

PARENTS' VIEWPOINTS ON THE IMPORTANCE OF  
OUTDOOR PLAY SPACE FOR CHILDREN AGED 3-8 IN  
DHAKA

By

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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  
January, 2024

## **Declaration**

It is hereby declared that

1. The thesis submitted is my own original work while completing 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 which 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:

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## Approval

The thesis titled “Parents’ viewpoints on the importance of outdoor play space for children aged 3-8 in Dhaka” submitted by Sajia Salam, ID: 22155017 of Spring, 2022 has been accepted as satisfactory in partial fulfillment of the requirement for the degree of Master’s of Science in Early Childhood Development on January, 2024.

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## **Ethics Statement**

Title of Thesis Topic: Parents' viewpoints on the importance of outdoor play space for children aged 3-8 in Dhaka

Student name: Sajia Salam

1. Source of population: Parents (mothers and fathers) having children of 3-8 years living nearby outdoor play spaces in Dhaka city
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 for be required (yes or no)
  - a) from study participants (Yes)
  - b) from parents or guardian (Yes)
  - c) Will precautions be taken to protect 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:**

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## **Abstract**

In Dhaka, Bangladesh, the decrease in playgrounds due to rapid urbanization is evident. Studies have highlighted the adverse effects on children's development when they lack outdoor play opportunities, leading to potential delays and digital device dependency. Despite government awareness, insufficient action has been taken. To address this issue, a research initiative was launched to investigate parental attitudes towards community-based play centers for children aged 3 to 8 in Dhaka. Utilizing qualitative methods, data was collected through a semi-structured survey questionnaire using purposive sampling. Findings revealed that most parents recognize the importance of play for children's development, emphasizing its role in socialization, brain development, learning, and language skills. However, emotional development was often overlooked. Parents expressed support for community-based play centers as viable alternatives to traditional playgrounds due to security concerns. Challenges in establishing such centers include fundraising, parental persuasion, procurement of play materials, and political obstacles.

**Keywords:** Parental Viewpoint, Outdoor Play Space, Importance of Outdoor Play.

## **Dedication**

I would like to dedicate this thesis to my elder sister, brother in law and partner Samia Salam, Shihab Addin and Kayser Ajad who encouraged me with my hidden interest of early childhood education. Also, to my father Mohammed Abdus Salam, mother Zakia Akther and my younger sister Nadia Salam who always love me unconditionally.

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# **Chapter I: Introduction & Background**

## **Introduction**

Play spaces are places set aside specifically for children to engage in physical play and enjoy themselves (Johnson, Christie, & Wardle, 2010). Large and intended to encourage outside exploration, getting filthy, and participating in physical activities like running, leaping, and vocal expression, high-quality outdoor playgrounds are spacious. Since its founding in 1906, the Playground Association of America has promoted playgrounds in local communities, addressing issues such as their advantages, design, construction, optimal sites, and acceptable activities and behaviors (Shea, 2013).

Playgrounds and play spaces are usually places where children go to play. Playgrounds have changed throughout time. Originally known as "Plegstow," which translates to "the sports field of a village" (Dictionary, 2019). The word "playground" first appeared in writing in the late 1700s (Dictionary, 2019). Children's outdoor play facilities were unofficial during the 19th century, and public locations started to use them more frequently in the 20th century (Shea, 2013). Giving children the chance to play unstructured can help them perform better in school and maintain better physical health. Children who are given regular, brief breaks for unstructured play are more likely to pay attention in academic works.

Children may freely express themselves, have delight, and develop critical cognitive, motor, social, and emotional abilities in these vital, safe, outdoor play areas (Ela, 2023). Experts in child development support raising the number of playgrounds and acknowledging the rising significance of parks and play places. Playgrounds in the early 1900s were designed with teacher-guided activities to promote play and

convey important lessons in place of natural elements (Shea, 2013). To improve children's experiences, parades, plays, and equipment lessons were among the suggested events to hold. Children have many possibilities to develop their creativity, imagination, social skills, and acquired behaviors when they participate in outdoor activities.

There are two kinds of outdoor play areas: natural and artificial. For a child to grow up outside holistically, natural settings provide a range of physical challenges and sensory-rich experiences (Ashley, 2011). Artificial play spaces can be designed with consideration to mimic natural environments. These artificial play areas can mimic the advantages of natural settings when they are enhanced with green elements. Play in these modified environments has several beneficial effects on children, such as enhanced socialization, motor skills, focus, and physical activity levels. Additionally, by exposing kids to natural settings, these improved habitats may influence their moral convictions and behavior towards the environment. This study aims to investigate how parents feel about outdoor play spaces for children between the ages of three to eight.

## **Statement of the Problem**

Each child has the right to play and grow in all areas, including physical, cognitive, social, emotional, and communication. However, the demands and viewpoints of children's play and recreation frequently diverge from those of adults. For children between the ages of three and eight, outdoor play is especially important for their physical, cognitive, and socioemotional development. Playgrounds offer chances for social interaction, creativity, physical activity, and skill development. Despite its significance, the ratio of outdoor play and leisure places to total area in

Dhaka Metropolitan City is one of the lowest in the world at just 1:0.04 (Sohail, 2008).

*Table 1: Size of parks and Playgrounds*

Size: acre	Proportion of Dhaka's total area: %
0.5 – 1.0 acre	4%
> 1 acre	3.8%
>14 acre	2.8%

Early childhood educators generally agree that play is essential to children's future learning possibilities, and they place special emphasis on the value of outdoor play for children's development. Studies reveal that a substantial proportion of children, around 68%, frequently use playgrounds in the afternoons, and over 80% spend one to three hours there daily (Sohail, 2008). But as Louv pointed out in his 2008 book "The Last Child in the Woods," new research shows that children are playing less outside, which is causing a widening gap between children and the natural world (Phillips, 2012). Compared to indoor play, outdoor play provides a wider variety of experiences and lets children explore their physical boundaries via sports like cycling, jogging, climbing, and engaging with the outdoors. With these newfound understandings of the value of outdoor play, particularly in light of the evolving experiences of children of today, there is a growing awareness of the necessity of giving outdoor playgrounds top priority and improving them.

While parents' perceptions must also be taken into account, it is important to comprehend children's perspectives and interactions with outdoor play places. Studies reveal the profound influence of parenting philosophy on children's outdoor activity

behaviors (Mart, 2021). Especially when it comes to outdoor play, parents' views have a significant influence on the attitudes and behaviors of their children. Parents' views and actions in these areas can also have a big impact on how their children view nature and the outdoors. Since parents provide positive reinforcement for their children's positive attitudes and behaviors, it follows that children who have favorable views about spending time in nature are more likely to do the same.

The majority of the playgrounds in the region lack sufficient recreational amenities and natural components, which is a major problem (Ejaj, 2018). Even in situations when simple playthings like swings and slides are available, these structures frequently have inadequate upkeep and constitute safety risks. Swing chains are frequently discovered to be worn out or broken, while slides may provide problems because of their sharp edges or lack of maintenance. Furthermore, parents' worries frequently keep them from giving children the independence they require (Toole, n.d.).

