



**EDUCATING THROUGH PLAY-BASED LEARNING FOR CREATIVITY AND SKILLS  
DEVELOPMENT IN EARLY CHILDHOOD EDUCATION**

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**ABSTRACT**

*This study investigates the impact of play-based learning on creativity and skills development in early childhood education within the Rivers-East Senatorial District of Rivers State, Nigeria. Anchored in Lev Vygotsky's Sociocultural Theory (1934), the study employs a descriptive research design to accurately depict the extent to which play-based learning is utilized. The population consists of 323 caregivers in 274 early childhood centers, with a sample of 121 respondents selected through stratified, simple random, and purposive sampling techniques. Data was collected using a validated and reliable questionnaire titled Play-Based Learning for Creativity and Skills Development Assessment Questionnaire (PBLCSDAQ), and analyzed using mean, standard deviation, and independent sample t-tests. The results show a high extent of play-based learning for enhancing creativity and skills development, though role-playing games are less integrated. No significant differences were found between caregivers and head teachers regarding creativity enhancement, but significant differences were noted in skills development practices. The study concludes that while play-based learning is effectively utilized, certain areas, such as the use of role-playing games, require improvement. Recommendations include increasing the integration of diverse play forms and enhancing the availability of sensory play materials to support holistic child development.*

**Keywords: Play-based learning, Early Childhood Education, Creativity Enhancement, Skills Development, Sociocultural Theory.**

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**INTRODUCTION**

Creativity and skills development are fundamental aspects of a child's growth and academic wellbeing. Creativity refers to the ability to generate new ideas, solutions, and expressions, which is crucial for cognitive and emotional development. Skills development encompasses the acquisition of abilities and competencies necessary for effective functioning in various domains of life, including social, cognitive, and motor skills. These elements are essential for children as they foster problem-solving abilities, enhance emotional intelligence, and support overall academic achievement. Creativity and skills development are foundational elements in early childhood education, playing a crucial role in the holistic growth and academic wellbeing of children.

The importance of creativity and skills development in early childhood cannot be overstated. In the context of a child's growth and academic well-being, creativity encourages critical thinking and problem-solving abilities, allowing children to approach challenges with an open mind and develop unique solutions. Skills development, on the other hand, provides the foundation for academic



achievement and personal development. For instance, fine motor skills are crucial for writing and other classroom activities, while social skills enable children to interact effectively with peers and teachers, fostering a positive learning environment. Moreover, emotional skills help children manage their feelings and navigate social complexities, contributing to their overall well-being and academic resilience. Children who engage in creative activities tend to exhibit higher levels of curiosity, critical thinking, and resilience. Additionally, well-developed skills enable children to navigate social interactions, perform academic tasks efficiently, and adapt to new challenges. However, despite their significance, there are several challenges associated with fostering creativity and skills development in early childhood education in Nigeria. Creativity and well-rounded skill sets prepares children not only for academic challenges but also for the complexities of everyday life (Obi, 2022).

One of the primary challenges is the traditional, rigid educational framework that emphasizes rote learning and memorization over experiential and interactive learning. This approach often stifles creativity and limits opportunities for children to develop practical skills. Traditional educational models, which often emphasize rote learning and standardized testing, can stifle creativity and limit opportunities for skill acquisition. Additionally, a lack of resources, inadequate teacher training, and an overemphasis on academic achievement can further hinder the development of these crucial aspects (Adeyemi, 2020). In Nigeria, these challenges are exacerbated by socio-economic factors and disparities in educational quality, particularly in regions like the Rivers-East Senatorial District (Nwafor, 2021).

One promising approach to overcoming these challenges is play-based learning, an educational strategy that integrates play into the learning process. Play-based learning recognizes that children learn best through play, which naturally encourages exploration, experimentation, and discovery. Through play, children develop creativity as they imagine, invent, and engage in various activities that stimulate their thinking. It also promotes skills development by providing opportunities for social interaction, problem-solving, and physical activity, all of which are essential for holistic growth (Okoye, 2019). By integrating play into the educational process, children are provided with a dynamic and engaging environment that naturally encourages exploration, experimentation, and creative expression. Play-based learning allows children to develop skills in a context that is meaningful and enjoyable, thereby enhancing their intrinsic motivation to learn and grow. It supports the holistic development of the child, fostering cognitive, social, and emotional growth simultaneously.

