

# Drawing a Framework of Effective Factors in Increasing Children's Playing Role on Their Psychic Maturity

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## Abstract

Play and fun were the important elements in children's growth procedures. From the old age researches have been done and many scholars paid attention to playing. Each stage of human life span has got special importance from birth to death, but most scholars and researches believe that childhood is the most important one that called as "becoming stage". That is human personality which is shaped in childhood and developed in the next stage. These affairs show playing role in human life. On the other hand, psychic maturity is an important part among his physical, mental, affective and social maturity which conclude all dimensions of human maturity. Authors have written this article to show the relation of play and psychic maturity and its effecting factors and interrelationship of playing and psychic maturity which have been drawn as a framework.

**Keywords:** playing, maturity, psychic maturity, childhood stage, effective factors, framework.

## Introduction

Psychic is the base of thought, behavior and personality human shaping, so it is necessary to pay attention to psychic maturity as the center of all human dimensions education. Childhood maturity is very important because children have got different needs according to the continuous of their growth. Their education corresponds with children's different needs according their location and position. Children are different and use their various senses while growing up. Their public conception increases while their mental, physical, affective, cognitive and social maturity occur. All these

need instrument, that is play and fun are the most important tools to make and complete childhood in each place and nation and time. Children's serious world is the «world of playing». Therefore, the main questions to be answered in this paper are:

- (1) what is playing?
- (2) Is it necessary to pay attention to playing?
- (3) What's playing role in children's maturity?
- (4) What is psychic maturity?
- (5) Where is psychic maturity place among mental, physical, affective, cognitive and social maturities?
- (6) What are effective factors on increasing playing impact in children's' psychic maturity?
- (7) How to draw suitable frame work to increase playing impact on psychic maturity?

Some key words such as playing and psychic maturity should be defined in the present paper. There are different definitions for each of them according to different scope and point of views, but authors have chosen one important as follow:

Playing is defined as childhood direct and indirect free activity which used among them for their enjoying and fun that performed for their behavior development and maturity (Motlaghzadeh, 1999).

Maturity is constant and set up changes in physical and neurology making in behavior and thinking over the time. the goal of growth studying is the perception of public changes, individuals differences explanation and whether the behavior is effected of environment or heritage (Henry et al, 2001).

Psychic maturity concludes the collection of internal factors of human behavior and that directs all his individuals activity for his social adaptation and make him search special method to change life meaning and to be made of self and its substance (Movaseghi, 2001).

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## Main characteristics of playing

The process called playing should have following main features;

1. "It concludes internal motivation and covers its aim. It used because of its final satisfaction after its performance.
2. It is chosen freely. Children should play freely and not under compulsion and they also choose the kind of playing as they like.
3. It should be lovely and children should enjoy it.
4. It avoids of reality, that is children try to make-believe and reality. They make the world of play as their dream or imagination. This is the main traits of pre-elementary center.
5. Child should challenge playing physically and psychically" (Hughes, 2005).

## Types of plays

There are different kinds of plays which different authors have categorized them in various ways. The main important kinds are physical, imitational ....

**Physical plays:** It is the most an agent play between all. It can be used individually or collectively or as the combination of both. The aim of it is to release the extra energy of child's body and to avoid of being bored. When children do this kind of playing although they reinforce their body but they use thinking and strength their mental potential and sociality. (Mahjour, 2007).

**Imitational plays :** First children think the world around them only belongs them but later they learn that everything is taking place, everyone is playing his/her role and children like to survey and experience each role with curiosity. In this case, they learn about self and environment and their relationship. So, they play adult's and other people's role with enjoying and experience in their own world. Whenever they try to imitate their movement; their body movement, their behaviour, etc they have more and more influence (Mahjour, 2007).

**Dramatic plays:** "this is as similar as imitational one, but the main and delicate point is that in imitational play, child tries to imitate the role but in showing one, he/she imitates and shows the role she/he has been observed/seen (Mahjour, 2007).

**Symbolic plays:** Children try to use real and existence tools around them to experience in imita-

tional and showing plays, but somehow they have limitation that's the real tools are not available for them, so, they use other things in instead of real one, for example they pick up the small wood and suppose it as real one (Mahjour, 2007).

