



# A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON PLAY THERAPY AMONG MOTHERS WITH PRESCHOOL CHILDREN ATTENDING PAEDIATRIC OUT PATIENT DEPARTMENT IN A PRIVATE HOSPITAL AT SIVAKASI.

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## ABSTRACT

**Background:** The play is natural and spontaneous among the pediatric age group and also depends on individual interest, age, sex, various cultural and socio-economic status of the child. Play therapy helps children to relax which in turn makes the parents to feel relax. "Play is a child's work and it is not a trivet pursuit" and It is a universal language of children. **Statement of the Problem:** A study to assess the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric out patient department in a private hospital at Sivakasi. **Objectives:** (1) To assess the pretest knowledge scores on play therapy among mothers with preschool children attending Paediatric out patient department. (2) To assess the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric out patient department. (3) To associate between the pretest knowledge scores on play therapy among mothers with preschool children with their selected demographic variables. (4) To determine associates the post test knowledge scores on play therapy among with mothers with preschool children with their selected demographic variables. **Design:** Quasi experiment one group pre-test and post-test design. **Participants:** 60 mothers with preschool children who were attended in out patient Pediatric Department in Annai Nursing Home, Sivakasi who were fulfilling the inclusion criteria. **Methods:** 60 mothers with preschool children were selected by purposive sampling technique. After the pretest the structured teaching programme was implemented and post test was done by researcher. The data were collected after obtaining permission from the concerned authority of the selected hospital. **Results:** The knowledge score calculated paired 't' test value of  $t = -12.7$  shows statistically highly significant difference between Comparison of the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric out patient department respectively. **Conclusion:** The present study assessed the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric out patient department. The result shows in post test majority of mothers with preschool children 42 (70%) had inadequate level of knowledge. In post test, Majority of mothers with preschool children

31 (51.7%) had adequate level of knowledge. This finding shows that the structured teaching programme on play therapy among mothers with preschool children was effective. The study findings also imply that there was a significant association between knowledge with selected demographic variable age of the mothers, religion, occupation, family monthly income and type of the family.

## INTRODUCTION

A Preschool, also known as nursery school, preprimary school, playschool or kinder garden, is an educational establishment or learning space offering early childhood education to children before they begin compulsory education at primary school. Going to Pre School is a small step for a giant exposure in a child's life. This is the first exercise in which children are separated from the comfort and secure zone of their parents. Therefore, it has to be a place which is a second home to the child; a place, which has enough material to attract and make the child feel comfortable. (Seema Hiwale and Vishakha D. Ganvir, 2019)

Play therapy is an emerging tool for therapists forging significant headway in the treatment of children with intellectual disabilities. The process of play therapy as “the systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development.” play a vital role in enhancing the effectiveness of play therapy as an intervention for a wide range of children's emotional, social, and behavioral difficulties. Children distinctly benefit from the following therapeutic factors of play therapy. Play therapy provides a unique environment where children can engage in self-expression, gain a sense of control, and increase awareness of their feelings, thoughts, and desire. (Rathnakumar, 2016)

## NEED FOR THE STUDY

In New Delhi, 52% of the parents of toddlers had good knowledge while 48% had an average knowledge regarding the play needs of toddlers. Majority of the parents had good knowledge and a highly favorable attitude regarding the play needs of toddlers. (Sheny Daniel and Fareha Khan, 2018).

In Coimbatore, the mean score of mentally challenged children before receiving non-directive play therapy for experimental group was 47 and it increased to 57 after the intervention. The intervention was found to have an effect on the development of mentally challenged children. (Seeja Jacob and V. Brinda, 2017).

In Madurai, the mean score of children before play therapy was 5.2[S.D1.98] and after play therapy was 0.93 [S.D 1.046]. The play therapy is effective in reducing the post-operative pain. (M. Vijaya, 2014)

The researcher felt the need to assess the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric outpatient department in a private hospital at Sivakasi.

## OBJECTIVES

1. To assess the pretest knowledge scores on play therapy among mothers with preschool children attending Paediatric outpatient department.
2. To assess the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric outpatient department.
3. To associate between the pretest knowledge scores on play therapy among mothers with preschool children with their selected demographic variables.
4. To associates between the post test knowledge scores on play therapy among with mothers with preschool children with their selected demographic variables.

