



PLAY THERAPY TO REDUCE THE ANXIETY AMONG HOSPITALIZED CHILDREN

Nursing

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ABSTRACT

Play therapy helps to meet the emotional needs of children who have an illness or surgery & are in the hospital. A quasi-experimental outcome research study was conducted in two hospitals in different areas of Nadiad, with one assigned as the control and the other as the experimental hospital. Purposive sampling technique was used to select total 40 samples. Modified Anxiety Scale was used to assess the level of anxiety. The data was analyzed by using the descriptive and inferential statistics. The result of present study reveals that there is a reduced level of anxiety after administering the play therapy in experimental group. The mean pre-test anxiety score (53.70) was higher than the mean post-test (23.95) anxiety score in experimental group with the mean difference of 29.75, which shows there is a reduce level of anxiety after administering play therapy in experimental group. The post test anxiety score of control group (42.9) is higher than the post test anxiety score (23.95) of experimental group, which shows there is a higher level of anxiety in control group. There is no significant association between level of anxiety and demographic variables. The study concluded that there is a need of play therapy to reduce the anxiety and stress of hospitalized children.

KEYWORDS

Play Therapy, Anxiety Level, Hospitalized Children

INTRODUCTION

Play permits kids to utilize their inventiveness while building up their physical, psychological, and enthusiastic strength. Play is significant for solid mental health. Through play, youngsters at an early age draw in and connect in their general surroundings. Play is a type of correspondence and self-articulation which gives them the chance of speaking with both family and medical care individual.

Hospitalization is distressing for offspring of any age during a genuine sickness. Much more established kids have an extraordinary requirement for their people and can endure their nonattendance just for brief period. They need to realize that their persons will be there when they need them most and that are missed and cherished.

In bigger clinics a youngster life expert may arrange the play program. A spot to play, reasonable materials and different kids to play with are fundamental learning devices.

NEED OF STUDY:

The child who is admitted to a hospital is separated from the usual surroundings and routines of his or her everyday interaction with siblings, school life, social and sports activities with friends. At the time of hospitalization, children encounter new routines, new adult care takers and meet other children with a variety of medical problems. They were automatically thrown into a bizarre and unfamiliar environment in which even the most basic functions such as eating, sleeping are different from their normal pattern and are under someone else control.

Therapeutic play reflects and stimulates development in a child. Drawing and painting are excellent media for expression. Children are more at ease expressing their thoughts and feelings through art than through words.

Building a tower of blocks, improves the child dexterity and coordination, cognitive functions such as cause and effect, how he express feelings such as frustration or success, and even social skills by his ability to wait his turn if building the tower with others.

The investigator had noticed most of the children were not interacting with other children even with their family members except the primary care taker. They were not co-operating with any treatment procedures given by medical workers. They were frightened to see the hospital environment and medical procedures. They are totally stressed and worried. Hence the investigator felt the need of relieving the anxiety among the hospitalized children. Providing therapeutic play material to the children would be effective. Therapeutic play is on the promotion of continuing normal development while enabling children to respond more effectively to difficult situations such as medical experience. The investigator feels that health promotion in childhood can be achieved through organized play activities, having adequate play equipment and safe play area to move around.

Statement Of Problem:-

“A study to assess effectiveness of play therapy in reducing the level of anxiety among hospitalized children at the age of 6 to 12 years in Pediatric Medical ward of selected Pediatric Hospitals at Nadiad City.”

OBJECTIVES OF THE STUDY:-

1. To assess level of anxiety among hospitalized children before administering play therapy in experimental & control group.
2. To determine the effectiveness of play therapy among hospitalized children in experimental group.
3. To find out the association between the pre test level of anxiety among hospitalized children at the age group of 6 to 12 years and their selected demographic variables in control & experimental group.

Assumption Of Study

The study assume that there may be more anxiety in hospitalized children.

HYPOTHESIS

H1-The mean post test level of anxiety will be significantly lower than the mean pre test level of anxiety among hospitalized children at the age group of 6 to 12 years in experimental group at 0.05 level of significance.

H2-The mean post test level of anxiety in experimental group will be

significantly lower than the mean post test level of anxiety in control group among hospitalized children at the age group of 6 to 12 years at 0.05 level of significance.

RESEARCH METHODOLOGY:-

Research Approach: Quantitative Approach, Outcome Research

Research Design:- Non Randomized Control Group Design

RESEARCH SETTING:-

The study conducted in Gopal hospital & sparsh hospital at Nadiad city.

TARGET POPULATION:-

In this study, the target population consists hospitalized children of age 6 to 12 years.

SAMPLE SIZE:-

Total sample size: 40

It includes 20 Children for Experimental group from Gopal Hospital and 20 children for control group from Sparsh Hospital at Nadiad city.

Sampling Technique:-

Non probability purposive sampling technique.

Selection Of Tool For Data Collection:-

In this study a Modified Anxiety scale was used to collect the data from the children in selected hospitals of Nadiad city, based on study objectives.

Development Of Tool:-

Section I: Data of Sample related demographic variable.

Section II: A Modified Anxiety Scale level of anxiety among hospitalized children.

