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Attitude of mothers towards influence of outdoors games on physical, mental, social and emotional development

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Abstract

To study the Attitude of mothers towards influence of outdoors games on physical, mental, social and emotional development. A list of children was prepared for each selected class in consultation with respective principal and class teachers. From these lists 100 preschooler (in junior and senior class) were randomly selected for taking information regarding health status by anthropometric measurement and observing common health problems. 100 mother of preschooler were selected from the Gandhinagar and Ahmedabad city by taking the address from pre- school institution and collect the data by direct home visit method. The information recorded through questionnaire and personal interview method. The collected information was analyzed as frequency, percentage and tabulated and also computed for t- analysis and used. The result of the study reveal that majority (73%) of the respondents said that high level influence of outdoors games on healthy physical development of preschool children. Majority of the respondents (90%) agree that overall development is occur in their child by outdoor game and 86 percent respondents agree that sensory development is occur in their child by outdoor game. Significant ($t \geq 0.05$) difference was found for effect of overall development of children by outdoor play.

Keywords: Attitude of mothers, outdoor games, physical development, mental development

Introduction

Play is an important part of the childhood development. Through play children learn about shapes, colors, cause and effect, and themselves. Besides cognitive thinking, play helps the child learn social and psychomotor skills. It is a way of communicating joy, fear, sorrow, and anxiety. In the early 2000s, children of all ages and from every socioeconomic background often prefer television, computers, and battery-operated toys to self- directed, imaginative, and creative play. This tendency leaves children developmentally deprived, because imaginative and fantasy play allows children to explore their world and express their innermost thoughts and feelings, hopes and fears, likes and dislikes. Through play, decisions are made without penalty or fear of failure. Play allows children to gain control of their thoughts, feelings, actions, and helps them achieve self-confidence. Play takes different forms for different children, and its definition entails many aspects. Play is the direct opposite of work; it is frivolous. It provides freedom and invites the impulse to engage in foolishness. Yet it provides a means for ego development and a process

by which social skills and physical skills develop as well. Play with imagination and fantasy is the child's natural medium of self- expression and one that gives cues about the child's conscious and unconscious states. In play therapy, clinicians employ various techniques designed to

reveal the child's psychological and social development. Clinician-directed play therapy is, therefore, not naturally self-directed play, but play designed by a professional to facilitate understanding of the child and the child's healing process. It is a good idea to encourage child to play outside several times a day. There are two fundamental reasons why outdoor play is critical for young children in our early childhood programs and schools. First, many of the developmental tasks that children must achieve—exploring, risk-taking, fine and gross motor development and the absorption of vast amounts of basic knowledge—can be most effectively learned through outdoor play. Second, our culture is taking outdoor play away from young children through excessive TV and computer use, unsafe neighborhoods, busy and tired parents, educational accountability, elimination of school recess, and academic standards that push more and more developmentally inappropriate academics into our early childhood programs, thus taking time away from play. This study helpful to the educationalist for planning outdoor activities and its beneficial goals for children. This study also helpful to the teachers for improving out door activities and equipment. This study also helpful to the parents for to knowing importance of outdoor play for overall development of their children. This study also helpful to the Home Science - Human Development students for improving their skill regarding to plan outdoor activities for pre-scholar.

Methodology

The present investigation was carried out in Gandhinagar and Ahmadabad city at Gujarat state in India. Gandhinagar. The present study was confined to —EX -post facto —research design. For this study, the multi stage random sampling techniques was used for the selection of the school and respondents from Gandhinagar and Ahmadabad city of the west- central India was selected for the study. the random sampling method was applied for the selection of preschooler. A list of children was prepared for each selected class in consultation with respective principal and class teachers. From these lists 100 pre schooler (in junior and senior class) were randomly selected for taking information regarding health status by anthropometric measurement and observing common health problems. The

data collected by personal interview of 100 respondents from Gandhinagar and Ahmadabad city frequency, percentage, Mean percent score, t test and SD were used to analyze data.

