

ORIGINAL ARTICLE**The Effect of the Game Therapy on the Mental and Physical Development in Preschool Children of Bandar Abbas****Mozhdeh Khademali^{1*} and Mahin Askari^{2*}**

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ABSTRACT

The game is one of the basic needs of children. Even there is in all stages of life. Of course, that childhood is more intense and it is the most important and basic activities in children and prepare him to enter adult life. The research method in terms of purpose is applied and in terms of methodology is quasi-experimental / intervention. The population in this study is 60 preschoolers in district 1 Bandar Abbas city. For determine of sample size using simple random sampling and Cochran formula. The main method of data collection is questionnaire. The reliability of the questionnaire through Cronbach's alpha and test-retest method was 0.88. Result showed that the game is based on physical and Mental in preschool children is effective and the researches hypotheses are confirmed.

Key words: Game Therapy, Mental development, Physical development, Preschool Children

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INTRODUCTION

the game is one of the basic needs of children. Even there is in all stages of life. Of course, that childhood is more intense and it is the most important and basic activities in children and prepare him to enter adult life. Children's games can also realize emotional condition, feelings and thoughts. So deprive children of these needs would tend to be psychological damage that compensations is impossible or difficult. The game is device for full development of the child. It means for self-knowledge and knowledge of others. The game has educational value [1].

Various researches and meta-analysis studies have shown play a positive impact on cognitive abilities, growth concept and creativity. Paulina *et al.* [2] showed that the combination of language training and language skills in children leads to increased physical activity.

Review by the Douran [3], entitled investigate the relationship between play and social skills of adolescents. The results showed that inverse relationship between game experience with social skills, but this relationship was not significant.

Scott [4] study examined the relationship between violent video games and hostility in 307 student (18-14 year-old) showed that Human targets were violent video games that have a significant relationship with the occurrence of cases of hostility in students. But in relation to other modes of aggression, including physical aggression, verbal and anger this relationship was not statistically significant. The results also indicate significant economic level of families with adolescents dealing with these games.

Sherry *et al.* [5], in a descriptive study in order to investigate the reasons for playing video games and determine priorities among West US teenagers was conducted on 535 adolescents 20-15 years old, the findings showed that 68 percent of adolescents these games were included as entertainment weekly.

Kirsch [6], in a study on 204 students aged 14-10 years old of London, investigates the relationship between computer games with social isolation, decrease self-confidence and aggression began. The results of this study showed that although there was no direct relationship between social isolation with the games but it was a direct relationship between aggression and computer games.

The long history of research related to behavior change and preschool children game, often play a positive role on aspects of cognitive, emotional, social, cognitive abilities, motor or types and characteristics of children in various stages of child development are concentrated. As a result research gaps on the influence of gaming on children's mental growth seen in previous studies. Therefore, in this study, the researcher intends to pay to know whether the game has an impact on children's mental and physical growth?

MATERIAL AND METHODS

The research method in terms of purpose is applied and in terms of methodology is quasi-experimental / intervention. The population in this study is 60 preschoolers in district 1 Bandar Abbas city. For determine of sample size using simple random sampling and Cochran formula. The main method of data collection is questionnaire. The reliability of the questionnaire through Cronbach's alpha and test-retest method was 0.88.

Procedures and implementation of research

To resources concerned on the topic of research was collected using the Internet and by visiting libraries and to prepare a questionnaire survey was conducted. After determining the statistical population and sample size, we refer to 12 kindergartens, and 30 preschool teachers were given the questionnaires. After collecting questionnaires, to analyze the data refer to a statistician. Data using statistical software SPSS version 19, in two descriptive and inferential statistics were analyzed. In descriptive statistics such as frequency, standard deviation and the mean were used and inferential statistical t-test was used.

RESULTS

First hypothesis: Play therapy effective the physical development of preschool children.

Table 1. Paired T-test variable related to physical development component in control and experimental groups

Variable	groups	Test	frequency	Mean	SD	t	df	P
physical development	experimental	Pre test	30	19.90	4.105	-5.803	29	0.001
		Post test	30	25.40	4.005			
	control	Pre test	30	19.10	4.528	-.796	29	0.433
		Post test	30	19.77	4.289			

Second hypothesis: Play therapy effective the mental development of preschool children.

Table 2. Paired T-test variable related to mental development component in control and experimental groups

Variable	groups	Test	frequency	Mean	SD	t	df	P
mental development	experimental	Pre test	30	18.53	4.142	-5.803	29	0.001
		Post test	30	24.00	4.034			
	control	Pre test	30	19.77	3.857	1.050	29	0.302
		Post test	30	18.93	3.107			

DISCUSSION AND CONCLUSION

In the first hypothesis paired samples t-test was used for determine the effect of physical growth in trained and non-trained groups. Result showed that the game is based on physical development in preschool children is effective and the research hypothesis is confirmed. This result is consistent of studies of Ahmadi [7] and Bruner [8].

In the second hypothesis paired samples t-test was used for determine the effect of mental development in trained and non-trained groups. Result showed that the game is based on mental development in preschool children is effective and the research hypothesis is confirmed. This result is consistent of studies Williams and Clippinger [9] and Eastin and Griffiths [10]. In analyzing the results, we can say hypothesis, individual game due to their special properties much need to have fantasy and imagination That it would strengthen and expand their imagination of children. It must be understood that the development of the child, tend to be more to team play.

SUGGESTIONS

1. Native games and reduces violence in games
2. Parents must be control the amount and type of used games
3. Make games that use science and encourage children to turn to this type of games
4. Teaching children in school to learn how to use computer games

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