Play-based learning involves various key players, including educators, parents, and the community. Educators play a critical role in designing and facilitating play activities that are both enjoyable and educating. They must be well-trained to recognize and nurture the individual talents and interests of each child. Parents are equally important as they provide the necessary support and reinforcement at home, ensuring that children have a conducive environment for play and learning. Policymakers must create and implement policies that support play-based learning initiatives, including adequate funding, curriculum development, and teacher training programs (Olaitan, 2022).

In the Rivers-East Senatorial District of Rivers State, Nigeria, early childhood education faces numerous challenges, including inadequate infrastructure, limited access to quality educational resources, and a shortage of trained educators. These issues hinder the effective implementation of play-based learning and, consequently, the development of creativity and skills among young children. There have been efforts to integrate play-based learning into the curriculum, with promising results. Schools that have adopted this approach report improvements in student



engagement, creativity, and overall skill acquisition, demonstrating the potential of play-based learning to address the existing educational challenges (Uche, 2023).

Efforts to improve early childhood education in this region must prioritize play-based learning as a strategy to enhance creativity and skills development. By addressing the systemic issues and leveraging the potential of play-based learning, children in the Rivers-East Senatorial District can experience a more enriching and effective educational journey. As noted by Okon (2021), fostering an environment that supports creativity and skill acquisition is critical for preparing children to thrive in an increasingly complex and dynamic world.

By focusing on play-based learning, educators in Rivers-East can create more dynamic and effective early childhood education environments. This approach not only enhances creativity and skills development but also fosters a love for learning that can last a lifetime. As more schools and policymakers recognize the benefits of play-based learning, there is hope for significant improvements in the educational outcomes and future prospects of children in this region and beyond.

### **STATEMENT OF THE PROBLEM**

The challenges with creativity and skills development in early childhood education are multifaceted and persistent. Traditional education systems in Nigeria often emphasize rote learning and memorization, which stifles creative expression and limits opportunities for children to develop practical skills. Educators frequently lack the training and resources needed to implement more dynamic and interactive teaching methods. Although there have been efforts to integrate creative activities and skill-building exercises into the curriculum, these initiatives are often sporadic and inadequately supported. Currently, many early childhood education programmes in regions such as the Rivers-East Senatorial District of Rivers State struggle with inadequate infrastructure, limited access to quality educational materials, and a shortage of well-trained teachers. These challenges hinder the effective implementation of innovative teaching approaches like play-based learning, which has shown promise in fostering creativity and holistic skills development in young children. To address this gap, there is a need for a comprehensive strategy that includes continuous professional development for educators, better resource allocation, and community involvement to support play-based learning methodologies. This research aims to explore and provide empirical evidence on the effectiveness of educating through play-based learning, focusing on its potential to overcome current obstacles and enhance the development of creativity and skills in early childhood education within this region.

### **AIM AND OBJECTIVES OF THE STUDY**

The aim of this study is to investigate the impact of play-based learning on creativity and skills development in early childhood education in the Rivers-East Senatorial District of Rivers State, Nigeria. The specific objectives of the study are as follows:

- To examine the extent early childhood education centres educate pupils through play-based learning for enhancement of creativity in Rivers-East Senatorial District of Rivers State, Nigeria.
- To determine the extent early childhood education centres educate pupils through play-based learning skills development in Rivers-East Senatorial District of Rivers State, Nigeria.

### **RESEARCH QUESTIONS**

The following research questions guided the study.



- To what extent does early childhood education centres educate pupils through play-based learning for enhancement of creativity in Rivers-East Senatorial District of Rivers State, Nigeria?
- To what extent does early childhood education centres educate pupils through play-based learning for skills development in Rivers-East Senatorial District of Rivers State, Nigeria?

## **HYPOTHESES**

The following null hypotheses were test to achieve the Objectives of the study

- There is no significant difference in the response of caregivers and head teachers on the extent early childhood education centres educate pupils through play-based learning for enhancement of creativity in Rivers-East Senatorial District of Rivers State, Nigeria.
- There is no significant difference in the response of caregivers and head teachers on the extent does early childhood education centres educate pupils through play-based learning for skills development in Rivers-East Senatorial District of Rivers State, Nigeria.

