

FATHERS' PERCEPTION ON THEIR ROLES AND
INVOLVEMENTS IN PHYSICAL PLAY WITH THEIR CHILDREN
(BIRTH TO AGE 3) DURING COVID 19

By

SUMONA HAQUE PURBA
19155011

A thesis submitted to Brac Institute of Educational Development in partial fulfillment of
the requirements for the degree of
Master of Science in Early Childhood Development

Brac Institute of Educational Development
Brac University
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Declaration

It is hereby declared that

1. The thesis submitted is my original work while completing my degree at Brac University.
2. The thesis does not contain material previously published or written by a third party, except where this is appropriately cited through full and accurate referencing.
3. The thesis does not contain material that has been accepted or submitted, for any other degree or diploma at a university or other institution.
4. I have acknowledged all main sources of help.

Student's Full Name & Signature:

SUMONA HAQUE PURBA
Student ID: - 19155011

Approval

The thesis titled “Fathers’ perception on their roles and involvements in physical play with their children (birth to age 3) during COVID 19”

Submitted by, **SUMONA HAQUE PURBA**. Student ID: 19155011.

Of Fall, 2021 has been accepted as satisfactory in partial fulfillment of the requirement for the degree of Master of Science in Early Childhood Development on December 19, 2021.

Examining Committee:

Supervisor:
(Member)

Areefa Zafar
Faculty Member, ECD Academic Program
Brac Institute of Educational Development
Brac University

Program Coordinator:
(Member)

Ferdousi Khanom
Senior Lecturer, ECD Academic Program
Brac Institute of Educational Development
Brac University

External Expert Examiner:
(Member)

Sima Rani Sarker
Lecturer, MEd Academic program
Brac Institution of Educational Development
Brac University

Departmental Head:
(Chair)

Dr. Erum Mariam
Executive Director
Brac Institute of Educational Development
Brac University

Ethics Statement

Title of Thesis Topic: Fathers' perception of their roles and involvements in physical play with their children (birth to age 3) during COVID 19.

Student name: SUMONA HAQUE PURBA

1. Source of population: Participants were selected randomly from my neighborhood and my social contacts.
2. Does the study involve (yes, or no)
 - a) Physical risk to the subjects (no)
 - b) Social risk (no)
 - c) Psychological risk to subjects (no)
 - d) discomfort to subjects(no)
 - e) Invasion of privacy(no)
3. Will subjects be clearly informed about (yes or no)
 - a) Nature and purpose of the study (yes)
 - b) Procedures to be followed (yes)
 - c) Physical risk (N/A)
 - d) Sensitive questions (yes)
 - e) Benefits to be derived (yes)
 - f) Right to refuse to participate or to withdraw from the study (yes)
 - g) Confidential handling of data (yes)
 - h) Compensation and/or treatment where there are risks or privacy is involved (yes)
4. Will Signed verbal consent be required (yes or no)
 - a) from study participants (yes)
 - b) from parents or guardians (yes)
 - c) Will precautions be taken to protect the anonymity of subjects? (yes)
5. Check documents being submitted herewith to Committee:
 - a) Proposal (yes)
 - b) Consent Form (yes)
 - c) Questionnaire or interview schedule (yes)

Ethical Review Committee:

Authorized by:
(chair/co-chair/other)

Dr. Erum Mariam
Executive Director
Brac Institute of Educational Development
Brac University

Abstract

Father-child physical play has many positive effects on the life of children. There are physical, social, emotional, and cognitive developments that a child gains through this. A parent is commonly an infant's first playmate but children enjoy more when they get their father as a play partner. So, the father's role and involvement have significant impacts. It has been found on previous research about mother-child interaction however little studies on father-child physical play (Amodia-Bidakowska, Lavery, & Ramchandani, 2020). In this study, fathers' perceptions about their roles and involvements in physical play with their children from birth to age three were attempted to be explored. Also, the crucial influence of the covid 19 scenario had taken into account. Six participants had been chosen to participate in the study. In-depth interviews and observation methods were used for data collection. It has been found that fathers were eager to engage in physical play with their children. It has been found out that fathers were found in engaged in different activities with their children but it is not always to be physical play though they were found eager to engage with their children in physical play but they also shared their challenges of having less time to spend with their children and family support has been found as one of the indicators for fathers to engage more in all activities including physical play.

Keywords: Fathers perception; role and involvement; physical play; Covid 19;

Dedication

The study is sincerely dedicated to all my teachers and my supervisor who guided me in every step.

Acknowledgment

I would like to express my deepest gratitude to my thesis mentor Areefa Zafar for her continuous guidance and constructive feedback. Her feedback helped me to think critically. Thank you, Areefa Zafar. You listened to me, be empathetic, and motivated me a lot.

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List of Acronyms

ECD	Early childhood development
WHO	World Health Organization
IDI	In- Depth Interview
UNICEF	United Nation's International Children's Emergency Fund
NGO	Non-Governmental Organization

Chapter I

Introduction & Background

Introduction

Fathers' involvement in the early years of children's life especially with their infants and early toddlers has always been important for the sake of children's overall development. Father is a sense of security and has a positive influence as a role model to every child. In general, paternal levels of action are supportive attitudes and essential indicators of a child's level of activity (Rosenberg & Wilcox, 2006). Fathers play a vital role in children's physical play and it allows a father to involve with children and make a good father-child bonding (Parenting NI, 2018).

Compared to the mother, the father usually does complex activities like physical play activity which helps to increase the confidence of children (Khanom, et al., 2020). Studies over three decades have suggested that play is more central to fathers' parenting style than it is to mothers. Fathers spend more time playing with their children than in other caretaking activities. Furthermore, fathers' play interactions with their children have been shown to have an impact on children's emotional, cognitive and social development (Cabrera, Shannon, & Tamis-LeMonda, 2007).

In Bangladesh, most parents have inadequate knowledge of child upkeep and nurture (UNICEF Bangladesh, 2018). As the Covid pandemic restrict movements, fathers could stay at home. However, how much the fathers could engage in physical play with children during a pandemic would be interesting to look into.

Operational Definition

A renowned blog page ‘verywell mind’ defines Perception, as a sensory experience of the world. It includes both recognizing environmental stimuli and actions in response to these stimuli (Cherry, 2020). According to Wikipedia, Perception is the process of organizing, identifying, and interpreting sensory data to represent and understand the information or environment that has been presented (Perception, 2021). A Mead Project source page says that the awareness of certain physical objects that can be sensed is perception (Angell, 2021).

Participating in activities for the sake of fun and leisure rather than for a serious or practical reason is defined as play (Oxford Lexico, 2021). Play is frequently defined as movement done for the sake of activity, flexibility, and positive affect (children often smile, laugh, and say they enjoy it). These requirements distinguish play from exploration, work, and games (Smith PK & Pellegrini A, 2013). According to the encyclopedia of children’s health, Children's play is their work. It includes self-entertainment activities that provide behavioral, social, and psychomotor benefits. It is child-directed, and with the rewards coming from within the child; it is fun and spontaneous. (Encyclopedia of Children’s Health, 2021)

Statement of the Problem

The COVID-19 pandemic has thrown children's and their families' lives into turmoil all around the world. (UNICEF for every child, 2021). According to an Ofsted audit of 208 nurseries in England, most children returning after the spring 2020 lockdown had slipped behind in personal, social, and emotional development. Some were less confident when they returned, while others were still needing nappies and dummies at a younger age than the nursery personnel expected. There are very few developmental goals that most children will not be able to catch up with during Covid 19 (Kerley, 2021).

