



*Research Paper*

## Parents' Knowledge of Psychological and Physical Capabilities of Children of 3-6 Years Old Based on Koodaksho Series on Nasim TV Channel

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### Abstract

**Aim:** The purpose of this study was to Assessing the level of parents' knowledge of Psychological and Physical capabilities of 3- to 6-year-old children based on kodakshow program's Nasim channel. The research method is qualitative (phenomenological) in the first stage and descriptive-analytical in the second stage. And the statistical population of the study included all parts of the third series of kodakshow program's Nasim channel in 2018. The sample of the present study included 81 families participating in the kodakshow program. For physical capabilities, the child-parent playroom questions were used, and for psychological capabilities, 5 general concepts, interests, interpersonal relationships, emotional component, behavioral component, and cognitive component were obtained based on the questions raised in the program. Its validity was used by three-way method. Then, after coding the questions manually, the components were described and analyzed based on the correct and incorrect answers of the parents, in the form of frequency and percentage tests and chi-square test. The results showed that a total of 638 questions (561 psychological questions and 77 physical questions) were asked from parents, with 43% of the correct answers and 57% of the false answers to the questions. Also, the results of the Chi square test indicated that there was a significant difference between the correct and false responses of parents to the child's capabilities, except for interpersonal relationships, that is parents did not have a meaningful understanding of the physical and psychological characteristics of their children. In conclusion, it can be concluded that the knowledge of parents about the physical and psychological capabilities of their children is low and inadequate.

Therefore, it is suggested that parents be provided with the necessary training to better understand the psychological characteristics of their children.

**Keywords:** *Parent's knowledge, Physical capabilities, psychological capabilities, Koodaksho TV series, Nasim TV Channel.*

## **Introduction**

It is an undeniable fact that young children need not only physically care, but also other types of care, including emotional and psychological care. As parents are the primary caregivers of young children, the quality and quantity of their educational knowledge is critical to improving children's growth and health (Beardslee and Trustee, 2016). Proper recognition of talents, abilities, shortcomings, needs, and physical and mental strengths of children at different ages is an important and effective factor in upbringing and education. The most important task that education experts expect from families is to recognize the characteristics of children and their differences at different developmental ages and different educational periods; therefore, it is necessary that parents become fully aware of the physical, emotional, psychological, moral, and social characteristics of each of their children through different methods, techniques and tools. If fathers, mothers, teachers, and educators are familiar with the issues of each stage of growth and development in children, they will certainly be more successful and empowered in fulfilling their responsibilities. Additionally, the ages of 3 to 5 years are one of the most important stages of development in children for their abilities increase and they begin to learn social criteria of favorable and unfavorable actions. Furthermore, parenting values are affected by child's age. Therefore, in order to establish a relationship with children and learn how to treat them, one should know the characteristics of their age and look at the phenomena from their point of view, consider their mental and emotional state and needs, and be aware of their abilities and limitations. They should also view this world through a child's lens to understand their feelings and discover what happens in their mind, which is a shortcut to understanding children, entering their mysterious world, and knowing their needs, interests, and talents. Therefore, the aim of this study was to assess the level of parents' knowledge of psychological and physical capabilities of children of 3-6 years old based on Koodaksho series on Nasim TV Channel.

## **Methodology**

This applied research used mixed-methods design with a qualitative phase at the beginning of the study (phenomenology) and a quantitative phase with descriptive-analytical approach. The statistical population of the research included all episodes of the third season of Koodaksho series on Nasim TV

Channel in 2018. The sample of the present study included 81 episodes of the Koodaksho series with 51 girls and 30 boys aged 3 to 6 years old from 81 families. The research tool was the same questions asked of parents about their children. For physical abilities, the child-parent playroom questions were used, and for psychological abilities, five general concepts, interests, interpersonal relationships, emotional component, behavioral component, and cognitive component were obtained based on the questions raised in the show. Triangulation was used to validate the questionnaire. Colaizzi method was used to analyze the data. Therefore, after reviewing the episodes of the third season of Koodaksho series, the questions regarding parents' awareness about their children were recorded. Then the transcripts of the interviews (questions) were thematically coded and analyzed using content analysis. Finally, the data were analyzed using percentage, frequency, chi-square test and the ratio of the obtained data.

## **Results**

By examining the questions asked of parents in the Koodaksho series, and based on the definitions and review of the literature, the researcher categorized the questions in seven categories: emotional, cognitive, behavioral, interpersonal relationships, interests, foresight and emotions. The two components of foresight and emotions were merged into other components using the opinion of experts and re-examining the concept, therefore, finally five general categories remained. Quantitative results showed that a total of 638 questions (561 psychological questions and 77 physical questions) were asked of parents, of whom 43% answered correctly and 57% answered incorrectly. Also, the results of Chi-square test revealed a significant difference between correct and incorrect responses of parents to the child's abilities, except interpersonal relationships; that is, parents did not have a significantly accurate knowledge of their children's physical and psychological characteristics.

## **Discussion and conclusion**

In general, it can be concluded that parents' knowledge of their children's physical and psychological abilities is insufficient. Therefore, it is suggested that parents be provided with the necessary training to better understand the psychological characteristics of their children. Parents' knowledge and cognition have an important role in educating children, therefore, if parents expect a healthy, happy and successful child, they should treat their child age-appropriately, which requires knowledge. Therefore, results of the

present study regarding parents' awareness of children's physical and psychological capabilities help parents, psychologists and educators understand communication with children better. Furthermore, our results can be used to design and produce some educational series for parenting.

## Reference

Beardslee, W. R., & Trustee, J. B. (2016). *Parenting Matters: Supporting Parents of Children Ages 0-8*. The National Academies Press. <https://doi.org/10.17226/21868>



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