One important conclusion is that a number of widely believed characteristics influencing children's behavior are not associated with their lack of outside experience. For instance, a study revealed no association between the frequency of outdoor play and television viewing time (according to Earth.com, 2018). Furthermore, the study refuted the notion that financial limitations had a substantial influence on children's access to outdoor activities by demonstrating that a family's inability to engage in outdoor play was unrelated to their financial situation. Moreover, studies found no correlation between the frequency of outside play and parents' opinions about neighborhood safety (Pappas, 2012). This implies that, in contrast to what may be expected, worries about neighborhood safety did not have a significant impact on parental decisions to encourage outside play.

What is notable is that this lack of outside exposure is not related to many of the usual elements that are frequently believed to have an effect on a child's behavior. For instance, the study discovered no connection between how frequently children play outside and how much time they spend watching television (according to Earth.com, 2018). It was also independent of the family's wealth, dispelling the idea that financial limitations heavily influence the availability of outdoor play for children. The study also showed that parental assessments of neighborhood safety had no effect on how frequently children played outside (Pappas, 2012). This shows that, contrary to predictions, parents' decisions to send their children outside for play and exercise were not greatly influenced by worries about safety in the neighborhood.

A survey found that 40% of parents need to push their children to go outdoors because kids tend to favor indoor activities like video games, TV, the internet, and music (according to Earth.com, 2018). More over two-thirds of parents voiced concern about their children' lack of outside play, and 60% of them blamed video games for the problem (according to Earth.com, 2018).

### **Purpose of the study**

This thesis study was aimed to explore and evaluate Dhaka-based parents' viewpoints and attitudes about the worth and significance of outdoor play spaces for children between the ages of three to eight. The goal of this research was to have a thorough understanding of how parents view outdoor play spaces in relation to the growth and welfare of their children. This study examined the elements that shape parents' perceptions of and choices about outdoor play spaces.



## **Significance of the study**

Experts emphasize that isolation inside indoor environments cannot allow for a child's normal growth (Amin, 2023). Dhaka, as a rapidly growing urban center, faces unique challenges related to limited green spaces, escalating urbanization, and environmental concerns, making it imperative to understand how parents perceive the role of outdoor play in their children's lives in this particular setting. This research will provide valuable insights into how parents perceive the role of outdoor play in their children's lives, offering a window into the cultural, social, and environmental factors that influence their decisions. The findings from this research will be of value to parents, Policy makers, future researchers and educators.

Parents are hesitant to allow their children outdoors due to the scarcity of suitable outdoor areas, worries about safety, and concerns about illnesses associated with pollution (Amin, 2023). In our society, conventional playgrounds remain the predominant option, focusing solely on promoting a child's physical development, fostering social and emotional skills, and encouraging creativity. Parents may interfere too early in their children's playing to reduce perceived dangers because they worry about disappearance, accidents, and being viewed as unsuitable caretakers.

## **Research Questions**

1. To know the parents' **Perception** about the importance of children playing outside
2. To explore the parents' **Attitude** towards the outdoor play space
3. To identify the **Challenges** parents' face, bring their children to the outdoor play space

## **Operational Definition**

**Intention (I):** Using statements on a Likert scale that ranges from 3 (agree) to 1 (disagree) to gauge ideas like the value of outdoor play for children's wellness, intention (I) relates to how committed and enthusiastic parents are about sending their children to playgrounds outside, statements like “Children should be allowed to play outside” or “Allowing children to play outside in nature boosts their health”.

**Outdoor Playground:** An outdoor playground is characterized as a specially designed space outside that has swings, slides, and play structures to encourage children to be active. Age-appropriate equipment, a safe area, and proximity to the family's house are among the features.

**Attitude (A):** Parents' overall assessment of outdoor playground activities, including their views on the advantages and disadvantages of letting their children participate, is represented by attitude (A). A Likert scale from 1 (agree) to 3 (disagree) is used to quantify the degree of agreement with statements that represent elements impacting the decisions made by parents about their children's outdoor play.

**Perception (P):** Refers to parents of Dhaka thought process to assess, understand, and acknowledge the value outside play has for their children. This includes their understanding of the advantages of outdoor play and their consideration of its importance for their children's growth and well-being. A binary scale with 1 representing Yes and 2 representing No used to gauge perception regarding questions such as "Are you aware of the child's physical, cognitive, and social development through regular outdoor play?"

**Challenges (C):** To recognize the particular obstacles and difficulties parents in Dhaka experience while allowing their children to play outside. The goal is to fully recognize and comprehend the many obstacles' parents encounter while encouraging their children to play outside. To measure, a binary scale—1 being Yes and 2 being

No—is used with questions like, “Would you consider outdoor play as a substitute for your children over screen time?”

## **Chapter II: Literature Review**

### **Benefits of Outdoor Play for Child Development**

About 75% of a child's brain development happens in the first year of life, and play is essential for the healthy development of about 20% of the brain. Play is important for developing big motor abilities like walking and coordination as well as fine motor skills like writing and using tiny instruments. Children who play outside have benefits beyond merely being physically active; they also develop social skills, bodily awareness, imaginative play, and a respect for the natural world (according to Children's Hospital of Philadelphia, 2023). Exercise strengthens the body and the brain, highlighting the significance of outdoor play for children's general well-being. Schools are an important source of physical activity for children because they set aside time for outside play. Studies reveal children who play outside use more energy than children who attend structured after-school activities such as clubs and tutoring (Prezza, Alparone, Cristallo, & Luigi, 2005).

Children's health, strength, and cognitive development depend on their ability to play actively, which emphasizes the importance of how they engage in play activities. Whether at home or school, outdoor play is a great opportunity for children to learn in a variety of ways and get some exercise. It gives children a respite from set schedules and gives them the freedom to explore and learn. This kind of play is pleasant and good for children's development even without sophisticated equipment. Children who play outside are more likely to engage with other children and the surroundings, which promotes respect for the natural world and kindness towards others. Reducing the risks linked to a sedentary lifestyle by engaging in outdoor activities in place of some screen time (according to Children's Hospital of Philadelphia, 2023).

Children may accomplish more with outdoor play areas than merely pass their spare time there. Additionally, they support the growth of the vestibular system, which is essential for balance and coordination, as well as body awareness. These areas are said to be a strategy to protect children from the risks found on the streets (Shea, 2013). Early childhood programs, seeing a reduction in outdoor play places, concentrate on establishing appropriate outdoor spaces where children may explore, take calculated chances, move about, socialize, and learn about the natural world (Wardle, n.d.). In addition to striving to convey the sense of surprise, delight, and adventure that characterized outdoor settings in previous times, outdoor play areas must be designed with durability and safety in mind. Numerous national and international standards emphasize the many health advantages that regular physical activity provides for children. For example, children should strive for at least 60 minutes of moderate-to-vigorous physical activity (MVPA) every day, according to the Canadian 24-Hour Movement Guidelines for Children and Youth (Boxberger & Reimers, 2019). In a similar vein, the World Health Organization (WHO) suggests that children between the ages of 5 and 12 participate in MVPA for at least 60 minutes per day.