**Imaginational plays:** They dream and try to make a new world for them selves as their dream. This grows up their mental power. When they grow up, they understand the things concept and this concept relate the child to real concept later, this kind of play make children creat something that's it invokes children's creativity (Mahjour, 2007).

**Educational plays:** Educational scholars have used of different kinds of play to reinforce children's mental, physical and social and psychic potential maturity. They learn them with making their different sense active, their tools are plays. Scholars make students play and do and then learn (Mahjour, 2007).

## Effective factors in playing

There are different kinds of plays, children choose one of them and fun. There are also many factors which cause children use one kind of plays. The most important of them are sex, intelligence, environment, age, many other ones. The brief explanation of each is presented as follow;

**Sex:** Child has got special traits in terms of being girl or boy. This makes the child use a kind of play more than others. Paying attention to sexuality differences reveals after 3 years old.

**Intelligence:** Clever children try to use toys which make them create/entrepreneur something. They play with a toy for a short time. When they grow up they tend to. Play alone and choose individual plays more than group one. Because group of children reject them that's clever children have less ability to come with group of them.

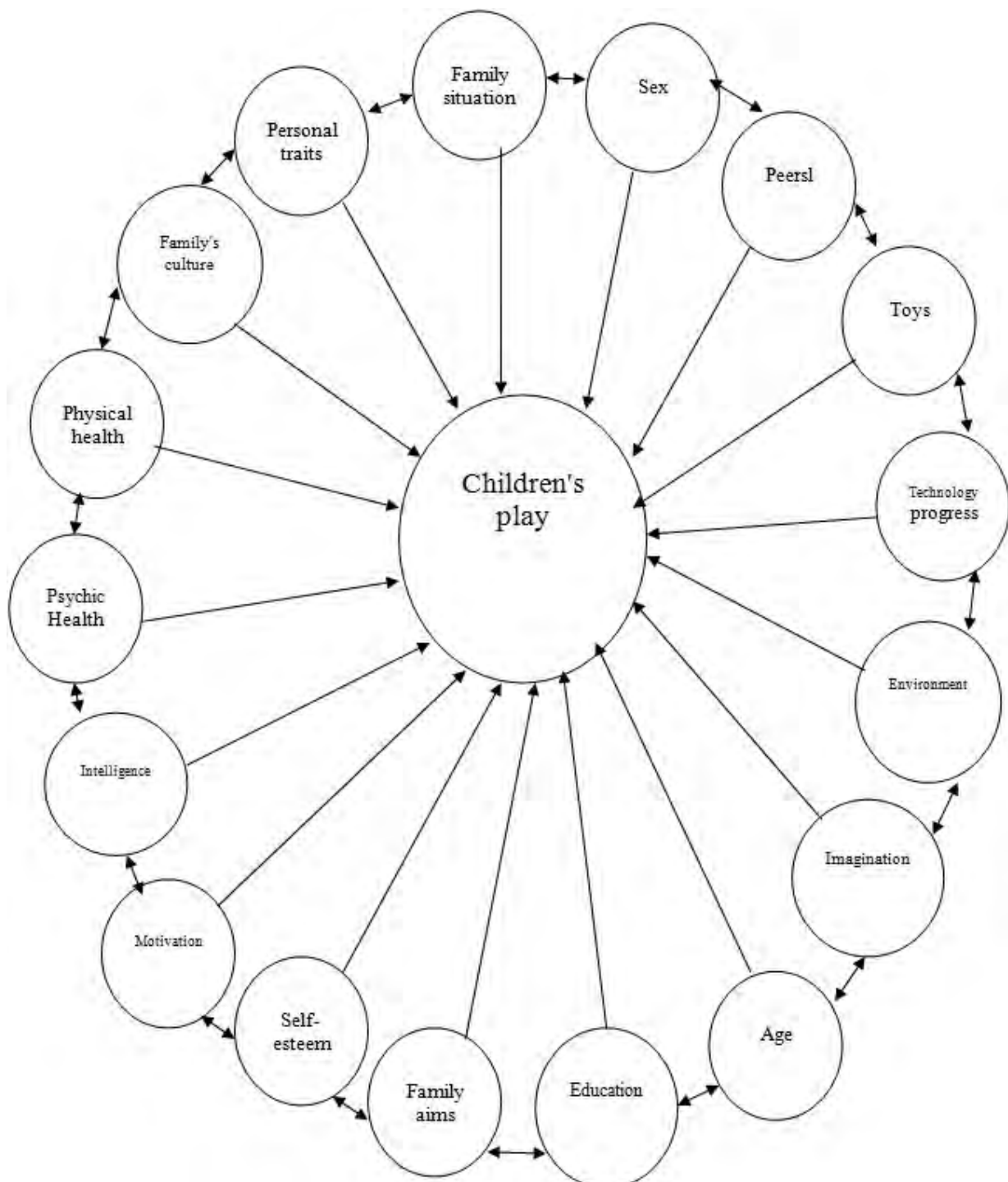
**Environment:** Play is a public affair, so it differs from place to place, season to another and for each time and society and culture. The culture of each society encourages special play is. Then the kinds of plays reflect the culture of each society.