The COVID-19 outbreak, which coincided with the closure of organized sports and public sports facilities in most nations, wreaked havoc on young people's daily routines and possibilities to be active (Fenton, 2021). Following the WHO's declaration of COVID-19 as a global pandemic on March 11, 2020, Germany's federal states closed kindergartens, schools, sports clubs, gyms, and other child-related leisure organizations. According to some experts, the COVID-19 pandemic is exacerbating the pandemic of physical inactivity and sedentariness caused by missed chances of physical play activity (Schmidt, et al., 2020). Physical activities have more health benefits than drawbacks. Lack of physical play activity in childhood can lead to a variety of health issues. Excess body fat, weight gain, high blood pressure, poor cholesterol, cardiovascular disorders, and bone health are just a few of these issues. Children who participate in physical activities have a lower risk of developing chronic health conditions. They are less likely to become ill (Novak Djokovic Foundation, 2017).

For babies, parents are their favorite toy. They enjoy playing with their parents especially their fathers (Rosenberg & Wilcox, 2006). Despite the evidence of good father engagement in children's lives, little is understood about the nature of father play and its impacts. There is increasing evidence of fathers' influence on children's development, and father-child physical play is predominant in Western societies (Amodia-Bidakowska, Lavery, & Ramchandani, 2020).

In Bangladesh Government imply a shutdown on 26 March 2020 due to Covid 19 pandemic. Moreover, children are being forced to stay indoors due to lockdown-related restrictions and captivated on screen time. Experts say that today's children and their electronics are inseparably linked, which could be harmful to their mental and physical health. The children of metropolitan areas are the most affected. they are reluctant to do physical play activities (Dhaka Tribune, 2021).

Purpose of the Study

The purpose of the study is to understand fathers' knowledge of their roles and involvement in the physical play of their infant and early toddlers during COVID 19 and the challenges fathers confront at the time. With the outbreak of the novel Coronavirus Disease (COVID-19) in 2019 and the resulting World Health Organization (WHO) declaration of a worldwide pandemic in March 2020, children's capacity to be active was severely limited in most countries due to physical distancing measures and regulations to stay at home (Okely, et al., 2021). However, it is an advantage that fathers remain at home due to pandemics and there is a high chance for the fathers to spend quality time in physical play with their infants and toddlers.

Therefore, this study will provide a scope to investigate whether fathers can create environments to spend time with their young children (0-3 years) in physical play, as they stayed home most of the time due to the pandemic.

Significance and Justification of the Study

A father is a young child's primary caregiver and playmate, the patterns of play and interaction will have a substantial and long-term impact on the child's social, emotional, and behavioral development (The LEGO Foundation, 2019). Children whose fathers play with them from an early age may find it easier to control their manner and emotions, which will benefit them as they grow older and begin school (Weale & correspondent, 2020). When parents gently challenge their children to utilize their bodies or use their power, this is known as parent-child physical play (Paquette, 2004). Fathers' play is typically more physical than mothers' play, which could have significant results for children's self-control. (StGeorge, et al., 2015). Physical play activity raises metabolic rates and promotes brain plasticity, motor coordination, and executive function (Stgeorge & Freeman, 2017).

Babies under 1 year should be encouraged to be active in several ways throughout the day, including crawling. They can be physically active by reaching and gripping, tugging and pushing, and moving their head, torso, and limbs during daily routines and also supervised floor play if they are not yet crawling. When they are awake, at least 30 minutes of tummy time throughout the day is good. Toddlers aged 1 to 2 should be physically active for at least 180 minutes (3 hours). This should be spread out across the course of the day, including time spent playing outside. Light action, such as standing up, moving around, rolling, and playing, as well as more active motion, such as skipping, hopping, jogging, and leaping, can be included in the 180 minutes. The greatest approach for this age group to begin moving is to use a climbing frame, ride a

bike, play in the water, chase games, and do ball activities (Physical activity guidelines for children under 5 years, 2018).

In 2019, a team of experts from the WHO announced advice on physical activity, sedentary behavior, and sleep for children under the age of five, emphasizing the importance of children spending less time sitting and watching screens. If kids are to grow up healthily, they should also obtain more quality sleep and have more time for physical play (Khondkar, 2021). The early years of a child's life are critical for brain development and stimulation is particularly significant. The goal was to guarantee stimulation within home contexts while schools in Bangladesh closed in March 2020, halting playgroups and leaving young children mostly at home. Play can help children cope with trauma, particularly when they have been exposed to disaster, violence, or poverty (Mariam, 2021). So, therefore, this study will be helpful to explore more into fathers' perception of their role and involvement in physical play with their children (birth to age 3) during covid 19.

Research Topic & Research Question

Fathers' perception on their roles and involvements in physical play with their children (birth to age 3) during COVID 19

1. What is fathers' understanding of their roles in physical play with their children (birth to age 3)
2. What is fathers' understanding of their involvements in physical play with their children (birth to age 3)
3. What are the challenges fathers face in performing their roles and in their involvements in physical play with their children (birth to age 3) in Covid 19 situation?

Chapter II

Literature Review

Importance of physical play

Most parents and families' central focus is on raising a child and there is less attention on play, learning, and development (Sarwar et al., 2019). During the early years, play can be used as an interactive method for stimulation. Children can learn many things through play and this learning will remain long-lasting. Early learning and development take place spontaneously in a playful atmosphere. Children can learn critical sensory-motor, social-cognitive, and culturally significant skills through play (Casby, 2003). Physical play consists of activities that involve physical movement to allow children to expend energy while also allowing them to develop gross and fine motor skills, learn new things, and socialize. Physical activity is also good for a child's health. Physical play helps a child to develop connections between the nerve cells and the brain (Wonderly, 2017). Physical play benefits a child's social, cognitive, physical, and emotional development. Physical activity has numerous health benefits. Such as Aerobic stamina, Muscle development, Strength, and Coordination, Major organs are stimulated to develop, Increase the mineral composition of bones (Ertheo, 2019).

Children are protected from the development of subsequent emotional dysregulation and internalizing symptoms such as sadness, anxiety, and loneliness by attentive and demanding father-child play (Gregory, et al., 2019). Children whose fathers were more sensitive during physical play were more confident explorers in solitary play, according to studies (Flanders, et al., 2010). In 2019, a team of experts from the World Health Organization announced advice on physical activity, sedentary behavior, and sleep for

children under the age of five, emphasizing the importance of children spending less time sitting and watching screens, or restricted in prams and seats. If children are to grow up healthily, they should also obtain more quality sleep and have more time for physical play (Khondkar, 2021).

Fathers' Roles in Physical Play with Their Children

According to observations, fathers of very young children are concerned with whether or not their children have reached developmental milestones such as smiling, crawling, walking, and talking (Ball & Wahedi, 2010). It was shown that fathers engage in more physical play, such as tickling, chasing, and piggyback rides, which psychologists believe helps youngsters learn to control their emotions. Researchers discovered that most fathers play with their children every day on average, but that play with toddlers is more physical, with fathers enjoying robust rough-and-tumble play (Weale & correspondent, 2020).

Although fathers of infants and toddlers scored lower than mothers on daily childcare engagement, they scored higher on play quality than mothers in observational research. Fathers are consistently shown to be better than mothers participate in physical and vigorous play rather than holding the infant. Fathers consider physical active play as the greater outcome of children's development. As physical play is linked with attachment security and fathers' responsiveness and emotional bonding helps in the cognitive development of children (John, Halliburton, & Humphrey, 2013).

Studies said that Mothers were more likely than fathers to engage in play with their children in all the 12 Caribbean and Latin American countries. Except for Suriname, the majority of women engaged in play with their children in all nations (ranging from 85% in Uruguay to 47% in Suriname). Overall, father-child interaction was minimal,

although this appears to be the case in the Dominican Republic, Jamaica, Panama, and Suriname in particular. Across all countries, 34 percent of fathers engaged in play with their children. Play between dads and children was nearly non-existent in Chad, Kenya, and Guinea Bissau. The lack of commitment to engage in play and playful activities with children may be due to a lack of information about early parent-child stimulation activities (Jaipaul L. 2018).

