

## Fine motor skills assessment of mentally challenged children in special school of Indore city

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### Abstract

Fine motor skills represent the main part of various activities of daily living. Children with fine motor skill impairments have a difficulty with everyday activities, social interaction with peers and academic achievement. The aim of the current study was to find out fine motor skills proficiency. 10 children from Rotary Paul Harris School, (Indore) were selected through non probability purposive sampling technique. Data analysis was done by descriptive and inferential statistics and the tool used was observation checklist. Mean score of fine motor skill proficiency of mentally challenged children was 28.7 which is average. Thus the study revealed that mentally challenged children have no significant association with selected socio demographic variables regarding fine motor skill proficiency at 0.05 level of significance.

**Keywords:** fine motor skills, mentally challenged children, proficiency

### Introduction

Fine motor skill activities for special needs children many children with special needs have challenges with their fine motor skills. Therefore, it is important to incorporate fine motor skills activities for special needs children in their daily routine. These activities for special needs children can be simple and even fun. Children with special needs will enjoy the activities and, best of all, benefit from them. While there are many toys that can promote fine motor skills, there are also many activities for special needs children that can be done with items found around your house. Not only are the following activities useful and fun, but also they are inexpensive and can be made by any parent or caregiver.

### Need for the study

Children born with some disability were neglected and they were never treated like a normal child. They often used to lack back in studies as well as extra curriculum activities quite a large percentage of such children were not even send to school or supported for any activity thinking them to help less. Later on from few years researchers were done on such children and came to the conclusion the mentally challenged or disable children can be trained in many ways and after some time they can mingle with normal children in education as well as all other activities. To bring the children to the main stream it is essential to further study all possibility to help them out in such a study art therapy is found to be very effective and benefit children especially if they have mentally health problem or disability. Due to inadequate functioning they find it difficult to their impulses, tension and aggression and has decreased attention and concentration. This result in ability to evince a reciprocal interrelationship with others and lesser adaptive interaction with others like friends, relatives which causes impairment in their level of socialization.

### Statement of the problem

“A descriptive study to assess the fine motor skills of mentally challenged children in a selected special school of Indore city”.

### Objectives of the study

1. To assess fine motor skills of mentally challenged children in a selected special school.
2. To find out association of fine motor skills with selected socio demographic variables of mentally challenged children.

### Hypothesis

- H01- There is no significant association of fine motor skills with selected socio demographic variables.

### Methodology

A quantitative descriptive survey research approach was used in the study, 10 students of Rotary Paul Harris School, Indore, for special children were selected by using probability sampling technique who were 4-18 years of age willing to participate in the study. Data was collected by using socio-demographic & structured knowledge questionnaire & analyzed through descriptive & inferential (chi-square test) statistics.

### Results

**Table 1:** Practice Score and Fine Motor Skill

S. No	Practice Score	Drawing / Painting		Craft Paper Origami		Clay Modeling	
		No	%	No	%	No	%
1.	Poor	0	0%	0	0%	0	0%
2.	Average	7	70%	8	80%	9	90%
3.	Good	3	30%	2	20%	1	10%
	Total	10	100%	10	100%	10	100%

It was found that most of the mentally challenged children were 80% ( mean value 28.17 ) average in the fine motor skill and it was seen that most of the sample were 60% not associated with any family history of psychiatric illness. It was also observed that IQ level at the time of admission was reported mild 40% and moderate 60% mental retardation of the

mentally challenged children and observed that the frequency of the children for duration of the stay in special school was more than 1 year 30%. Chi square test revealed that there is no significant association of proficiency level with their selected socio – demographic variables, at 0.05 level hence the research hypothesis is rejected and null hypothesis (H<sub>0</sub>) is accepted.

### **Conclusion**

This study revealed that mentally challenged children had average level of fine motor skill proficiency & there is need to improve their proficiency in this area.

### **Recommendations**

1. An experimental study can be conducted to assess the effectiveness of art therapy fine motor skills proficiency (drawing / painting, craft paper origami, clay modeling).
2. A comparative study can be done to assess the fine motor skills of mentally challenged children of mild and moderate IQ level.

### **Implications**

Nurses are the key providers of preventive, promotive, curative and rehabilitative services to individuals and communities. The expanded role of nurses emphasizes on those activities which promote health. Health promotion without the active involvement of communities does not bring about sustainable knowledge, practice and behavioral changes. Nurses in their educative role among mentally challenged children are in a better position to mould the health - related - behaviour.

The present study would help the nurses to develop an understanding about the practice of art therapy in mentally challenged children. The nurses working in the mental health units can collaborate with the special schools teachers for the practice of art therapy in special school children. A major role of the nurses is teaching the special school teachers, parents and other members of the family unit about art therapy to improve fine motor skills of mentally challenged children.

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