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## **A study to assess the behavioral problems and play practices among 3-6 years children of working and non-working mothers in selected urban community, Kolkata**

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### **Abstract**

Children are the wealth of tomorrow. Behavioral problems in the preschool period is the strongest predictor of more serious problems in later life. Screening is necessary to detect behavioral problems among preschool children. The present study was conducted to assess the behavioral problems and play practices among 3 -6 years children of working and non-working mothers. A non-experimental quantitative research approach and descriptive research design was adopted to conduct the research study. Non probability convenience sampling technique was used to collect the data. Tools used for the present study was Demographic proforma, rating scale to assess behavioral problems and checklist to assess play practices. 100 working and 100 non-working mothers of 3-6 years children of Pujali Municipality, Kolkata were included in this study. The result of the present study revealed that out of the total sample 75% and 77% children had mild behavioral problems, 23% children of both cases had moderate behavioral problems and 2% children of working mothers had severe behavioral problems. Findings showed that behavioral problems and play practices were negatively correlated.

**Keywords:** Behavioral problems, Play practices, working mothers, non-working mothers and children.

### **Introduction**

**Background of the study:** Children are the inheritance from God. They are like clay in the potter's hand. Handled with love and care, they become something beautiful or else they will break.

### **Literature Review**

The review of literature for the present study were reviewed and organized under the following headings:

1. Literature review related to behavioral problems among 3 - 6 years children.
2. Literature review related to play practices of 3-6 years children and it's impact on child's behavior.
3. Literature review related to behavioral problems and Play practices of 3-6 years children of working and nonworking mothers.

### **Literature review related to behavioral problems among 3 - 6 years children:**

Navitha J., Sreedevi P., Sarada Devi M. and Kameswari S. L.( 2019 ) conducted a study on behavioral Problems among Tribal children attending Anganwadis in Adilabad District of Telangana, India. The aim of this study was to assess behavioral problems of tribal children attending Anganwadis. The samples were 180 children of 3-6 years children who attended anganwadis in Adilabad district of Telangana. The samples were selected by purposive random sampling method <sup>[49]</sup>.

Rodriguez M.C. 1, Wade T.J.2, Veldhuizen S.3, Missiuna C4, Timmons B.5 and Cairney J\*6\* (2019) conducted a study on Emotional and Behavioral Problems in 4- and 5-Year-Old Children With and Without Motor Delays.

This study was conducted to examine the relationship between motor skill and emotional and behavioral problems among pre-school children, to determine when more severe problems begin to emerge among young children. Prospective cohort research design was selected for this study <sup>[50]</sup>.

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### Studies related to play practices of 3-6 years children

Dewar G. (2019) conducted a study on 12 benefits of outdoor play (And tips to help your child get them). The aim of this study was to assess the benefits of outdoor play. The result suggested that outdoor play reduced stress levels, improve moods, concentration, help to learn social skills, overcome fears and help to reduce the incidence of behavioral problems and fight obesity <sup>[59]</sup>.

Loukatari P., Matsouka O., Papadimitriou K, Nani S. and Grammatikopoulos (2019) conducted a study on the effect of a structured playfulness program on social skills in kindergarten children. The aim of this study was to examine the effect of a structured playfulness program on social skills in kindergarten children. Experimental research design was used for this study. Samples were 28 boys and 32 girls within 5-6 years of age. Samples were selected by random sampling technique <sup>[60]</sup>.

### Studies related to behavioral problems and Play practices of 3-6 years children of working and nonworking mothers:

Devi P, Vandha MS. and Maheswari S.K. (2019) conducted research on Behavioral problems between working and nonworking mother's children: A comparative cross sectional survey. The goal of this study was to assess the prevalence of behavioral problems among children (age 3-10yrs) of working and non- working mothers in selected areas of Faridkot. Cross sectional survey research design was used to select 300 children of working and non-working mothers from the Peadiatric department of Guru Gobind Singh Medical College and Hospital Faridkot, Punjab. Total Sample size of this study was 300. They were selected by purposive sampling technique. Tool used for data collection were –Socio demographic data sheet and strength and difficulty questionnaire <sup>[73]</sup>.