The lack of commitment to engage in play and playful activities with children may be due to a lack of information about early parent-child stimulation activities. Rough play between dads and children happened roughly once every hour in other developed nations, such as Israel and Sweden, where individualistic child-rearing approaches, egalitarian roles, and involved fathering are appreciated. Father–infant physical play happened fewer than once per hour of observation in societies driven by collectivistic tendencies (relatedness and autonomy are valued), such as India, Taiwan, and Thailand. The lack of physical play seen in Asian cultural societies is also seen in central African foraging communities (Roopnarine, Yildirim, & Davidson, 2018).

When children grow, they enthusiastically use resources from the social and physical environment. As parents play an important role to connect children with the social network, they provide children with quality resources and fathers ensure quality interaction for children where physical play act as a bridge of bonding for the father-child relationship. So, fathers' involvement in physical play enhances the social development of children as well. Moreover, many studies validate that the father-child relationship has a positive impact on children's life. Children have fewer behavioral problems when they get their father's support (Amato & Rivera, 1999). A successful play interaction for a father comes when he can strike a balance between challenging

his child while also allowing the child to win. (Menashe-Grinberg & Atzaba-Poria, 2017)

As father-child play can improve the relationship between mother-child play and development, fathers should be encouraged to be playful with their children. This is a message that should also be communicated to parents and policymakers. Educational resources that properly target men and address their particular methods of parenting and playing should be included in parenting programs and medical providers. These resources should include explanations of different sorts of play, such as pretend play, which is less common between fathers and children. In addition to fathers, educating moms on the value of father-child play and how it complements mother-child interactions may be beneficial (Popp & Thomsen, 2017)

Fathers' Involvement in Physical Play with Their Children

In recent years, the critical role of fathers in the care and development of their children has received more emphasis. Paternal involvement has a significant impact on children's well-being, especially when it comes to nutrition, exercise, play, and behavioral habits (Cito, et al., 2020). Fathers spend the majority of their time in 'play' activities with their children, and most findings indicate that fathers do spend a greater proportion of time in physical play with their children than mothers (Roopnarine, et al., 2018). Fathers' involvement in physical play with children can motivate children (Lamb, 2000). The nature of father-child interaction is typically more stimulating than that of other types of play. Fathers are often the children's chosen play partners meanwhile they are both stimulating and enjoyable (StGeorge, et al., 2015). Studies also said that play between dads and children was nearly non-existent in many countries.

Although fathers of infants and toddlers scored lower than mothers on daily childcare engagement, they scored higher on play quality than mothers in observational research. Fathers are consistently shown to be better than mothers participate in physical and vigorous play rather than holding the infant. Fathers consider physical active play as the greater outcome of children's development because physical play is linked with attachment security and fathers' responsiveness and emotional bonding helps in the cognitive development of children (John, Halliburton, & Humphrey, 2013)

The majority of the parent-child play literature has focused on maternal viewpoints; however, in recent decades, there has been a shift in focus. There has been extensive research into the particular contributions that fathers have made. Within the parent-child connection, there is a lot of room for play. Some of this work has proven that father-child play benefits children in a variety of ways. Father-child play has a greater impact on their child's development than mother-child play. The current situation of this special issue expands on this effort by focusing on the quality play experiences and concentrating are influenced by a variety of factors on interactional features, such as playfulness as a vital component that helps to better outcomes for children (Popp & Thomsen, 2017).

Challenges Fathers are Facing in Performing Their Roles in Their Involvements in Physical Play with Their Children

As a result of extended work and travel hours, urban fathers have substantially less time to spend with their children. If fathers are to take appropriate steps to help their children's development, they must recognize their children's needs as the child's connection between home and the outside world. A study has found out that in Bangladesh a parent education program should focus on providing fathers with relevant

information about their children's health, safety, nutrition, play, and development, as well as encouraging them to share ideas about how they might improve and sustain their roles as caregivers (Ball & Wahedi, 2010). In August 2020, a Bangladeshi television channel aired a news story about youngsters under the age of 5 using smartphones excessively and the negative implications. Many of them have serious vision difficulties and, in some circumstances, are developing the capacity to talk later than usual. Most parents in Bangladesh are unaware of the negative effects of excessive screen time and a sedentary lifestyle on their children's development, which is alarming. They must recognize the severity of the situation and take steps to mitigate the harm before it is too late. (Khondkar, 2021). It's important shifting from sedentary to playtime" WHO focal point for childhood obesity and physical activity, Dr. Juana Willumsen, said. In 2019, a team of experts from the World Health Organization announced advice on physical activity, sedentary behavior, and sleep for children under the age of five, emphasizing the importance of children spending less time sitting and watching screens, or restricted in prams and seats. If children are to grow up healthily, they should also obtain more quality sleep and have more time for physical play (September 28th, The daily star, 2021).

Chapter III

Methodology

Research Approach

The research was conducted following the qualitative approach. Qualitative research is the study of the nature of phenomena, which includes their quality, various manifestations, the context in which they appear, or the perspectives from which they can be perceived, but excludes their range, frequency, and place in an objectively determined chain of cause and effect. (Busetto, Wick, & Gumbinger, 2020).

Qualitative research is gathering, analyzing, and interpreting large amounts of narrative data to learn more about a topic that interests a specific phenomenon. It can be used to describe and answer queries about the participants and the context (Gay, Mills, & Airasian, 2012). This approach is chosen because qualitative research aims to explore thoroughly into the research setting to gain a comprehensive understanding of how things are, why they are, the way they are, and how the participants in the context view them.

The researcher chose In-Depth-Interview and observation, as two different methods to collect the data.

Research Site

The proposed research was conducted in Mymensingh city. In-depth interviews and observations were conducted with the participants from different areas in Mymensingh city.

Research Participants

Research participants were the fathers having children (birth to age 3 years). Six participants were chosen purposively.

All the participants were working fathers and from urban areas .The age range of the fathers was 30-40 years .

Participants Selection Procedure

A homogenous group of fathers from Urban middle-income families, either involved in services or businesses who have at least one child (birth to age 3 years) was selected. There were 06 participants. IDI was conducted with 6 participants. Out of 6, 3 were observed and each participant was observed 3 different times. Participants were selected purposively.

Data Collection Method

To conduct the In-depth interviews and observation of home practices, the researcher selected 6 middle-income working fathers in Mymensingh city. As there is an unprecedented phenomenon of the COVID-19 pandemic around worldwide, the researcher needs to take health protection protocols like wearing PPE (personal protective equipment, face mask, face shield), using a disinfectant spray, and maintaining social distance. Before taking the interview, appointments needed to take from all the participants according to their convenience. In their given time, the researcher first built rapport to make participants comfortable then explains the purpose and the whole process of the In-Depth Interview to the participants. Verbal consent was

taken before the interview and needed to assure participants that, all the information will remain confidential and no data will be used in any other place except for the research purpose. Consent from participants ought to be taken to record the conversation using the cell phone. After getting their approval, the process of the interview was started. Then the researcher asked some selected questions chronologically following the IDI questionnaire, which was mixed with some semi-structured and open-ended questions. Sometimes the researcher might facilitate the participants with some probe questions to get a clear concept and specific answer to the questions from the participants if needed. After the end of the selected questions and answer session, participants were asked to say about their experience and reflection on the interview or if they had any queries regarding the issue. Finally, the researcher wrapped up the interview session by thanking them for giving enough time from their busy schedule. For observation, the nonparticipant's observation type was followed for this study. The observation was conducted in two shifts in a day and a weekend was chosen after discussing with the participants. During the observation, it would be necessary not to make the participants uncomfortable. The researcher was vigilantly observed, took field notes. The field notes include descriptive information that the researcher saw and heard during observation and the researcher also took reflective information that captured personal thoughts of the researcher that came during the observation. The duration of each In-Depth interview was 60 to 90 minutes and the duration of observation was 1 hour.