### **Decline in outdoor play opportunities**

Part of the reason for the decrease of outdoor playtime is the worldwide trend towards urbanization. For the first time, the number of people living in urban regions exceeded that of rural areas in 2007. It is anticipated that by 2050, twice as many people would reside in urban areas (Pfautsch, Klause, & Walters, 2022). In highly crowded metropolitan contexts, limited access to outdoor play spaces is a considerable difficulty.

Making time for outdoor activities with children might be difficult in our busy contemporary lives, but it's essential for their growth and general well-being. Because of its complex effects on child development, the importance of outdoor play places for children between the ages of three and eight has drawn attention from all across the world. It is beneficial for children's bones, muscles, and general physical endurance for them to play outside (According to Miracle, n.d.). Many studies carried out globally have repeatedly shown how children have fewer opportunities to play outside due to issues including urbanization, safety concerns, the attraction of screen-based entertainment, and higher academic expectations. Children are spending less time outside, according to research from North America, Europe, and Australia (Larson, Green & Cordell, 2011). As the primary carers, parents are extremely important in forming their children's outdoor play habits (Mart, 2021). Although all parents agree that outdoor play is beneficial for their children, their hectic schedules frequently prevent them from actively participating in their children's outdoor play (White, 2020).

In the past few decades, children in Western countries have played less outside. In the United States, from 1981 to 1997, 6 to 8-year-olds' daily outdoor playtime decreased by 25%, according to research by Hofferth and Sandberg. Similarly, new data from Canada indicates that between 2000 and 2010, children and youths outside playtime decreased from 75% to 65% (Boxberger & Reimers, 2019). This pattern suggests that children now spend less time outside than their parents did when they were children.

In our nation, a large number of children spend much of their time indoors, absorbed in activities on their iPads, computers, and cell phones (according to the Bangladesh Post, 2022). This concerning pattern is seen as a concerning sign of their

emotional and physical well-being. Research indicates that parents who are very limiting and restrict their children from engaging in outside play and socializing with strangers may unintentionally cause their children to lose interest in outdoor play (Amin, 2023). According to the findings of another study, people who live one km away from a park or playground are significantly more likely to frequent it (68%) than people who live farther away (39%). The main excuses given by those who declined to go were feelings of uneasiness (35%), environmental concerns (41%), and hygienic concerns (34%). Concerns about health and sanitation (30%) and safety (23%) were the most commonly cited reasons why individuals avoided playgrounds (according to Work for a better Bangladesh, 2015).

A sizable segment of the populace in Dhaka is ignorant of the profound influence that outdoor play may have on a child's growth (Ejaj, 2018). Not only do many city people not understand the value of outdoor play, but they also do not see its underlying advantages. This ignorance is especially common among metropolitan parents, who frequently place a high value on their children's academic achievement. Sometimes worries over grades eclipse the value of outdoor play and its contribution to a child's holistic development.

### **Parental perception on Outdoor play**

Parents were asked to rank several possible obstacles to letting their children play outside in a survey. When their child is unwell, parents don't let them play outside, according to 50% of parents (according to the Early Education and Development, 2017). Children's physical activity in the present situation is significantly hampered by a lack of easily available outside play spaces. Parents find it difficult to bring their children to outdoor play areas since there aren't any playgrounds close to their homes and few possibilities for play at school owing to a

lack of space (Islam, 2023). Further restricting children's options for outdoor play include the fact that a large number of current playgrounds are either privately owned or not accessible because of ongoing construction projects. Additionally, the majority of parents work during the day, making it difficult for them to take their children outside to play.

Children are frequently seen playing at these playgrounds in the afternoon, usually under the supervision of their parents, grandparents, elder siblings, or other adult caretakers. This degree of supervision makes sense given the alleged risks associated with these playgrounds (Ejaj, 2018). Even with hectic schedules full of extracurricular activities and scholastic obligations, parents still need to intentionally set out time for their children to play unrestrained. It is crucial to provide children the opportunity to play unhindered by limitations based on carers' priorities (Toole, n.d.). Children's levels of physical activity are greatly increased by outdoor play, and parents are essential facilitators of this activity by supporting and facilitating their children's outside play.

Studies show that parents recognize the benefits of outdoor activities for their children's general health, as well as for their physical, motor, and social development (according to the JCES, 2023). But many see the inclement weather and their hectic work schedules as the biggest obstacles to setting aside more time for outdoor recreation. In addition, Globally, parents reported that, in comparison to their pre-pandemic routines, playground trips with their children had significantly decreased after the COVID-19 pandemic's peak. The main causes of this decline in outside time were the hectic work schedules of parents and the apparent rise in their children's screen usage.

### **Challenges and barriers to outdoor play**



Children are finding it harder and harder to participate in outdoor recreational activities in public spaces as cities grow as a result of urbanization. As a result, there's an increasing need to improve current urban surroundings to give greater chances for outside play. Several studies have highlighted the many advantages of outdoor play for children, including physical health and the development of their motor, social, and cognitive skills (Zhao, Hussain, Shukor, & Ning, 2023). Even with these established advantages, children's access to outdoor play areas is declining, especially in emerging countries that are rapidly urbanizing. Additionally, children are becoming less engaged in outdoor activities as a result of spending more time indoors and addicted to screens due to the growing popularity of electronic devices.

In view of the difficulties presented by urbanization and technology developments, this emphasizes the urgent need for urban planners and legislators to give priority to the establishment and maintenance of outdoor play areas inside cities in order to assist children's holistic development. The factors that influence children's outdoor play are mostly related to their social and physical surroundings. More in-depth research, however, indicates that changes to the physical environment may be able to alleviate some social issues. There has been a worrying change in children's daily routines in Western countries in recent decades. They are spending more time indoors and taking part in scheduled activities under the supervision of adults, and they are engaging in less play and outdoor activities (Prezza, Alparone, Cristallo, & Luigi, 2005). The development and general well-being of children are significantly impacted by this decrease in independent movement, outside play, and walking.

These days, a lot of children live mostly indoors in urban environments, glued to their cellphones since there aren't enough good outside spaces. Moreover, rising pollution levels degrade the livability of metropolitan environments, discouraging

children from playing outside and encouraging them to engage in indoor activities (Islam, 2022). As a result, many children are dealing with a variety of physical and mental health problems. Medical experts observe an increase in children's mental health problems in the capital, which is being made worse by the worldwide epidemic. They encourage the provision of playgrounds and open spaces in sufficient quantities to assist in the holistic development of children (Islam, 2022).

## **Chapter III: Methodology**

This study, conducted in the city of Dhaka, looks at parents' perceptions of outdoor play areas intended for children ages 3 to 8. Using an online survey to gather primary data, the study aims to understand parents' opinions regarding these playgrounds and the challenges they face while allowing or accompanying the children on outdoor activities.