Objective

To study Attitude of mothers towards levels of influence of outdoors games on physical, mental, social and emotional development of their children

Results and Discussion

Information regarding attitudes of mothers towards outdoor games in relation with different development of their preschool children.

Table 1: Attitudes of respondents towards outdoor games in relation with physical developments of their preschooler n=100

Sr. No.	Statements	Agree		Some times		Disagree	
		F	%	F	%	F	%
1.	You like outdoor games, playing by your child	97	97	3	3	0	0
2.	Your child hurt their body organ by playing outdoor games.	23	23	50	50	27	27
3.	Your child feel tiredness by playing outdoor games.	3	3	36	36	61	61
4.	Your child frequently suffers health problems because of outdoor playing.	0	0	6	6	94	94
5.	Muscles development occurs by outdoor games.	97	97	3	3	0	0
6.	Your child is like to play out door games.	98	98	2	2	0	0
7.	You like, your child is playing whole day outside games.	40	40	30	30	30	30
8.	Decrease tiredness of your child by out door playing.	63	63	30	30	7	7
9.	Increase immunity level of your child by outdoor games.	92	92	4	4	4	4
10.	Maintain balance in body organ in your child by outdoor games.	89	89	11	11	0	0
11.	Body organs are in rhythm through Outdoor play Performed by preschooler.	83	83	17	17	0	0
12.	Body organs are not in rhythm through outdoor play Performed by preschooler.	0	0	6	6	90	90

Table: 1 Indicates the Distribution of respondents according to their attitudes towards outdoor games in relation with physical developments of their preschooler children. The data presented in table shows that majority 98% respondents agree that their child like to play out door game, while 97% respondents have positive attitude towards playing out door games by their children because of muscles development occur by outdoor games, 92% respondents agree that

immunity level of body increase by playing out door games and 90% respondents said that child hurt their body organ by playing outdoor games. So, data concluded that majority 98% respondents agree that their child like to play out door game, while 97% respondents have positive attitude towards playing out door games by their children because of muscles development occur by outdoor game.

Table 2: Attitudes of respondents towards outdoor games in relation with mental developments of their preschooler n=100

Sr. No.	Statements	Agree		Some times		Disagree	
		F	%	F	%	F	%
1.	You like, your child to learn something new by outdoor game.	99	99	1	1	0	0
2.	You like, your child to develop new skill by outdoor game.	100	100	0	0	0	0
3.	Memory power of your child is develop by outdoor game.	90	90	10	10	0	0
4.	Your child can solve his/her problems during out door playing time.	33	33	56	56	11	11
5.	Comprehension power is develop in your child by outdoor game.	73	73	27	27	0	0
6.	Moral value is develop in your child by outdoor game	66	66	34	34	0	0
7.	Intelligence is develop in your child by outdoor game	70	70	30	30	0	0
8.	Patience is develop in your child by outdoor game	36	36	50	50	14	14
9.	Your child feel freshness by after playing outdoor game.	99	99	1	1	0	0

Table: 2 Indicates the Distribution of respondents according to their attitudes towards outdoor games in relation with mental developments of their preschooler children. The data presented in table shows that majority 100% respondents like and agree that develop new skill by outdoor game. 99% respondents like and agree that their child to learn something new by outdoor game and feel freshness by after playing outdoor game and 90% respondents agree that memory power by outdoor game. So, data concluded that majority 100% respondents like and agree that develop new

skill by outdoor game. 99% respondents like and agree that their child to learn something new by outdoor game and feel freshness by after playing outdoor game and 90% respondents agree that memory power by outdoor game. The study is in line with Taylor and Kuo (2009) [3] found that outdoor activity as simple as a-walk in the parkl has benefits for children with attention deficit hyperactivity disorder by increasing their concentration levels and generally easing ADHD symptoms.