## **REVIEW OF RELATED LITERATURE**

Play-based learning has emerged as a critical component in early childhood education, particularly for fostering creativity and skills development. Creativity in early childhood is defined as the ability to produce original ideas and express oneself in unique ways. Skills development, on the other hand, encompasses cognitive, social, emotional, and motor skills that are essential for children's overall growth and academic success. Research indicates that play-based learning significantly enhances these aspects of development by providing children with opportunities to explore, experiment, and engage in imaginative activities (Fisher, 2013).

The traditional education system in Nigeria, which often focuses on rote memorization and structured activities, has been jettisoned for its inability to cultivate creativity and practical skills among young learners. According to Oke and Nwachukwu (2019), this system fails to address the holistic needs of children, limiting their potential for creative thinking and skill acquisition. In contrast, play-based learning environments encourage children to engage in activities that promote curiosity, problem-solving, and social interaction, which are crucial for developing creativity and skills.

In the context of the Rivers-East Senatorial District of Rivers State, Nigeria, early childhood education faces numerous challenges, including inadequate infrastructure, limited resources, and a lack of trained educators. These challenges hinder the effective implementation of play-based learning. Despite these obstacles, there has been a growing recognition of the importance of play in early childhood education. Eze (2020) highlights that play-based learning can bridge the gap between traditional and modern educational practices by integrating creative and skill-building activities into the curriculum.

Empirical studies have shown that children who participate in play-based learning programmes exhibit higher levels of creativity and improved skills development compared to those in more traditional educational settings. For instance, a study by Adeyemi (2018) found that children in play-based learning environments demonstrated greater imaginative capabilities and better problem-solving skills. This finding underscores the potential of play-based learning to enhance both creativity and skills development in early childhood education.

Implementing play-based learning, however, is not without its challenges. One major barrier is the insufficient training of caregivers and head teachers in the principles and practices of play-



based learning. This lack of training often results in a superficial application of play-based methods, which can undermine their effectiveness. According to Okon (2017), professional development programs tailored to the needs of early childhood educators are essential for the successful adoption of play-based learning.

In addition to training, adequate resources and support from educational authorities are critical. This includes providing materials that facilitate play, such as toys, games, and art supplies, as well as creating environments that are conducive to play-based learning. A study by Nwosu (2021) revealed that schools with better access to play materials and supportive infrastructure showed significant improvements in children's creative and skill development outcomes.

Despite these challenges, the potential benefits of play-based learning make it a worthwhile investment for early childhood education in the Rivers-East Senatorial District. The integration of play-based learning strategies can address the current deficiencies in the education system by fostering an environment that supports holistic development. As noted by Akinyele (2016), adopting a play-based approach can transform early childhood education by making learning more engaging, effective, and enjoyable for children.

In conclusion, play-based learning offers a promising avenue for enhancing creativity and skills development in early childhood education. While there are significant challenges to its implementation, particularly in regions like the Rivers-East Senatorial District, targeted efforts to train educators, provide necessary resources, and support from educational authorities can mitigate these issues. The empirical evidence supporting the benefits of play-based learning underscores its potential to revolutionize early childhood education, making it an essential strategy for fostering the growth and academic wellbeing of young children.

## **THEORETICAL FRAMEWORK**

The theoretical foundation upon which this study was anchored is the Socio-cultural Theory, developed by Lev Vygotsky in the 1930s. Vygotsky emphasized the critical role of social interaction and cultural context in cognitive development, highlighting that children's learning is significantly influenced by their interactions with more knowledgeable others, such as parents, teachers, and peers. These interactions facilitate the acquisition of essential cognitive and social skills.

A central concept of Vygotsky's theory is the Zone of Proximal Development (ZPD), which describes the difference between what a child can do independently and what they can achieve with guidance. Learning occurs most effectively within this zone, where children are challenged just beyond their current abilities but can succeed with appropriate support. This concept is highly relevant to play-based learning, where educators scaffold children's activities to enhance their learning and development. Play-based learning environments often involve guided play, allowing children to explore, experiment, and develop problem-solving skills in a social and interactive context.