## HYPOTHESES

- H<sub>1</sub>** : There was a significant difference between level of knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department, pre-test of knowledge and post-test of knowledge.
- H<sub>2</sub>** : There was a significant association between the pretest level of knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department with their selected demographic variables.

## RESEARCH APPROACH

The research approach is the most essential part of any research. The entire study is based on it. The choice of appropriate approach depends on the purpose of the study. It helps the researcher with suggestions of possible conclusions to drawn from the data.

The research design was used in this study is **Quantitative research approach**.

## RESEARCH DESIGN

The research design is the plan, structure and strategy of investigation of answering the research question. It is the overall plan or blue print, the researcher select to carry out the study. In this study, **Quasi-experimental one group pre and post -test research design** was used.

Design	Pre – Test	Intervention	Post -Test
<b>Quasi-experimental one group pre and post -test research design</b>	Level of knowledge on play therapy among mothers with preschool children.	Effectiveness of structured teaching programme on play therapy	Level of knowledge on play therapy among mothers with preschool children.

## RESEARCH VARIABLE

**Dependent Variable** : The Level of knowledge on play therapy among mothers with preschool children.

**Independent Variable** : Structured teaching programme on play therapy

**Extraneous Variable** : Demographic variables among the patients on mothers with preschool children.

## STUDY SETTING

The study was conducted in the mothers with preschool children attending Paediatric Outpatient Department in a Annai Nursing Home at Sivakasi.

## POPULATION

The population is defined as the entire aggregation of cases that meet a designed criterion. Population included in this study comprised of the preschool children attending Paediatric outpatient department in a private hospital.

- **Target population:** Preschool children attending Paediatric outpatient department in a private hospital.
- **Accessible population:** The mothers with preschool children attending Paediatric outpatient department in a private hospital at Sivakasi.

## SAMPLE SIZE

Sample size is the number of subjects involved in the study. Sample size consists of 60 mothers with preschool children attending Paediatric outpatient department in a private hospital at Sivakasi.

**SECTION - A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLES AMONG MOTHERS WITH PRESCHOOL CHILDREN****Table - 1****Frequency and Percentage wise Distribution of Demographic Variables among mothers with preschool children.****(N=60)**

<b>S. No.</b>	<b>Demographic variables</b>	<b>Frequency (N)</b>	<b>Percentage (%)</b>
<b>1</b>	<b>Age of the mothers (in years)</b>		
	21-25 years	19	31.7
	26-30 years	21	35
	31-35 years	13	21.7
	36-40 years	7	11.6
<b>2</b>	<b>Religion</b>		
	Hindu	37	61.7
	Christian	8	13.3
	Muslim	15	25
	Others	0	0
<b>3</b>	<b>Educational qualification</b>		
	Uneducate	0	0
	Primary school education	9	15
	Secondary school education	13	21.7
	Higher secondary	29	48.3
	Graduate	9	15
<b>4</b>	<b>Occupation</b>		
	Home maker	28	46.7
	Government employee	3	5
	Private employee	10	16.7
	Self-employee	19	31.6
<b>5</b>	<b>Family monthly income</b>		
	Below Rs.10000	0	0
	Rs.10001-15000	6	10
	Rs.15001-20000	23	38.3
	More than Rs. 20000	31	21.7
<b>6</b>	<b>Type of the family</b>		
	Nuclear family	35	58.3
	Joint family	25	41.7
<b>7</b>	<b>Number of children in the family</b>		
	One child	36	60
	Two children	24	40

S. No.	Demographic variables	Frequency (N)	Percentage (%)
	Three children	0	0
	Above three children	0	0
<b>8</b>	<b>Gender of the child</b>		
	Male	29	48.3
	Female	31	51.7
<b>9</b>	<b>Place of residence</b>		
	Rural area	19	31.7
	Urban area	21	35
	Sub urban	20	33.3
	Others area	0	0
<b>10</b>	<b>Source of information regarding play therapy</b>		
	Mass media	10	16.7
	Peer group	0	0
	Family members	0	0
	Health workers	32	53.3
	None	18	30

**Table 1** shows frequency and percentage wise distribution of demographic variables among mothers with preschool children.