### **Research Approach and Design**

#### **Quantitative Approach**

This study used a method that was quantitative to gather information on parents' opinions about outdoor playgrounds for children in Uttara between the ages of three and eight. It sought to explore in great detail what parents intended when it came to outdoor play areas. Mathematical insights were obtained through the use of survey questions to collect quantitative data. A thorough knowledge was attained by contrasting and comparing these results, which enhanced the examination of parental awareness, attitudes, and difficulties with outdoor play areas. An in-depth analysis of the subject was made possible by the quantitative method, which also provided quantitative data and insightful information on the intentions of parents about outdoor play areas in Dhaka.

#### **Research Site**

In Dhaka city, the intended study was been conducted.

#### **Research Participants**

Parents residing close to outdoor playgrounds in Dhaka city with children aged three to eight.

## **Sampling Procedure**

This study included 121 parents, 60% of whom were mothers and 40% of whom were fathers. The parents were specifically chosen based on two criteria: they had children between the ages of three and eight, and they lived close to an outdoor playground in Dhaka. The exploratory sample strategy used aimed to comprehend participant viewpoints, traits, influences, and difficulties about playgrounds and outside play for their children. Because of their direct experience with outdoor play areas and congruence with the study's goals, the researchers predicted that these parents would offer insightful commentary on the research topics.

## **Data Collection Tool**

An online survey questionnaire was used as the data-collecting technique for this study. It has two separate sections: the primary questionnaire and the socio-demographic status portion. The questionnaire is intended to collect information about participants' backgrounds and elicit replies to essential research questions, giving a complete approach to data collecting.

## **Data Collection Method and Procedure**

In this study, the researcher collected data using the Cross-Sectional Study method. A cross-sectional study is a type of research design in which data is collected at a particular point in time from a wide range of participants, in this framework, variables are observed in an unmanipulated manner (Thomas, 2023). A self-administered online research questionnaire was created, and face validated by experts from BRAC IED. Subsequently, the questionnaire did undergo a pilot phase involving five participants to ensure refinement and finalization.

An online survey was carried out utilizing Google Forms as part of the data gathering procedure. Participants got a thorough phone call outlining the goals and methods of the study before the survey. After that, parents received an email with a link to an online survey that contained a form for written informed consent form. The core questions of the survey were followed by a section on sociodemographic, for which participants verbally consented. Participants received the survey link over email.

## **Data Management and Analysis**

This study was employed descriptive analytics for the purpose of data analysis. The objective of descriptive analytics is to uncover participants' thoughts, reactions, and the challenges they encounter in allowing their children to engage in playing outdoor. To support the goals of the study, a set of targeted questions was developed and put into an online survey. The survey was split into two sections: the first asked participants sociodemographic questions, while the second half addressed the goals of the study. A subset of the questionnaires was made available online to have a thorough understanding of the parents' intentions.

- A specific sociodemographic form was used to gather data for the sociodemographic section, including age, gender, parental education degrees, children's interests, parental employment, and the number of family members. The capacity of each survey participant to access the internet and finish the questions was taken into account while choosing them.
- The second section of the questionnaire that the researcher designed asked questions about parents' views, knowledge, and issues related to outdoor playgrounds. This questionnaire's self-explanatory format gave respondents the option to choose between the options "Yes" and "No" or "Agree" and

"Disagree." To make data collection easier, a digital version of the questionnaire was created using Google Forms.

After the data-collecting stage was over, efficient data management became essential. First, the collected data was carefully examined to make sure it was accurate. All data gathered through Google Forms was combined into a spreadsheet, and then descriptive analysis was performed, including a nominal and raw data evaluation. Data correctness was confirmed by manual cleaning. The information was then painstakingly arranged and formatted into a database and uploaded onto a computer utilizing applications like Google Spreadsheets, which is a programme that functions similarly to Microsoft Excel. Before going into further detail, the researcher calculated frequency distributions and percentages across a variety of data categories to give a thorough perspective. As effective visualization tools, tables and graphs were used to improve data presentation and aid in audience understanding.

## **Validity & Reliability**

Several tactics were used to guarantee the validity of this study to preserve its reliability and accuracy. To determine the validity of the study, a methodology that aligned with the research aims and questions was utilized. The online survey questionnaire was translated into Bangla and rigorously reviewed by experts prior to data collection to ensure its reliability and validity. To further assess the questionnaire's reliability and validity, five pilot tests were conducted before the formal research initiation. Five individuals participated in these pilot tests, which were designed to remove any possible errors caused and improve the questionnaire based on participant input. Adjustments were made to the wording of certain questions that had caused confusion among pilot study participants, enhancing the

questionnaire's clarity. The supervisor then went over and approved the updated questionnaire before the research formally got underway. This careful method was adopted to protect the transferability of the study and guarantee that the data was accurate and vivid.

## **Ethical Issues**

In order to conduct an in-depth look into parents' intentions about outdoor play spaces for children aged 3 to 8 in Dhaka City, high ethical standards were upheld. BRAC IED and BRAC University provided their ethical approval, and all other ethical proposals were upheld. First and foremost, gaining informed permission from all participating parents was essential. This means making sure they were entirely aware of the objectives of the research, the data-collecting procedures, and any possible repercussions or hazards. Researcher strictly protected the anonymity and confidentiality of respondents, respecting their privacy rights. Furthermore, ethical issues covered the objective gathering and evaluation of data, aiming for objectivity and neutrality. The highest regard for their rights and interests was maintained while strictly adhering to ethical rules pertaining to the well-being of both parents and children. Conducted ethical and ethically acceptable research on this crucial subject requires adherence to certain moral guidelines. Participants had the freedom to retract their responses at any point in the study, and the researcher was rigorously upholding the confidentiality of their personal information.

## **Limitations of the Study**

The data collection method for this study was originally intended to be face-to-face interviews, but because of the political situation at the time, it had to be changed to online survey questionnaires. Furthermore, while the intended purpose was to collect

responses from four different areas of Dhaka, the researcher ultimately collected data from various areas of the city. Moreover, the intended sample size of 140 was not fully realized, as time constraints resulted in the collection of 121 responses.



## Chapter IV: Findings & Discussion

This chapter presents the findings and discussions from an online survey that asked parents of children ages 3 to 8 about their opinions about outdoor play areas. For the 121 parents who took part, the researcher created a questionnaire; the survey tools are described in Appendix A. The first portion of the chapter presents the findings from the questionnaire survey, starting with the demographic profile of the participants. The insights the researchers gained from the responses provided by the participants are successfully displayed in the next part through the use of illustrations like graphs, charts, and bars.

### Findings

This study's main goal is to learn more about the attitudes, views, and difficulties faced by parents while their children play outside. To gather information, the study used survey questionnaires to comprehend parental attitudes, beliefs, and practices about their children's outdoor activities.

