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Development of a package of activities to channelize creativity and reduce behaviour issues in school age children

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Abstract

Children are the assets of our Nation. Today's child grows in a fully mechanized world wherein he/she has no play areas, no opportunity to increase his muscles spontaneously and spend his pent up energy. They are also unaware of various creative activities which could help them keep involved and also act as an outlet for their emotions. In addition to this he/she is also the victim of his parents' frustration and tensions too. All these coupled usually lend to emotional and behavioural issues in them which is nowadays seen to exist quite rampantly in most of the school aged children. This study was conducting for to check the prevalence of emotional and behaviour issues in children and prepare a module of creative activities to help channelize their energy. The area selected for the present study was Kangazha in Kottayam district. The school selected for the development of the tool was Vivekananda Vidya Mandir School located at Kangazha in Kottayam district of Kerala. Purposive sampling was the method used for sampling in the present study. The sample chosen for the study comprised of 85 school age children (45 boys & 40 girls) between the age group of 6-10 years. They were school going students from II, III, and IV grades. The tools used for the present study included, Questionnaire (self designed), Check list (self-designed), Package of creative activities, Opinionnaire to evaluate the module. The main focus of the study was to prepare a home based package of creative activities to help reduce behavioural issues and improve their levels of emotions. Results indicate that the package evolved was quite effective. It may be concluded that this package would be highly beneficial for those identified with mild to moderate levels of behavioural issues in a way that they would spend their time usefully and creatively.

Keywords: creativity, children, behaviour, creative activities, behaviour irregularities

Introduction

“Creativity is contagious, pass it on” – Albert Einstein

Creative activity is an ability to construct new and original designs or solutions. It involves flexibility –the ability to change from one approach to another, and originality –the ability to discover new alternatives. The beginning school years are critical periods in the development of creative talent in children. There is nothing more satisfying and fulfilling for children than to be able to express themselves openly and without judgment. The ability to be creative, to create something from personal feelings and experiences, can reflect and nurture children's emotional health. The environment in which children live can either help or hurt healthy development, just as a child's behaviour may have both negative and positive influences upon other family members. Certain elements, too, within a child's family may increase his or her risk for developing emotional disturbance or behavioural problems. Generally, students with emotional disturbance and behavioural problems tend to “underachievers,” in school. Learning problems put them at a disadvantage in any school environment, particularly since many of these students have not developed adequate social skills by the time they enter school, and poor social skills may result in social rejection by both peers and teachers. This rejection leads to further disinterest in school and even greater underachievement and failure.

In the light of this the topic “Development of a Package of Activities to Channelize Creativity and Reduce Behaviour Issues in School Age Children” was taken up for investigation.

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Aim

To check the prevalence of emotional and behaviour irregularities in children and prepare a module of creative activities to help channelize their energy

General Objectives

- Study the leisure activities, creative potentials and interests of the selected subjects.
- To check the prevalence of emotional and behavioural issues among the selected children.

Specific Objectives

- Develop a package of creative activities.
- Administer and evaluate the efficacy of the package developed.

Methodology

The area selected for the present study was Kangazha in Kottayam district. The school selected for the development of the tool was Vivekananda Vidya Mandir School located at Kangazha in Kottayam district of Kerala. Purposive sampling was the method used for sampling in the present study. The sample chosen for the study comprised of 85 school age children (45 boys & 40 girls) between the age group of 6-10 years. They were school going students from II, III, and IV grades. The tools used for the present study

included, Questionnaire (self-designed), Check list (self-designed), Package of creative activities, Opinionnaire to evaluate the module.