In regions like the Rivers-East Senatorial District of Rivers State, Nigeria, where traditional education methods dominate, incorporating play-based learning guided by the Sociocultural Theory can address existing challenges. By fostering a more interactive and socially engaging learning environment, children can develop critical thinking and creative skills that are often neglected in rote learning settings. The theory's emphasis on cultural context ensures that play-based learning can be tailored to reflect the local cultural heritage, making education more relevant and engaging for children.



**METHODOLOGY**

**Research Design:** The study adopted a descriptive research design. This design is chosen to provide a detailed and accurate depiction of the extent to which early childhood education centers in the Rivers-East Senatorial District of Rivers State, Nigeria, utilize play-based learning to enhance creativity and skills development.

**Population:** 323 caregivers in 274 early childhood centers in Rivers East Senatorial District constituted the population of this study (Rivers State Universal Basic Education, 2020). This includes caregivers and head teachers working in these centers, as they are directly involved in the implementation of educational practices and play-based learning activities.

**Sample and Sample Technique:** 121 respondents representing approximately 37.5% of the population constituted the sample for the study. This consisted of 37 head teachers and 84 caregivers. To select the sample for the study, the researcher employed the multi stage sampling technique being stratified sampling, simple random sampling and purposive sampling techniques. First the stratified sampling technique was used to divide 8 local government areas in the study area into three strata based on proximity and language affiliation. Omuma LGA and Etche LGA were grouped as strata 1, Emohua, Ikwerre, and Obio/ Akpor as strata 2 and Ogu/bolo Okirika and Port Harcourt city LGA as strata 3. One local government from each of the strata was randomly chosen to make a total of 3 local government areas selected for the study.

**Instruments for Data Collection:** The primary instrument for data collection was a structured questionnaire titled Play-Based Learning for Creativity and Skills Development Assessment Questionnaire (PBLCSDAQ). The questionnaire was designed to gather information on the extent of play-based learning practices and their impact on creativity and skills development among preschool children. It contains closed-ended questions to capture quantitative data measured in a 4-point response scale of Very High Extent (VHE) = 4, High Extent (HE) = 3, Moderate Extent (ME) = 2 and Low Extent (LE) = 1.

**Method of Data Collection:** Data collection was conducted by the researcher and trained research assistants. The questionnaire was administered in person to ensure a high response rate and to provide clarification if needed. Respondents were given adequate time to complete the questionnaire, and all responses were collected on the same day to maintain consistency.

**Method of Data Analysis:** The collected data was analyzed using descriptive and inferential statistics. Mean and standard deviation was used to answer the research questions, providing an understanding of the central tendencies and dispersion of responses regarding play-based learning practices. To test the null hypotheses, an independent sample t-test was employed to determine if there were significant differences in the responses of caregivers and head teachers on the extent of play-based learning for creativity enhancement and skills development.

**Results**

**Research Question 1: To what extent do early childhood education centres educate pupils through play-based learning for enhancement of creativity in Rivers-East Senatorial District of Rivers State, Nigeria?**

**Table 1: Showing mean () and standard deviation (SD) on how head teachers and caregivers response on the extent ECEC educate through play-based learning for enhancement of creativity**

S/N	Items Description	Head Teachers n=37	Caregivers n=84	n=121	Decision
		SD <sub>1</sub>	SD <sub>2</sub>		



1	Educators incorporate imaginative play activities to foster creative thinking.	3.41	.498	3.57	.498	3.52	VHE
2	Children are encouraged to create art projects using diverse materials.	3.73	.450	3.68	.470	3.69	VHE
3	Storytelling sessions are utilized to enhance children's creative expression.	3.43	.502	3.76	.428	3.66	VHE
4	Role-playing games are integrated into the curriculum to stimulate imagination.	2.38	1.139	2.13	.954	2.21	LE
5	Music and dance activities are used to promote creative movement and expression.	2.95	.780	3.11	.822	3.06	HE
<b>Grand Mean/SD</b>		3.18	.315	3.25	.296	<b>3.23</b>	<b>HE</b>

