

A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding Importance of Play Therapy Among Mothers of Toddlers in Selected Area

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Abstract

Aims and objectives – to evaluate the effectiveness of video assisted teaching programme regarding importance of play therapy among mothers of toddlers.

Materials and methods - A pre-experimental one group pre- test and post -test research study was adopted to assess the effectiveness of video assisted teaching programme on knowledge regarding importance of play therapy among 40 mothers of toddlers at selected urban area in Indore. Who full fill the inclusion and exclusion criteria. Purposive sampling technique was used to select the samples. Descriptive and inferential statistics was adopted to assess the effectiveness of video assisted teaching programme regarding importance of play therapy among selected mothers of toddlers as the knowledge of play therapy by using structured knowledge questionnaire before and after intervention.

Results: The study findings showed that among 40 samples total mean score secured by the mothers in pre test was 10.75 on a scale of 1-40. The mean post test knowledge score was 17.45 which is higher than mean pre-test knowledge score 10.75. The value of standard deviation in pre test was 2.73 and the value of standard deviation of post-test was 1.51.

Conclusion: video assisted teaching programme was found to be effective in increasing knowledge of mothers of toddlers regarding importance of play therapy.

Keywords: video assisted teaching programme, play therapy.

INTRODUCTION

Play is a child's natural way of self-expression. All children need to play irrespective of age, culture and social back ground, economic circumstances. Play is one of the major factors which is crucial for growth and development of the children. Mothers are the child's first and best playmates. not only do mothers have an important role in choosing good toys, but research shows that most creative children are those who had mothers involved in their play. Importance of play includes physical, emotional, cognitive, intellectual, social and moral development. Through play, children are able to test their abilities, to assume and try out various roles and to learn the effect the behaviour has on others. Play helps in development of children in various aspects such as physical, mental and social. Toys are selected for their recreational and educational value. Terry kyle (2013) states that toddlers need at least 30 minutes of structured physical activity and

any where from one to several hours of unstructured physical activity. American academy of paediatrics (2012) states that play is a natural tool for children to develop resiliency as they learn to co-operative, overcome changes and negotiate with others. Play also allows children to be creative. The physically and emotionally healthy children of today will become the productive citizens who will contribute positively to society in future.

Statement of the problems

A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING IMPORTANCE OF PLAY THERAPY AMONG MOTHERS OF TODDLERS IN SELECTED (WEST ZONE) URBAN AREA OF INDORE.

Objectives of the study –

1. To assess the pre-existing knowledge regarding importance of play therapy among mothers of toddlers.
2. To evaluate the effectiveness of video assisted teaching program regarding importance play therapy among mothers of toddlers.
3. To find the association between the pretest knowledge score with the selected demographic variables.

Hypothesis:

Null hypothesis (H_0)- There will be no significant difference between mean pretest knowledge and mean post-test knowledge score after administration of video assisted teaching programme on importance of play therapy among mothers of toddler.

Research hypothesis (H_1) - There will be significant difference between pretest and post-test knowledge score on importance of play therapy among mothers of toddlers.

Materials and methods

A pre and post pre-experimental research study was adapted to assess the effectiveness of video assisted teaching program among 40 mothers of toddlers on the knowledge regarding importance of play therapy at selected urban area in Indore. Who filled the inclusion and exclusion criteria. Purposive sampling technique was used to select the samples. The study conducted over a period of four weeks. The independent variable of this study was video assisted teaching program. The dependent variable of this study was knowledge regarding importance of play therapy. The study was conducted in pardeshipura area of Indore. The study samples include mothers of toddlers residing in pardeshipura Indore. The sample size consisted of 40 mothers from selected urban area Indore. The tool consisted of two parts i.e. Data collection tool and structured questionnaire. The data collection tool consists of demographic variables and structured knowledge questionnaire regarding importance of play therapy.

Ethical consideration

Ethical approval was obtained from the institutional ethical committee and formal written permission was obtained from community health officer (CMHO) before data collection. The researcher has followed fundamental ethical principal. The investigator introduce herself and purpose of the study was explained to the mothers of toddlers and informed consent was obtained.

Statistical Analysis

The data from proforma was entered in Microsoft excel 2016 and analysed using statistical software package for social sciences (SPSS) version 20.0 descriptive statistical was used to describe the demographic variables. Mean \pm SD were used to summarize the knowledge questionnaire score. Paired sample 't' - test was used for intra group analysis i.e. To determine difference between pre – post scores. Paired sample t-test was used to evaluate the effectiveness of video assisted teaching programme on knowledge regarding importance of play therapy among mothers of toddlers.