Package of Creative Activities

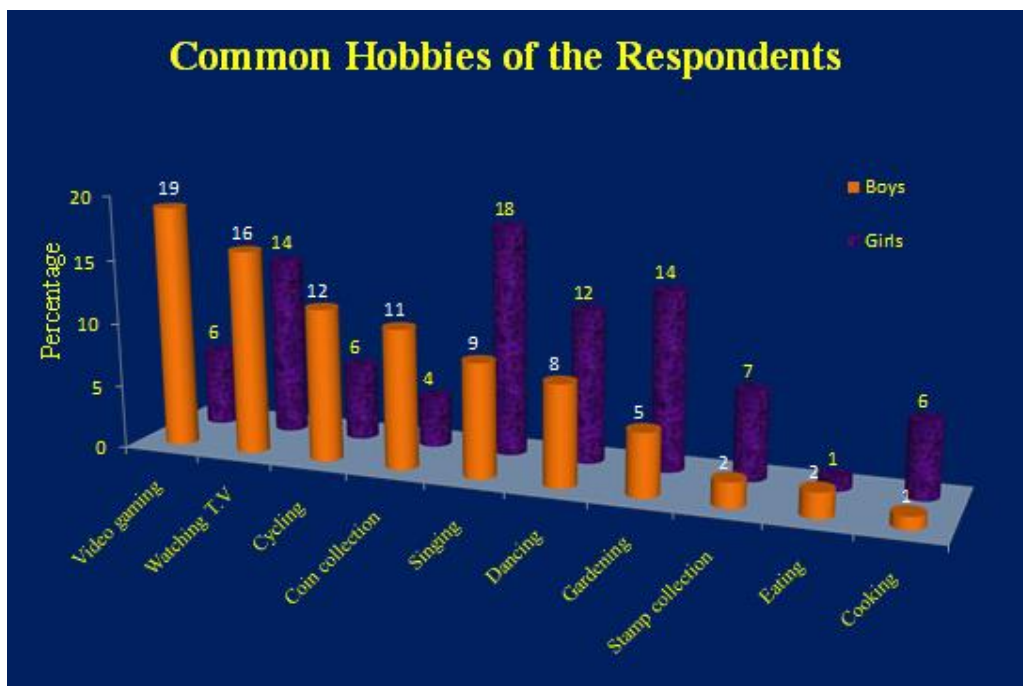
- The self-designed package of creative activities consisted of twenty different types of craft activities.
- Each of the activities were described step by step with pictures to enable easy understanding.
- The benefits of these activities for children were also specially mentioned in this self-designed package.

Results and Discussion

General Information of the Respondents

Out of the selected sample 52 percent were males and 47 percent were females. Out of the selected subjects, twenty one percent of respondents were seven years old, 41 percent were eight years old, 24 percent were nine years and remaining 14 percent of respondents were 10 years of age. Out of the total respondents, 39 percent of the respondents were studying in II standard, 29 percent of the respondents in III standard and 32 percent of the respondents in IV standard. From the sample, 80 percent of the children have siblings while 21 percent were single children. As regards, half of the selected respondents (52%) were first born and 42 percent were second born.

Common Hobbies of the Respondents

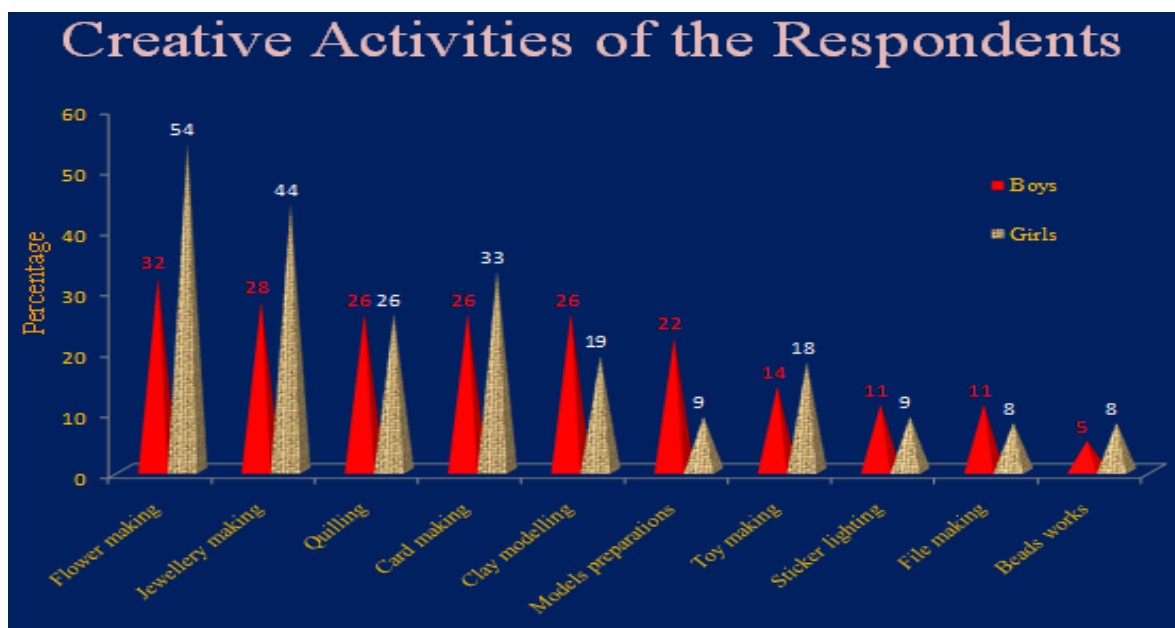


Common Hobbies of the Respondents

Hobbies of the children revealed that 19 percent boys engaged themselves in video gaming, 12 percent in cycling

and 11 percent in coin collection. Girls (18%), 12 percent and 14 percent were engaged in singing, dancing and gardening respectively.