Data Analysis

The researcher collected data from participants through two different methods, observation, and in-depth interview. The data was analyzed to find the answers to the

research questions. This analysis requires the researcher to be patient and reflective with multiple sources of data which are observation notes, audio and video records, guidelines/questionnaires. To find out the answers to the research questions, the data was analyzed. After the collection of data, it was transcribed and compiled into a single file. The researcher examined each piece carefully and try to explore insight into it and identify the pattern of the data and based on content, data were placed for analysis under different sub-theme under different themes. The data were later interpreted based on different themes. The conclusion was drawn based on interpreted data meaningfully. All the documents were preserved in backup files and organized thoroughly.

Ethical Issues

The BRAC University plagiarism policy will be followed for this study. The ethical implications and psychological effects for the respondents which are fathers and children will be considered in this study. The participants will be encouraged to take part. There will not be any use of force in that situation.

The researcher will explain the study objective to the participants, reassuring them that their participation is vital, and requesting their verbal agreement on the questionnaire. Participants will be promised that their personal information would not be shared with anybody outside of the study. During the research, the Researcher's primary role will be to keep subjects safe from mental injury.

The researcher will maintain a safe zone while dealing with children and observe them so that they will not face any harm. The researcher did not construct any questionnaires that could be damaging to one's mental health. The research will conduct following all ethical guidelines of BRAC University.

Validity & Reliability

Validity in qualitative research is trustworthiness and understanding. Qualitative researchers can establish the trustworthiness of their research by addressing the credibility, transferability, dependability, and confirmability of their studies and findings (Gay, et al., 2012). According to Maxwell (1992), researchers can contribute to the trustworthiness of their research, and the understanding of it, by addressing descriptive validity, interpretive validity, theoretical validity, generalizability, and evaluative validity. To establish the research's validity, a triangulation approach will be used to perform the study from multiple perspectives. To shape topics or categories in a study, researchers use triangulation, a validity approach in which they seek convergence among many and diverse sources of information (as cited in Creswell & Miller, 2000). Several data collecting and processing methods may be used in triangulation. The procedures used to examine a study's validity and reliability are determined by the research criterion (Golafshani, 2015). Moreover, one IDI questionnaire will be piloted before conducting the other IDI. Learning from the piloting will be incorporated in the questionnaire which will be used for the rest of the IDI. The consistency with which a method measures something is referred to as reliability. The measurement is considered reliable if the same result can be consistently obtained using the same methods under the same conditions. ('Reliability vs validity, 2019). Although the term "reliability" is normally applied to instruments, it can also be applied to people. The tools for data collection will be reviewed by experts from BRAC University. Researchers can also think about trustworthiness in their work. As an example, qualitative researchers examine the outcomes of research during their investigation, they should think about if the same procedures were followed, data would be collected consistently. Over time, different strategies were used. (Gay, et al., 2012).

Limitations of the Study

Though the research age group was birth to age 3 years there was only one child who was less than a year old and others were older than one year. Observation time for each participant was less because fathers had a busy schedule. More methods could be used to collect data e.g., FGD.

Chapter IV

Results & Discussion

Theme 1: Fathers' understanding of their roles in the physical play with their children (birth to three years).

Sub Theme: Fathers' understanding of Child development, physical development, and physical play

A few of the fathers think mainly mental development is child development. They mentioned when people talk about child development a child's intelligence and knowledge should be included. They mentioned physical development is child development but physical and mental development are different things. Couple of fathers - one is a businessman and another is a teacher think growing up, talking, increase of brain activity is child development. Also, weight according to age can be said child development. One father who is a govt. The service holder said physical and mental development is child development. Another father who is a businessman thinks,

“Child development means versatile (development in all areas) development.

When a child's growth, behavior all are developed it is child development.”

(IDI#1, 18.10.2021)

About physical development, one father stated that,

“Every child has a different developmental level. Some learn to walk late, some start to talk late, some have few teeth.”

One said child will play, smile stay happy that is physical development. One father said about physical development by relating what his son does. He added his son is friendly

with others, he can walk, run, try to cycle - those are his physical development. Some of the fathers mentioned similar about physical development where one said, growth, weight height is physical development.

Regarding physical play one said that physical play is when a child wants to sit on a parent's lap and have fun with the father. Sometimes the child wants to ride on a cycle. Those are physical play. Couple of fathers stated children play on their own. There is no logic in what they play. They play as they like. (IDI#4, 22.10.2021). A few fathers said that physical play is running, jumping, playing with a ball, cars, etc.

One father said

“Physical play means spending time with children, teach them words”.

Sub Theme: Importance of physical play and overall development of children

Most of the fathers shared a bit similarly that physical play is important and they help their children to develop physically and mentally. Among them one mention that,

“When a child play, their presence of mind will improve”. If children do not play then they might lag from everything.”

From the above fathers, one father said, “for child development, almost 70% depends on physical play. My daughter wants to play. When I give her time, she seems happy. Play is helpful for development. A child can grow and learn many things through play”. He also added “showering love towards the child will day by day makes a child develop. Other than play, talking to a child, teaching simple words, giving attention to a child are also important for a child's development”.

One father said,

“When children play then their bone growth improves. Their social development will improve. Children become friendly with others; they share emotion with others through play.”

Another father mentioned that physical play ensures physical growth.

Some fathers spend about one hour in three settings of observation in play with their children. In two settings of observation, two fathers spent less time in play but in weekend time they pass their time more in play. A few fathers tried to teach words and the name of objects during play. (observation note 1,3# 18.10.2021, 22.10.2021) One was focusing on only play and tried to engage his child in a different type of play like catching the ball, riding a bicycle, and letting his child play as they like. (Observation note 1,2# 20.10.2021, 22.10.2021)

Sub Theme: Why is it important for parents to know about child development.

One father who is a businessman said if parents do not know about child development, not spending time with child then the child will adopt an impersonal attitude. (IDI#, 18.10.2021)

Most fathers shared similarly where one said that “parents should know about child development for proper growth of their child according to age.”

Among them one father mention,

“If there is a lacking in early development then in a future child will face problems. Children will become frustrated”. (IDI#2, 22.10.2021)

Another father said that if parents know about the daily requirement of food like how much protein a child needs then parents will be free of tension about the fact that their child is getting the required amount of protein.” One father stated,

“When parents know about child development then they will do things and present things in front of a child only those which are helpful for child development.” (IDI#5, 26.10.2021)

One father who is a teacher said that if parents do not know about child development, then the physical and mental development of their children will be hampered. Mental problems will stay in the future. They will face behavioral problems. They won't share anything with friends.” (IDI#6, 26.10.2021)

During observation, a few fathers were asking their wives about their children's food whether their children are getting healthy food or not (Observation note 1,2# 18.10.2021, 20.10.2021). Among them, in two sets of observations one father said, it is important to feed my son vegetables for proper growth and development also this father tried to make his son ride a bicycle and said, riding a bicycle will increase his son's strength. (Observation note 1,3# 18.10.2021, 22.10.2021). I observed in one setting that one father was not doing anything related to their children's development (Observation note 3 # 22.10.2021).

Sub-theme: Father's understanding about their roles and participation in physical play

All participants mentioned that they do not get enough time to spend with their children because of their work. One father said

“My importance as a father to my child is 70%. My child prefers to play and spend time with me more than the mother. When my daughter stays with me, she remains calm.”

Out of all fathers, a few fathers said similarly where one said that both mother and father have an equal and important role in child development and another said parents play a parallel role in children's life. They added that children play according to their choices so fathers can only participate in those with the children.

