



“A Study To Assess The Knowledge Of Mothers Regarding Importance Of Play In Growth And Development Of Under-Five Children In Selected Rural And Urban Areas Of Bardoli, Surat, Gujarat.”

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ABSTRACT

The present study aimed to assess the knowledge of mothers regarding importance of play in growth and development of under-five children in selected rural and urban areas. A comparative study was conducted among mothers of under-five children's in selected rural and urban areas. Data were collected by using interview technique. The conceptual framework selected for this study was based on modified from Rosenstock's and Backer's Health Belief Model.

Key words: knowledge, play, growth, development, mother, under-five children.

INTRODUCTION

Today's children are tomorrow's citizens; childhood is very special and vulnerable period of life. A bright future for an individual for a family, for a society, for a country lies in providing a safe and playful environment for children to grow and mature. Play has been recognized as being the crucial way in which children learn and develop their ability to engage in later higher order critical thought. When children have opportunities to engage in creative thinking.

Play is the mirror through which children experience their world and the world of others. All types of play have a significant role in children's development. With supportive adults, adequate play space, and an assortment of play materials, children stand the best chance of becoming healthy, happy, productive members of society. Play is the mirror through which children experience their world and the world of others.

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Play improves the cognitive, physical, social, and emotional well-being of children and young people.

Through play, children learn about the world and themselves. They also learn skills they need for study, work and relationships such as: confidence, self-esteem, resilience interaction social skills, independence curiosity, coping with challenging situation

OBJECTIVES:

- To assess the knowledge of mothers regarding importance of play in growth and development of under-five children in selected rural & urban areas of Bardoli, Surat, Gujarat.”
- To compare the knowledge of mothers regarding importance of play in growth and development of under-five children between selected rural & urban areas of Bardoli, Surat, Gujarat.”
- To find out the association of the knowledge of mothers regarding importance of play in growth and development of under-five children with their selected demographic variables.

RESEARCH METHODOLOGY:

In this study quantitative approach was adopted. comparative research design was adopted. Non probability convenient sampling technique was used for the selection of the sample. The sample size consisted of 264 subjects and 132 from rural areas and 132 from urban areas. Data was collected between 01/02/2024 to 29/02/2024, by the tool which consist of selected socio demographic variables and structured knowledge questionnaire for toddler and preschooler mothers. Data analysis was done by using descriptive and inferential statistics.

RESULT

Between rural and urban areas In rural areas, the range of knowledge scores is slightly lower at 14. The mean score is 14.36, with a standard deviation (SD) of 3.34. In urban areas, the range of knowledge scores among mothers regarding the importance of play in the growth and development of under-five children is 15. The mean score is 15.87, with a standard deviation (SD) of 3.09.

The comparison of knowledge levels using an independent t-test reveals significant differences. Urban mothers have a higher mean knowledge score (15.87) compared to rural mothers (14.36), with a mean difference of 1.5. The t-test score of 3.821 with 262 degrees of freedom results in a P-value of 0.000, indicating that the difference in knowledge levels is statistically significant.

The chi-square test results show that monthly income has a significant association with knowledge levels among urban mothers ($\chi^2 = 26.50$, $P = 0.001$), where higher income correlates with better understanding. No significant associations are found with other demographic variables such as age, education, occupation, family type, age or sex of the child, or ordinal position of the child.

CONCLUSION

The study was conducted to assess the knowledge of mothers regarding importance of play in growth and development of under-five children in selected rural & urban areas of Bardoli, Surat, Gujarat. The finding of the study showed that the assessment of knowledge, These results indicate that while a substantial number of mothers in both areas have a basic understanding of the importance of play in growth and development of under-five children.

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