

Creating an environment for children to grow freely

1. Motivation behind Research Paper

Where did you play when you were young? I think that most children played in the park when they were young. A recent issue has been the declining number of children's playgrounds. In addition to this problem, it has been shown that children are playing outside less and less. So I wanted to explore this issue. I wanted to contribute to child-rearing because I have been hearing more news about child-rearing, and I wanted to create a better environment to raise children through my research. I decided to focus on children's playgrounds.

2. Introduction

What comes to mind when you think of an environment where children can grow up freely? I believe that it is a community where there is a lot of interaction with the community, a community that supports child-rearing, and most importantly, a community where there are many playgrounds. Many people say that the first place that comes to mind when they think of a place for children to play is a park. When we were young, we used to play outside during school breaks and there were many parks in our neighborhoods, so we probably played outside more often in our childhood. Most of us have spent our lives thinking that playing outside is a good thing, but we need to ask why it is important to play outside in the first place. In this

paper, we will discuss the necessity of outdoor play or physical fitness play for children.

3. Results and Analysis

The General Incorporated Association YBP Project actually conducted a survey on children's outdoor play in October 2018 through the event website, email membership, and event social networking sites.

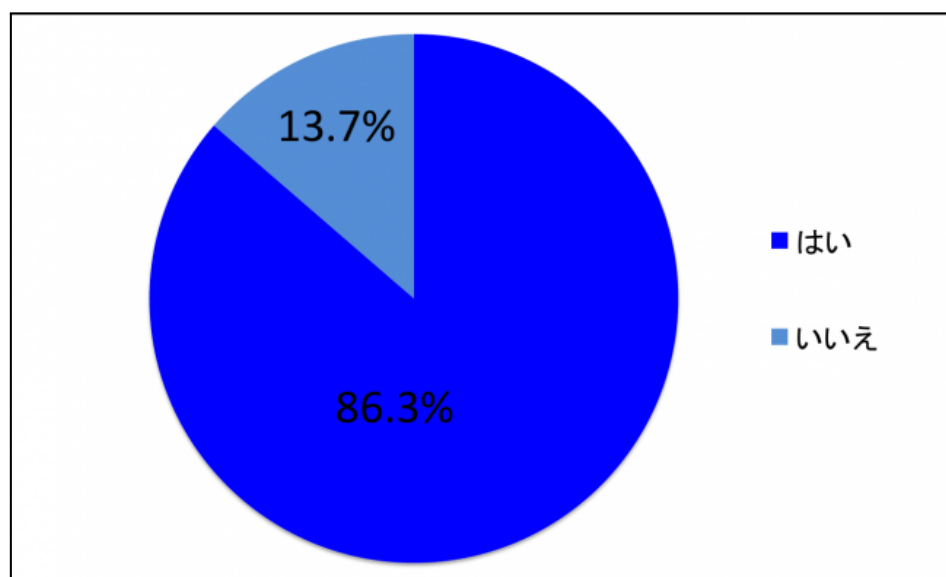


Figure 1. Results of survey. Question asked: Do you feel that your child's opportunities for outdoor play have decreased compared to when you were a toddler or elementary school student?"

This graph shows the results of the survey conducted, and the results of parents. 86.3% of parents felt that their children's outdoor play had decreased.

