



## EFFECTIVENESS OF PLAY THERAPY ON ANXIETY LEVEL AMONG HOSPITALIZED PRESCHOOL CHILDREN

### Nursing

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### ABSTRACT

Play is an elevated expression of human development in childhood, this study aims to assess the effectiveness of play therapy among preschooler. Researcher adopted evaluative quantitative approaches. A pre experimental one group pre-test-post test design was used. The sample of the study 40 admitted children by non probability purposive sampling technique and no control group was made. To assess the level of anxiety of hospitalized children age between 3 to 6 years, intervention Play Therapy session should be 5 days maximum each day of 15 to 20 min at one time in a day for hospitalized children. Post anxiety level in that after 5th day post anxiety level. The tool used for the study is Self Structured modified Anxiety Rating Scale. It covers 25 items of different aspects of anxiety, structured interview / assessment guide for items with scoring mild, moderate, severe and very severe anxiety. The mean anxiety level of before therapy was 40.40, SD  $\pm$  13.52 with minimum was 21 and maximum was 67. The mean anxiety score after therapy was 34.85, SD  $\pm$  13.23 with minimum was 14 and maximum was 60. The mean difference of 5.55 was statistically significant at  $p < 0.001$  ( $t = 11.07$ ) 39 DF. The result indicated that the play therapy was highly effective to release the anxiety level of hospitalized preschoolers. The study recommends the regular use in nursing practice and nursing administration in pediatrics department, also used in nursing education and research.

### KEYWORDS

Preschooler, Admitted in hospital, Play Therapy, Anxiety rating scale

### INTRODUCTION

Play therapy is the dynamic process between child and play therapist in which the child explores at his or her own pace. The child's inner resources are enabled by the therapeutic alliance to bring about growth and change. Play is an essential part of a child's life and is an important aspect in fostering growth and development. Toys are the "tools" of play and provide a more "natural" environment for a child. The proper selection and use of toys can reduce the traumatic effects of a hospitalization help them for easily recovery. The Researcher had observed that hospitalized children were frightened to see the hospital environment and medical procedure. They were not co-operating with any treatment. They are totally stressed and worried.

On the whole, the researcher experienced immeasurable excitement and deal along with exploring new ideas and improving the self confidence while conducting the research.

### Problem Statement

"A study to Assess the Effectiveness of Play Therapy on Anxiety level among hospitalized Preschool Children (3-6 years) at selected government hospitals of Indore city in the year 2022-23"

### The Objectives Of The Study Were:

1. To assess pre anxiety level among hospitalized preschool children.
2. To assess post anxiety level among hospitalized preschool children.
3. To evaluate the effectiveness of Play Therapy on pre anxiety level & post anxiety level among hospitalized preschool children.
4. To find out the association of anxiety level among preschool children with their selected socio-demographic variables.

### Methodology

Quantitative research approach was adopted for this study a pre experimental one group pre-test-post test design was used in the study pre experimental design involves the manipulation of an independent variables and lack of randomization and control group. This study intended to reduce anxiety level among hospitalized children. Preschool children are selected using Non probability purposive sampling technique. The samples were selected based on the criteria of sample selection. After getting initial permission the investigator got informed consent from the participants and proceeded with data collection with a given period of time. The investigator collected the data using Self Structured Modified Anxiety scale.

The data was collected regarding demographic variables and the self structured modified anxiety rating scale structured on preschool

children anxiety during hospitalization. The scoring was given based on the answer. Ethical principle, justice were maintained during and after the course of data collection.

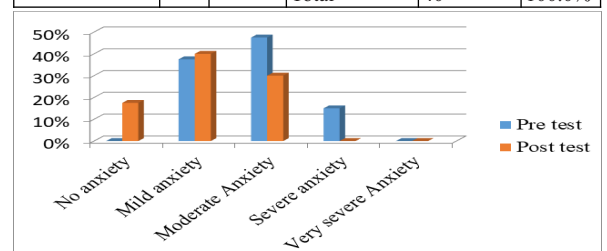
### Scoring Interpretation

### RESULTS AND DISCUSSION

The distribution of age group of child, out of 40 children mostly belongs to 3-4 years that was 37.5% followed by 4.1 to 5 years 35% and 27.5% children belongs to 5.1 to 6 years of age. The distribution of Gender of child, out of 40 children 22 (55%) was male and 18 (45%) was female child, birth order of child out of 40 children most had first and second child which was 11(27.5%) and 12(30%). Least 7(17.5%) was forth or above birth order. The distribution of type of family of child, out of 40 children mostly belongs to joint family that was 55% followed by nuclear family 12 (30%). Educational qualification of father of child, out of these most of father was illiterate (25%). 12.5% fathers were educated up to primary level and graduate father was only 10%. Educational qualification of Mother of child out of these most of mothers was educated (80%) and only 20% mothers were illiterate. Occupation of parents of child, out of these most of parents was labor class 42.5% followed by private job that was 12 (30%) and least 27.5% was self employed. Monthly family income of child, out of these most 32.5% children family income was below 10,000 and only 17.5% children family income was above 30,000.