#### Participants Demographics

*Table 2: Demographic information of the participants*

Participants	Variables	Frequency distribution	Percentage
Parents	Age (in years)	n=121	
	25 - 34	47	38.8%
	35 - 44	59	48.8%
	45 - 54	15	12.4%
Educational Qualification			
	Bachelor/Degree	27	22.3%
	Masters	86	71.1%

Parents	PhD	2	1.7%
	MBBS	5	4.1%
	Below Degree	1	0.8%
Participants Spouse			
Spouse's Age	25 - 34	30	24.8%
	35 - 44	74	61.2%
	45 - 54	17	14%
Participant's Gender			
Participant's Gender	Male	48	39.7%
	Female	73	60.3%
Children gender	Boy	84	69.4%
	Girl	37	30.6%

Table 2 shows that among the parents 60.3% participants were female, while 39.7% were male. On the other hand, 69.4% children were boy with and the remaining 30.6% were girl. The age range of the research participants was 28 to 49 years old, with 47 parents, or 38.8% of the sample size, were between the ages of 25 and 34. Similarly, 59 parents fell within the age group of 35–44, which made up the largest section at 48.8%. On the other side, 15 individuals, or 2.4% of the total, represented the 45–54 age circles. When it comes to educational backgrounds, 71.1% or 86 parents had a master's degree. 27 parents or 22.3% were Bachelor/Degree holders; two parents, or 1.7% of the sample size, were Ph.D. holders, and five parents, or 4.1% of the sample size, were MBBS holders. Furthermore, one member, or 0.8% of the total, did not passed a degree.

Additionally, the table 1 also illustrates the participants' spouses ranged in age from 28 to 50 years old; 30 spouses, or 24.8% of the sample size, were between 25 and 34 years old. Similarly, the biggest group of spouses, comprising 61.2% of the sample, were the 74 individuals in the 35–44 age range. Conversely, 17 spouses, or 14% of the total, were from the 45–54 age group.

The finding provides a thorough knowledge of how respondents felt about outdoor play areas. 70.2% of the parents believe that outdoor play spaces are a combination of "a set created to offer children an outdoor setting that encourages play", "a location or plot of land where children spend time to play" and "a plot of ground where children can play, either at school or in the surrounding area." Outdoor play is associated with a wide range of skills, including physical, cognitive, and social-emotional domains, according to 84.3% parents.

*Table 3: Parents' perception of the importance of children playing outside*

Participants	Variables		Frequency distribution	Percentage
Parents			n=121	
	Outdoor play is essential	Yes	120	99.2%
		No	1	0.8%
	Life skills through outdoor play	Yes	121	100.0%
		No	0	0%
	Holistic development by regular outdoor play	Yes	120	99.2%
		No	1	0.8%
	Play area's impact in child's involvement and fun	Yes	112	92.6%
		No	9	7.4%

Table 3 illustrates that 99.2% parents think that letting children play outside is essential. There appears to be broad agreement about the value of outdoor play for children based on this overwhelming agreement. Moreover, every parent (100%) acknowledges that children who engage in frequent outdoor play develop different life skills compared to those who spend more time indoors. 99.2% of the parents also know that frequent outdoor play benefits a child's social, cognitive, and physical development. This high degree of awareness suggests that the many advantages of outdoor activities for children are well recognized.

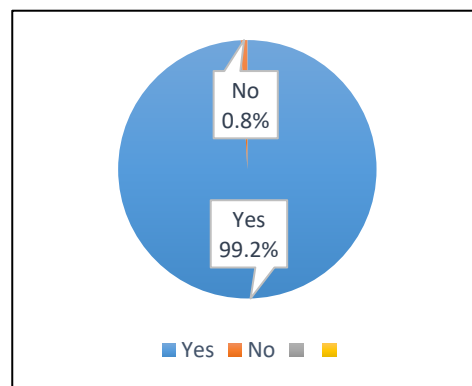


Figure 1: Parents who allow their children to play outside

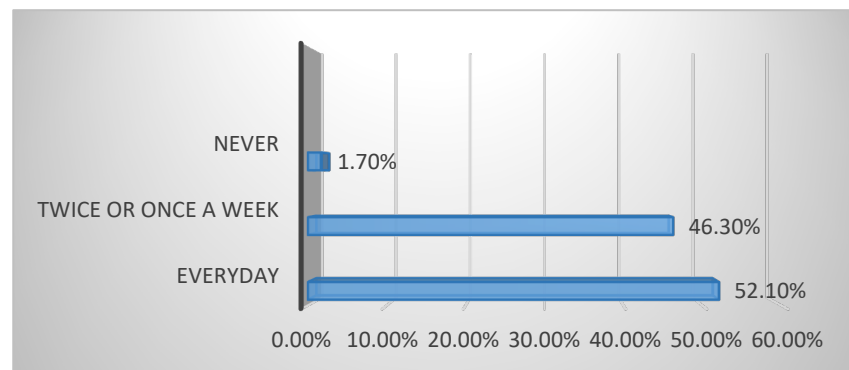
Figure 1 indicates that 99.2% or 121 parents allow their children to play outside or go outdoors to play.

Table 4: Parents' attitude towards the outdoor play space

Participants	Variables		Frequency distribution	Percentage
			n=121	
	Allowing outdoor play	Agree	118	97.5%
		Neutral	3	2.5%
		Disagree	0	0%

Parents	Nature enhances children health	Agree	120	99.2%
		Neutral	1	0.8%
		Disagree	0	0%
	Outdoor play benefits in learnings	Agree	116	95.9%
		Neutral	5	4.1%
		Disagree	0	0%
	Social influence on outdoor play	Agree	67	55.4%
		Neutral	42	34.7%
		Disagree	12	9.9%

From the table 4 it can be seen that 97.5% or 118 parents indicating agreement about the significance of letting children play outside. Remarkably, 99.2% or 120 parents concur that letting their children play outside in the natural environment is beneficial for their health. 95.9% or 116 parents think that playing outside benefits in children new learning. When deciding whether or not to let children play outside, the views of family members and neighbors become important factors to consider. Although 55.4% or 67 parents concur that these viewpoints matter, and 34.7% or 42 parents holds no opinion. Furthermore, 9.9% or 12 parents disagree the idea that other



*Figure 2: Children outdoor play routine*

people's opinions influence their choices.

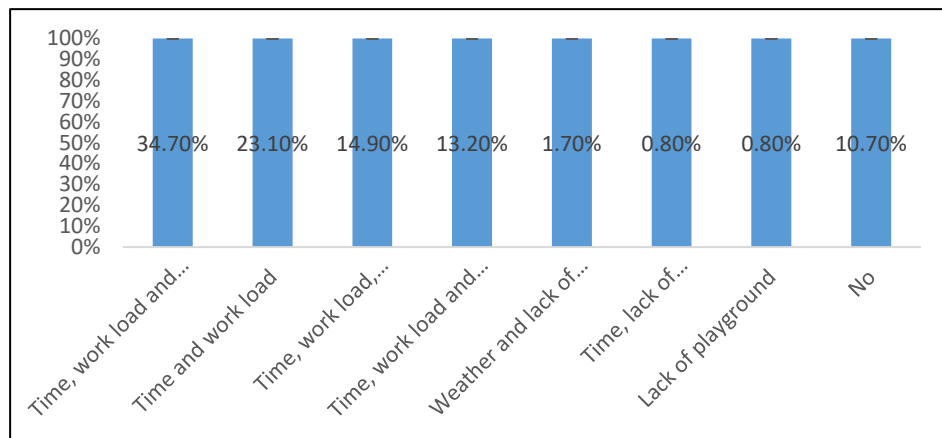


Figure 3: Barriers that parent's face while attempting to take their children outside to play

Figure 2 shows 52.1% or 63 parents stated that they let their children play outside every day. In addition to daily playtime, 46.3% or 56 parents said that they let their children play outside more than twice or once a week. The majority of participants include regular outside play in their children's routines. On the other hand, 1.7% or 2 of the parents said they never let their children play outside.

