

Original Research Article

<https://doi.org/10.20546/ijcmas.2022.1104.023>

Involvement of Rural Children in Recreational Play Activities and their views about it

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ABSTRACT

One hundred and fifty rural children (76 female and 74 Male) in the age range of 9 – 12 yrs were chosen at random from 5 villages of Parbhani District (MS) for studying involvement of rural children in recreational play activities and their views about it. The data related to the study were collected by personally interviewing of rural children based on structured and open ended interview schedule. It is obvious from the results that irrespective of gender higher percentage (54-86%) of rural children were observed to be involved in various outdoor play such as *Lagori* (86.66%) followed by Hide and Seek (85.33%), Chain game (84.00%), Running (83.33%), Kho-kho (80.66%), Chor Shipai (75.33%), Rassi khech (74.00%), Langadi (62), Kabbadi (68.66%), Blind fold (54.00%) for recreation purpose. Further it was observed that sample rural children sometimes used to play indoor play such as Stone games/ *Sagargote* (60.65%), Five corners (57.89%), *Chimani udali bhoor* (54.61%) and *Bhatukali* (47.72%) for recreation purpose. It was recorded that girls are getting less leisure time as compare to boys to involve in recreational activities. With regard to the benefits of involving in recreational activities, all the rural school going children expressed that they experienced sense of joy followed by having improvement in their health status(93.33%), enhanced physical fitness (88.66%), raised status in friends circle (83.33%), improved communication skills (79.33%). children expressed that their involvement in various recreational activities is sometimes become a cause for their parental aggression due to their participation in recreational play activities.

Keywords

Recreational activities, rural children, involvement, leisure time, benefits

Article Info

Received:

10 March 2022

Accepted:

25 March 2022

Available Online:

10 April 2022

Introduction

Recreation is an essential element in all the stages of human life span. It is especially significant during childhood as the rate of wholesome development of children is very rapid during this period (Bangale and Swami, 2020). Recreation means to regain lost vigour and get a sense of joy, refreshment and

satisfaction. Recreation is life itself, without recreation life is meaningless. Recreation is concerned with those activities performed by an individual during leisure time or at hours not at work. Hence, it is frequently referred to as leisure-time activity. Generally children get involved in various recreational activities like sports, music, games, travel, reading, television viewing, arts and

crafts, dance, using smart phones for chatting, listening to music, playing video games, surfing, watching videos, photography and involvement in household activities. Besides these some children also get involved in self-defense and self-disciplined activities like girl guide and scouting ; cultural and social activities, community services, first aid and celebration of religious, social and national festivals etc; outdoor activities, outing, sight-seeing, visits, excursions, camping, hiking, mountaineering, games and sports etc (Aafid Gulam, 2016).

Recreational play activities are very helpful specially for children. As these activities are proved to be beneficial for in fostering wholesome development of children. Children who spend more time in outdoor recreational activities viz. games and sports become physically fit. Outdoor recreational activities are proved to be beneficial to maintain lower body fat ratio, lower blood and cholesterol levels, enhance muscular strength flexibility and muscular endurance (Gulam, 2016). Children engage in any indoor or outdoor recreational activities never feel alone and develop self confidence and positive self - esteem. When they get engrossed in recreational activities, they use their five senses in integrated way, which help in enhancing their intellectual capacities. It also helps in enhancing their concentration and creativity (Lugnegard *et al.*, 2011; Matson and Wilkins, 2009; Worley and Matson, 2011). Beside these, leadership qualities also are developed in children (Suleman *et al.*, 2014).

In view of a tremendous increase in availability of easy access to electronic media, children are getting engaged in sedentary activities. Therefore by considering this fact present study is taken up to know the involvement of rural children in recreational play activities and their views about it.

Materials and Methods

Total 150 rural children (76 female and 74 male) in the age range of 9 – 12 yrs belonging to low SES

group, were chosen at random from 5 villages of Parbhani district of Marathwada region of Maharashtra State were selected to conduct this research study as the investigator was having easy approach to them. The data related to the study of objectives were collected personally interviewing of rural children based on structured and open ended interview schedule. Data collected from the rural children were pooled, tabulated, statistically analysed and discussed.