- Out of 60 mothers with preschool children who were interviewed, Majority of the mothers with preschool children 21 (35%) were in the age group of 26-30 years.
- Most of the mothers with preschool children were belongs to Hindu religion 37 (61.7%).
- Majority of the mothers with preschool children were completed higher secondary 29 (48.3%).
- Most of the mothers with preschool children were home maker 28 (46.7%).
- Majority of the mothers with preschool children were family monthly income is 31 (21.7%) in more than rupees 20000.
- Most of the mothers with preschool children comes under nuclear family 35 (58.3%).
- Majority of the mothers with preschool children were having one child 36 (60%).
- Most of the mothers with preschool children were female 31 (51.7%).
- Majority of the mothers with preschool children were lived in urban area 21 (35%).
- Most of the mothers with preschool children were get source of information regarding play therapy 32 (53.3%) respectively.

## SECTION - B: ASSESSMENT OF LEVEL OF THE KNOWLEDGE ON PLAY THERAPY AMONG MOTHERS WITH PRESCHOOL CHILDREN ATTENDING PAEDIATRIC OUTPATIENT DEPARTMENT.

Table - 2

Frequency and percentage wise distribution of level of knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department.

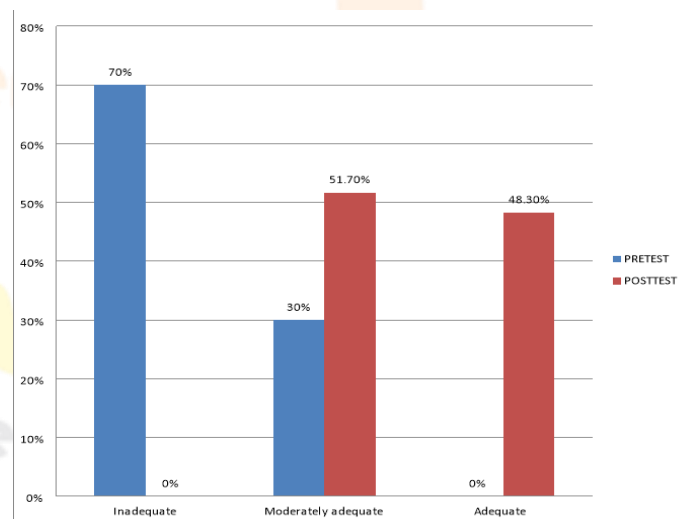
(N=60)

Level of the knowledge on play therapy among mothers with preschool children	Pre Test		Post Test	
	N	%	n	%
Inadequate	42	70	0	0
Moderately adequate	18	30	31	51.7
Adequate	0	0	29	48.3
<b>Total</b>	<b>60</b>	<b>100</b>	<b>60</b>	<b>100</b>

**Table 2** shows that Frequency and percentage wise distribution of level of knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department.

**In pre test**, majority of mothers with preschool children 42 (70%) had inadequate level of knowledge and 18 (30%) had moderately adequate level of knowledge.

**In post test**, majority of mothers with preschool children 31 (51.7%) had adequate level of knowledge and 29 (48.3%) had moderately adequate level of knowledge respectively.



**Fig. 1: Percentage wise distribution of level of knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department.**

## SECTION - C: EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON PLAY THERAPY AMONG MOTHERS WITH PRESCHOOL CHILDREN ATTENDING PAEDIATRIC OUTPATIENT DEPARTMENT

Table - 3

Comparison of the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric outpatient department.

(N=60)

Test	Mean	SD	Mean difference	't' value paired t test	df	'p' value
Pretest	10.27	3.080				0.000**
Posttest	19.92	4.816	-9.65	-12.7	59	HS

\*\* -  $p < 0.001$  Highly significant

Table 3 shows that, the knowledge score calculated paired 't' test value of  $t = -12.7$  shows *statistically highly significant* difference between Comparison of the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric outpatient department respectively.