Some fathers mention similarly where one said,

“Fathers can help a child to build a relation to the outside world. When a child plays with father the confidence level of a child increases”.
(IDI#4,6, 22.10.2021)

Another father said,

“Mothers always gives time to children but playing, entertainment in the outside of home only fathers can take care off” (IDI#5, 26.10.2021)

Another said,

“Children feel self-confident when their father accompanied with them both inside and outside of the home.” (IDI#6, 26.10.2021)

One father said, he has the responsibility to teach his sons the names of toys (instruments) and names different parts of toys with which his son plays. He teaches his son how to cycle. All the fathers shared they usually play with a ball, play car games,

run, play rough, and tumble play with their children. Among them, one father said, he bought block games for his son.

During observation, it was seen that children were playing more with their father than their mother. Fathers also enjoy playing with children. In the two settings of observation, all of the fathers were giving time to their children before going to work and after returning home. A few fathers play with their children immediately after returning from office, one father took rest first, and then when his child came to him he played with his child (Observation note 2# 18.10.2021). In one set of observations, a few fathers were continuously interacting with their children while the mother was feeding the children. Among them one father asked his child whether they were enjoying food, how much did they love their father, what they want to do on the weekend (Observation note 2 # 20.10.2021). In another set of observations, this father was playing encouraging his son to jump from a chair during observation and said that don't be afraid your father is with you (Observation note 3# 22.10.2021). In another set of observations, one father was putting a shirt on his son and was saying, 'do you remember how we ride a horse cart in our last tour outside. If you don't do any naughty activity then I'll take you there again.' (Observation note 3# 22.10.2021)

Theme 2: Fathers' understanding of their involvements in physical play with their children (Birth to three years)

Sub Theme: Fathers spend time with children and involvement in physical play before covid 19

A few fathers who are businessmen said that whenever they get used to getting the time, they could spend time with their children. They mentioned that they took their children

in their lap, used to hug them, used to play with balls and other toys with their children, used to watch a cartoon with their children on their mobile phones.

One father said, after returning from the office he used to play rough and tumble with his son, played with toys, cycle, etc. Another father said, he used to talk with his son, play with balls, lied down in bed with his son, and they played. One father who is a teacher said, “I hardly got chance to manage time to spend with my children but when I used to get time I played with my children.”

One father who is a govt. service holder mentioned,

“I took my son for a morning walk so that I could spend time with my son. Apart from that I teach my son letters, names of colors, counting. Also I play football, play with a car with my son.” (IDI#5, 26.10.2021)

During observation, it is seen that one father plays jumping, running, plays human train, makes papercraft, laughs with his child (Observation note 3# 22.10.2021).

Sub Theme: Effects of physical play due to Covid 19 and fathers’ opportunity to play with children during Covid 19

All fathers said they got the chance to play and spend time with their children at home as they had less work and did work from home during covid 19. A few fathers mentioned that their sons were so little when corona emerged so they stay with them and played at home.

One father said

“There is no effect of corona as my daughter was young. I stayed at home because I could not go out for work and I could spend time with my child. This made my child happy”.

Some fathers said similarly that yes, there was a big impact of corona in their children's lives as they could not go out. Fathers wanted to take their children out but it was too risky. Among them one father said,

“I could not take my son out as all the parks; playgrounds were closed so my son could not see the outside environment for a long time. After that when the covid situation got better and restrictions were relaxed then I took my son outside but my son got frightened and quiet. He could not adapt to the outside environment.” (IDI#4, 22.10.2021)

Sub Theme: Whether they are giving enough time to children for physical play

One father who is a businessman said,

“The time I give is enough for my children. Morning and night in total I try to give an average of 3 to 4 hours which I think is enough. I play with my daughter, love my daughter and talk with my daughter. My daughter who is 2.5 years old started to speak now which she could not do like this before”.

One father who is a govt. The service holder said that there are some gaps. He tries to give 80/90% time to children but sometimes it is not possible to give. He has some family issues like he has to maintain his family as he belongs to a middle-income family, he needs to manage everything with his minimal income so it sometimes becomes hard to do special things for his children though he has his willingness to do. However, he thinks the physical development of his child is getting in progress day by day because he has seen his child remain happy with him, play with him. Also, he shares a good bond with his child.

Another father who does a private job said that he gives an average amount of time to his son as he always remains busy with his work. The only weekend day he can give time to his child but other days he tries to give time after he comes from office. He used to live far from his family because of job placement but now he took a transfer and lives with family so he can give more time to his son than before. Whenever he gets time, he plays with his son which helps his son in mental development. His son can understand many things now, call him “BaBa”. Tries to speak. That’s all he thinks his son is developing. (IDI#3, 22.10.2021)

Some fathers said that the time they give to their children is not enough. They need to give time more but because of their work, they could not manage. Among them, a few fathers mention that sometimes when they return from work, they see their children go to bed for sleep so they cannot give time to them. One father said,

“I noticed some unsocial behavior within my son as I cannot give him time properly”.

However, it is to be mentioned that they all think, physical play is helpful for their children’s development. Their children’s growth improves, they stay happy, learn new things.

During observation in one setting, some of the fathers spent their time with their children by only talking with them and taking them into their lap (Observation note 1# 18.10.2021, 20.10.2021). In another set of observations, a few fathers participated in physical play with children (Observation note 2 # 18.10.2021, 20.10.2021). Among them, one played with toys and one was playing rough and tumble. The other father only played on weekends with their children (Observation note 3# 22.10.2021).

Sub Theme: Fathers' spending time and opportunity they used for physical play at home during Covid 19 with children

All the fathers said that they played with children as usual during covid except the fact that they could not take their children out. Among them one father said,

“I got more opportunity and time to play with my daughter because of covid 19. When my daughter spends time with me then she did not bother her mother. Her mother could easily do household work.”

One father said that the sleep time was more than usual during covid. The rest of the time he spends with his children and played with them. Another father said,

“I had to spend the covid time differently. I and my family had to use sanitizer, masks. My son was young during that time. My child only learned walking at that time. So I stayed home and played with my son with toys, I used to move my son's hands and feet and my son used to smile.”

One father said, He stayed home and spends more time with his child. His younger son was little so he played as he liked. He just accompanied his son on his play. One father who is a govt. service holder said, “I used to spend playing the whole day with his son during covid 19. I played different types of games. That time screen time of my son was less as he enjoyed playing. I also taught my son letter, counting, animal name.” (IDI#5, 26.10.2021).

Sub Theme: Special role fathers' played (e.g. making toys for their children) or bought special toys helpful for their children's development

One father said, "I bought a bike. My daughter did not know how to press the horn on the bike. Now she understands that if she presses a button then the horn makes a sound. She just hold the bike before but now she tries to move it. Those are her development. Another thing that I bought for my daughter is a walker. She could not walk before but now she can walk."

One father mention, He bought a ball, remote control toy car, doll for his son but never made anything for his son. His son could not operate the remote but follow the car when anyone operate the car through remote control. His son smashes the car, throws the ball, he fetches the ball his son again throws it. Also, he bought a walker for his son.

Another father who does a private job said, when he went out, he bought his son a toy, a balloon. His son plays with balloons. Sometimes burst it. He bought things as he likes because his son is little and he could not understand.

One father who is a businessman said, he bought a ball, car, puzzle game. Pistol for his son. He taught how to play with a pistol, it makes a sound. His son plays with it."

One father said,

"I bought books, calk board, balls, toys. My son learned to count, letters, Arabic words as he teaches. I want to buy a cycle for my son but a little later. My son cannot hold it as he is too young to cycle. When my son turns 4/5 then I will buy a cycle for him."

One father who is a teacher said,

"I bought a horse toy for my son. My son plays with it, swinging back and forth. Also bought a ball, car, pistol walker. With a pistol toy, my

two sons play a game 'catch the thief game' and we run after each other. My son used to walk through a walker but now he plays with the walker and uses it as a car. My son pushes it, make broom broom sound with his mouth."