Creative activities of the Respondents



Creative Activities of the Respondents

Regarding the creative activities of the selected children, 38 percent boys and 47 percent girls showed interest in doing creative work. Boys (32%) and more than half of the girls (54%) were interested in flower making, 44 percent in jewellery making, 26 percent in quilling and 33 percent in

card making. A similar phenomenon was seen away boys also. However boys (26%) and 22 percent were interested in activities such as clay modelling and preparations of models which was less sought by girls (19%) and nine percent.

Behaviour issues as reported by the respondents

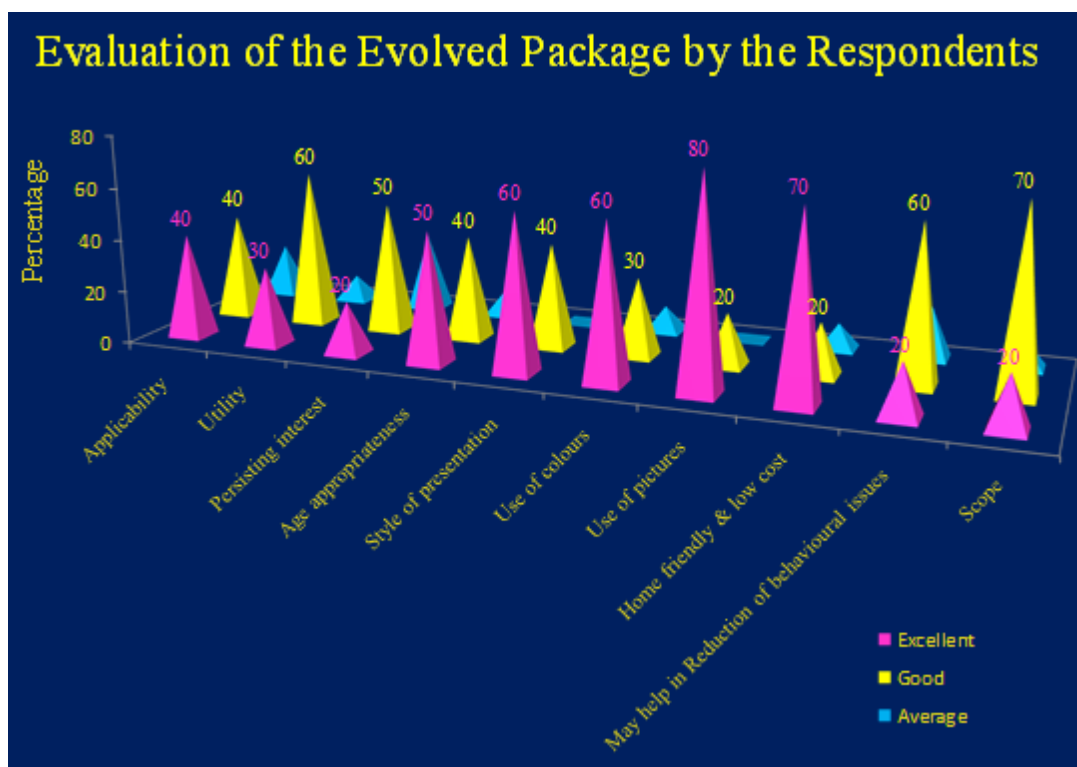


Behaviour Issues as Reported by the Respondents

As regards the behaviour difficulties among the selected children, Fifty nine percent felt they were feeling inferior. Fifty six percent had too shy, withdrawn attitude were reported by fifty three percent, Forty nine percent of the respondents had restless and 47% felt that they were not

liked by other kids. Forty five percent of the selected children had worries and their ability to concentrate and pay attention for long period of time, 41 percent accepted that their attention spans were less. Thirty eight percent had the habit of sleeps less.

Evaluation of the Evolved Package by the Respondents

**Evaluation of the Evolved Package by the Respondents**

The respondents were asked to evaluate the module on the basis of the above ten criteria on a five point scale. The module was marked excellent/good by 40 percent each in terms of its applicability. As regular its utility, 60 percent found it to be good and 30 percent scored it to be excellent. Fifty percent indicated that it helped to hold the interest of the child to a fairly good extent. Regarding aspects such as age appropriateness and style of presentation, 50 percent and 60 percent marked it excellent. Sixty percent and eighty percent reported that the module was excellent in terms of use of colours and use of pictures. In aspects such as relevance is reducing behavioural issues and scope of doing the activities in repeated times the module was marked good by 60 percent and 70 percent. Seventy percent reported that the module was excellent in terms of home friendliness and low in cost.

Conclusion

Results reveal that the selected subjects had mild level of behaviour issues among them. The objective of preparing a package of creative activities to help channelize the pent up energy and frustration of school age children was fulfilled. Evaluation by a portion of the sample revealed that the activities selected would help in keeping children engaged for a period of time also giving them an opportunity to widen their creative interests and spend time in a fruitful manner and thereby reduce behaviour issues.

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