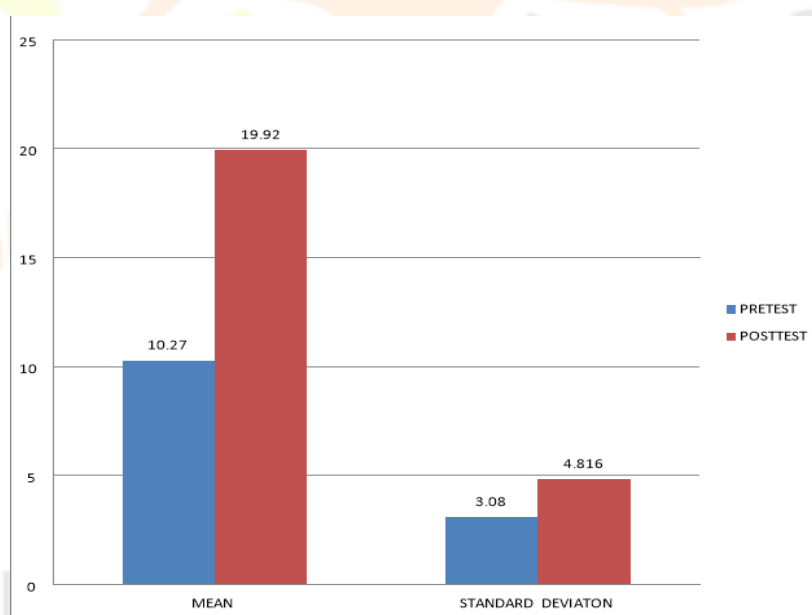


Fig. 2: Mean and standard deviation of the Comparison of the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric outpatient department.

**SECTION - D: ASSOCIATION BETWEEN THE LEVEL OF THE KNOWLEDGE ON PLAY THERAPY AMONG MOTHERS WITH PRESCHOOL CHILDREN ATTENDING PAEDIATRIC OUTPATIENT DEPARTMENT WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.**

**Table - 4**

**Association between the pretest level of the knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department with their selected demographic variable.**

(N=60)

S. No.	Demographic variables	Pre test level of the knowledge on play therapy				Chi-square $\chi^2$	df	p-value
		Inadequate		Moderately adequate				
		N	%	N	%			
<b>1</b>	<b>Age of the mothers</b>							
	21-25 years	11	26.2	8	44.4	13.0	3	<b>0.005* S</b>
	26-30 years	11	26.2	10	55.6			
	31-35 years	13	31	0	0			
	36-40 years	7	16.6	0	0			
<b>2</b>	<b>Religion</b>					11.7	2	<b>0.003* S</b>
	Hindu	20	47.6	17	94.4			
	Christian	8	19	0	0			
	Muslim	14	33.3	1	5.6			
	Others	0	0	0	0			
<b>3</b>	<b>Educational qualification</b>					6.92	3	0.074 NS
	Uneducate	0	0	0	0			
	Primary school	4	9.5	5	27.8			
	Secondary school	7	16.7	6	33.3			
	Higher secondary	24	57.1	5	27.8			
	Graduate	7	16.7	2	11.1			
<b>4</b>	<b>Occupation</b>					19.2	3	<b>0.000* HS</b>
	Home maker	15	35.7	13	72.2			
	Government employee	0	0	3	16.7			
	Private employee	8	19	2	11.1			
	Self-employee	19	45.3	0	0			
<b>5</b>	<b>Family monthly income</b>					2.89	2	0.235 NS
	Below Rs.10000	0	0	0	0			
	Rs.10001-15000	6	14.3	0	0			
	Rs.15001-20000	15	35.7	8	44.4			
	More than Rs. 20000	21	50	10	55.6			
<b>6</b>	<b>Type of the family</b>					2.04	1	0.153 NS
	Nuclear family	22	52.4	13	72.2			
	Joint family	20	47.6	5	27.8			
<b>7</b>	<b>Number of children in the family</b>					0.212	1	0.645 NS
	One child	26	61.9	10	55.6			
	Two children	16	38.1	8	44.4			
	Three children	0	0	0	0			
	Above three children	0	0	0	0			
<b>8</b>	<b>Gender of the child</b>					1.68	1	0.195 NS
	Male	18	42.9	11	61.1			
	Female	24	57.1	7	38.9			
<b>9</b>	<b>Place of residence</b>					2.299	2	0.317 NS
	Rural area	11	26.2	8	44.4			
	Urban area	15	35.7	6	33.3			
	Sub urban	16	38.1	4	22.3			
	Others area	0	0	0	0			
<b>10</b>	<b>Source of information regarding play therapy</b>					5.255	2	0.072 NS
	Mass media	5	11.9	5	27.8			
	Peer group	0	0	0	0			
	Family members	0	0	0	0			
	Health workers	21	50	11	61.1			
	None	16	38.1	2	11.1			



\*\**p* < 0.001 Highly significant, \**p* < 0.01 significant, NS-Non Significant

The Table 4 depicts that the demographic variables **Age of the mothers, Religion, Occupation** had shown statistically significant association between the pretest level of the knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department with **chi-square value at *p*<0.05 and *p*<0.001 level.**

The other demographic variables had not shown statistically significant association between the pretest level of the knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department respectively.