### Distribution Of Anxiety Level Of Children Before And After Play Therapy

Anxiety Level Before	No	Percent	Anxiety Level After	Frequency	Percent
Mild	15	37.5%	Mild	16	40.0%
Mod.	19	47.5%	Mod.	17	42.5%
Severe	6	15.0%	No anxiety	7	17.5%
Total	40	100.0%	Severe	00	00
			Total	40	100.0%



**DESCRIPTION**

The anxiety level of children before therapy, out of 40 children mostly 47.5% was Moderate anxiety level followed by mild anxiety level in 37.5% and severe anxiety level was present in 15% children. The anxiety level of children after therapy, out of 40 children mostly 40.0% was mild anxiety level and 42.5% was moderate anxiety level present in child. After play therapy 17.5% children had now no anxiety. the mean anxiety level of children before and after therapy, mean anxiety score before therapy was 40.40, SD  $\pm$  13.52 with minimum was 21 and maximum was 67. The mean anxiety score after therapy was 34.85, SD  $\pm$  13.23 with minimum was 14 and maximum was 60.

**Association Between The Demographic Variable And The Level Of Knowledge**

There was no significant association was found between preschool children anxiety level and their Age ,Sex, Birth order of the child, Type of family, Educational qualification of Father, Educational qualification of Mother, Occupation of Parent, Monthly Family income (in rupees) and History of Hospitalization.

**CONCLUSION:**

The study is to assess the level of anxiety among hospitalized children was mild to moderate and high grade score according to self structured modified anxiety scale. The hospitalized children mean post interventional level 34.85 lower than the mean pre anxiety level 40.40. The dispersion of post anxiety level (SD 13.23) was lesser than the dispersion of pre anxiety level (SD  $\pm$  13.52 ) and the computed Paired 't' value 11.07 was significantly higher than the tabulated value 2.09 (at  $df= 39$ ,  $ps0.05$ ). The null hypothesis was rejected and research hypothesis accepted which shows that a significant difference between pre interventional mean score and post interventional score. This indicates that play therapy was effective in reducing anxiety level among hospitalized children in selected hospital in Indore.

**Conflict of interest:** There is no conflict of interest

**Source of fund:** Self

**Ethical clearance**

The proposed study was conducted after the approval of the ethical committee. Assurance was give to the study participants regarding the confidentiality of the data collection

**DISCUSSION**

1) The findings showed that hospitalized children had moderate anxiety and high anxiety at the time of hospitalization. Data show that mean pre-test anxiety score 40.40 Self Structured Modified Anxiety Scale score range from below 20,(no anxiety), 21-40( minimum anxiety), 41-60 (moderate anxiety), 61-80 (severe anxiety) 81-100 (very severe). The findings of pre anxiety level of mild anxiety was 15(37.5%), moderate anxiety was 19(47.5%), severe anxiety, 6(15%). The mean pre-test score of the hospitalized children as 40.40, and standard deviations score was 13.52. It show that the data of hospitalized children grading from moderate to high so play therapy is essential to reduce their anxiety level.

2) The finding showed that hospitalized children had minimum anxiety to moderate anxiety after the post intervention of play therapy to the hospitalized child. Data show that mean post test anxiety score 34.85.

3) The mean pre-test anxiety score 40.40 is Significantly higher than the post test anxiety score 34.85. The dispersion of pre-test anxiety score (SD - 13.52) is more than that of post test anxiety score (SD – 13.23 ) and computed Paired 't' value ( $t= 11.07$ ,  $Ps0.05$ ) is greater than tabulated value ( $t' 39=2.09$ ,  $T0.0S$ ). Thus the research hypotheses (H1) is accepted, and there is highly significant difference between pre-test and post test anxiety scores.

4) The association between pre anxiety level and selected demographical variables are not significantly associated between the Pre test anxiety score with selected socio-demographical variables.

**RECOMMENDATIONS**

1. The study can be replicated on a larger sample to generalize the results.

2. The study can be done on the pre-operative, pre-invasive procedures.

3. The study can be done to find out type of play material will be more effective to reduce the anxiety.

4. The study can be done by increasing the duration of play more than one hour to find out the effect of reduction of anxiety.

5. Comparative study can be done in different age groups of children.

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