**Age :** Children grow up and their plays changes. These changes occur according to their interest and that is due to their age and experiences.

**Other factors:** There many other factors which effect on children's playing selection but these effect amount aren't so much. These are kinds of toys, peers, technology progress (it changes with the age characteristics), personal traits, motivation, edu-

cation, family approach, aims, physical and mental health, self-esteem and soon.

Here is a figure that shows most of the factors effect on children's play:



**Figure 1. Effective factors impact on children's play.**

### Playing important values

Children grow up and change. Their plays change, too. Every thing has got its own value this is approved about value.

Physical value: Children do different plays as various activities which effect on their body train-

ing and senses so plays reinforces children's muscles strength their different senses like audio , and coordinating of eyes and hands movement. Plays make children release their emotions and relax. They show their physical abilities when chosing atoy and demonstrate it with regards of people and things around them.

**Social value:** Children explore the environment around them while playing and this help them to be socialized. They learn how to cooperate and effect on the others and to be affected from them. In fact, play cause children maturity socially. It makes children be familiar with the concepts of failure, laws, adaptation, rejection and so on (Ahadi and Jomheri, 2005).

**Ethical value:** One of the most important factor in child's education is playing. Because it makes children recognize the suitable behavior from unsuitable one. Although child becomes familiar with ethical values at home and school, but play is a strong tool to approve ethical values and make them internal (Ahmadvand, 2004).

**Educational value:** Children get new concepts through playing especially educational plays and

more and better skills. Plays let children have experience and test his/her individual abilities (Ahmadvand, 2004).

**Cure value of play:** Todays play-cur has found its place in recognition of children's psychic problems reason. Children's scholars take the children's behaviour under the notice of their supervision, then analyze their observation and conclude about the reasons of their behavior and try to cure those problems, by etymology (Ahmadvand, 2004).

## Theories and researches about play

Many researches and studies have been done about plays. These indicate the importance of playing. Some of the important findings inserted in table 1.

**Table 1. Researches done in this area**

Scholars	Study time	Scope	Findings
Olsen	2010	Research	Play is an important factor to fun children. Children say: "we love playing because it is funny for us. We enjoy citing it for our peers
Smith and Lafreniere	2009	Research	They choose 117 children with the age of 4 , 6 and years old. After research, they found that children compete with adults while playing that's they imitate adult's key behaviors that have seen in the movies and they experience adults' real world while playing. They learn to use different symbols of nonverbal gestures indirectly
Rakoczy et al	2009	Research	Children learn a lot of play principles in different models as they learn norms and social relationship and play make children have social adaptation. They also imitate while playing, this is their pattern to behave individually and intentionally
Winicott	1896-1974	Study	He believed that play is necessary for child's social and emotional evaluation. There is a meaningful relation between children's play and their learning.
Jerom Bruner	1915	Study	Bruner believed that children need physical activity. They experience to evaluate their belief and thinking power. play is a good opportunity to make new experience for children.
Issacs	1870-1948	Study	He emphasized "play is a tool to cite child feelings. He also believed that children's formal education should occur in the age of 7.
Vygotesky	1934-1984	Study	He mentioned that play let children experience the things and world which they can't touch in reality as airplane. Adult and their role is main pattern for children's plays.

## The relation of children's maturity and their characteristics

Children's life has got different periods and

each period has got its own traits Here is a summary of deep studies about these relation inserted in table 2.

Different studies about the theoretical bases

and researches have been done. They have indicated the relation of plays selection of children with

the characteristics of their maturities in each stages which have been summarized in table (3).