**Table - 4.5**

**Association between the post test level of the knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department with their selected demographic variable.**

(N=60)

S. No.	Demographic variables	Post test level of the knowledge on play therapy				Chi-square $\chi^2$	df	p-value
		Moderately adequate		Adequate				
		N	%	N	%			
<b>1</b>	<b>Age of the mothers</b>							
	21-25 years	6	19.4	13	44.8	8.35	3	0.039* S
	26-30 years	15	48.4	6	20.8			
	31-35 years	8	25.8	5	17.2			
	36-40 years	2	6.4	5	17.2			
<b>2</b>	<b>Religion</b>					10.2	2	0.006* S
	Hindu	23	74.2	14	48.3			
	Christian	0	0	8	27.6			
	Muslim	8	25.8	7	24.1			
	Others	0	0	0	0			
<b>3</b>	<b>Educational qualification</b>					3.43	3	0.330* NS
	Uneducate	0	0	0	0			
	Primary school	5	16.1	4	13.8			
	Secondary school	5	16.1	8	27.6			
	Higher secondary	18	58.1	11	37.9			
	Graduate	3	9.7	6	20.7			
<b>4</b>	<b>Occupation</b>					10.8	3	0.013* S
	Home maker	15	48.4	13	44.8			
	Government employee	3	9.7	0	0			
	Private employee	1	3.2	9	31			
	Self-employee	12	38.7	7	24.2			
<b>5</b>	<b>Family monthly income</b>					6.36	2	0.042* S
	Below Rs.10000	0	0	0	0			
	Rs.10001-15000	6	19.4	0	0			
	Rs.15001-20000	10	32.3	13	44.8			
	More than Rs. 20000	15	48.4	16	55.2			
<b>6</b>	<b>Type of the family</b>					4.21	1	0.040* S
	Nuclear family	22	71	13	44.8			
	Joint family	9	29	16	55.2			
<b>7</b>	<b>Number of children in the family</b>					0.044	1	0.833 NS
	One child	19	61.3	17	58.6			
	Two children	12	38.7	12	41.4			
	Three children	0	0	0	0			
	Above three children	0	0	0	0			
<b>8</b>	<b>Gender of the child</b>					1.68	1	0.195 NS
	Male	15	48.4	14	48.3			
	Female	16	51.6	15	51.7			
<b>9</b>	<b>Place of residence</b>					2.299	2	0.317 NS
	Rural area	11	35.5	8	27.6			

	Urban area	9	29	12	41.4			
	Sub urban	11	35.5	9	31			
	Others area	0	0	0	0			
<b>10</b>	<b>Source of information regarding play therapy</b>							
	Mass media	5	16.1	5	17.2	5.255	2	0.072 NS
	Peer group	0	0	0	0			
	Family members	0	0	0	0			
	Health workers	18	58.1	14	48.3			
	None	8	25.8	10	34.5			

\*  $p < 0.001$  Highly significant, \*  $p < 0.01$  significant, NS-Non Significant

The Table 5 depicts that the demographic variables **Age of the mothers, Religion, Occupation, Family monthly income, Type of the family** had shown statistically significant association between the post test level of the knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department with chi-square value at  $p < 0.05$  and  $p < 0.001$  level.

The other demographic variables had not shown statistically significant association between the post test level of the knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department respectively.

## SUMMARY & FINDINGS

The frequency and percentage wise distribution of demographic variables among mothers with preschool children. Out of 60 mothers with preschool children who were interviewed, Majority of the mothers with preschool children 21 (35%) were in the age group of 26-30 years. Most of the mothers with preschool children were belongs to Hindu religion 37 (61.7%). Majority of the mothers with preschool children were completed higher secondary 29 (48.3%). Most of the mothers with preschool children were home maker 28 (46.7%). Majority of the mothers with preschool children were family monthly income is 31 (21.7%) in more than rupees 20000. Most of the mothers with preschool children comes under nuclear family 35 (58.3%). Majority of the mothers with preschool children were having one child 36 (60%). Most of the mothers with preschool children were female 31 (51.7%). Majority of the mothers with preschool children were lived in urban area 21 (35%). Most of the mothers with preschool children were get source of information regarding play therapy 32 (53.3%) respectively.