Results and Discussion

Table 1. depicts about involvement of rural children in outdoor recreational play activities. The results clearly indicate that a very higher percentage of rural girls were found to be involved in playing hide and seek, (90.78%) followed by *Langadi* (Hopping) (89.47%), *Lagori* (seven stones) which is also popular in Maharashtra state as *Lingorcha* (78.94%), Chain game (76.31 % each), *Kho-kho* (73.68%), Running (67.10%), *Chor-shipai* (police-Robber) (51.31%), *Rassi khech* (Tug of war 48.68%), *Kabbadi*, Blind folds (46.05% each), *Duf* (38.15%), *Kanda phod* game (34.21%), *Santri ani limbu* (31.08%), *Tyre game* (28.94%), Cycling (22.36%), Kiting (9.21%) and *Vitti-dandu / Gillidanda* (7.89%). However *Langadi* (26.47%) was observed to be oftenly played by sample rural girls followed by Hide and seek (23.18%), *Logori* (20.00%) and Chain (17.24%). Whereas 2-31 per cent of them were noticed to be playing *Kho-kho*, *Duf*, *Rassi khech*, *Kanda phod* games. *Kabbadi* and *Tyre game*. With reference to the involvement of rural boys' in various outdoor recreational activities, it was observed that all the sample boys used to be involved in *Chor-shipai*, *Chain*, *Running*, *Rassi khech* and in *Kandha phod* games followed by playing Marbles (95.94%), *Cricket* (91.89%), *Kho-kho* (87.83%), Hide and seek (79.72%), Blind folds (62.16%), *Langadi* (33.78%) and *Santri-limbu* (77.02%). Besides these 23-92 percent of them found to be involved in playing remaining enlisted outdoor recreational games in the given table. Statistical results prove that as compared to the rural boys significantly a higher percentage of rural

always used to involve in playing *Langadi*, *Koprapani*, Rope skipping. Whereas significantly a higher percentage of boys observed to be sometimes playing Running, *Chor-shipai*, *Rasssi khech*, Blind folds. Whereas significantly a higher percentage of rural boys observed to be rarely *Lagori* and *Kabbadi*. These results are corresponding with Mota & Esculcas (2002) and Swang Lee (2015).

Table 2. reveals about involvement of rural children in various indoor recreational play activities. The results of the study indicated that considerably a higher percentage of sample rural girls were found to be involved in various indoor recreational activities like *Bhatukali*, *Chimani udali bhur* (97.36% each), *Champul / Ludo* (93.32%), *Antakshari* (89.47%), Five corners (85.52%), Stone games (80.26%), Thread puzzle (67.10%) and Snakes and ladder. On the other hand, with regard to the boys involvement in indoor recreational activities, it was recorded that about 50-91 percent of them used to play *Champul* (46.00%), Five corners (91.81%), *Chimani udali bhur* (75.67%), *Antakshari* (67.56%), Snakes and Ladder (61.84%) and Thread puzzle(50.00%). While few of them were observed to be involved in *Bhatukali* (18.42%) whenever girls in their neighborhood used to play this game.

On the whole irrespective of gender it was observed that sample rural children sometimes used to play indoor play such as Stone games/ *Sagargote* (60.65%), Five corners (57.89%), *Chimani udali bhur* (54.61%) and *Bhatukali* (47.72%). On the other hand rarely they were recorded to be involved in playing Thread puzzle (60.22%), and in Snake and ladder (52.43%) and *Champul* (48.57%) for recreation purpose. Besides these remaining indoor recreational activities enlisted in given table.

Based on the statistical results, it is clear that significantly a higher percentage of rural girls involved in playing a *Khelbhanndi / Bhatukali*, *Champul* and Stone game/ *Sagargote*. On the other hand results were found to be vice-versa in case of getting involved in clay moulding for recreational

purpose. These similarities were found with results of Manuel *et al.*, (2016) and Vivienne *et al.*, (2016). Rural children's views about the advantages received to them from involvement of various recreational play activities are depicted in the table 3.

Irrespective of gender, all the rural school going children expressed that they experienced sense of joy due to their involvement in various recreational play activities during their leisure followed by having improvement in their health status(93.33%), enhanced physical fitness (88.66%), raised status in friends circle (83.33%), improved communication skills (79.33%), enhanced general knowledge (68.66%) learnt etiquettes and manners and also developed socio- emotional skills (66.66% each) due to getting involved in various recreation activities. Similar results were recorded by Barnett and Weber (2008).