A study conducted by Arya S 1, Shikha 2, Yadav 3, Shivani4, Dixit S.5 (2017- 2018 ) to assess behavioral problems among pre-school children of working and non-working mothers. The goal of the study was to assess the behavioral problems among pre-school children of working and non-working mothers. A quantitative non-experimental research approach was used for this study. Sample size was 60 and sampling technique used for this study was purposive sampling technique. Data were collected by

interview technique and data analysis was done by both descriptive and inferential statistics. Findings showed that 3-6 years children of working mothers were 83.3% , out of which 80% had hostile-aggressive behavior, 20% anxious-fearful behavior and 10% were hyperactive- distractible behavior and total behavioral problems of pre-school children of non- working mothers were 10%, out of which only 3.3% preschool children were of anxious behavior <sup>[74]</sup>.

**Research approach:** According to the nature of the problems and objectives of the present study quantitative research approach was considered best and most suitable.

### Research design

It guides the researcher in planning and implementing the study in a way that is most likely to achieve the intended goal <sup>[83]</sup>.

### Variables

In this study research variables were -

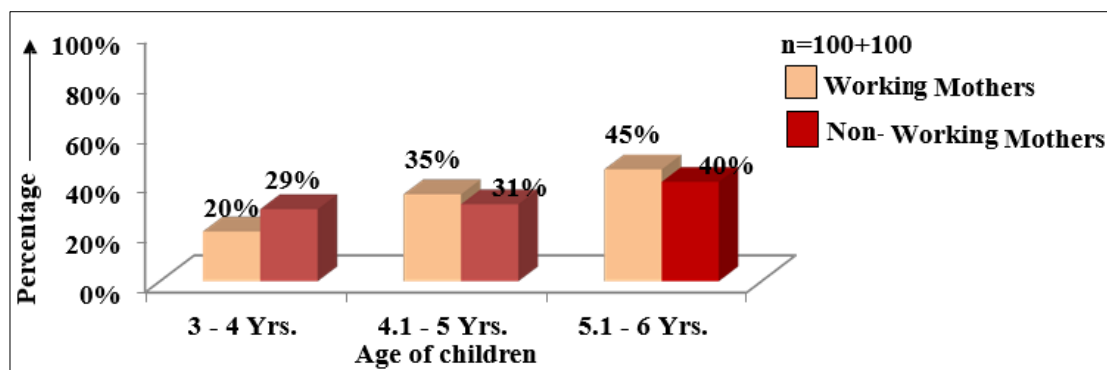
- Behavioral problems
  - Play practices
- Selected variables –
- Age of the children
  - Gender of the children
  - Number of children
  - Birth order of the children
  - Educational qualification of the mother
  - Occupation of the mother
  - Type of the family
  - Approximate total monthly family income
  - Child goes to school
  - Time spent at school
  - Mother having information regarding behavioral problems among children
  - Sources of information.

### Setting of the study

The present study was conducted at urban community of Pujali Municipality.

### Results

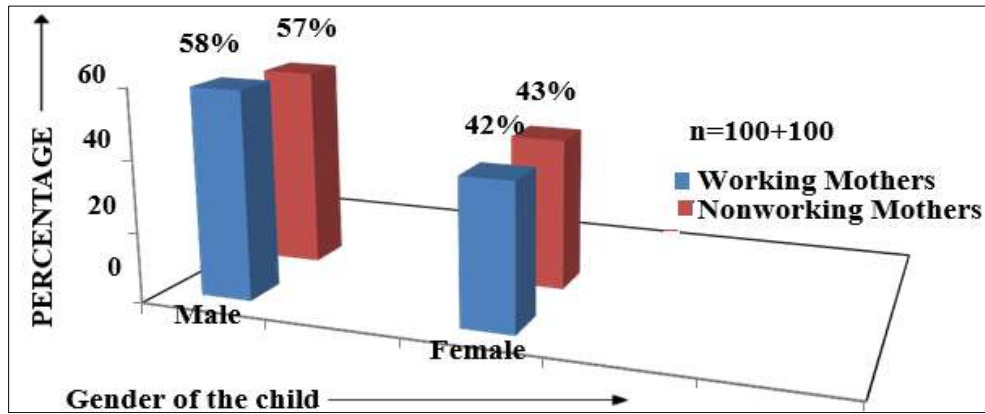
**Section I:** description of sample characteristics



**Fig 1:** Bar diagram showing distribution of age of the 3-6 years children of working and non-working mother.

The data presented in Fig.3 depicted that 20% and 29% of the children belonged to the age group within 3-4 years, 35% and 31% of the 3-6 years children belonged to the age group within 4-5 years and 45% and 40% of the 3-6 years children belonged to the age group within 5-6 years among

the 3-6 years children of 100 working and 100 non-working mothers respectively. So, maximum 45% and 40% of the 3-6 years children belonged to the age group between 5-6 years among the 3-6 years children of 100 working and 100 non-working mothers respectively.