During observation, one father played a human train and made a frog with paper for his son. Another father turned himself into an elephant and let his daughter ride on him. Another one just participated in play with his child (Observation note 3 # 22.10.2021).

Theme 3: challenges fathers are facing in performing their roles and in their involvements in the physical play with their children.

Sub Theme: Reasons behind fathers spending less time

Some fathers said similarly and they shared because of their work it is hard to get time for children. Among them one who is a businessman mentioned, "I have to go many places that are far away for business purposes. I leave my daughter in the morning to sleep and when I come home late at night, I find my daughter sleeping. However, I always tried to manage time to spend time with my daughter."

Another father shared that his working hour in the office is long that's why it is tough to get time for children. Sometimes when he returns home, he gets tired. That time he wants to give time to his children but could not do that."

Another father emphasized the fact that only because of the nature of his job he cannot manage time for his son. Two fathers agreed that family maintenance sometimes is a reason apart from their job that restrain us to spend time with our children. One father who is a businessman said,

“People's demand nowadays knows no bound. They always run after money to have a better income. This makes people busy. People's demand and busyness both have increased. I think this is the main cause.”

Another father said I have to look after other family members like my brother, mother. Also, my job is the reason for not giving enough time to my son.”

One father who is a teacher said,

“I have to go out to give private tuitions after finishing school job. I cannot give my son time because I have been involved in private tuition after school job.”

During observation, a couple of fathers were hurried to go for their work in the morning so they were giving less time to their children (Observation note 1 # 18.10.2021, 20.10.2021). One father out of three waited for his son to wake up from sleep then he took his son into his lap, talked for a bit then left for work (Observation note 1# 25.10.2021). On the other hand, in another set of observations three fathers took a rest after returning from their work. After that, they spent time with their children (Observation note 2# 18.10.2021, 20.10.2021, 24.10.2021).

Sub Theme: How family has been helping for father-child to spend time together

One father said, his wife wants him to spend time with his children. When he remains at home his children stay with him and play. Another two fathers said, “We live in a joint family so my child gets help from other family members. When I come home from work, I give my children time but the rest of the day children stays with the grandparents so it is helpful.”

One father said,

“I get help from my wife. I had to pick my elder daughter from the coaching center one day a week after my work. Then I asked my wife to get my younger son ready because I want to take my children out. my wife did that and I could able to take my children out to a park for recreation.”

Another father mentioned that when he returns home after office, he gets tired. That time his wife takes care of his son. After eating some snacks and taking a rest for a bit he joined his son for plying. On the other hand, when he starts to go to the office in the morning, his son also wants to go with him. That time his wife makes his son understand that his father will come back soon.

One father who is a teacher shared that nowadays, getting help from other family members is so tough. He mentioned that they live in a nuclear family so we have to manage everything on our own. Sometimes housemaids help them. When we cannot manage things then his wife does that. This is how their family is living.

During observation, one mother was feeding her child while playing with her father (Observation note 2# 18.10.2021). In one set of observations while the child (8 months old) was playing with his grandparents and father returned from the office then the grandfather said to the child to go to his father, hug him (Observation note 2# 20.10.2021). Another setting of observation was when the mother took her child into her lap, that child was behaving hyperactively then the mother gives her child to the father's lap and said to take the child and roam around a bit (observation note 3 # 22.10.2021).

Sub Theme: Fathers manage time to spend with their children

Most of the fathers shared that eagerness is important. Many fathers can easily manage time but they are not eager to give to their children. These fathers think it is only the mother's responsibility. They further added that if there is eagerness then fathers can also give time to their children.

One father shared,

“I need to manage everything. Family, job, other responsibility also we have to give time to our children otherwise there won't be proper development.”

Discussion

The goal of the study was to learn more about the fathers' perception of their roles and involvements in physical play with their children (Birth to age 3) during COVID 19. Data were collected through two different methods, such as in-depth interviews and observation. Data was assessed based on the research findings that had been collected based on the research objective and question.

The demographic profile indicates that all the fathers were educated and from various professions where two fathers were govt. service holder, two fathers were businessmen, one was a private job older and another was a teacher.

Theme 1: Fathers' understanding of their roles in the physical play with their children (birth to three years).

In the research, before knowing about the role of fathers in physical play they were asked about child development and physical development. While explaining child development Few fathers relate mental and physical health with child development. Some thought mainly mental development is identified as child development but child's intellectual characteristic and knowledge are also needed. Some thought both mental and physical development is child development but they also said physical and mental development is different. A couple of fathers thought appropriate weight according to age is a good sign that child is developing well. Moreover, intensify brain activity is also included in child development. One father specifically thought that child development happens in all areas and it is a versatile thing. A child's growth, behaviors are all are considered for child development.

While explaining physical development six participants differently express their views where one father thought that every child has a different developmental level. By observing a child's walking, running, physical changes like how many teeth are in the mouth are helpful to know whether a child developed physically or not. One father thought to play, smile, being friendly with others, cycling is physical development where child learn new things day by day. Few fathers agreed on the fact that if a child is having proper growth, height, weight then that child has proper physical development.

While defining physical play one father thought when children enjoy doing activities like jumping on their parent's lap, riding cycle those are physical play. Some fathers explained that physical play is what a child does. Generally, children's play does not have any logic. They play as they like. Few fathers thought running, jumping, playing with balls and toys is normally physical play.

The majority of fathers thought physical play is crucial for child development where one father relates a child's presence of mind with physical play also thought without it child might lag from future competencies. Another father believed a child can develop through play also children can learn new things. However, except physical play; teaching words, giving attention to children is also important according to this father's perspective. One father co-related social development with a physical play where children become friends with others. This father also emphasized that children's bone growth got improved by physical play.

All the participants emphasized the fact that parents must know about child development whether it is about children's food habits or any kind of development.

Without the acknowledgment, children will suffer a lot. Their physical and mental growth might not properly develop, social development will also hamper.

The majority of fathers know the importance of them in their children's life. Though they are not getting enough time to give to their children for their jobs and long working hours they try to participate in physical play with their children and play with various toys, rough and tumble. A couple of fathers thought that teaching educational things and buying study-related materials such as chalk and slate, word books, block games, etc. for their children are also one kind of responsibility of fathers. On the other hand, few participants thought both the parents have equal importance on children's life where few talked about the different roles of father and mother. Some believed mother has more responsibility at home and fathers are mediocre for recognition of the outside world to children. Fathers provide entertainment out of the home to children. However, fathers enhance the self-confidence of children because children are keener to accept challenging activities when they are with their fathers.

Theme 2: Fathers' understanding of their involvements in physical play with their children (birth to three years)

All the fathers involved in physical play with children more or less. The majority said to spend time with children wherever they get. Also, they showered love, hug their children which make a good attachment of father-child bonding. Before Covid 19 fathers Played with children, took them outside, also children were habituated to watch cartoons on devices alone and with their father as well. The reason behind the screentime was fathers gave less time because of their jobs. However, during covid 19 the screentime was comparatively lower because fathers stayed home and had the

opportunity to give time more than usual. Children also enjoyed companion of their fathers. However, the sleep time of children was higher than usual during covid 19. On the other hand, few fathers believed the effect of covid on children was not that much but few thought their children had mental and social developmental issues because of not going outside for a long time.

Mostly because of jobs, family responsibilities majority of the fathers could not give enough time to their children in physical play whereas few fathers believed they give adequate time to their children because they spend minimal 3 to 4 hours including weekends with their children in physical play. Though fathers felt that there is a gap no matter how much time they spend with children but they have the enthusiasm to give more time to children as they noticed that children's growth and development enhance through physical play. Some fathers believed that giving their children ample time also increases their mental development. Without the long-time absence of a father, some unsocial behavior might arise among children which was found in the study as well.