Table 4. details about the disadvantages reported by rural children about the recreational play activities performed by them. Irrespective of gender, relatively a higher percentage (86.66%) of rural school going children expressed that their involvement in various recreational activities is sometimes become cause for their parental aggression and also due to their participation in recreational play activities.

They reduced interest in studies. While 62.00 percent of them stated that they used to get tired due to their excessive participation in games and sports. Forty six percent of them expressed that they got injured while participating in games and sports. On the whole significantly a higher percentage of the rural boys used to get tired due to their excessive participation in games and sports as well as injured while participating in these activities. On the other hand with reference to their parental aggression and reduction in study interest, based on gender non significant differences were recorded among them due to their involvement in some recreational activities. These results are similar with Rajarama *et al.*, (2015).

Table.1 Involvement of rural children in various outdoor recreational play activities

Outdoor recreational activities	Total no of girls involved in outdoor activities (a)	Girls (n=76)			Total no. of boys involved in outdoor activities (e)	Boys(n=74)			Total number of children involved in various outdoor recreational activities	Percentages of children irrespective gender			Z values			
		Often (b)	Sometimes (c)	Rarely (d)		Often (f)	Sometimes (g)	Rarely (h)		Often	Sometimes	Rarely	a Vs e	b Vs f	c Vs g	d Vs h
		Hide and seek	90.78 (69)	23.18 (16)		50.72 (35)	26.08 (18)	79.72 (59)		23.72 (14)	44.06 (26)	32.20 (19)	85.33 (128)	23.43 (30)	47.65 (61)	28.90 (37)
Langadi	89.47 (68)	26.47 (18)	44.11 (30)	29.41 (20)	33.78 (25)	--	--	100.00 (25)	62.00 (93)	19.35 (18)	32.25 (30)	48.38 (45)	5.10 ^{**}	--	--	5.86 ^{**}
Lagori	78.94 (60)	20.00 (12)	58.33 (35)	21.66 (13)	94.59 (70)	45.71 (32)	86.66 (130)	04.28 (03)	86.66 (130)	33.84 (44)	53.84 (70)	12.30 (16)	1.10 ^{NS}	6.39 ^{**}	2.35 [*]	5.96 ^{**}
Chain game	76.31 (58)	17.24 (10)	65.51 (38)	13.15 (10)	91.89 (68)	67.56 (50)	13.51 (10)	10.81 (08)	84.00 (126)	47.61 (60)	38.09 (48)	14.28 (18)	1.13 ^{NS}	6.26 ^{**}	6.83 ^{**}	1.24 ^{NS}
Kho- kho	73.68 (56)	16.7 (09)	46.42 (26)	37.5 (21)	87.83 (65)	--	38.46 (25)	61.53 (40)	80.66 (121)	7.43 (09)	42.14 (51)	50.41 (61)	1.07 ^{NS}	--	1.15 ^{NS}	2.90 ^{**}
Running	67.10 (51)	23.52 (12)	76.47 (39)	--	91.89 (68)	21.62 (16)	55.40 (41)	95.94 (17)	83.33 (125)	22.4 (28)	64.00 (80)	13.6 (17)	2.38 [*]	0.43 ^{NS}	1.95 ^{NS}	5.96 ^{**}
Rope skipping	53.94 (41)	--	51.21 (21)	48.78 (20)	6.75 (05)	--	--	100.00 (05)	30.66 (46)	--	45.65 (21)	54.34 (25)	7.64 ^{**}	--	--	4.22 ^{**}
Chor – shipahi	51.31 (39)	20.51 (08)	28.20 (11)	51.28 (20)	100.0 (74)	17.56 (13)	63.51 (47)	18.91 (14)	75.33 (113)	18.58 (21)	36.66 (55)	16.00 (24)	3.75 ^{**}	0.97 ^{NS}	4.42 ^{**}	5.21 ^{**}
Rassi khech	48.68 (37)	21.62 (08)	18.91 (07)	59.45 (22)	100.00 (74)	25.67 (19)	55.40 (41)	18.91 (14)	74.00 (111)	24.32 (27)	43.24 (48)	43.20 (36)	4.00 ^{**}	1.06 ^{NS}	5.42 ^{**}	5.71 ^{**}
Blind folds	46.05 (35)	25.71 (09)	54.28 (19)	20.00 (07)	62.16 (46)	--	39.13 (18)	60.86 (28)	54.00 (81)	11.11 (09)	24.66 (37)	23.33 (35)	7.81 ^{**}	--	1.02 ^{NS}	5.54 ^{**}
Kabbdi	46.05 (35)	08.57 (03)	20.00 (07)	71.42 (25)	91.89 (68)	36.76 (25)	44.11 (30)	19.11 (13)	68.66(103)	17.18 (28)	35.92 (37)	36.89 (38)	0.79 ^{NS}	6.53 ^{**}	0.86 ^{NS}	1.29 ^{NS}