Source: Field Survey Data (2024)

Table 1 showed the mean ( $\bar{x}$ ) and standard deviation (SD) on the extent early childhood education centres educate through play-based learning for enhancement of creativity in Rivers-East Senatorial District of Rivers State, Nigeria. It showed that Educators incorporate imaginative play activities to foster creative thinking(=3.52) and Storytelling sessions are utilized to enhance children's creative expression (=3.66) to a very high extent. However, Role-playing games are integrated into the curriculum to stimulate imagination(=2.21) to a low extent. The grand mean (=3.185; SD=0.316) for head teachers and (=3.25; SD=0.296) for caregivers showed that early childhood education centres educate through play-based learning to a high extent for enhancement of creativity in Rivers-East Senatorial District of Rivers State, Nigeria.

**Research Question 2: To what extent do early childhood education centres educate pupils through play-based learning for skills development in Rivers-East Senatorial District of Rivers State, Nigeria?**

**Table 2: Showing mean ( $\bar{x}$ ) and standard deviation (SD) on how head teachers and caregivers response on the extent ECEC educate through play-based learning for skills development**

S/N	Items Description	Head Teachers n=37		Caregivers n=84		n=121	Decision
		$\bar{x}_1$	SD <sub>1</sub>	$\bar{x}_2$	SD <sub>2</sub>		
1	Problem-solving games are included to develop critical thinking skills.	2.62	1.063	3.04	.798	2.91	HE
2	Cooperative play activities are used to enhance social skills and teamwork.	3.22	.672	3.40	.746	3.35	HE
3	Fine motor skills are developed through play with building blocks and puzzles.	2.97	.866	3.14	.730	3.09	HE
4	Outdoor play is encouraged to promote physical skills and coordination.	3.00	.667	3.01	.685	3.01	HE
5	Sensory play activities are integrated to improve sensory and motor development.	3.43	.647	3.39	.581	3.40	HE
<b>Grand Mean/SD</b>		3.05	.338	3.19	.302	<b>3.15</b>	<b>HE</b>

Source: Field Survey Data (2024)

Table 2 showed the mean ( $\bar{x}$ ) and standard deviation (SD) on the extent early childhood education centres educate through play-based learning for skills development in Rivers-East Senatorial District of Rivers State, Nigeria. It showed that Cooperative play activities are used to enhance social skills and teamwork (=3.35), Outdoor play is encouraged to promote physical skills and coordination



(=3.01) and Sensory play activities are integrated to improve sensory and motor development (= 3.40) to a high extent. The grand mean (=3.05; SD=0.338) for headteachers and (=3.19; SD=0.302) for caregivers showed that early childhood education centres educate through play-based learning to a high extent for skills development in Rivers-East Senatorial District of Rivers State, Nigeria.

**HO1:** There is no significant difference in the response of caregivers and head teachers on the extent early childhood education centres educate through play-based learning for enhancement of creativity in Rivers-East Senatorial District of Rivers State, Nigeria.

**Table 3: Independent t-test on the difference in the mean ratings of caregivers and head teachers on the extent early childhood education centres educate through play-based learning for enhancement of creativity**

Location	N		SD	t	df	Sig. (2-tailed)	Remarks
Head Teachers	37	3.1784	.31547	-1.202	119	.232	P > .05 H <sub>01</sub> is Accepted
Caregivers	84	3.2500	.29596				

Alpha Level = .05

Table 3 reveals that the calculated t-value is significant at .05 level of significance (Cal t-value = -- 1.202; df = 119; p >.05). Thus, the null hypothesis was accepted. The result of the test of hypothesis one showed that there was no significant difference in the mean ratings of caregivers and head teachers on the extent early childhood education centres educate through play-based learning for enhancement of creativity in Rivers-East Senatorial District of Rivers State, Nigeria.

**HO2:** There is no significant difference in the response of caregivers and head teachers on the extent does early childhood education centres educate pupils through play-based learning for skills development in Rivers-East Senatorial District of Rivers State, Nigeria.

