



EFFECTIVENESS OF NON-CONVENTIONAL ATTIRE ON ANXIETY LEVEL AMONG CHILDREN

Nursing

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ABSTRACT

Non-conventional nurse's uniforms in pediatric settings may contribute to lowering children's distrust towards health care providers and reduce anxiety. Children may fear nurses wearing white uniforms. Most of the nurses white uniforms are associated with anxiety. The use of non-conventional nurse's attire can contribute to improve the child – nurse relation which has the potential to ease the discomfort experienced by children due to hospitalization. The research approach adopted for study was evaluative survey approach, research design was Quasi experimental, Non- equivalent control group, post -test only design. By using non –probability purposive sampling technique 60 children were selected for the study. Modified Faces Child Anxiety scale was used to identify anxiety perception among children.

The calculated unpaired 't' value ($t_{cal} = 3.86$) is greater than the tabulated 't' value ($t_{tab} = 2$). Therefore it can be interfered that Non-conventional attire is effective in reducing anxiety level during non-invasive procedure among children. The calculated chi square values were higher than tabulated values at 0.05 level of significance. The results of the study revealed that there was significant association between posttest anxiety scores and selected socio-demographic variables. i.e Age in years [$\chi^2_{cal} = 22.44$, $\chi^2_{tab} = 12.59$], No of siblings [$\chi^2_{cal} = 20.54$, $\chi^2_{tab} = 12.59$], and history of previous hospitalization [$\chi^2_{cal} = 6.75$, $\chi^2_{tab} = 4.99$].

The present study revealed that majority of subjects in experimental group 17 (56.67%) had moderate anxiety and 3 (10.00%) showed mild anxiety whereas in control group majority of subjects 22 (73.33%) had severe anxiety and only 1 (12.5%) had moderate anxiety. therefore it was concluded that Non-conventional attire of pediatric nurses helped to decrease anxiety among children during non invasive procedure.

KEYWORDS

Non-conventional attire; anxiety level; children.

INTRODUCTION

Children are very much attracted to the play materials, color dresses, cartoon films and new things etc. They always loved with colors. In the school they learn about rainbow colors. Sometimes they learn rose is red, lotus is pink, sky is blue, dragon is black, and parrot is green etc. But, the white color always they remember who wear the white dress. They remember the white dress who wears the doctors and nurses.

Historically, nursing clothes have been developed under the religious and military influences in the nineteenth century. At that time, the main point was uniformity of nurses' clothes. Later, the uniforms were noticed to develop a professional view of the competent nurse, nonverbally denoting professionalism.

White uniforms may convey some other meanings as well, such as identity, infection control, modesty and occupational health. In this way, the picture of a nurse has been so blended with a white uniform that, even today, a white dress is still the 'symbol' of a nurse.

In modern nursing, views toward nursing uniforms have altered and that traditional view is changing. The image transferred to patients by nurses' appearance may affect their perceptions of nursing care and may also have an impact on quality of care through affecting patient–nurse relationship. This image can be of more importance in children that are more interested in and influenced by a relaxed atmosphere.

For children, hospitalization is a stressful event that can cause anxiety. The new environment, unfamiliar faces, different routines, medical and surgical procedures are all frightening and distressing to the child. Hospitalization can be emotionally traumatic to the child. Numerous studies have investigated children's responses to hospitalization stress and interventions to reduce the adverse psychological effects of hospitalization.

Usually, the parents are asked about their view about quality of care during hospitalization of their child, while few studies have measured the quality of care from children's point of view. However, it has been shown that considering children's views and needs during hospitalization helps to improve their satisfaction as well as health outcomes. Research studies that address this topic can improve hospitalization care and decrease distress and anxiety.

Provision of better communication, through both verbal and nonverbal

ways is one way to deliver appropriate care and to help the child adjust to stress of hospitalization. Several studies on hospitalized children have provided some insight about children's view towards nursing uniform and its color. A study showed that children preferred colorful tops the most and traditional uniform the least. Moreover, children may not be able to present their fears and anxiety verbally, which require more precision in recording the cause of their anxiety and distress.⁸

METHODS AND DATA COLLECTION

Data was collected from different research studies and through journals, newspapers, and different hospital reports on nurses attire. After an extensive review of literature referring the books and journals as well as discussion with the guide and experts, the tool that is socio-demographic variables and modified Faces Child Anxiety Scale were developed to assess the effectiveness of Non-conventional attire of nurses on anxiety level among children who were admitted in hospitals. Selected Socio-demographic variables. It consisted of seven items for obtaining information about the selected background factors such as age in years, gender, education of the child, type of family, number of siblings, Presence of parents during the procedure, any history of previous hospitalization etc. Research study was conducted at selected hospitals of Kolhapur. Permission was obtained from the concerned authorities. 60 subjects were randomly selected according to inclusion criteria, by Non-probability purposive sampling method for experimental (30) and control group (30). The investigator introduced herself to the parents of children. Written consent was obtained from the parents of the children after explaining the purposes and objectives of the study. Children were selected by using The investigator performed vital signs procedure to all the study samples to avoid bias in performance of procedure. The investigator appointed a trained observer for the scoring of modified faces child anxiety scale. Non-conventional attire (colorful attire) was worn to the children in the experimental group. Routine Conventional attire (white apron) was worn to the control group. Anxiety level of children was assessed using modified faces child anxiety scale for both experimental group and for control group. Same observer had used same modified faces child anxiety scale and measured the anxiety level, to avoid the bias. The collected data was analyzed and tabulated.