Figures in parenthesis indicate frequencies *
 P < 0.05 ** P < 0.01 level NS-Non-Significant (Continue...)

Outdoor recreational play activities	Total no of girls involved in outdoor activities	Girls (n=76)			Total no. of boys involved in outdoor activities	Boys(n=74)			Total number of children involved in various outdoor recreational activities	Percentages of rural children irrespective gender			Z values			
		(a)	Often (b)	Sometimes (c)		Rarely (d)	(e)	Often (f)		Sometimes (g)	Rarely (h)	Often	Sometimes	Rarely	a Vs e	b Vs f
Duf	38.15 (29)	31.03 (09)	34.48 (10)	34.48 (10)	93.24 (69)	23.18 (16)	43.47 (30)	33.33 (23)	65.33(98)	26.66 (40)	16.66 (25)	25.33 (38)	4.74**	1.79 ^{NS}	1.47 ^{NS}	0.21 ^{NS}
Kanda phod game	34.21 (26)	23.07 (06)	38.46 (10)	38.46 (10)	100.00 (74)	14.86 (11)	68.91 (51)	16.21 (12)	66.66(100)	17.00 (17)	61.00 (61)	22.00 (22)	5.39**	2.66*	3.35**	4.71**
Santrilimbu	31.08 (23)	--	47.82 (11)	52.17 (12)	77.02 (57)	19.29 (11)	52.63 (30)	28.07 (16)	53.33(80)	13.75 (11)	51.25 (41)	35.00 (28)	4.80**	--	0.59 ^{NS}	3.57**
Tyre game	28.94 (22)	09.09 (02)	36.36 (08)	54.54 (12)	94.59 (70)	17.14 (12)	67.14 (47)	15.71 (11)	61.33(92)	15.21 (14)	59.78 (55)	25.00 (23)	5.75**	3.71**	3.50**	6.02**
Cycling	22.36 (17)	--	58.82 (10)	41.17 (07)	55.40 (41)	26.82 (11)	48.78 (20)	24.39 (10)	45.33(68)	16.17 (11)	44.11 (30)	39.70 (27)	4.81**	--	1.14 ^{NS}	3.09**
Kiting	09.21 (07)	--	--	100.00 (07)	21.62 (16)	--	43.75 (07)	56.25 (09)	15.33(23)	--	30.43 (07)	69.56 (16)	4.68**	--	--	3.33**
Vitti dandu	07.89 (06)	--	--	100.00 (06)	77.02 (57)	--	26.31 (15)	73.68 (42)	42.00(63)	--	23.80 (15)	76.19 (48)	7.73**	--	--	1.84 ^{NS}
Cricket	06.57 (05)	--	--	100.00 (05)	91.89 (68)	--	52.94 (36)	47.05 (32)	48.66(73)	--	49.31 (36)	50.68 (37)	8.01**	--	--	4.19**
Top	03.94 (03)	--	--	100.00 (03)	28.37 (21)	--	14.28 (03)	85.71 (18)	16.00(24)	--	12.5 (03)	87.5 (21)	7.48**	--	--	0.94 ^{NS}
Marbles	--	--	--	--	95.94 (71)	21.12 (15)	50.70 (36)	19.71 (14)	43.33 (65)	23.07 (15)	24.00 (36)	21.53 (14)	--	--	--	--

Involvement of rural children in various outdoor recreational play activities

Figures in parenthesis indicate frequencies *P < 0.05 ** P < 0.01 level NS-Non-Significant

Table.2 Involvement of rural children in various indoor recreational play activities