**Table 4: Independent t-test on the difference in the mean ratings of caregivers and head teachers on the extent early childhood education centres educate pupils through play-based learning for skills development**

Location	N		SD	t	df	Sig. (2-tailed)	Remarks
Head Teachers	37	3.0486	.33799	-2.411	119	.017	P < .05 H <sub>02</sub> is rejected
Caregivers	84	3.1976	.30179				

Alpha Level = .05

Table 4 reveals that the calculated t-value is significant at .05 level of significance (Cal t-value = -- 2.411; df = 119; p <.05). Thus, the null hypothesis was rejected. The result of the test of hypothesis one showed that there was a significant difference in the mean ratings of caregivers and head teachers on the extent early childhood education centres educate through play-based learning for skills development in Rivers-East Senatorial District of Rivers State, Nigeria.

## DISCUSSION OF FINDINGS

The findings presented in Table 1 indicate that early childhood education centers in the Rivers-East Senatorial District of Rivers State, Nigeria, incorporate play-based learning to enhance creativity to a high extent. Specifically, activities like imaginative play ( $\bar{x}$ =3.52) and storytelling sessions ( $\bar{x}$ =3.66) are used extensively, which aligns with Vygotsky's Socio-cultural Theory emphasizing the importance of social interaction and imaginative activities in cognitive development. However, the integration of role-playing games ( $\bar{x}$ =2.21) remains low, suggesting a gap in using diverse play forms to stimulate imagination. This finding is supported by Obiweluo (2020), who found that while Nigerian



educators recognize the value of play-based learning, practical implementation often lacks due to insufficient training and resources. The overall grand mean for creativity enhancement ( $\bar{x}=3.185$  for head teachers,  $\bar{x}=3.25$  for caregivers) underscores the high extent of play-based learning usage, which is consistent with results from similar studies by Adeyemi (2018) and Eze (2021), both of whom reported significant benefits of play-based methods in fostering creativity among preschool children.

In Table 2, the results highlight the high extent to which early childhood centers use play-based learning for skills development, with cooperative play activities ( $\bar{x}=3.35$ ), outdoor play ( $\bar{x}=3.01$ ), and sensory play ( $\bar{x}=3.40$ ) being prominently featured. This is in line with Akinyele (2016), who found that sensory and outdoor activities are critical in developing children's physical and motor skills, as well as social interactions. The grand means for skills development ( $\bar{x}=3.05$  for head teachers,  $\bar{x}=3.19$  for caregivers) further indicate a strong emphasis on these activities in the educational curriculum. These findings resonate with Fisher (2013), who argued that play-based learning environments significantly contribute to the development of various skills in early childhood, including social, motor, and cognitive abilities.

The hypothesis testing results add another dimension to these findings. Table 3 shows no significant difference in the mean ratings of caregivers and head teachers on the extent of play-based learning for creativity enhancement (Cal t-value = -1.202;  $p > .05$ ). This consensus suggests a shared understanding among educators about the importance of creative activities, despite the lower use of role-playing. Conversely, Table 4 indicates a significant difference in the mean ratings for skills development (Cal t-value = -2.411;  $p < .05$ ), reflecting differing perceptions between caregivers and head teachers. This divergence may be attributed to varying levels of direct engagement with the children or differences in professional training, as suggested by Nwosu (2021), who noted discrepancies in the implementation of play-based learning strategies between different categories of early childhood educators. These findings collectively underscore the importance of continuous professional development and resource allocation to enhance the efficacy of play-based learning approaches in Nigerian early childhood education settings.

## **CONCLUSION**

The results indicate that early childhood education centers in Rivers-East Senatorial District of Rivers State, Nigeria, significantly incorporate play-based learning to enhance both creativity and skills development. However, there is a notable gap in the use of role-playing games, and discrepancies exist between caregivers and head teachers regarding skills development practices. Overall, play-based learning is effectively utilized, but improvements in certain areas are necessary to maximize its benefits.

## **RECOMMENDATIONS**

The following recommendations were made in line with the findings and conclusion.

- Government should provide additional training for educators on diverse play-based learning strategies, particularly focusing on creative activities such as drama and interactive storytelling.
- Government should enhance the availability and variety of outdoor and sensory play materials to support comprehensive physical, motor, and social skills development among preschool children.



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