**Table 2. Different stages of children maturity and their playing**

maturity Periods	Characteristics
Birth to 3 Years old	Children learn social play at the age of 9-18 months. They start to use their verbal skill at the age o 2 years. Children have no stable situation under 3 years old, they want to be free. They grow up physically, mentally and socially very quickly. They are very curious. They build things by hand. They speak word by word while relating with their environment.
4 To 6	They get more hand skills at the age of 4 . they progress much physically. They pay attention to adults more and get their satisfaction. They try to behave rationally. They dominate on their body member at the age of 5. They love being free. They understand time and place concepts. They learn objectively that's they learn by their feelings such as touching the thing, seeing and listening to it. They are interested in happiness and find fears and different emotions. They learn to communicate with different people and things around them naturally.
6 To 12 Years Old	Children try to link what they have learnt before to the new subjects. They understand their location better. They learn to be far away of mother more than previous. Their personality changes with relation to others. They develop their relation. They cooperate with other members around them. They try to paint the shape of human, house, tree and so on .They learn to speak between group of people. Their linguistic and social and mental skills develop but their body growth decreases toward past. They understand beauty with regards of goods around them. This period is the base of social maturity and child adaptation for his future.

## The main psychic needs

In regard to psychic maturity and its special importance in child's personality growth in all dimensions and the effect of psychic maturity on physical, social, emotional maturities which have been emphasized by the most scholars (Movaseghi, 2001; Ahmadvand, 2004; Olson et al, 2010; Wyman et al, 2009). So, it is necessary to present the main psychic needs as below;

**Need of affection:** This need is emergency and necessary for every stages of life from birth to death. It refers to man's tendency to love.

**Need of Belongingness:** Human tends belonging to group (family, peers). He tends to have a stable situation in that/those groups such as a member of a family or friend.

**Need of self- expression:** Everyone needs to express his own art, thought and work in front of others. This makes man relax. It makes him create and entrepreneur something. Securing this need affects human's social and affective maturity and also physical maturity and respect of others rights.

**Need of security , order and purpose:** The others important needs are having "security in all life

aspects, order in daily affairs and purpose for each human activity. Religious education has a main role on setting purposes and directing human activities (Shariatmadari, 2004).

## Effective factors in psychic maturity reinforcement

As mentioned before psychic maturity has got important role in every aspects of human maturity (Wyman, et al, 2009) so it is told that all life stages are effected by psychic maturity. This subject confirmed by many scholars and research's findings (Olson et al, 2010, Wyman et al, 2009; Movaseghi, 1999; Ahmadvand 2002). These findings emphasized on the impact of psychic maturity from different factors as: family members role, family member interrelations, environment stimulus, variety of quality, family economic, parents physical health and psychic health, parents' life satisfaction and mental maturity, parents' schooling their divorce, society culture, parents' and environment, approach toward racing brain, heritage, Education, sexual differences and other factors. Every researcher has emphasized on the importance of some mentioned factors more than others.

**Table 3 . The relationship of children's maturity stage and their play's selection**

Age	Stage name	Characteristic	Toys/plays
Birth To 1 Year	Sensory Motor Stage	Explicit reply of children to parents' requires. Children learn to attract parents and to be attractive for them quickly. This is the first play for child. When he/she grows up , he/she starts playing and activities. He co-ordinates his hands and eyes at the age of 18 weeks and keeps toys with his hands . He concentrates his senses on things and controls more his toys (6 months) and uses his feet to throw things. He loves sounds and making sounds. He shows things usage but he can't tell and name them (11 months)	Hangs up cradle, sucking toys, soft balls plastic cover pictures, rattle box, pill, glass, hawk bell, floating toys
2 Years Old	Sensory Motor Stage	Child's large muscles skills grow but he has limitation to use his small muscles skills. He is fresh, energetic and troublesome and force full. He needs to show his independence and self – control . Ex: he can climb up and stir up.	Musical boxes toys, book, vehicles, pushing toys, lego...
3 Years Old	Pre- Operational Stage	Child uses his tongue and imagination to reshew and does restoration of environment different aspects. He develops his imagination and dreaming with unreal fears. He is eager to imitate adult's role. He tends to have friendly relation with other open spaces and speaks with himself.	Imaging clothes and tools, housekeeping tools, puzzles and so on
4 Years Old	pre- operational stage	He needs to be accepted by adults with self-esteem more than before. He tends clowning and showing off and he is so risk full .He makes sounds randomly. He dominates to small muscles skill and he can cut, stick, sow, build imagine house with small pieces of house building He loves explanation of his experience.	Vehicles, Building toys, small camera machines. Bicycle and tricycle, dolls
5 and 6 Years Old	pre- operational stage	He shows rationality signs. He tries to be trustable, stable, predictable, He was self-centered (4 years old) but now he is kind and relax. He tends to cooperate with peers- He tends to be active, responsible and he is power full . He invokes to evaluate himself . He confirm s increasingly his understanding of differences between truth and imagination	Sport toys, sticking and cutting toys, art models activities, color full signs of dramatic plays
7 To 11 Years	Concrete Operation Stage	Child acquires objective and rational operation and use them to solve his problems but try to keep the subjective concept in his mind	Musical tools; clothing dolls, small patterns of adult tools.

