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## **Perception of Play Participation Among Children With Overweight or Obesity: An Exploratory Study**

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## Abstract

**Background:** Childhood obesity is one of the rising threats to public health and it may impact on their occupational participation. As play is a primary occupation of children, it is important to know the factors influencing the play participation of children with overweight or obesity. Limited studies were found related to play participation of children with overweight or obesity and most of the researches were done outside the India that lead to the following aim.

**Aim:** To explore the perception on play participation among children with overweight or obesity.

**Methods:** A qualitative design with phenomenological approach was used in the study. The participants were selected using convenience sampling from the community in Kerala and obtained informed consent and assent. An in-depth telephonic interview was conducted for seven children with overweight or obesity aged 10-12 years. All interviews were audio recorded and transcribed verbatim and thematic analysis was carried out.

**Results:** The two broad themes identified are types of play engagement and context of play engagement. The types of play engagement include indoor/outdoor games; group/individual and choices of play. The context of play engagement identified the facilitators and barriers of play participation in their school and home context.

**Conclusion:** Children with overweight or obesity do engage in play either indoor/outdoor; individual/group and selection of play depends on with whom they play and where they play. Peers, siblings, teachers and parents are identified as factors (facilitators and barriers) influencing their play in school and home contexts.