . Total mean percentage in the pre test was 40.65% and in the post test it significantly increased to 88.77%. It is evident that the nurses had only 40.65% knowledge in the pretest and after the administration of self instructional module their knowledge increased to 88.77%.

The mean, standard deviation, mean difference and 't' values of pre and post test knowledge of nurses regarding importance of play and play therapy for hospitalized children. The total pre test mean was 14.23 ± 925 , where as the total post test mean was 31.07 ± 2.146 . The mean difference was 16.84. The obtained 't' value was - 29.276, hence it is highly significant. The intervention was effective in increasing the knowledge of importance of play and play therapy for hospitalized children.

There was no significant association between post test score with selected background variables, which proved that the administration of self instructional module on importance of play and play therapy for hospitalized children was effective independent of the background variables such as age, marital status, professional qualification, previous exposure to play therapy knowledge session, working experience, working area, experience in parenting of nurses working in selected pediatric hospital.

CONCLUSIONS: Following conclusions were drawn on the basis of the findings of the study. The pre-test mean percentage knowledge of nurses regarding importance of play and play therapy for hospitalized children was 40.65%. There was a significant increase in the knowledge of nurses after administration of self instructional module to 88.77%.

RECOMMENDATIONS:

In the light of the findings listed above and the personal experience of the investigator the following suggestions are put forth

- A similar study can be replicated in a large sample to validate the findings of the present study
- A similar study can be conducted on to assess the practice of play and play therapy among nurses.
- A comparative study can be undertaken.
- Another study can be conducted to know the relationship between knowledge and practice.

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