



## Effectiveness of play therapy on improve social skill among preschool children: A narrative review

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### Abstract

Play therapy techniques are utilized to demonstrate social skill improvement of preschool children, the purpose of the study inspects the effectiveness of group play therapy to improve social skills among children. Method: Search done from pub-MED, EBSCO, Delnet, Google Scholar, etc. using key word such as effectiveness of play therapy on improving social skill among preschool children. Those were focused between the period of from 2011- 2016 of which around 30 published articles were investigated regarding effectiveness of play therapy on improving social skill of pre-school children, from these article 8 article were selected. Result: play therapy reduced the quantity of violence, fear, anxiety in children to a great level. An assessment of the result of pre-test and post- test indicate a significant difference, group play therapy and even the type of plaything enhance the social skill of children. Conclusion: this article is accomplished that considering the achievements.

**Keywords:** effectiveness, improvement, play therapy, preschool children, skill, social

### 1. Introduction

One out of every child is said to be hospitalized before they reach age five. At least 60% of children will show signs of tension related anxiety for the period of hospitalization, although severe emotional reactions to hospitalization are unusual. Presently it is clear that the use of play in the make use of play in the care children is an indispensable part in successfully implementing one of the existing trends in pediatric nursing care: a trauma care. This is a philosophy that incorporates intervention that does away with or reduces the physical and psychological discomfort experienced by children as well as their families due to hospitalization. Therapeutic play facilitates self-expression and provides a mechanism for increasing positive coping mechanisms. It provides opportunity to regain the common sense of autonomy and mastery<sup>[3]</sup>.

Since lack of social skills causes the loss of educational, social and demonstrative performances of children, the need of selecting various methods to reduce these problems is unavoidable. It is obvious that about to vocal and community capacities of children, the best intervention in this stage will be play-therapy considers therapeutic methods relative to the child grows. Play therapy and using of the attracted plays of children, such as playing with mud, painting and video game....., It is expected this type of play-therapy would be a helpful method to develop social skills of children<sup>[8]</sup>.

Group play therapy on the dealing and reducing children's various impairments. Some study concludes the change in children's manners before as well as after the treatment. With the treatment and play therapy they recognized some changes in the harms such as sexual abuse, anger, dependence problems, autism, phobia, schizophrenia, stress, emotional problems, chronic disease, and physical challenges, reducing

problems, deafness, confidence, self-image, trauma, divorce and psychological problems<sup>[1]</sup>.

Play therapy and intervention in the school surroundings are encouraged to get together a broad range of developmental requirements of children including emotional and social needs. Social skills are important to the development of the child's educational and social performance in the school atmosphere. play is a reflection of the capability of physical, intellectual, emotional and social and play a good quality medium for learning because the children converse learn to adopt the atmosphere and perform what can be complete play can be carried by healthy or ill children. Although the child was sick, but there remains a require for play.

### 1.2 AIM

The aim of this review is to investigate the effect of, play therapy to improve social skill of preschool children.

### 1.3 Objective

The objective of this narrative review is to find the effectiveness of play therapy among children<sup>[2]</sup>.

## 2. Methodology

### 2.1 Search strategy method

**Type of studies:** A computerized search has done to collect the articles which are available in different databases from the year 2011- 2016. The search strategy was limited to only English language and considered only the studies which are conducted on human species. The initial search strategy made by using of terminology and its synonyms which are processed in databases such as Pub MED and EBSCO. The terminologies which have been used to collect the article are as follows,

## 2.2. Type of studies

In all, the study, research design are used in Quantitative, Comparative study, Quasi experimental design, Randomized sampling method, Purposive, Non probability convenience sampling technique, Convenience sampling technique

## 2.3 Type of participants

Preschool and school children (3 - 12 years)

## 2.4 Setting

Most of the study was conducted in a hospital and the school

## 3. Outcomes

The overall outcome of the study would be a group play therapy, social skills be improved and prevent the negative