### The importance of playing in children psychic maturity

Mind is located in head. When children play, their mind orders to different muscles of their body to do something. They choose a play/game and enjoy. When they fun, they continue to play if they do not stop and start another one. They learn to choose a play and satisfy if not they leave and choose another and enjoy. It seems they experience the cycle life by playing. All

these processes make them relax. When everything is ok and satisfactory and they secure all their needs naturally (by playing and communication and so on naturally) , they are agreeable person otherwise they are unagreeable.

Play is a tool or way in which child does what he likes and tells his feeling and finds his place in the family and society and learns adults' role by imitation of their works/behaviors. When everything goes on according to his tendency and willing, he is happy and

agreeable . If not, he is sad. Play is the most important factor which coordinate all his maturities (mental, physical, Affective, etc) freely (Mahjour, 2007).

The findings showed that children choose their play according to their characteristics at the age of 3 [22] they also learn rule games from reliable and unreliable models (Mahjour, 2007). It seems that they reinforce their identification by playing adults role, too. On the other hand, some believe that children's play should be considered seriously and it is not only the children's play should be considered seriously and it is not only the tools of fun but it is an evolutionary activity. Play is an enjoyable activity which is necessary for child's all aspects growth. It is also the shortest way to got world affairs. Health child loves playing and lives with playing and knows the world with playing, too. Child knows himself and his environment through

playing. Play is human's life substance. It is the tool of child's expression. It has got meaning full relation of child psychic maturity.

### Framework of the relation of effective factors on play with children's psychic maturity

The researchers tried to focus on maturity and play and psychic maturity and effective factors in children's play. The result of deep studies of theoretical bases and researchers findings mentioned before can be drawn as a framework which shows systematic – relations between each components (play-effective factors on play and psychic maturity and child's different aspects maturity and their effect) and sub components which mentioned in figure 1 and 2.