Fathers usually buy many toys for children. Most of the fathers bought different types of toys like balls, cars, dolls, balloons, pistols but never made anything at home. They always felt concerned for children's physical development as they bought walkers so that their children can learn to walk, bought cycle so that children can learn to ride on cycle, bought horse toys so that children get more strength playing and riding horse toys. However, one father made papercraft so that his son could play new things. Some thought buying reading materials like books, chalk board is also necessary as they want their children to learn words, names of animals, flowers, number counting, etc.

Theme 3: challenges fathers are facing in performing their roles and in their involvements in the physical play with their children.

The main obstacle fathers faced to fulfill their roles in a child's life and to involve in physical play with children is the nature of their job. They have long working hours so it becomes difficult to give proper time to children. Most of the fathers try to spend time before and after their work which is not enough. Otherwise, fathers also have to maintain family responsibilities and social life.

The majority of fathers explained that they get full support and help from their wives for their involvement with their children. Some who are living in a joint family mentioned that their grandparents are a helpful source to make a father-child bonding in a family. However, sometimes they face challenges to deal with their children and do not know how to handle the situation. At that time fathers rely mostly on their wives or other family members in the family.

Though fathers have to meet many difficulties to get involved with their children they have the willingness to engage more in their children's life also in physical play. They try to manage their time for their children.

When fathers were observed it was found that fathers tried to spend time with children. Sometimes they were busy with their work but whenever they get the time, they put effort to utilize it. Mostly they give time to children in weekends but it was also seen that before going to the office and after returning home they try to give time to their children. However, fathers remain tired of the workload when they come back home. That time it turned hard to give time to children though fathers want to. Fathers were

also concerned about children's physical, mental, social, and behavioral development. They want to know whether their children are getting proper nutrition to have physical development properly like muscle strength, walking, jumping. They vigilantly noticed children's mental development as well by observing children's play with a toy, what new children's are learning, they are speaking new vocabulary or not, etc. While they were playing some just participated in play with children and let their children play as they liked. On the other hand, some were playing with various toys and engaging children indifferently play. Fathers emphasized children's educational learning and tried to teach words, numbers, colors. When fathers played with children it was observed that they were encouraging children to participate in challenging activities. It helps a child to enhance self-confidence. Moreover, Children liked and enjoyed playing more with their fathers than their mothers. Children seemed happy and smiled a lot when their father accompanied them. At the time of observation majority of participants seemed to get help from other family members as well like their wife, grandparents which helps to build a strong father-child bonding.

Conclusion

The title of the research is Fathers' perception of their roles and involvements in physical play with their children (birth to age 3) during COVID19 where the objective is to understand fathers' knowledge on their roles in the physical play of their children (birth to age 3) during COVID 19.

The bond of relationship that a father and child shares have a deep impact on a child's healthy development in all domain (physical, cognitive, language, socio-emotional). Children become affectionate at any activities if their fathers are around. They are more likely to engage and love play as well with the involvement of fathers (Lerner, 2016). In this study father's knowledge about defining physical play reflects in many ways. Many participants directly express their thought relevantly however some while mentioning physical play mentioned father-child bonding. They co-related physical play mainly with attachment and mental development. At the time of talking about challenges to spend time with their children, they were focusing on their family responsibilities and maintenance, income, workload rather than father-child physical play. Fathers also faced obstacles to maintain work-life and give time to children.

It has been found out from the findings that Covid 19 and physical play has been correlating oppositely where fathers could not take their children out for play. According to this study, some fathers said they stayed home because of the pandemic and spend time with children and the spend time was not always related to physical play. Moreover, children enjoyed their fathers' company and played more with their fathers.

To sum up, in case of any unprecedented scenario like covid 19 or even if this covid 19 continues or takes serious mode again there might be many adverse effects on children's

physical play in future. To overcome this situation proper initiatives needs to be taken into account by policymakers, organizations (schools, NGOs, daycares, etc), or even at the community level on how children can be physically active in this kind of situation as it has found out from the study that physical play ensures all developmental domains.

Recommendations

Evidence from the study suggested a few recommendations. Such as,

This study was conducted focusing on one context, urban, at a district level, therefore another context of Bangladesh can be explored to get a wider idea, and also the same study can be conducted with a large number of populations on Fathers' perception of their roles and involvements in physical play with their children (Birth to age 3) during COVID 19 get representative evidence-based examples. A more in-depth study can be done on the practices of fathers in physical play with children since fathers mentioned that they remain busy with their job and working hours.

If this pandemic lasts or if this kind of pandemic will happen in the future, further research can be done to know how fathers would contribute in physical play to their children's holistic development during this kind of pandemic since this research shows that physical play was restricted during a pandemic, fathers could not take their child out of the home; therefore, if there would be a proper guideline on how to continue physical play at home due to any unprecedented situation than fathers could contribute more in the physical play with their children.

There have been programs that work mainly with mothers therefore programs can be taken that state ECD knowledge at the community level with the fathers that can also

promote the importance of ECD and encourage fathers to practice more physical play that enhances their children's development. It has been found out that children in covid-19 spent more time on different screens. The social media and companies that have been making different gadgets can come forward as their social responsibilities to promote awareness of the importance of physical play for a child's development. Since the women workforce in the labor, the industry has been increasing and in the CRC in different articles, it has mentioned care, direct contact of both the parents, therefore this issue needs to be addressed at the policy level that will emphasize developing fathers' knowledge of their role and involvement and physical play may come as an integral part of it.

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Appendix A.

Participants Demographic Information

<u>SL No.</u>	Age	Occupation	Education	Children	Age of children	Gender	Income
1	40	Businessman	S.S.C	2	2.5 years	Girl	1.5 lac
2	40	Govt. service holder	B.com	2	8 months	Boy	32 thousands
3	33	Private job	Masters	1	20 months	Boy	40 thousand
4	39	Businessman	Masters	2	1.5 years	Boy	50 thousand
5	34	Govt. service holder	Honors	1	2.4 years	Boy	25 thousand
6	40	Teacher	Honors	2	3 years	Boy	30 thousand

Appendix B.

In Depth Interview Guideline

Theme 1: Fathers' understanding of their roles in the physical play with their children (birth to three years)

1. What is child development meant to you?
2. What is physical play meant to you? What kind of physical development do you think should occur for your child of this age.
3. How important is physical play do you think to ensure the overall development of your child (0-3 years)? If yes why?
4. How much important a physical play do you think is for physical development?
5. Do you think parents should know about children's physical development? If yes why?
6. How important do your role you think is in your child's physical play?
7. How fathers can involve with a child (0-3 years) you think in child's physical play and what kind of physical play you think fathers can play with a child?
8. Do you think Covid has affected the physical play of children at this age?
9. Do you think fathers get an opportunity to physical play as they stayed at home because of Covid? If yes why?

Theme 2: Fathers' understanding of their involvements in the physical play of their children (infant and early toddlers)?

1. How do you spend time with your child?
2. Do you participate in physical play with your child? If yes, how? What is your role in physical play with your child?

3. Do you think you play enough physical play with your child? If yes, how? If not, why?
4. Do you think you play enough physical play with your child which is helpful for physical development? If yes, how?
5. How did you spend time with your child during the Covid pandemic?
6. Did you get an opportunity to physical play during the Covid pandemic? If yes, what type?
7. Besides playing directly have you made or bought something that creates an opportunity for physical play of your child?

Theme 3: challenges fathers are facing in performing their roles and in their involvements in the physical play of their children

1. What are the reasons do you think for not getting time or getting less time to physical play with child?
2. Do you get any help from family members so that you can spend time with your child? If yes, how do they help?
3. How can fathers do you think to manage to spend time with a child after so many obstacles?