Indoor recreational play activities	Total no. of girls involved in indoor recreational activities (a)	Percentages of girls (n=76)			Total no. of boys involved in indoor recreational activities (e)	Percentages of boys (n=74)			Total no. of children involved in indoor recreational activities	percentages of rural children in indoor activities irrespective of gender (n=150)			Z values			
		Often (b)	Sometimes (c)	Rarely (d)		Often (f)	Sometimes (g)	Rarely (h)		Often	Sometimes	Rarely	aVs e	b Vs f	c Vs g	d Vs h
Khelbhandi/Bhatukali	97.36 (74)	34.21 (26)	55.26 (42)	07.89 (06)	18.42 (14)	--	--	18.42 (14)	58.66 (88)	29.54 (26)	47.72 (42)	22.72 (20)	6.98**	--	--	4.68**
Chimani udali bhur	97.36 (74)	27.63 (21)	53.94 (41)	15.78 (12)	75.67 (56)	33.92 (19)	53.57 (30)	12.5 (07)	86.66 (130)	30.76 (40)	54.61 (71)	14.61 (19)	1.53 ^{NS}	0.05 ^{NS}	0.04 ^{NS}	1.46 ^{NS}
Champul (Ludo)	93.32 (71)	05.63 (04)	43.66 (31)	50.0 (36)	46.00 (69)	08.82 (06)	45.58 (31)	47.05 (32)	93.33 (140)	7.14 (10)	44.28 (62)	48.57 (68)	3.98**	5.77 ^{NS}	0.26 ^{NS}	0.46 ^{NS}
Antakshri	89.47 (68)	--	39.70 (27)	60.29 (41)	67.56 (50)	--	36.00 (18)	64.00 (32)	78.66 (118)	--	38.13 (45)	61.86 (73)	1.70 ^{NS}	--	0.60 ^{NS}	0.36 ^{NS}
Five corners	85.52 (65)	18.46 (12)	49.23 (32)	32.30 (21)	91.81 (68)	11.76 (08)	66.17 (45)	22.05 (15)	88.66 (133)	15.03 (20)	57.89 (77)	27.06 (36)	0.2 ^{NS}	2.01 ^{NS}	1.79 ^{NS}	2.31 ^{NS}
Sagargote	80.26 (61)	24.59 (15)	60.65 (37)	14.75 (09)	--	--	--	--	40.66 (61)	24.59 (15)	60.65 (37)	14.75 (09)	3.85**	--	--	--
Thread puzzle	67.10 (51)	--	50.98 (26)	49.01 (25)	50.00 (37)	--	24.32 (09)	75.67 (28)	58.66 (88)	--	39.77 (25)	60.22 (53)	1.55 ^{NS}	--	1.34 ^{NS}	2.57**
Snakes and ladder	46.05 (35)	--	28.57 (10)	71.42 (25)	61.84 (47)	23.40 (11)	38.29 (18)	38.29 (18)	54.66 (82)	13.41 (11)	34.14 (28)	52.43 (43)	1.05 ^{NS}	--	1.74 ^{NS}	3.58**
Clay moulding	25.00 (19)	--	--	25.00 (19)	47.29 (35)	--	14.86 (11)	32.43 (24)	36.00 (54)	--	20.37 (11)	79.62 (43)	2.20*	--	--	1.59 ^{NS}

Figures in parenthesis indicate frequencies
 *P < 0.05 ** P < 0.01 level NS-Non-

Table.3 Rural children’s views about the advantages received to them from involvement of various recreational play activities.

Advantages of recreational play activities	Percentages of rural children based on gender		Percentages of rural children irrespective of children (n=150)	Z values
	Girls (n=76)	Boys (n=74)		
Experienced sense of joy	100.00 (76)	100.00 (74)	100.00(150)	--
Improved Health status	90.78 (69)	95.94 (71)	93.33(140)	0.34 ^{NS}
Improve physical fitness	84.21(64)	93.24(69)	88.66(133)	0.62 ^{NS}
Raised status in friend circle	76.31(58)	90.54 (67)	83.33(125)	1.04 ^{NS}
Improve communication skills	71.05(54)	87.83(65)	79.33(119)	1.29 ^{NS}
Enhance general knowledge	64.47(49)	72.97(54)	68.66(103)	0.76 ^{NS}
Learnt etiquettes and manners	53.94 (41)	79.72(59)	66.66(100)	2.33*
Developed socio-emotional skills	53.94 (41)	78.37(58)	66.00(99)	2.23*

Figures in parenthesis indicate frequencies

*P < 0.05 ** P < 0.01 level NS-Non-Significant.