Table:1 Frequency and Percentage distribution of demographic variables

[N=40]

S.No.	Demographic variables	Frequency	Percent
1.	Age-groups		
	19-28	29	72.5
	29-38	11	27.5
2.	Religion		
	Hindu	38	95
	Christian	1	2.5
	Others	1	2.5
3.	Family monthly income		
	10000-15000	19	47.5
	15001-20,000	11	27.5
	Above 20,000	10	25
4.	No. of children		
	One child	14	35
	Two children	22	55
	Three children	2	5
	Above Three children	2	5
5.	Family type		
	Nuclear family	7	17.5
	Joint family	27	67.5
	Extended	4	10
	Single parent	2	5
6.	Mother's education		
	No formal education	9	22.5
	Primary education	6	15
	Middle education	8	20
	Secondary education	10	25
	Graduate / Post graduate	7	17.5

7.	Mother's occupation		
	Home maker	23	57.5
	Government employee	3	7.5
	Private employee	9	22.5
	Self employed	5	12.5
8.	Source of information		
	Mass media (internet, newspaper, radio, television)	13	32.5
	Peer group	10	25
	Family members	12	30
	Health workers	5	12.5

Table 2: Frequency and percentage distribution of pretest and post-test level of knowledge regarding importance of play therapy among mothers of toddlers (N=40)

Score	Grading of knowledge score	Pre -Test		Post – Test	
		Frequency	Percentage	Frequency	Percentage
1-6	Fair	02	5%	-	-
7-12	Good	29	72.5%	-	-
13-18	Very good	09	22.5%	30	75%
19-24	Excellent	-	-	10	25%

Table No. 3: Comparison between Mean, standard deviation and 't' value of pre- test and post- test knowledge score [N=40]

Knowledge score	Mean	Standard deviation	Mean difference	Standard error mean	Degree of freedom (df)	Paired 't' value	Sig.(2-tailed)
Pre test	10.75	2.73	6.7	.494	39	13.56	.005
Post test	17.45	1.51					

“*” Significant $P < 0.05$

Discussion

The researcher has made an attempt to find the effectiveness of video assisted teaching programme regarding importance of play therapy among mothers of toddlers. This evaluative study assesses the level of knowledge among mothers was evaluated by using self-structured knowledge questionnaire. 40 mothers were taken from pardeshipura area.

The first objectives were to assess the pre-existing knowledge regarding importance of play therapy among mothers of toddlers. The findings showed that mothers of toddlers had lack of knowledge regarding importance of play therapy. The total pretest mean score secured by mothers of toddlers was on scale of 1- 40. The findings showed that only few mothers 2(5%) had fair knowledge and 29 (72.5%) mothers had good knowledge, 9 (22.5%) mothers had very good knowledge regarding importance of play therapy. The

results shows that mothers of toddlers had limited knowledge regarding importance of play therapy. Thus, there was need to enhance the knowledge of mothers of toddlers regarding importance of play therapy. The second objective was to evaluate the effectiveness of video assisted teaching programme regarding importance of play therapy among mothers of toddler. Pretest knowledge score of 9 respondent 22.5% was between 13-18 score, 29 respondents i.e. 72.5% secured between 7-12 score, 2 respondents i.e. 5% obtained between 1-6 score. This indicated that mothers of toddlers had inadequate knowledge regarding importance of play therapy. In the posttest maximum number of mothers of toddlers 30 i.e. 75% had score ranging between (13-18), 10 of mothers of toddlers i.e. 25% had score ranging between (19-24). The mean post –test knowledge score was 17.45 is apparently higher than the mean pretest knowledge score 10.75 the dispersion of pre-test scores ($SD \pm 2.74$) is more than that of post-test scores ($SD \pm 1.51$) and the computed paired ‘t’ value shows that there was a significant difference between pre-test and post-test mean knowledge score, ($t_{39} = 2.023$, $p \leq 0.05$ level) and calculated value is 13.56 is greater than tabulated value 2.023 thus null hypothesis H_0 is rejected and research hypothesis H_1 is accepted there is significant difference between pre-test and post-test knowledge score. This indicates that Video Assisted Teaching Programme was effective in increasing knowledge score of mothers of toddlers.

The third objective was to find the association between the pretest knowledge with selected demographic variables. In order to find out the association between pre- test knowledge score and selected demographic variables, chi- square test was used. In present study the selected demographic variables were Age of mother, religion, education of mother, occupation of mother, monthly income of the family, type of family, number of children between age group 1-3 years and source of information regarding play therapy. The findings show there is no significant association between pre-test stress scores and selected demographic variables at the $P \leq 0.05$ level. Except religion which significantly associated with knowledge of mothers of toddlers.

Limitations

1. The study did not use a control group. The researcher had no control over the events that took place between the pre -test and post-test.
2. The study was conducted for mothers of toddlers only.
3. Structured knowledge questionnaire reformed for the data collection restrict the amount of information that can be obtained from the participants.
4. The investigator had to undergo many legal procedures to get permission for collecting data from the samples.

Conclusion

This research leads to the following findings, following the detailed analysis: Mothers of toddlers did not have 100 % knowledge regarding importance of play therapy. They require further information because all of them need to increase their knowledge regarding importance of play therapy. There was significant enhancement in knowledge of mothers of toddlers after administration of video assisted teaching programme, the paired ‘t’ test computed between mean pretest knowledge score (10.75) and post-test knowledge score (17.45) and $t'_{39} = 2.023$ which indicate a significant difference in knowledge score. So, research hypothesis (H_1) was accepted and the null hypothesis (H_0) was rejected. Hence it is commenced that the video assisted teaching programme was effective as teaching strategy. There was no significant

association between demographic variables i.e. age, education of mother, occupation of mother, monthly income of the family, type of family, number of 1-3 years children in the family, source of information except religion which was significantly associated with knowledge of mothers.

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