In Depth Interview Guideline (Bangla)

Theme 1: Fathers' understanding of their roles in the physical play with their children (birth to 3 years)

১. শিশুর বিকাশ বলতে কি বুঝেন?

২. শারীরিক খেলা বলতে আপনি কী বুঝেন? আপনার শিশুর (কথা বলার সময় বয়স উল্লেখ করতে হবে) এই বয়সে আপনার কি মনে হয় তার কী কী শারীরিক বিকাশ হওয়ার কথা?

৩. শারীরিক খেলা শিশুর (০-৩) সার্বিক নিশ্চিত করতে কত প্রয়োজনীয় বলে আপনি মনে করেন? কেন?

৪. শিশুর শারীরিক বিকাশে শারীরিক খেলার গুরুত্ব কতটুকু বলে আপনি মনে করেন?

৫. আপনার কি মনে হয় পিতামাতার শিশুর শারীরিক বিকাশ সম্পর্কে জানা দরকার? কেন?

৬. শিশু শারীরিক খেলায় আপনার ভূমিকা কতটুকু গুরুত্ব আছে বলে আছে বলে আপনি মনে করেন?

৭. কিভাবে বাবারা শিশুর (০-৩ বছর বয়সী) সাথে

শারীরিক খেলায় অংশ গ্রহণ করতে পারে বলে আপনি মনে করেন এবং কী ধরনের শারীরিক খেলা বাবারা তাদের শিশুদের সাথে খেলতে পারে বলে আপনি মনে করেন?

৮. আপনার কি মনে হয় করনার কারণে এই বয়সী শিশুদের শারীরিক খেলার উপর কী প্রভাব পড়েছে?

৯. আপনার কি মনে হয় করনার কারণে বাবারা বাড়ীতে থাকায় শিশুদের সাথে শারীরিক খেলার সুযোগ হয়েছিলো কিনা? কেন এরকম মনে করছেন?

Theme 2: Fathers' understanding of their involvements in the physical play with their children (birth to 3 years)?

১. আপনি কিভাবে আপনার শিশুর সাথে সময় কাটান?

২. আপনি কি আপনার শিশুর সাথে শারীরিক খেলায় অংশগ্রহণ করেন? হ্যাঁ হলে কিভাবে অংশগ্রহণ করেন বলুন।

আপনার শিশুর সাথে শারীরিক খেলায় আপনার ভূমিকা কি হয়?

৩. আপনার কি মনে হয় আপনি আপনার শিশুর জন্য পর্যাপ্ত শারীরিক খেলা খেলেন? হ্যাঁ হলে কিভাবে খেলেন বা না হলে কেন তা বলুন?

৪. আপনার কি মনে হয় আপনি আপনার শিশুর সাথে পর্যাপ্ত শারীরিক খেলা খেলেন যা তার শারীরিক বিকাশে সহায়ক। হ্যাঁ হলে কিভাবে শারীরিক বিকাশে সহায়ক তা বলুন।

৫. করোনা মহামারিতে কিভাবে শিশুর সাথে সময় কাটিয়েছেন?

৬. শিশুর সাথে করোনা মহামারিতে কি কোনো শারীরিক খেলা করার সুযোগ হয়েছিলো? হলে কি ধরনের খেলা খেলেছেন?

৭. সরাসরি খেলা ছাড়াও আপনি কি এমন কিছু কিনে বা বানিয়ে দিয়েছেন যা দিয়ে আপনার শিশুর শারীরিক খেলার সুযোগ তৈরি হয়েছে?

Theme 3: challenges fathers are facing in performing their roles and in their involvements in the physical play with their children (birth to 3 years) during Covid 19

১. কি কি কারণে শিশুর সাথে সময় কাটানোর জন্য সময় বের করা বা অন্য কোনো কারণে শিশুর সাথে শারীরিক খেলা করতে না পারা বা কম করা হয় বলে আপনি মনে করেন?

২. শিশুর সাথে সময় কাটানোর জন্য পরিবার থেকে কি কোনো ধরনের সহায়তা পেয়ে থাকেন? হ্যাঁ হলে কিভাবে তারা সহায়তা করে তা বলুন।

৩. আপনার মতে অনেক বাধা থাকলেও বাবারা কিভাবে সময় বের করে শিশুর সাথে সময় কাটাতে পারে?

Appendix C.

Observation Guidelines

1. How a child is spending time?
2. What kind of play the children is playing according to age?
3. How father is spending time with children?
4. Is there any work or play the father is doing which helps the child for physical development?
5. Does family support father to spend time with children? If yes. How?
6. Does the father buy or make anything by which children can do physical play?
7. What kind of physical play the family does with the child? Is there any role of a father in that play?
8. How much time does a father spend during physical play with the child?

Observation Guidelines (Bangla)

১. শিশু কিভাবে সময় কাটাচ্ছে
২. বয়স অনুযায়ী শিশু কি কি শারীরিক খেলা করছে
৩. বাবা কীভাবে শিশুর সাথে সময় কাটাচ্ছেন
৪. বাবা শিশুর সাথে এমন কোনো কাজ করছেন কিনা বা খেলা করছেন কিনা যা শিশুর শারীরিক বিকাশে সহায়তা করছে
৫. পরিবার বাবার সাথে শিশুর সময় কাটানোর জন্য কোনো সহায়তা করছে কিনা? করলে কিভাবে করছে?
৬. বাবা শিশুর জন্য এমন কোনো কিছু বানিয়ে বা কিনে দিয়েছেন যা দিয়ে শিশু শারীরিক খেলা করতে পারছে
৭. পরিবার শিশুর সাথে কি ধরনের শারীরিক খেলা করে থাকে? সেখানে বাবার কোনো ভূমিকা আছে কিনা?
৮. শারীরিক খেলায় বাবা কতক্ষন শিশুর সাথে সময় কাটিয়েছে?

Appendix D.

Voluntary Consent Form for Fathers

Brac Institute of Educational Development, Brac University

Title of the Research Protocol:

Fathers' perception of their roles and involvements in physical play with their children (birth to age 3) during COVID 19.

Principal Investigator: SUMONA HAQUE PURBA

Introduction:

Fathers play an important part in children's physical play because it allows them to interact with them and form strong father-child bonds. (Parenting NI, 2018). Physical play helps a child in the development of all domains (Amodia-Bidakowska, Lavery, & Ramchandani, 2020).

Purpose of the research:

I am from the BRAC Institute of Educational Development- BRAC UNIVERSITY researching to explore Fathers' perception of their roles and involvements in physical play with their children (birth to age 3) during COVID 19.

Why selected:

I have selected the father as they are the important caregiver for a child.

Expectation from the respondent:

If you agree to participate you will be expected to share your knowledge and practices about the father's role and involvement in physical play with

children from birth-3 years on Child Development in the Early years. The respondents may give electronic signatures or they can send consent in an email.

Risks and benefits:

There is no risk for you to participate in this study. Moreover, the child directly or indirectly may be benefited in the future if the findings are taken into account by the policymakers and educators.

Privacy, anonymity, and confidentiality:

All information collected from you will remain strictly confidential. I would be happy to answer your questions about the study and you are welcome to contact me; (cell# 01752680366), (Email # purbahaque@gmail.com) or anytime required.

Future use of information:

Some of the information collected from this study may be kept for future use however in such cases information and data supplied to other researchers, will not conflict with or violate the maintenance of privacy, anonymity, and confidentiality of information identifying participants in any way.

Right not to participate and withdraw:

Your participation in the study is voluntary, and you are the sole authority to decide for and against your participation in this study. Refusal to take part in the study will involve no penalty. If you agree to my proposal of enrolling yourself in my study, please indicate that by putting your signature or your left thumb impression at the specified space below.

Thank you very much for your cooperation.

Signature of Investigator

Signature of Participant

Date:

Date: