

Touch is very important in the normal development of many living beings. For example, children who are raised in an environment with a lack of touch can result in negative consequences which can influence their psyche. This paper aims to raise awareness of the vital role that physical proximity can play in modern society which tends to be overlooked. Therefore integrating the idea of expressing love, closeness and affection through physical touch to children even as young as a few months in educational systems is desired. Now, more than ever before, parents are working longer and harder to provide for their family, as a result an insufficient amount of touch from parents may occur. A viable solution which can compensate the lack of touch can be found through Children Massaging Children, for example children attending day care. This prevents the negative effects of parental absence, physical-object attachment youngest children as it allows them to feel a sense of closeness as a result of physical touch.

This paper highlights the affect of massage on children between 1.5 and 3 year olds. The study found a relationship between touch, aggressive behaviour and children who were separated from their parents. In addition, results found that the use of Children Massaging Children improved interpersonal relationships and enhanced the physical development of children.

The definition of touch is outlined at the beginning and is recognised to be one of the most important human needs due to a range of justifications including its function, influences and cultural values. Subsequently, background information is provided to gain an understanding of the concept of massage which also includes rules, effects, mental and physical characteristics of massage, contraindications and personal hygiene. Thirdly, types of massage used in special education, including the method Children Massaging Children, are discussed. Work goals, objectives and research problems, methods, techniques, tools, and organization and area studies are clearly stated to ensure precise characteristics of the test material. The last section contains the test results and conclusions are formed.

This paper is based on observations of significant behavioural events which were then recorded onto observation sheets that were divided based on individual classes. Classes were numbered for the purpose of identification and observational sheets were filled out by each specific class, for example, behaviours were recorded by classes who were using the Children Massaging Children program and classes who were not. Behavioural observations of classes who were exposed to the Children Massaging Children program were recorded before and after a series of relevant activities for each individual child.

Another method included in the study was "a method of data collection through direct verbal contact with the person providing information about issues of interest to the investigator." (A. Goralski, 2001). This differs from data collected purely through observations as the subjects are being questioned rather than being merely observed.

(From the family about the child's teacher). Interviews are an effective method to gather data and are commonly used to gain a deeper understanding of a particular situation. This source of data collection is valuable due to the insights discovered whilst identifying certain beliefs and or knowledge. The interviewer is also able to probe the respondent to gain a further detailed understanding of the subject's point of view.

(Based on observation of the speaker).

"Kids Club A-Kuku" was founded in September 2010 and cares for children aged from 10 months to 4 years who have mild disabilities and also those who are healthy. Parents involved in the study showed no reluctance and were willing to assist in carrying out this study. The study was conducted over three months, during which the Children Massaging Children method were used with children from the toddler club. Changes in the behaviour of all pupils were recorded throughout the duration of the study. Interviews and conversations with babysitters and parents were performed at the end of class. Observations were continuously being recorded over the 3 month period during each class.

Characteristics of the research group

The study included eight children between the ages of 1.5 years to 3 years. Among the respondents, there were two girls and seven boys.

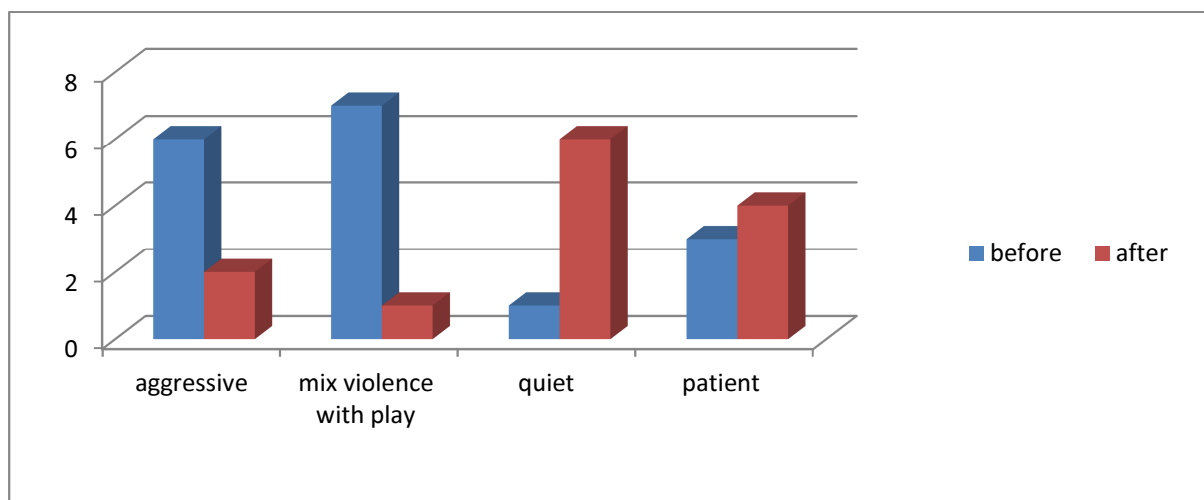
1. Analysis of test results

The study was carried out over three months with classes occurring three times a week at "Kids Club A-Kuku". Throughout the course, the behaviour of the children in each class was observed. The observation was carried out during each massage and also before and after a series of classes. Interviews with carers and parents were conducted after a three-month series of classes. A total of eighteen interviews were conducted, half of which involved parents and the other half with caregivers. In addition, observation sheets were completed by each child before and after each class. A second observation sheet was then used for observers to record activities which took place.

Analyzing the first sheet of observation (individual for each child) can be stated that the effects of massage were positive. There were no negative changes as a result of work by Children Massaging Children.

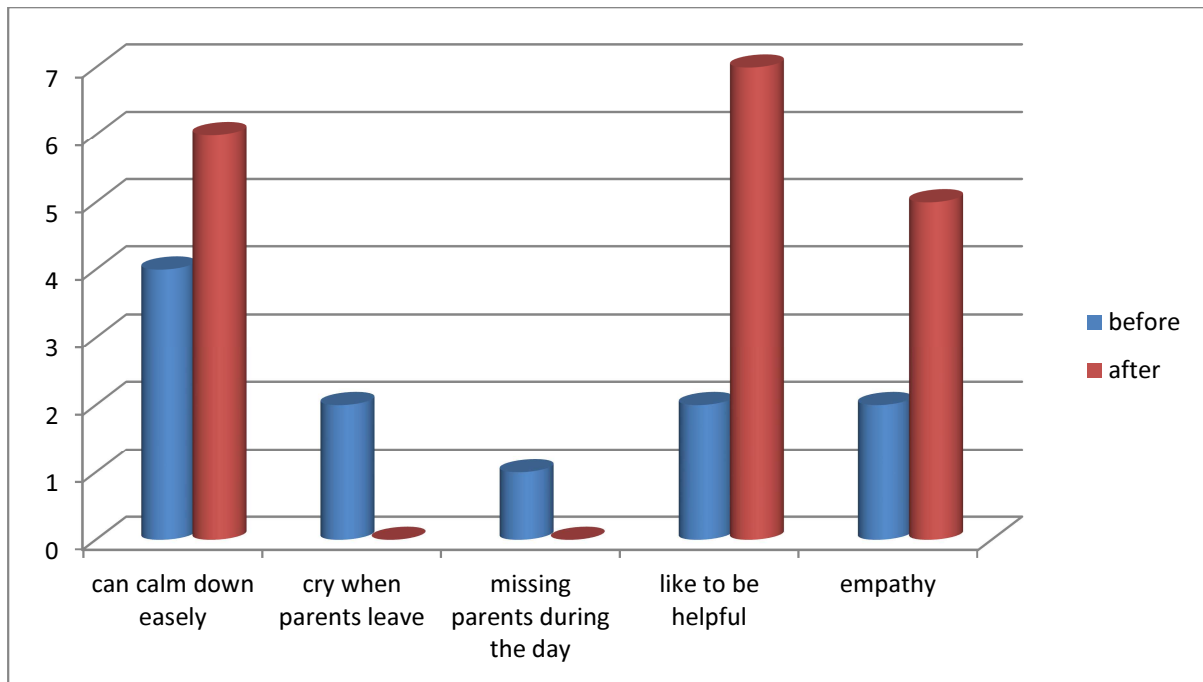
Analyses of behaviour

The chart below shows the effects, before and after, of Children Massaging Children. The first characteristic measured was aggressiveness; here we can see that before the series of classes 6 children exhibited aggressive behaviour before the class whereas after the value decreased to only 2. Those who mixed violence with play also decreased from 7 to 1 which shows a positive association between the program and the effect it can have towards children. The trait of being quiet rose from 1 to 6 whilst the attribute of being patient increased from 3 to 4 suggests that the program has enabled children to feel more at ease and relaxed.



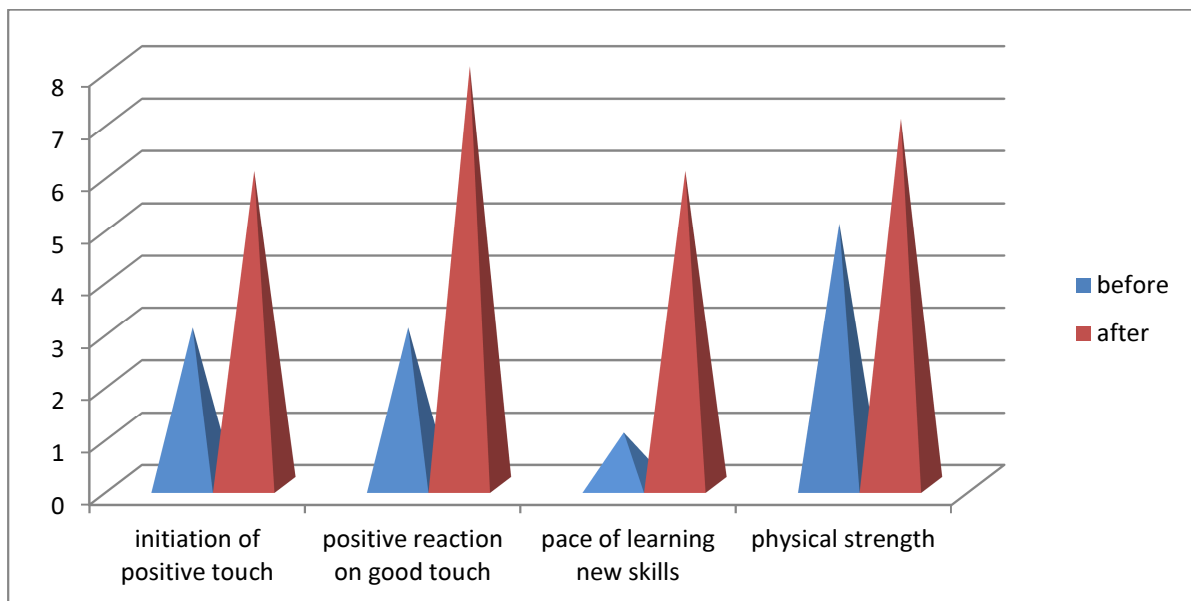
Analyses of certain emotions

The second graph reflects the emotional status of the children before and after the Children Massaging Children program. Findings revealed that the characteristic of children being able to calm down easily increased from 4 to 6 while the willingness to assist (increase from 2 to 7) and display of empathic behaviour (increase from 2 to 5) also rose. On the other hand, results found a decrease in the number of children who cried when their parents left, from 2 to zero, and the amount of children who missed their parents also fell from 1 to zero. These emotional displays reflect the positive consequences the Children Massaging Children program can provide.



The third graph shows the growth of all the observed behaviour. The number of children initiating a positive touch doubled from 3 to 6 while a positive reaction on good touch rose from 3 to all 8. The rate of learning new activities also improved as while only 1 child was identified as a fast learner before the program, this figure then increased to 6. Physical strength was also observed and progressed from 5 to 7.

Other observation



2. Conclusion

After analysing data gathered from the study, prior assumptions were confirmed. The following conclusions have been published (or "evaluation, interpretation and generalization of research results" (Łobocki for Brzezinski, 1996) on the basis of the study.

- Aggressive behaviour in most cases decreased.
- Children began to differentiate and prefer fun activities from aggressive behaviour
- Children were better at distinguishing attributes of aggressive behaviour
- Our Kids Club children become calmer and more patient.
- Children know how to mute a greater extent. (?)
- In most cases, children were able to adapt without their parents
- Children were willing to initiate joint activities and maintain them for longer time periods of time
- Children were more eager to express helpful characteristics e.g. helping with daily activities
- Children often portrayed empathetic behaviours e.g. comforting or asking why someone was crying
- Children were more likely to initiate touch e.g. hugging, stroking, kissing, holding hands
- Respond positively to touch with other people i.e. not rejecting touch
- Quickly learn new activities e.g., new moves, new playground
- Children developed well physically
- Children communicated better verbally as their vocabulary increased and were able to create complex sentences

In most cases, assumptions made at the start of this research study have been supported by the data collected.

Firstly, the use of the Children Massaging Children program reflected a decrease in aggressive behaviour in addition to providing many children a sense of composure. While many children are unable to differentiate aggressive behaviour from aggressive pseudo, many do recognise the fun nature that is attached with touch.

Secondly, activities where children have been separated from their parents have resulted in an increase in their acceptance of not having their parents present.

Thirdly, children began to respond better to touch with other people allowing an improvement of interpersonal relationships.

Finally, as a result of this method, children were able to better develop physically, increase vocabulary and improve verbal communication e.g. creating complex sentences

Summary

This paper aims to show the positive impact of touch with work by Children Massaging Children/Kids Dziecinom Dar Touch (CMC/4D) involving children aged from 1.5 to 3 years. Feelings and emotions have a huge impact on the development of children therefore a lack of physical contact may hinder a healthy developmental process. In this day and age some parents may not have enough time to meet this basic need; therefore it is increasingly important that other alternatives are available which is adequate enough to allow children a feeling of closeness. Massages by Children Massaging Children is a viable solution and is recognised as a valuable method which can be adapted to smaller children aging from 1.5 to 3 years.

Providing physical contact should be a priority in raising and educating children as it provides a platform to ensure proper development of each sphere (emotional, cognitive, physical). A lack of physical contact may cause negative consequences in the later years of life such as learning difficulties and adapting to life in society. Therefore when a child feels safe, accepted and loved, their development into differing life stages will be healthier and less threatening. With such simple operations as kilkunastominutowy massage three times a week, we can solve many problems and improve the functioning of families as institutions where children are present every day can incorporate this method into their program. It is important to recognise that touch cannot and should not be forced as everyone maintains different needs and preferences. Respect for others is essential therefore this idea should not be pushed as not all children may find this program enjoyable. The underlying aim is to use physical contact to allow children to recognise that they are loved and to enhance their mood while improving their behaviour.

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