Table.4 Disadvantages reported by rural children about the recreational play activities performed by them

Disadvantage of recreational play activities	Percentages of rural children based on gender		Percentages of rural children irrespective of gender (n=150)	Z value
	Girls (n=76)	Boys (n=74)		
Parental aggression	93.42 (71)	79.72 (59)	86.66 (130)	0.97 ^{NS}
Reduced interest in studies	77.63 (59)	95.94 (71)	86.66 (130)	1.29 ^{NS}
Tiredness due to the excessive participation in games and sports	40.78(31)	83.78 (62)	62.00 (93)	4.00*
Got injured while participating games and sports	34.21 (26)	59.45(44)	46.66(70)	3.20**

Figures in parenthesis indicate frequencies

*P < 0.05 ** P < 0.01 level NS-Non-Significant

Table.5 Problems reported by rural children in carrying out various recreational play activities

Problems	Percentages of rural children based on gender		Percentages of rural children irrespective of gender (n=150)	Z value
	Girls (n=76)	Boys (n=74)		
Parental denial	81.57 (62)	51.35 (38)	66.66 (100)	2.74**
Unavailability of essential equipment and materials	80.26 (61)	78.37 (58)	79.33 (119)	0.14 ^{NS}
Lack of playmates	23.68(18)	15.78(12)	20.00(30)	--
Seasonal obstacles	19.73(15)	24.32(18)	22.00(33)	0.03 ^{NS}

Figures in parenthesis indicate frequencies

*P < 0.05 ** P < 0.01 level NS-Non-Significant

Problems reported by rural children in carrying out various recreational play activities are illustrated in Table 5. Irrespective of gender about 79.33 percent rural children reported that some equipment and material essential for carrying out recreational activities like Cricket set, balls, drawing and painting materials viz crayons, water colours, drawing books, brushes, toy kitchen utensils etc. were not available to them. Besides it 74 percent of them expressed that they do not have proper and safe play ground for playing outdoor games. Whereas about 66.66 percent of them stated that their parents had denied them from getting involved in some recreational activities for a longer time like playing with friends, viewing TV programmes, playing video games on mobile etc. While about 20-38 percent of them complained about having lack of solidarity among their playmates (38%) followed by antagonism of neighbours (23.33%), seasonal obstacles (for eg. during monsoon due to the heavy rains, inability to playing outdoor games) and also about 20.00 percent of them reported that they do not have friends for playing.

Statistical results, indicated that as compared to the rural boy's parents, significantly a higher percentage of rural girl's parents denied them for getting involved in some recreational activities. On the other hand the results were found to be vice versa with regard to the unavailability of proper and safe playgrounds.

As compared to the rural boys significantly a higher percentage of rural girls always used to involve in playing *Langadi, Kopra-pani* Ropes keeping.

Whereas significantly a higher percentage of rural boys observed to be sometimes playing running, *Chor-shipai, Rasssi khech* and Blind folds. Whereas significantly a higher percentage of rural boys observed to be rarely playing *Lagori and Kabbadi*. Whereas significantly a higher percentage of girls were sometimes recorded to be playing Chain game.

Higher percentage of rural girls found to be involved in playing a *Khelbhanndi/ Bhatukali, Champul* and Stone game/ *Sagargote*. On the other hand results were found to be vice-versa in case of getting involved in clay moulding for recreational purpose.

Whereas with reference to remaining enlisted indoor games no significant differences were recorded among them. Irrespective of gender, all the rural children expressed that they experienced sense of joy due to their involvement in various recreational activities during their leisure followed by having improvement in their health status(93.33%), enhanced physical fitness (88.66%), raised status in friends circle (83.33%), improved communication skills (79.33%), enhanced general knowledge (68.66%) learnt etiquettes and manners and also developed socio-emotional skills (66.66% each) due to getting involved in various recreation activities.

Acknowledgement

The authors are thankful to the rural children for providing required data for carry out this research work. The authors also acknowledged concern authorities of VNMKV, Parbhani for providing essential facilities to conduct this research study.

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How to cite this article:

Jaya Bangale and Surekha Devkate. 2022. Involvement of Rural Children in Recreational Play Activities and their Views About It. *Int.J.Curr.Microbiol.App.Sci*. 11(04): 165-173.
doi: <https://doi.org/10.20546/ijcmas.2022.1104.023>