RESULT:

The distribution of majority sample by age of children 15(37.5%) samples were in age group of 9-10 year, 18(45%) male and 22(55%) samples were females. Out of the 40 samples 15(35.5%) children in 4 to 5th standard, 14(35%) children in 6 to 7 standard. In children 14(35%) has a history of hospitalization, 26(65%) the children has no previous hospitalization history. In samples 29(72.5%) children has mother primary care giver, Samples according to area of residency 11(27.5%) urban, 28(70%) rural. The samples according to education of parents 25(62.5%) primary education and 25 (62.5) had a moderate level of illness,

Table 1: Analysis of Demographic Data [N=20+20]

Sr. No.	Variables	Category	Respondents	
			Frequency	Percentage
1	Age	6-8 yr	12	30
		9-10 yr	15	37.5
		11 -12 yr	13	32.5
2	Gender	Male	18	45
		Female	22	55
3	Education Status	1 to 3 rd std	11	27.5
		4 to 5 th std	15	37.5
		6 to 7 th std	14	35
4	History of Hospitalization	Yes	14	35
		No	26	65
5	Primary care Giver	Mother	29	72.5
		Guardian	4	10
		Others	7	17.5
6	Health Care Facility	Government	16	40
		Private	4	10
		Both	20	50
7	Religion	Hindu	27	70
		Muslim	8	20
		Christian	3	7.5
		Others	2	5
8	Area Of Residency	Urban	12	27.5
		Rural	28	70
9	Family Income	<10,000	6	15
		10,000-30,000	29	72.5
		30,000-60,000	5	12.5
		>60,000	0	0

10	Education Of Parents	Illiterate	6	15
		Primary	24	62.5
		Secondary	7	17.5
		Higher Secondary	3	7.5
		Degree	0	0
11	Severity Of Illness	Mild	9	22.5
		Moderate	25	62.5
		Severe	6	15

Table 2: Mean, Mean Difference, Standard Deviation (S.D.) And, "t" Test Value Of Pre-test And Post-test Anxiety Score Of Samples

Group	Mean	Mean Difference	S.D	Calculated, t test
Experimental group pre test	53.70	29.75	5.62	22.38
Experimental group post test	23.95		1.93	

(Note: *t=1.68, p<0.05, df=39 and **t= 2.71, P<0.01, df=39)

The mean pre-test anxiety score was higher than the mean post-test anxiety score with the mean difference of 29.75 and the calculated, t value (t=22.38) was greater than tabulated t value (t=1.68) which was statically proved and it revealed that a play therapy among hospitalized children with play therapy was effective in terms of sample.

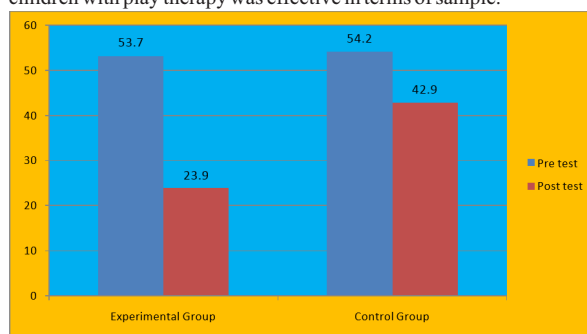


Figure 1: Mean Anxiety Score of Experimental Group and Control Group

Table: 3 Contingency Table For Pre-test Score And Demographic Variables

Sr No.	Variables	Pre-test Anxiety score			D.F	Chi-Square	P-value
		Mild	Moderate	Severe			
1	AGE:						
	6-8 yr	1	1	10	4	2.38 (NS)	0.92
	9-10 yr	2	2	11			
	11-12 yr	1	4	9			
2	GENDER:						
	Male	2	3	13	2	0.61 (NS)	0.73
	Female	2	2	18			
3	EDUCATIONAL STATUS:						
	1-3 rd std	1	1	9	4	1.43 (NS)	0.83
	4-5 th std	1	2	12			
	6-7 th std	2	3	9			
4	HISTORY OF HOSPITALIZATION:						
	Yes	3	5	7	2	1.74 (NS)	0.41
	No	5	4	16			
5	PRIMARY CARE GIVER:						
	Mother	3	3	21	4	4.56 (NS)	0.33
	Guardian	1	2	2			
	Others	2	2	4			
6	HEALTH CARE FACILITY:						
	Government	3	4	9	4	4.48 (NS)	0.34
	Private	1	1	2			
	Both	1	2	17			
7	RELIGION:						
	Hindu	4	6	16	6	3.07 (NS)	0.79
	Muslim	2	1	6			
	Christian	1	1	1			
	Others	1	0	1			

8	AREA OF RESIDENCY:						
	Urban	2	1	8	2	1.02	0.60
	Rural	3	6	20		(NS)	
9	FAMILY INCOME:						
	<10,000	1	2	4	6	4.22	0.64
	10,000- 30,000	3	7	18		(NS)	
	30,000- 60,000	2	2	3			
	>60,000	0	0	0			
10	EDUCATION OF PARENTS:						
	Illiterate	1	1	4	6	1.30	0.97
	Primary	4	5	15		(NS)	
	Secondary	1	2	4			
	Higher Secondary	1	1	1			
	Degree	0	0	0			
11	SEVIARITY OF ILLNESS:						
	Mild	3	2	5	4	0.63	0.95
	Moderate	4	6	12		(NS)	
	Severe	2	2	4			

SUMMARY

The experimental group pre-test mean (53.70, S.D=5.62) & Experimental Group Post-test mean (23.95, S.D=1.93) & Experimental Group calculated T-test = 22.38 with mean difference 29.75. The findings represents that there is a reduced level of anxiety after administering the play therapy in experimental group There is no significant association between level of anxiety and demographic variables. Investigator concluded that there was significant increase in the mean pre- test score as compared to the mean post-test score after administration of play therapy among 6 to 12 years hospitalized children.

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