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EFFECT OF PLAY THERAPY ON LEVEL OF ANXIETY AMONG PRESCHOOL CHILDREN UNDERGOING NEBULISATION

Nursing

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ABSTRACT

The study investigated the effect of "Play therapy on the level of anxiety among Pre-school children undergoing Nebulisation." Researcher adopted quantitative research approach and Non-equivalent control group design to conduct the study. Purposive sampling method was used to select the samples and 100 samples were selected based on the inclusion criteria. The tool used to assess the level of anxiety was Observational checklist. Play therapy was provided for the Pre-school children with moderate level of anxiety in the experimental group, by using a doll, Nebulisation kit and a stethoscope and the researcher made the children to provide Nebulisation to that doll. Post-test was done when the child received Nebulisation for the next time. The study revealed that there was high statistically significant difference in level of anxiety among children between experimental and the control group at 0.01 level of significance ($p<0.001$). There was no significant association between the level of anxiety and prominent demographic variables.

KEYWORDS

Play therapy; Anxiety; Nebulisation; Pre-schoolers

Preschoolers are curious about everything that they see and hear. This is a great time for caregivers, both parents and teachers, to mold the children s minds and encourage them to use their creativity and imagination. This is also an important time for adults to teach social skills which help them to adapt to a new environment filled with other kids. The world is widening for preschool kids and it is important for parents and teachers to give them the encouragement and opportunity to explore their world and build relationships with others, apart from members of their family.

Hospitalization is a common occurrence in childhood. Hospitalization is a distraction from normal lifestyle of the child and family. When children are exposed to new environment like hospital, they will feel discomfort, showing vulnerable behaviours such as refusing to take food, toileting, irritability, not taking medicines, not co-operating for clinical procedures like checking temperature, physical examination and being verbally aggressive towards medical professionals.

Major stressors of hospitalization include separation from parents, loss of control, bodily injury, and pain. The experience of children during hospitalization disturbs them for a number of reasons like seeing unknown persons; facing new environment and being in a crowd and noise. Their behaviour is affected during hospitalization. They will become more vulnerable to stressors of hospitalization as they have limited number of coping mechanisms.

In 2014, a study by Kinjalpatel and co on the effect of play therapy on anxiety among hospitalized children shown that the level of anxiety was reduced in experimental group in post test after providing play therapy. The study concluded that the children were anxious in the pre-test and were as in the post-test shows that children were not anxious or anxiety was reduced. So it indicates that play activities was effective.

In 2012, a study conducted by Mehrangiz.S. Hoakazemi and conducted a study on the effect of Group Play Therapy on reduction of Separation Anxiety Disorder in Primitive School Children by using 20 children with separation anxiety disorder showed that Group Play therapy was effective in reducing separation anxiety disorder.

Hospitalization is a distraction from normal lifestyle of the child and family. As the children are new in this aspect, they need diversion to relieve anxiety and fear during this threatful situation. Play provides feeling of security because it is an activity that makes the child become familiar with the medical procedures; by engaging the child in treatment aspects through play. Therapeutic play is a concept which increasingly has been coming into focus and provides the child release from anxiety and tension. The researcher found that the child is clinging to mother and crying excessively and not co-operative while receiving nebulisation and found that it is necessary to provide an intervention to reduce the level of anxiety. So the researcher is motivated for selecting this study.

MATERIALS AND METHODS

The research approach adopted for the study was quantitative approach and design selected for the study was quasi-experimental pre-test post-test control group design and the study was conducted in the children's ward in Taluk Headquarters hospital. The tool used for data collection consisting of demographic variables and the assessment on level of anxiety among the experimental group and the control group were measured by using observational checklist. 100 pre-school children who fulfilled the inclusion and exclusion criteria were selected for the study. Out of which 50 mothers were in the experimental group and 50 of them were in the control group. Non probability purposive sampling technique was used to select the samples. The investigator provided play therapy to the experimental group. Doll, nebulisation kit and stethoscope were provided to the child and demonstrate nebulisation on the doll and make the child to give nebulisation for that doll until the child is totally involved in the play. Routine care was given to the control group. The anxiety was assessed using observational checklist.

RESULTS

a. Demographic data of subjects

- Findings of the study show that majority (58%) of samples are male in gender in both experimental and control group.In the experimental group majority (58%) of samples belongs to the age group of 3-4 years and in the control group majority (56%) belongs to the age group of 3-4 years.
- Majority of samples (52%) in both experimental and control group holding the ordinal position of first in the family. Majority of the samples in the experimental group (52%) had previous experience of nebulization and majority of the samples have previous experience of nebulization for one time. In experimental group majority(54%) of the mothers have education upto higher secondary and above. In the control group majority (44%) of the mothers have high school education.
- In experimentalgroup (50%) of the fathers have education of 69 higher secondary and above and 50% of fathers have education upto high school and in control group (54%) of fathers have education upto higher secondary and above and(45%) have education upto high school.
- Majority of the samples (69%) have poor rapport with the hospital caregivers. All the samples (100%) in both experimental and control group are interested to engage in play activities. In both groups all(100%) the samples have poor co-operation with other treatment regimen. Majority of the samples (84%) are accompanied by their mother.

b. Effect of therapeutic play on the level of anxiety of pre-school children undergoing nebulisation.

Table 1: Mean, SD, t score and p value.

Test	Group	Mean	SD	n	t value	p
Pre-test	Experimental	23.4	2.2	50	0.41	0.679
	Control	23.2	1.6	50		

Post test	**Experimental**	7.9	2.5	50	26.32**	0.000
	Control	18.8	1.6	50		

c. Association between the Anxiety levels of pre-school children undergoing nebulisation with the selected demographic variables.

There was no significant association between the anxiety level of pre-school children undergoing nebulisation with the selected demographic variables.

DISCUSSION

Majority of the samples (100%) in both experimental and control group have moderate level of anxiety. As the calculated value is more than the table value (t=0.4). There is a significant reduction in the anxiety level of the Pre-school children after the play therapy.

The above findings supports the study conducted by Mrs. Valarmathi to assess the effectiveness of therapeutic play on anxiety of children undergoing nebulization using post-test only control group design. The study was done with pre-school 70 children who were undergoing nebulization. By using purposive sampling technique, 40 samples were selected. Observational checklist was used for assessing the anxiety of the children undergoing nebulization. The researcher established rapport with the parents of pre-schoolers who were undergoing nebulization. Demographic data was collected by using baseline performa from the mothers of pre-schoolers. Physiological parameters were assessed for both the groups such as pulse rate and respiratory rate before nebulization. After that therapeutic play was administered to the experimental group by using stethoscope, toy baby and nebulization mask and allowed the children to play like nurses and made the children to administer nebulization to toy baby with nebulization mask for a period of 10 minutes. Control group received only routine care. After that, children in experimental group are taken to nebuluization room for nebulization. Control group children were also taken to nebulization room for nebulization. Then, the researcher assessed the level of anxiety by using observational checklist and reassessed physiological parameters during nebulization for both the groups. Regarding anxiety in experimental group, 16(80%) had mild anxiety, 4(20%) had moderate anxiety. In control group , 19(95%) children had moderate anxiety and 1(5%) child have mild anxiety. In experimental group, mean & S.D was 4.5-/+ 1.2 and in control group mean and S.D was 7.9-/+0.78. The calculated value of „z was greater than the tabulated value of „z at 5% level of significance. Therefore, there was a significant difference between anxiety scores of pre-schoolers in experimental and control group.

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