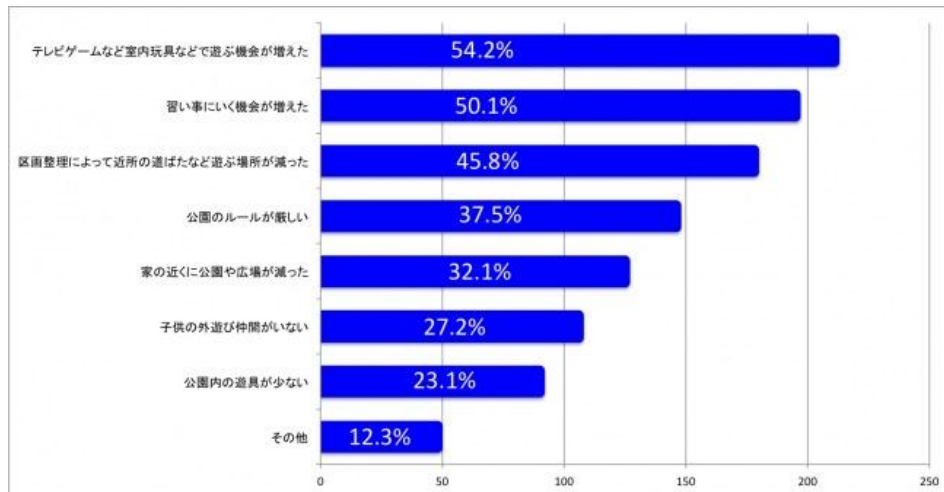


Figure 2. Graph of survey results. “Why has your child’s outdoor play decreased?”

54.2% said that their children have more opportunities to play with indoor toys such as video games. 50.1% said that their children have more opportunities to attend lessons. 43.8% said that the number of places to play, such as neighborhood streets, has decreased due to land readjustment.

As mentioned at the beginning of this paper, the survey shows that urbanization in recent years has resulted in the loss of parks and other places to play in the neighborhood. In addition, 37.5% of respondents said that their parents work together and come home late, making it difficult for them to play outside on weekdays, and 37.5% of respondents said that they have no place to play in other than parks. 37.5% of respondents answered that "other parks have strict rules," suggesting that the number of places to let children play outside is decreasing, even if they do not want to play outside. Why is it important to play outside in the first place? Children can develop all kinds of motor skills. It helps develop a spirit of rule-keeping, cooperation, and perseverance. There are various reasons for this, including the following. Just as we do physical education not only outside but also

indoors in gymnasiums, there are many places where children can play and exercise indoors to build their physical strength. However, most of them charge a fee for both indoor and outdoor facilities, and there are few places like parks that anyone can use free of charge. There are also an increasing number of indoor amusement parks and outdoor or indoor athletic facilities in shopping malls that we often see, but many of them charge a fee. In particular, indoor facilities may be a bit burdensome in terms of weather conditions and the financial burden of taking children to playgrounds that charge a fee every weekend.

In fact, Shibuya Ward, Tokyo, is implementing the "Shibuya Anywhere Playground Project" using Play Street in this way. This Shibuya Anywhere Playground Project can be enjoyed by anyone, even if there is no playground equipment, and play equipment can be provided by individuals. And it is very dangerous for children to play alone outside of their homes. Not only can they be injured, but they can also be kidnapped, so someone needs to be watching them at all times. However, with this project, children can play safely because there is always a guardian or a person watching over them.

4. Conclusion and Future Problems

I believe that play is essential for children, just as it was for us when we were young. However, I hope that this kind of initiative will nurture the spirit of enjoying physical activity and the joy of play. Based on this, the overall issues are that the number of children playing for physical fitness is decreasing, there are many playgrounds that require a facility fee, and the number of places that can be used free of charge by anyone is decreasing.

What I would like to work on in the future is I would like to provide playgrounds mainly through joint use agreements or by using Play Street. Play Street is a public space that can be rented by the hour, and can be used by individuals by contacting schools, fire stations, police stations, and other organizations. A joint use agreement is a contract between a public organization and a private or non-profit organization to allow the public to use a facility. While it is difficult for an individual to implement a joint use agreement alone, a play street can be easily implemented by an individual and provide a playground that can be used by anyone free of charge. It is also possible to have large groups of children playing ball or tag, for example, which is not possible at home, and it is possible to use a large area for children to play. I hope we can provide playgrounds for children through joint use agreements and playstreets.

5. Reflection

I realized that there is still a lack of environments where children can play, and as the survey shows, the number of children who do not know the joys of outdoor play and other physical activities have increased, which is a pity. When I was a child, I thought it was natural to play outside because we didn't have smartphones like we do now, but nowadays there are many indoor toys such as video games, so playing outside is no longer the norm, and I think fewer children are getting exercise. I hope there will be more games that make good use of such toys, games that allow children to play with their bodies, and games that can be enjoyed at home on days when it is not possible to play outside due to bad weather, just like outside. At the same time, as I have grown up, I have become absorbed in smartphone games and

other things and have forgotten how fun it is to play using my body. So I would like to live my life in a way that I don't forget the joy of exercise and refresh myself with it.

6. Work Cited

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