The frequency and percentage wise distribution of level of knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department. In pretest, Majority of mothers with preschool children 42 (70%) had inadequate level of knowledge and 18 (30%) had moderately adequate level of knowledge. In posttest, Majority of mothers with preschool children 31 (51.7%) had adequate level of knowledge and 29 (48.3%) had moderately adequate level of knowledge respectively.

The knowledge score calculated paired 't' test value of  $t = -12.7$  shows statistically highly significant difference between comparison of the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric outpatient department respectively.

The demographic variables Age of the mothers, Religion, Occupation had shown statistically significant association between the pretest level of the knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department with chi-square value at  $p < 0.05$  and  $p < 0.001$  level.

The demographic variables age of the mothers, religion, occupation, family monthly income, type of the family had shown statistically significant association between the post test level of the knowledge on play therapy among mothers with preschool children attending Paediatric outpatient department with chi-square value at  $p < 0.05$  and  $p < 0.001$  level.

## CONCLUSION

The present study assessed the effectiveness of structured teaching programme on play therapy among mothers with preschool children attending Paediatric outpatient department. The result shows in post test

majority of mothers with preschool children 42 (70%) had inadequate level of knowledge. In posttest, Majority of mothers with preschool children 31 (51.7%) had adequate level of knowledge.

This finding shows that the structured teaching Programme on play therapy among mothers with preschool children was effective. The study findings also imply that there was a significant association between knowledge with selected demographic variable age of the mothers, religion, occupation, family monthly income and type of the family.

## **NURSING IMPLICATION**

The findings of study have scope in following area nursing education, nursing practice, nursing administration and nursing research.

### **Nursing Education**

- The findings of the can be used by nurse educators to illustrate importance of play therapy among mothers with preschool children attending Paediatric outpatient department.
- Conference, workshops and seminars can be held for nurses to impart update their knowledge and positive attitudes towards play therapy.
- Nursing educator to update their knowledge and skills of providing play therapy in various healthcare settings such as pediatric ward, ICDS and Centres should be given.

### **Nursing Practice**

- The nurse role is to select the play therapy according to age group of children with safety measures.
- The nurse practitioners can utilize play therapy to assist children in enhancing intellectual development and problem solving skills.

### **Nursing Administration**

- The finding of the study can be used as a basis of in-service education for nurses to create awareness about the importance of play therapy among mothers with preschool children attending Paediatric outpatient department.
- Nursing personal should be prepared to take a leadership role in educating parents regarding importance of play therapy. They should include their interest in educating parents during disseminate information about importance of play therapy.
- The administrator can encourage the nurse for conducting research in various aspects regarding importance of play therapy. The administrator can organize conference, workshop and seminar for nurses working in the pediatric ward.
- The administrator should support the staff to conduct Programmes on importance of play therapy.

### **Nursing Research**

- There should be more scope for research in this area to improve mothers with preschool children knowledge on importance of play therapy.
- There is a need for extensive research regarding education techniques in order to improve the mothers with preschool children knowledge and in turn help bringing in favorable attitude regarding importance of play therapy among mothers with preschool children.
- The study will be useful for further reference. The results of the study encourage the mothers with preschool children to select play therapy according to age group of the children.
- Encourage the nurses for conducting research in various aspects regarding importance of play therapy.
- The generalization of the study can be done by further replication of the study.

## **LIMITATIONS**

- The study is limited to mothers with preschool children attending Paediatric outpatient department in a private hospital at Sivakasi.
- The mothers with preschool children who can know English and Tamil.
- The study was limited to 60 mothers with preschool children.
- Data collection period was limited to 1 month.

## RECOMMENDATIONS

Based on findings of the present study, the following recommendations have been made:

- A similar study may be conducted with large number of sample in different Settings
- A comparative study can be conducted between rural and urban mothers with preschool children.
- A true experimental study with experimental and control group can be conducted.
- A similar study can be conducted through video teaching methods.
- A similar study can be conducted to assess practice on important of play therapy.
- The Similar study can be conducted in other parts of the country with a large sample.

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