

The Role of Playground Facilities on Preschool Children's Participation in Outdoor Play Activities in Mombasa County, Kenya

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Abstract

This study sought to establish playground facilities factors that influence preschool children participation in outdoor play activities. The dependent variable was active participation by preschool children in outdoor play activities, while independent variables were types, safety and age appropriateness of playground facilities. The target population was preschools in Mvita sub-county. Simple Random Sampling was used to select the preschools to participate in this study. Purposive Sampling technique was used to sample respondents who were teachers handling young children between five and six years. The sample consisted of 21 pre-schools. Questionnaires for the preschool teachers and observation schedules were used to collect data. Descriptive statistics was employed to analyse data. The results showed that children's general participation in outdoor play activities was not influenced by availability or lack of adequate playground facilities. Further findings revealed that playground facilities in all schools sampled had issues with safety checks. The study suggests that schools should provide children with safe playground facilities so that children can participate in outdoor activities in a conducive and comfortable space.

Keywords: Preschool children's participation, Playground facilities, Outdoor play activities

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