DISSUCUSSION

The present study was designed to evaluate the effectiveness of non-conventional attire on anxiety level among children, admitted at selected hospitals in Kolhapur. The collected data was coded,

organized, analyzed and interpreted, by using both descriptive and inferential statistics. The descriptive statistics used were frequency and percentage distribution of sample characteristics and computation of mean, median, mode, range and standard deviation of posttest anxiety level scores. Inferential statistics used was unpaired "t" test to evaluate the effectiveness of non-conventional attire.

Analysis and interpretation of information collected with the help of selected socio-demographic variables an Modified Faces Child Anxiety scale from 60 subjects who had underwent non invasive procedures at selected hospitals. In this present study, majority of the subjects 18 (60%) were males and 12 (40%) were females in experimental group whereas in control group of the subjects 15 (50%) were males and 15 (50%) were females.

In this present study, majority of subjects 19 (31.67%), belonged to the age group of 4- 6 yrs, while minimum number 9 (15%) belonged to the age group of 8-10 yrs in experimental group whereas in control group majority of subjects 9 (30%) belonged to age group of 4-6 yrs, while minimum number 6 (20%) belonged to age group of 8-10yrs.

In this present study, majority of subjects 15 (50%) had 2 siblings, while minimum number 3 (10%) had 3 siblings in experimental group where as in control group majority of subjects 11 (37.66%) had 2 siblings, while minimum number 4 (13.33%) had more than 3 siblings. In the present study, while conducting assessment of anxiety scores, out of 60 children in experimental and control group, majority of subjects in experimental group 17 (56.67%) had moderate anxiety and 3 (10.00%) showed mild anxiety whereas in control group majority of subjects 22 (73.33.5%) had severe anxiety and only 1 (12.5%) had moderate anxiety.

In this present study the overall anxiety scores of subjects in the experimental group was less than the control group by mean difference 2.94 units and median was 2.5 units where mode was 7 units. The variability around the mean of anxiety score distribution was higher by 1 unit in experimental group and the range of between the highest and lowest score remained 1.51 units after the intervention. In this study There was significant association between post-test anxiety scores and selected socio-demographic variables like Age in years [$\chi^2_{\text{cal}} = 22.44$, $\chi^2_{\text{tab}} = 12.59$]. This indicated that there was significant association between post test anxiety scores and selected socio-demographic variables, that is age of children can interfere with anxiety score during Non-invasive procedures. In the present study, The calculated unpaired 't' value ($t_{\text{cal}} = 3.86$) is greater than the tabulated 't' value ($t_{\text{tab}} = 2$). This indicated that there was statistically significant difference between the mean posttest anxiety score value of experimental and the control groups. ($p < 0.05$). Therefore it can be inferred that Non-conventional attire is effective in reducing anxiety level during non-invasive procedure among children. In the present study, the subjects in experimental group 17 (56.67%) had moderate anxiety and 3 (10.00%) showed mild anxiety whereas in control group majority of subjects 22 (73.33.5%) had severe anxiety and only 1 (12.5%) had moderate anxiety.

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Similar finding were reported in the study done by R. Hamidreza et al. who had assessed impact of nurses clothing on anxiety of hospitalized children.

IMPLICATIONS

The investigator has put forward the following implications from the study which is of concern for nursing practice, nursing education, nursing administration and nursing research. The child health nursing practitioners can wear Non-conventional attire while they are working in pediatric ward. The nurse administrator can communicate conducting i in service education programs & emphasizing the use of such methods to reduce the anxiety level in children. Nursing superintendent or Head incharge can change the uniform policy for staff nurses at pediatric ward and encourage the nurses to were non-conventional attire (i.e.) colored clothing.

The and other potential benefits and more research studies can be done by nurses to evaluate the effectiveness of various diversional strategies in reduction of anxiety level in children encourage student nurses to disseminate the findings of research conducted by them other non-pharmacological interventions like blowing bubbles, music therapy, playing video game, etc.

RECOMMENDATIONS

The researcher presents strong recommendation to the pediatric nurses, should wear colour apron for to reduce an anxiety level of children The study recommends the following for further research.

1. Similar study can be conducted in future regarding the effect of non-conventional attire on pain level among children.
2. Further researches can be conducted by taking other non-pharmacological strategies (like guided imagery, blowing bubbles, music therapy, playing video game, etc.) as an intervention to reduce anxiety level among children.
3. Similar study on a large setting with more samples for a longer period of time would be pertinent in making broad generalization of the findings.
4. Comparative study can be conducted in different settings by using various diversional strategies like non-conventional attire vs play, guided imagery vs blowing balloons etc.
5. Randomized controlled trial can be done on the same research study where there is large setting and more samples and conducted at controlled setting

CONCLUSION

Based on the findings of the study, the following conclusions were drawn: The study revealed that Non-conventional attire is effective in reducing anxiety level among children.

The calculated unpaired 't' value ($t_{\text{cal}} = 3.86$) is greater than the tabulated 't' value ($t_{\text{tab}} = 2$). Hence **H₁ is accepted**. This indicates that effect of non-conventional attire is statistically significant at $p > 0.05$ level.

The study revealed that there was significant association between posttest anxiety scores and selected socio-demographic variables. i.e Age in years [$\chi^2_{\text{cal}} = 22.44$, $\chi^2_{\text{tab}} = 12.59$], No of siblings [$\chi^2_{\text{cal}} = 20.54$, $\chi^2_{\text{tab}} = 12.59$], and history of previous hospitalization [$\chi^2_{\text{cal}} = 6.75$, $\chi^2_{\text{tab}} = 4.99$]. Hence **H₁ is accepted**. This indicates that there is significant association between posttest anxiety scores and selected socio-demographic variables at 0.05 level of significance.

Hence, it is recommended that wearing Non-conventional attire of pediatric nurses it is very useful to reducing anxiety level of children.

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