

## Effect of home stimulation and early intervention in preventing the developmental delays of rural children

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■ **ABSTRACT** : An experimental study was undertaken to assess the developmental status and impact of the intervention programme in preventing the developmental delays among rural children. 35 rural children (3 months to 36 months) from the adopted village Ambam (experimental group) and 35 children from Ranampally village (control group) of Krishi Vigyan Kendra, Rudrur, Nizamabad dist. of Andhra Pradesh were selected as part of the technical programme implementation and found that 75 per cent of the children (3 months-36 months) have developmental delays during the pre-test. Later, the mothers of the experimental group infants were given intervention and home stimulation for a period of 6 months on importance of home stimulation and various activities to be carried out by the care taker with the help of a standardized intervention module and check list. Later, after 6 months, the post-test results indicated the improvement in the child's performance and there were no developmental delays observed in the experimental group children.

■ **KEY WORDS** : Home stimulation, Early intervention, Rural children

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**D**evelopment is a product of maturation and learning. Learning takes place when the learning situation is exciting, challenging and stimulating. The early years are a time of rapid physical and mental growth and set the stage for later years.

The infants motor and cognitive development can be enhanced through a stimulating environment. The right or ideal learning stimulation is created with the toys and play materials. The toys and the stimulating material are needed for infants right from birth onwards (Verma and Khadi, 2002 and Ratnakumari, 2010). The toys and play equipments are essential in acquisition of gross motor and fine motor skills. It enhances their creativity, imagination and also stimulates the language and speech development.

Development is a natural process but requires certain conducive environmental conditions for reaching its optimum level (Mayuri and Nagamani, 2001). When such conditions are not available, developmental delays and even retardation are possible. The vast majority of rural children in India live

under conditions that are not conducive for normal development. When the children do not receive adequate care and stimulation, there is a possibility of the children suffering developmental delays. The parents need to have knowledge in identifying signs that will indicate the developmental delays at the earliest.

### ■ RESEARCH METHODS

A pre-post test experimental study was used for assessing the developmental levels of the children.

#### **Tools :**

A standardized intervention package developed by All India Coordinated Research Project- Child Development was used for giving intervention to the mothers of the experimental group children. Home stimulation kit developed by the Department of Human Development and Family studies was used to provide the home stimulation to the experimental group of children.