Table 3: Distribution of respondents according to their attitudes towards outdoor games in relation with social developments of their preschooler children n=100

Sr. No.	Statements	Agree		Some times		Disagree	
		F	%	F	%	F	%
1.	You like, your child playing outside with their friends	100	100	0	0	0	0
2.	You like, your child playing outside with their same age friends	100	100	0	0	0	0
3.	You like, your child playing outside with their elderly friends	66	66	26	26	8	8
4.	You like, your child playing outside with their younger friends	87	87	13	13	0	0
5.	You like, your child playing outside with group	100	100	0	0	0	0
6.	You like, your child role playing of different character in outdoor game	99	99	1	0	0	0
7.	You like, your child playing with unity in outside game.	97	97	3	3	0	0
8.	You like, your child exchange things with their friends during outdoor playing	99	99	1	1	0	0
9.	Outdoor game is also responsible for social development of your child	98	98	2	2	0	0

Table: 3 Indicates the Distribution of respondents according to their attitudes towards outdoor games in relation with social developments of their preschooler children. The data presented in table shows that majority 100% respondents like and agree that child playing with unity in outside game, playing outside with their friends and child playing outside with their same age friends, 99% respondents like and agree that their child learn role playing of different character by outdoor game and exchange things with their friends during outdoor playing and 98% respondents agree that outdoor game is also responsible for social development of their

child.

So, data concluded that majority 100% respondents like and agree that child playing with unity in outside game, playing outside with their friends and child playing outside with their same age friends, 99% respondents like and agree that their child learn role playing of different character by outdoor game and exchange things with their friends during outdoor playing and 98% respondents agree that outdoor game is also responsible for social development of their child.

Table 4: Distribution of respondents according to their attitudes towards outdoor games in relation with emotional developments of their preschooler children.

Sr. No.	Statements	Agree		Some times		Disagree	
		F	%	F	%	F	%
1.	You like, your child is present enthusiasm for outdoor game	100	100	0	0	0	0
2.	You like, your child is present positive emotions during outdoor game playing time	90	90	10	10	0	0
3.	Your child is struggle and fighter with their friends during outdoor game playing time	10	10	30	30	60	60
4.	You bother by out-door game of your child.	03	03	20	20	77	77
5.	Your child does feel bored with outdoor game	03	03	13	13	84	84
6.	Your child does make any complain during outdoor playing time.	40	40	30	30	30	30

Table: 4 Indicates the distribution of respondents according to their attitudes towards outdoor games in relation with emotional developments of their preschooler children. The data presented in table shows that majority 100% respondents agree that their child is present enthusiasm for outdoor game, 90% respondents agree that their child present positive emotions during outdoor game playing time

and 84% respondents disagree about their child does feel bored with outdoor game. So, data concluded that majority 100% respondents agree that their child is present enthusiasm for outdoor game, 90% respondents agree that their child present positive emotions during outdoor game playing time and 84% respondents disagree about their child does feel bored with outdoor game.

Table 5: Distribution of respondents is according to their attitudes towards outdoor games in relation with other developments of their preschooler children

Sr. No.	Statements	Agree		Some times		Disagree	
		F	%	F	%	F	%
1.	Sensory development is occur in your child by outdoor game	86	86	14	14	0	0
2.	Overall development is occur in your child by outdoor game	90	90	10	10	0	0

Table: 5 indicates the Distribution of respondents according to their attitudes towards outdoor games in relation with other developments of their preschooler children. The data presented in table shows majority 90% respondents agree that overall development is occur in their child by outdoor game and 86% respondents agree that Sensory development is occur in their child by outdoor game.

occur in their child by outdoor game.

So, data concluded that majority 90% respondents agree that overall development is occur in their child by outdoor game and 86% respondents agree that Sensory development is

Conclusion

It can be concluded from the study that all the respondents (100%) agree that child playing with unity in outside game playing outside with their friends and child playing outside with their same age friends, 99% respondents like and agree that their child learn role playing of different character by outdoor game and exchange things with their friends during outdoor playing and 98% respondents agree that outdoor

game is also responsible for social development of their child. Majority 96% respondents agree that their child is present enthusiasm for outdoor game, 89% respondents agree that their child present positive emotions during outdoor game playing time and 78% respondents disagree about their child does feel bored with outdoor game. Majority 90% respondents agree that overall development is occur in their child by outdoor game and 86% respondents agree that Sensory development is occur in their child by outdoor game.

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