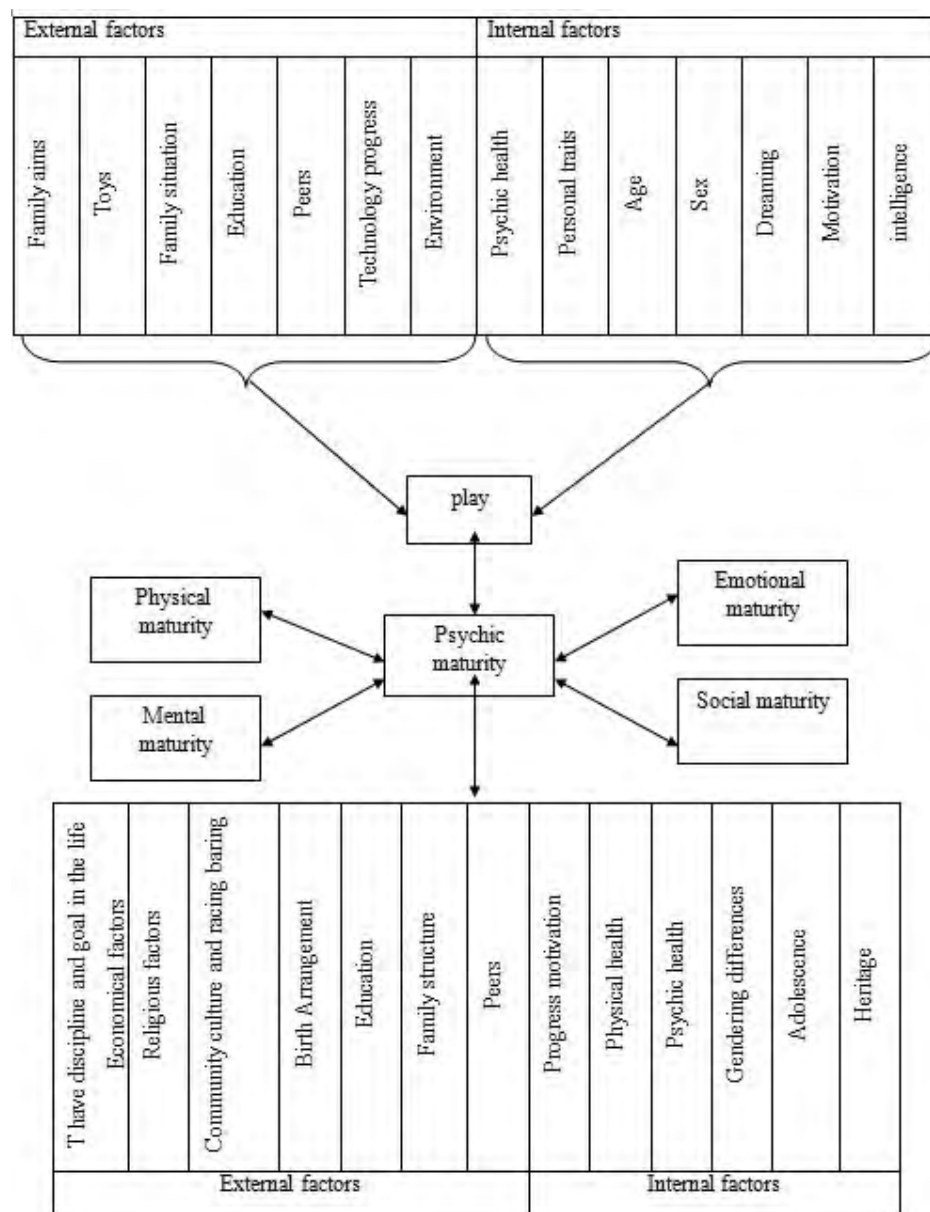


Figure 2. The framework of the relation of effective factors on play with children's psychic maturity

## Conclusion

Play has got an important role in children's maturity stages- that's why most scholars and researches of children studies pay attention to it .On the other hand psychic maturity is at the center of all children's maturities. Authors have tried to study different books and articles and they have found a deep gap about the relationship of play, its effective factors and child's different maturities with the regard of psychic maturity, so they have drawn a frame work to fill this gap and they have seen the systematic direct relationship between main factors and sub factors which have been discussed about them before (figure 1, 2, 3)

The main point is that today's children are tomorrow's adults. They should grow up but they have essential needs and if they secure their needs in correct ways with accurate tools naturally, they are health and they can be useful citizen or responsible one, so they need to pass their children in the best suitable situation. This article has written to acknowledge readers that play is necessary for children. There are many factors which effect on children's playing selection and all these effect on children's psychic maturity with effects on their physical, mental, social and cognitive maturities and these maturities are effecting of psychic maturity , too. But psychic maturity is at the center of their impact. All the mentioned points emphasize that playing influence remains from childhood to old ages.

## Recommendations

It is necessary for parents to pay attention to children's playing more than before and prepare a situation in which children are free to play and choose different kinds of playing according to their condition. They should also participate in the educational centers to increase your knowledge about children and their needs.

The following suggestions can be made for responsible managers:

- Try to reinforce kindergarten centers and city parks more than before.
- Try to prepare more facilities equipments (as toys and different play tools) for kindergartens and parks.
- Try to pay attention to kindergarten spaces according to children's psychology.(its color, its facilities, its amount)

- Try to support families from financial point of view, so poor families can use of different private centers for children's fun and play.
- Try to prepare education centers for families freely, so that families especially mothers and fathers can get enough knowledge a bout children's maturities more.
- Try to held educational workshops about the play effect on children's psychic maturity for parents and kindergartens educators freely.
- Publish books and magazine about this scope which would be available for parents and educator

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