According to the analysis figure 3 illustrates 23.1% or 28 parents claimed that work load and lack of time prevent them from taking their children outside to play. A significant 34.7% or 42 parents stated that the comorbidities of time, work, and weather were an issue, and 14.9% or 18 parents pointed out that the absence of appropriate playgrounds was another problem. Remarkably, 13.2% or 16 parents mentioned problems with time, work load, and the lack of a playground. The absence of playgrounds and the weather were

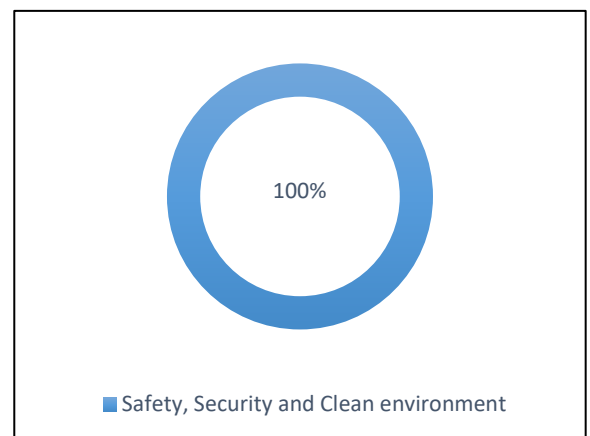


Figure 4: Parental Priorities for an Outdoor Play Area

mentioned by 1.7% or 2 of the parents. 0.8% or 1 parent marked the problem of cultural norms, time restrictions, and a lack of appropriate play locations as their barriers. However, 10.7% or 12 parents stated that they had no difficulties taking their children outside to play.

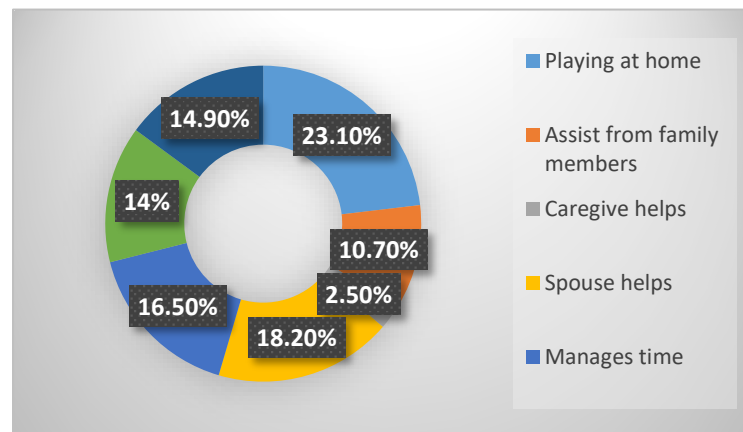
Figure 4 demonstrates that while evaluating the quality of a playground for their children, all of the questioned parents (100%) give top priority to safety, security, and a clean environment.

*Table 5: Challenges that Parents' face allowing children to play outside*

Participants	Variables		Frequency distribution	Percentage
Parents			n=121	
	Participate in outdoor play	Yes	108	89.3%
		No	13	10.7%
	Challenges in outdoor play	Yes	99	81.8%
		No	22	18.2%
	Prefer playing outdoor over screen time	Yes	117	96.7%
		No	4	3.3%
	Safety and hygiene concerns	Yes	120	99.2%%
		No	1	0.8%
	Fears of child lost	Yes	115	95.0%
		No	6	5.0%

The results from table 5 shows that 89.3% or 108 parents' participation in their children outside activities. However, 81.8% or 99 of parents said they face trouble while bringing their children outside to play. 96.7% or 117 of the parents considered

outside activity for their children in place of screen time. A resounding 99.2% or 120 parents admit that they are hesitant to let their children play outside because they are concerned about their children's safety and the cleanliness of the outside play space. 95.0% or 115 of parents, according to the report, are worried about their children getting lost when playing outside.



*Figure 5: Parental strategies for overcoming barriers while accompanying children in outdoor play*

This study explores the various coping mechanisms parents used to deal with difficulties they encountered when taking their children outside to play. Figure 5 illustrates that 23.1% of parents reported that their children play at home, either on the balcony or terrace, occasionally by creating new things or by playing in the designated play area for their children when they are unable to go outdoors. Time management was cited by 16.5% of parents as a crucial coping strategy. 18.2% of parents say their spouses have helped them overcome issues. Making adjustments, as stated by 14.9% of parents, and 14.0% of parents allow their children to play outside alone. However, 10.7% of parents report getting assistance from family and 2.5% of parents look for their helping hand for assistance.

The information shown in Figure 6 demonstrates apparent a sizable percentage of parents think outdoor play is important for children. Particularly, 72 mothers and



48 fathers emphasized the value of outdoor play. Of these parents, 27 had completed their bachelor's degree, 85 had completed their master's, 2 had completed their PhD, 5 had completed their MBBS, and 1 parent had not completed their bachelor's degree.

## **Discussion**

This section explains the study findings in relation to the research questions, provides the researcher's views, and analyses the results using relevant literature. The massive agreement (99.2%) among parents about the value of outdoor play for children's overall development and life skills acquisition demonstrates their common conviction about the numerous advantages of outdoor play. Additionally, Global research also shows that Outdoor play not only offers physical activity but also fosters socialization, body awareness, imaginative play, and a love for the outdoors in children (According to Children's Hospital of Philadelphia, 2023). It's interesting to note that a sizable percentage of 55.4% parents acknowledged the significance of social factors, particularly the opinions of family and neighbors, on their decisions for their children to play outside. Even still, 52.1% of parents said their children played outside every day.

Although 52.1% of parents said that their children played outside every day, several barriers were identified. The main ones for parents to let or accompany their children to play outside were time constraints, workloads, and a lack of nearby playgrounds. As seen by the concerns voiced by 95.0% of parents regarding anxieties about their child's loss and 99.2% of parents concerned about safety, there is a

complex interaction of elements influencing opinions towards outdoor play. The coping mechanisms parents employed to deal with these issues were evident in the adaptive measures they took, such as time management, playing at home, or seeking support from spouses or other family members. All things considered, these findings provide informative data on the intricate connections between parental attitudes and actions regarding their children's outdoor play, pointing to potential areas for intervention and assistance in fostering an enjoyable setting for outdoor activities.