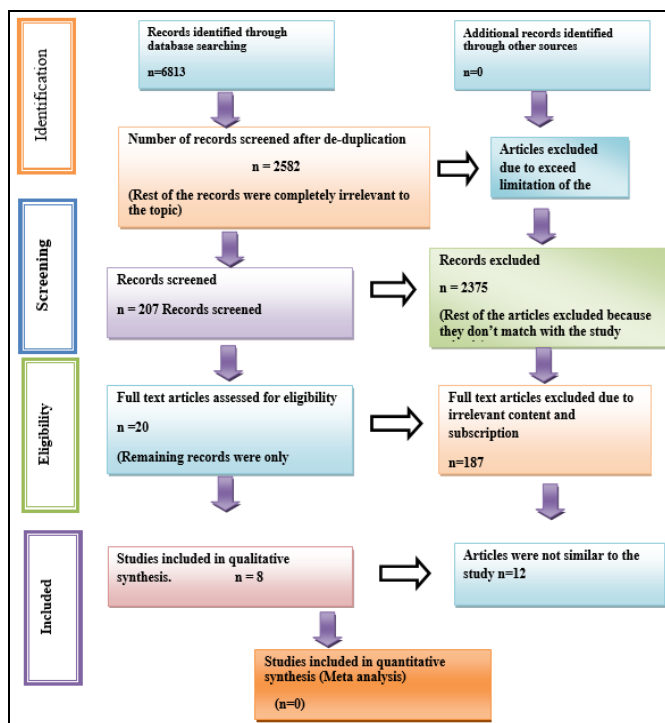
impact of the preschool children in hospital school, and community.

The systemic search was conducted by framing the terms individually and in combination with all synonyms, also according to the database. In addition to this, a manual PUBMED search was undertaken using the keywords and search synonyms from already found articles. An addition of 8 articles was found. Initial search retrieved 6813 articles over which 2582 articles were selected manually. Duplicates were removed and reviewed 207 articles over which 2582 articles were selected manually. Duplicates were removed and reviewed 207 articles for eligibility. 2375 articles were excluded because of duplications in two databases. 187 more studies were excluded due to unavailability of full text. Hence 8 articles were screened which includes quantitative study.

**Table 1:** Data Extraction

Author name and yea	Research design	Finding of the study
Sri Ramdandaniati <i>et al.</i> 2016	Quasi experiment	Play therapy can reduce the level of anxiety on pre-school children who all are experiencing the Hospitalization.
Morgan Karahmadi <i>et al.</i> 2011	Quasi - experimental	Analysis of covariance shoed that group play therapy reduces GAD symptoms in fastest stage meaningfully. It also reduces GAD symptom is follow up significantly.
Elina khadivi zand <i>et al.</i> 2015	Quantitative	The outcome of the study point out that play therapy reduced the amount of violent behavior on children's to a bigger area.
Mary Usha <i>et al.</i> 2015	Quantitative	Therapeutic play can be an effective way of hospice preparation in order to prevent harmful impact of hospital nervousness on preschoolers.
Czar Mirahmadi <i>et al.</i> 2016	Quasi- experimental	The mean score for social skill and their subscales widely improved in the experimental group.
Kamini p. Sao, <i>et al.</i>	Quasi experimental	The result shows that 17 of the children in the experimental group had severe worry in pretest and none of them were 60.43d severe worry post test.
Hoda babaei kafaki <i>et al.</i> 2015	Quasi experimental	The obtained result represented the major difference and change in post- test gain in the experimental group.
Food Niknasab, 2016	Quantitative	The result recommend that behavioral symptoms of ADHD extensively decrease

## 3.1 Prisma Flow Chart



**Fig 1**

## 3.2 Summary of Findings

Available 8 literatures are quantitative. Out of 8 literatures, studies concluding that play and play therapy important role in the children's. Play therapy improves the social skills of children. Person and group play therapy as well as classroom supervision, can be helpful for preschool children.

## 3.3 Importance in education

Play therapy will help to develop the interpersonal relationship linking nurse and the children and will help out nursing personnel to recognize with about need of providing in-service education programmed. The nursing students can help the parents and teachers to identify the children abnormal behavior in communication and low social skills. The study will help the parents and teacher to overcome the child's problem regarding social skill improvement.

Nursing management in creating policies and strategy for giving that play therapy in this school will contribute to reduce fear of children, early healing of illness, gain co-operation,

## 4. Future Significance

Group play therapy is more effective than individual play therapy. Group play therapy promotes the child growth and development towards the social aspects of the child's and improves the child behavior. Group play activities will organize the child understanding level by accepting the role

and regulations in the type of play. The research will cover the way for future work in this field, contribute to the understanding in the area of sports science, physical education, as well school age children as rehabilitation, and its positive effects become known to all groups, children in particular.

#### 4.1 Limitation

Computerized databases were limited  
Was limited to only in preschool children,

#### 5. Conclusion

Play therapy is an effective method of development of social skill and reducing the fear, nervousness level of children's. In the process of play - therapy, communication and social skill of children will expand and safe attachment pattern become leading in the child-therapist relations Many children have maladaptive social skill. These skills may include poor interpersonal interaction, lack of ability to talk with the friends, and stress management. These mild problems can negatively affect their intellectual, personal, social and emotional execution in and outside the classroom. This is an essential aspect to identify the child's behavior by teachers and parents to avoid the common causes of stress and abnormal behavior

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