**Fig 2:** Bar diagram showing percentage distribution of gender among 3-6 years children of working and non- working mothers

The data presented in Fig.4 showed that 58% and 57% of the children were male whereas only 42% and 43% were female among the 3-6 years children of working and non-working mothers respectively. So, majority 58% and 57% of the children were male among the 3-6 years children of 100 working and 100 non-working mothers respectively.

**Section II: Assessment of behavioral problems among 3-6 years children of working and non – working mothers.**

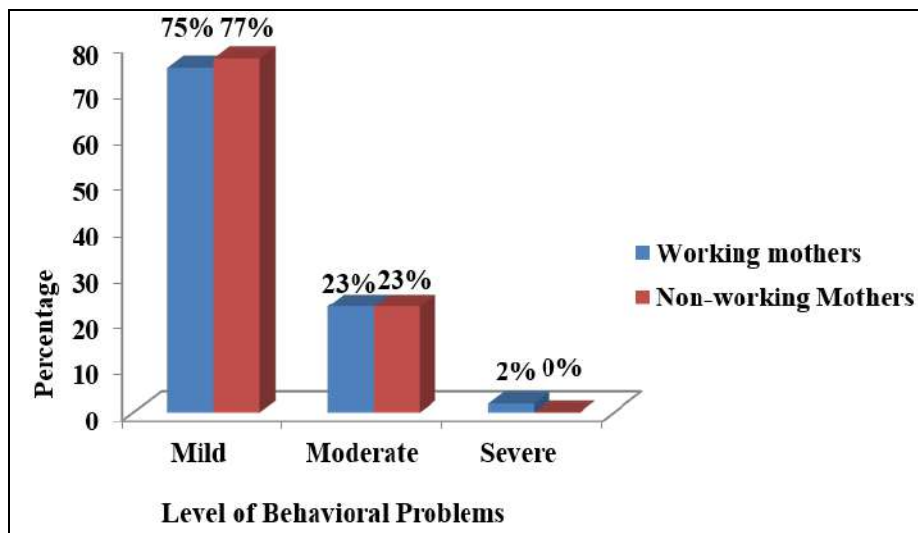
This section describes the frequency and percentage distribution of behavioral problems among 3-6 years children of working and non – working mothers.

**Table 1:** Item wise frequency and percentage distribution of Play practices (Outdoor games) among 3-6 years children of working and non – working mothers. n = 100 + 100

| Play practices               | Working mothers |         | Non – working mothers |  |
|------------------------------|-----------------|---------|-----------------------|--|
|                              | f(%)            |         | f(%)                  |  |
| <b>Type of outdoor games</b> |                 |         |                       |  |
| i.                           | Swing           | 90 (90) | 92 (92)               |  |
| ii.                          | See saw         | 58(58)  | 53(53)                |  |
| iii.                         | Sliding boards  | 62(62)  | 64(64)                |  |
| iv.                          | Foot ball       | 68(68)  | 89(89)                |  |
| v.                           | Hide and seek   | 87(87)  | 94(94)                |  |

**Table 2:** Frequency and percentage distribution of duration of Play practices (both indoor and outdoor games) among 3-6 years children of working and non – working mothers. n = 100 + 100

| Play practices                    | Working mothers                                 |  | Non – working mothers |        |
|-----------------------------------|---|--|-----------------------|--------|
|                                   | f (%)   |  | f(%)                  |        |
| <b>Duration of play practices</b> |   |  |                       |        |
| i.                                | Child involved in play (approximately 4 hours ) |  | 78 ( 78)              | 91(91) |



**Fig 3:** Bar diagram showing percentage distribution of level of behavioral disorders among 3-6 years children of working and non- working mothers n = 100 + 100

The data presented in Table-3A showed that the mean behavioral problems score (20.89) of 3-6 years children of working mothers was higher than the mean behavioral problems score (18.72) of 3-6 years children of non-working mothers. The mean differences of behavioral problems of 3-6 years children of working and non-working mothers was 2.17, the standard error of difference between two means 1.25. The calculated independent 't' test value was  $t_{198} = 2.77$ ,  $p < 0.05$ . The computed t value, 2.77 was higher than the tabulated t value 1.98 and hence was significant. So, the null hypothesis was rejected. So the mean difference of behavioral problems among 3-6 years children of working and non-working mothers was significant.