## **Conclusion**

The findings of this study and other research indicate children benefit greatly from frequent outdoor play. Although every participant agreed that outdoor play facilities are vital for children, the lack of community-based safe play areas makes it difficult for parents to let their children run wild. Despite knowing the benefits of play, parents reported worries about workload and insufficient time management, which prevented them from joining their children in outdoor play. Some parents emphasized how the lack of appropriate outdoor play areas forced them to find other options, such as playing on rooftops or balconies. Parents made an effort to set out time for outdoor play despite obstacles, stressing the need for accessible and secure play spaces.

Undoubtedly, engaging in outdoor play has various benefits, including developing social interaction, increasing self-efficacy, supporting well-being, connecting with the world, and improving general physical ability. These advantages are most noticeable when parents let their children take calculated risks and don't limit their outside activities unless there is a real threat to their safety. The potential for increasing play and health in children by putting these results into practice is

highlighted by the current research. It is important to keep in mind that different cultures and demographic groups may have different advantages and disadvantages from outdoor play when developing policies and putting programmes into place. As such, it is important to pay close attention to the many environments in which children are raised, play, and are born.

## **Recommendations**

According to the findings, children frequently don't get the appropriate amount of outside playing because of a mix of their parents' busy schedules and security worries. Parents are more likely to let their children play in potentially dangerous places like roofs or roadways since there are notably few accessible play places in different areas of Dhaka city. Recommendations are made in light of these findings to deal with these problems and encourage a safer and more favorable environment for children to play outside.

- Promote the value of unstructured outdoor play widely by running awareness campaigns on children's play rights and safety measures.
- Use the media effectively to promote current national and international policies on children's right to play, promoting universal recognition and appreciation.
- Parents can enhance the benefits of play by maintaining a balance between indoor and outdoor activities for their children, actively engaging in play at an appropriate level. This requires a delicate equilibrium between work commitments and dedicated time spent engaging with their children.
- Government agencies and private organizations (including non-governmental organizations) must work together to provide safe outdoor play spaces that are

specifically designated for play to ease parents' concerns about the safety of their children when they are outside.

- When constructing roads and buildings, developers have to go by rules and laws to guarantee public safety and provide enough space for outdoor recreation.
- Enforcing laws that target offenses harming children's safety in a timely and effective manner can provide parents peace of mind about keeping their children safe, which may help to lower the crime rate.
- Preschool curriculum that emphasizes play can be implemented by schools.
- Large-scale research must be conducted to fully comprehend the problem.

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## **Appendix A.**

Research Tool:

Annex 1: Survey Questionnaire (English)

Research Tool:

Annex 1: Survey Questionnaire (English)

### **Parents' Viewpoints on the Importance of Outdoor Play Space for Children Aged 3-8 in Dhaka**

The questionnaire on parents' viewpoint on the importance of outdoor play space, I am going to conduct research as a part of the Masters in Early Childhood Development (ECD) under BRAC University. You are requested to read the questions and answer the following questions. All information you provide will be kept confidential and will only be used for the research purpose. For any further inquiries or illuminations, please email me at [sajia.sajia.32@gmail.com](mailto:sajia.sajia.32@gmail.com)

#### **Section A**

Personal Information –

Participant's Name:

Gender:

Age:

Educational Background:

Occupation:

Residence Area:

Child's Age:

Child's gender:

Spouse Age:

Spouse Educational Background:

Spouse Occupation:

Family members:

## Section B

### Parents' perception about the importance of children playing outside

(Scoring: Yes-1; No-0)

1. How would you describe children playing outside?

Ans:

- A location or plot of land where children spend time to play
- A set created to offer children an outdoor setting that encourages play
- A plot of ground where children can play, either at school or in the surrounding area

2. Do you believe that allowing children to play outside is essential?

Ans:

- Yes
- No

3. Do you believe that children who engage in frequent outdoor play, develop different life skills compared to those who spend more time indoors?

Ans:

- Yes
- No

4. Are you aware of the child's physical, cognitive, and social development by regular outdoor play?

Ans:

- Yes
- No

5. Can you name particular skills that children receive from outdoor play?

Ans:

- Physical: Strong physical condition, Strength
- Cognitive: Understand patience, Creative ideas
- Social and Emotional: Good Communication, Foster self confidence

6. Do you believe that how outdoor play areas are set up and designed affects how much fun and involvement children have there?

Ans:

- Yes
- No

### **Parents' attitude towards the outdoor play space**

(Scoring: Agree-2; Neutral-1; Disagree-0)

7. Children should be allowed to play outside.

Ans:

- Agree
- Neutral
- Disagree

8. Do you let your children play outside?

Ans:

- Yes
- No

9. What qualities or features do you look for in an outdoor play area for your child?

Ans:

10. How frequently do you allow your children to play outside?

Ans:

- Everyday
- More than twice/once a week
- Never

11. Allowing children to play outside in nature boosts their health.

Ans:

- Agree
- Neutral

- Disagree

12. Playing outdoor helps children to learn new things.

Ans:

- Agree
- Neutral
- Disagree

13. The opinions of neighbor and family members affect one's decision to allow their child to play outside.

Ans:

- Agree
- Neutral
- Disagree

### **Challenges that Parents' face allowing children to play outside**

(Scoring: Yes-2; No-1)

14. Do you accompany your child when they play outside?

Ans:

- Yes
- No

15. Do you experience any difficulties when you try bringing your child outside to play?

Ans:

- Yes
- No

16. What are the most difficult barriers you face while attempting to take your child outside to play? (check all that apply)

- Lack of time
- Work Load
- Weather conditions
- Lack of outdoor play spaces around
- Cultural or societal expectations
- Other (please specify)

17. How do you usually handle the difficulties you face while taking your child to outdoor play areas?

Ans:

18. Would you consider outdoor play as a substitute for your children over screen time?

Ans:

- Yes
- No

19. Do you find it concerning to allow your child to play outside due to worries regarding safety and hygiene in the outside play area?

Ans:

- Yes
- No

20. Do you worry about your children getting lost while playing outside?

Ans:

- Yes
- No

## Annex 2: Survey Questionnaire (Bangla)

### Parents' Viewpoints on the Importance of Outdoor Play Space for Children Aged 3-8 in Dhaka

আমি ব্র্যাক ইউনিভার্সিটির অধীনে মাস্টার্স ইন আর্লি চাইল্ডহুড ডেভেলপমেন্ট (ইসিডি) এর একটি অংশ হিসাবে গবেষণা পরিচালনা করতে যাচ্ছি এবং প্রশ্নপত্রটি বাইরের খেলার স্থানের গুরুত্ব সম্পর্কে পিতামাতার দৃষ্টিভঙ্গির উপর ভিত্তি করে তৈরি করা হয়েছে। আপনাকে প্রশ্নগুলো পড়ে নিচের প্রশ্নের উত্তর দেওয়ার জন্য অনুরোধ করা হলো। আপনার দেওয়া সমস্ত তথ্য গোপন রাখা হবে এবং শুধুমাত্র গবেষণার উদ্দেশ্যে ব্যবহার করা হবে। আরও কোন অনুসন্ধান এর জন্য, আমাকে [sajia.sajia.32@gmail.com](mailto:sajia.sajia.32@gmail.com) এ ইমেল করুন, ধন্যবাদ।

#### প্রথম অংশ:

অংশগ্রহণকারীর নাম:

লিঙ্গ:

বয়স:

শিক্ষাগত যোগ্যতা:

পেশা:

বাসস্থান এলাকা:

শিশুর বয়স:

সন্তানের লিঙ্গ:

স্বামী বা স্ত্রী নাম:

স্বামী বা স্ত্রী বয়স:

স্বামী বা স্ত্রী শিক্ষাগত যোগ্যতা:

স্বামী বা স্ত্রী পেশা:

পরিবারের সদস্যগণ:

#### দ্বিতীয় অংশ:

শিশুদের বাইরে খেলার গুরুত্ব সম্পর্কে পিতামাতার উপলব্ধি

(স্কেরিং: হ্যাঁ-২; না-০)

১. বাইরে খেলা শিশুদের আপনি কিভাবে বর্ণনা করবেন?

উত্তরঃ

- একটি জায়গা বা জমির পুট যেখানে শিশুরা খেলার জন্য সময় কাটায়

- একটি জায়গা তৈরি করা হয়েছে যাতে বাচ্চাদের একটি ঘরের বাইরে পুট দেওয়া হয় যা খেলাকে উৎসাহিত করে
- একটি মাঠের পুট যেখানে শিশুরা স্কুলে বা আশেপাশের এলাকায় খেলতে পারে

২. আপনি কি বিশ্বাস করেন যে বাচ্চাদের বাইরে খেলতে দেওয়া অপরিহার্য?

উত্তরঃ

- হ্যাঁ
- না

৩. আপনি কি বিশ্বাস করেন যে শিশুরা ঘন ঘন বাইরের খেলায় লিপ্ত হয়, যারা বাড়ির ভিতরে বেশি সময় কাটায় তাদের তুলনায় তাদের জীবন দক্ষতার বিকাশ ঘটে?

উত্তরঃ

- হ্যাঁ
- না

৪. নিয়মিত বাইরে খেলার মাধ্যমে আপনি কি শিশুর শারীরিক, জ্ঞানীয় এবং সামাজিক বিকাশ সম্পর্কে সচেতন?

উত্তরঃ

- হ্যাঁ
- না

৫. আপনি কি নির্দিষ্ট দক্ষতার নাম বলতে পারেন যা শিশুরা বাইরের খেলা থেকে পেয়ে থাকে?

উত্তরঃ

- শারীরিক: শক্তিশালী শারীরিক অবস্থা, শক্তি
- জ্ঞানীয়: ধৈর্য, সৃজনশীল ধারণা
- সামাজিক এবং মানসিক: ভালো যোগাযোগ, আত্মবিশ্বাস বাড়ায়

৬. আপনি কি বিশ্বাস করেন যে বাইরের খেলার জায়গাগুলি কীভাবে সেট আপ করা হয় এবং ডিজাইন করা হয় তা শিশুদের সেখানে কতটা মজা এবং জড়িত থাকে তা প্রভাবিত করে?

উত্তরঃ

- হ্যাঁ
- না

বহিরঙ্গন খেলার জায়গার প্রতি পিতামাতার মনোভাব

(স্কেরিং: একমত-২; নিরপেক্ষ-১; একমত না-০)

৭. শিশুদের বাইরে খেলতে দেওয়া উচিত।

উত্তরঃ

- একমত
- নিরপেক্ষ



- একমত না

৮. আপনি কি আপনার বাচ্চাদের বাইরে খেলতে দেন?

উত্তরঃ

- হ্যাঁ
- না

৯. আপনার সন্তানের জন্য একটি বহিরঙ্গন খেলার এলাকায় আপনি কোন গুণাবলী বা বৈশিষ্ট্যগুলি সন্ধান করেন?

উত্তরঃ

১০. আপনি কত ঘন ঘন আপনার বাচ্চাদের বাইরে খেলতে দেন?

উত্তরঃ

- প্রতিদিন
- সপ্তাহে দুবার/একবার বেশি
- কখনোই না

১১. শিশুদের বাইরে প্রকৃতিতে খেলার অনুমতি দিলে তাদের স্বাস্থ্যের উন্নতি ঘটে।

উত্তরঃ

- একমত
- নিরপেক্ষ
- একমত না

১২. বাইরে খেলা শিশুদের নতুন জিনিস শিখতে সাহায্য করে।

উত্তরঃ

- একমত
- নিরপেক্ষ
- একমত না

১৩. প্রতিবেশী এবং পরিবারের সদস্যদের মতামত তাদের সন্তানকে বাইরে খেলতে দেওয়ার সিদ্ধান্তকে প্রভাবিত করে।

উত্তরঃ

- একমত
- নিরপেক্ষ
- একমত না

বাচ্চাদের বাইরে খেলতে দেওয়া বাবা-মায়ের মুখোমুখি হওয়া চ্যালেঞ্জ

(স্কেরিং: হ্যাঁ-১; নং-০)

১৪. আপনার সন্তান যখন বাইরে খেলবে তখন কি আপনি তার সাথে যান?

উত্তরঃ

- হ্যাঁ
- না

১৫. আপনি যখন আপনার সন্তানকে খেলার জন্য বাইরে নিয়ে আসার চেষ্টা করেন তখন আপনি কি কোন অসুবিধা অনুভব করেন?

উত্তরঃ

- হ্যাঁ
- না

১৬. আপনার সন্তানকে খেলার জন্য বাইরে নিয়ে যাওয়ার চেষ্টা করার সময় আপনি সবচেয়ে কঠিন কোন বাধাগুলির সম্মুখীন হন?

- সময়ের অভাব
- কাজের লোড
- আবহাওয়ার অবস্থা
- আশেপাশে আউটডোর খেলার জায়গার অভাব
- সাংস্কৃতিক বা সামাজিক প্রত্যাশা
- অন্যান্য (উল্লেখ করুন)

১৭. আপনার সন্তানকে বাইরের খেলার জায়গাগুলিতে নিয়ে যাওয়ার সময় আপনি সাধারণত যে সমস্যার সম্মুখীন হন তা কীভাবে পরিচালনা করেন?

উত্তরঃ

১৮. আপনি কি স্ক্রীন টাইমে আপনার বাচ্চাদের বিকল্প হিসাবে আউটডোর খেলাকে বিবেচনা করবেন?

উত্তরঃ

- হ্যাঁ
- না

১৯. বাইরের খেলার জায়গার নিরাপত্তা এবং স্বাস্থ্যবিধি সংক্রান্ত উদ্বেগের কারণে আপনার সন্তানকে বাইরে খেলতে দিলে আপনি কি আতঙ্কিত থাকেন?

উত্তরঃ

- হ্যাঁ
- না

২০. আপনি কি আপনার বাচ্চাদের বাইরে খেলতে দিলে বাচ্চা হারিয়ে যাওয়ার চিন্তা করেন?

উত্তরঃ

- হ্যাঁ
- না