The data presented in Table-3B showed that the mean score of duration of play practices (0.78) of 3-6 years children of working mothers was lower than the mean play practices score (0.91) of 3-6 years children of non-working mothers. The mean differences of play practices of 3-6 years children of working and non-working mothers was -0.13, the standard error of difference between two means 0.03. The calculated independent 't' test value was  $t_{198} = 4.3$ , at 0.05 level of significance. The computed t value 4.3, was higher than the tabulated t value 1.98 and hence it was significant. So, the null hypothesis was rejected. As a result the mean difference between the play practices of 3-6 years children of working and non-working mothers was significant. So, play practices may be taken as a significant factor for 3-6 years children of working and non-working mothers.

#### **Section V: Relationship between levels of behavioral problems and play practices among 3-6 years children of working mothers.**

The data presented in table 4A, showed that range of behavioral problem score and play practices of working mothers was 5-51 and 0-1 respectively. Mean, median and standard deviation of behavioral problems and play practices were 20.89, 18 and  $\pm 10.02$  and 0.78, 1 and  $\pm 0.42$  respectively. The calculated coefficient of correlation ( $r = -0.16$ ) showed there was statistically negative moderate correlation between behavioral problems and play practices among 3-6 years children of working mothers. Therefore, the null hypothesis ( $H_{03}$ ) was rejected and inferred that, there was a negative moderate correlation between behavioral problems and play practices among 3-6 years children of working mothers.

The data presented in table 4B, showed that range of behavioral problem score and play practices of non-working mothers was 3-38 and 0-1 respectively. Mean, median and standard deviation of behavioral problems and play practices were 18.72, 18 and  $\pm 7.29$  and 0.91, 1 and  $\pm 0.29$  respectively. The calculated coefficient of correlation ( $r = -0.05$ ) showed there was statistically almost negligible negative correlation present between behavioral problems and play practices among 3-6 years children of working mothers. Therefore, the null hypothesis ( $H_{04}$ ) was rejected and inferred that, both the variables were negatively correlated to each other.

The data presented in the table 5A shows that calculated value of chi-square were less than table values at 0.05 level of significance with age of the children, gender of the children, number of the children, birth order of the child, educational qualification of the mother, occupation of the mother, type of the family, child goes to school, time spent at school. So there was no significant association between behavioral problems with age of the children, gender of the children, number of the children, birth order of the child, educational qualification of the mother, occupation of the

mother, type of the family, child goes to school, time spent at school at 0.05 level of significance.

The data presented in the table 5B shows that the result of chi-square test computed to find association between the levels of behavioral problems among 3-6 years children of non-working mothers with selected demographic variables at 0.05 level of significance. It shows that the computed chi-square values between levels of demographic variables like age of the children, gender of the children, number of the children, birth order of the child, educational qualification of the mother, occupation of the mother, type of the family, approximate total monthly family income, child goes to school, time spent at school educational qualification of the mother and time spent at school were non statistically significant as calculated values were less than table values.

#### **Discussion**

The discussion with following objectives of the present study with the support of similar studies were as follows- The finding of the present study revealed that majority 45% and 40% of the 3-6 years children belonged to the age group between 5-6 years among the 3-6 years children of working and non-working mother respectively. Majority 58% and 57% of the 3-6 years children were male among the 3-6 years children of working and non-working mother respectively. Majority 53% and 79% of the 3-6 years children were one child, among the 3-6 years children of working and non-working mother respectively. Majority 50% working mothers of 3-6 years children were graduate whereas 33% of the non-working mothers of the 3-6 years were higher secondary passed. Majority 42% working mothers of 3-6 years children were service holder.

#### **Conclusion**

From findings of the present study it can be concluded that majority of the 3-6 years children of working and non-working mothers had mild behavioral problems. 3-6 years children of working mothers had more behavioral problems than those of non-working mothers. At least 4 hours of play practices showed less behavioral problems among 3-6 years children of working and nonworking mothers. The level of behavioral problems were associated with the demographic variables of the 3-6 years children of working mothers regarding approximate total monthly family income at 0.05 level of significance.

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