



A STUDY TO ASSESS THE EFFECTIVENESS OF SELECTIVE PLAY THERAPY IN REDUCING LEVEL OF ANXIETY AMONG HOSPITALIZED SCHOOL AGE CHILDREN IN SELECTED HOSPITALS OF BELAGAVI

Prema Navi^{1*}, Ganapati M²

¹Associate Professor, Department of Child Health & Pediatric Nursing, Shri GESS College of Nursing, Ankali, Belagavi, Karnataka, India.

²Professor, JGCO College of Nursing, Ghataprabha, Karnataka, India.

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ABSTRACT

ABSTRACT: Play is an integral part of the hospitalized child's plan of care. Play offers, the child an opportunity or creative expression, diversion and effective coping. In the hospital a supervised play program provides warm, friendly atmosphere that will help the child continue to grow and develop. In larger hospitals a child life specialist may coordinate the play program. A place to play, suitable materials and other children to play with are essential. Because play is a child's way of learning; toys, materials, and equipment are learning tools. **Methodology:** An evaluative study was conducted among 60 hospitalized school age children from selected hospitals of Belagavi. The research design used for the study was Pre-experimental; one group pre-test, post-test design.

INTRODUCTION

Playing is the most important activity in the child's life, it is the way in which it communicates with the environment in which it lives, expressing not only its feelings of love, but also its anxieties and frustrations, as well as criticism of the environment and relationships family, conquering the harmonious development of his personality.

Play has been defined as any activity freely chosen, intrinsically motivated, and personally directed. It stands outside 'ordinary' life, and is non-serious but at the same time absorbing the player intensely. It has no particular goal other than itself. Play is not a specific behaviour, but any activity undertaken with a playful frame of mind.

Play can be understood as a form of amusement, recreation, activity not serious and opposed to work, play goes beyond simply providing entertainment, leisure,

distraction and occupation. It is a child's need, present at all stages of development and its importance in the process of socialization, in the development and enhancement of creativity and self-awareness.

Hospitalization for children means leaving their home and their caregivers and siblings and an interruption of their daily activities and routines. Moreover, hospital wards are often associated with staying in a cold and medical setting, facing fear of medical examinations, pain, uncertainty, and loss of control and safety.

Hospitalization is considered as an extremely disturbing situation in the life of a person, since it includes decline of health and removal from family and social contexts. This fact gains proportion when it happens to a child, for besides changing the routine, it may cause changes in the child's development and lasting consequences, including anxiety. Anxiety is an emotional



state with psychological, social and physiological development.

Play is an integral part of the hospitalized child's plan of care. Play offers, the child an opportunity or creative expression, diversion and effective coping. In the hospital a supervised play program provides warm, friendly atmosphere that will help the child continue to grow and develop. In larger hospitals a child life specialist may coordinate the play program. A place to play, suitable materials and other children to play with are essential. Because play is a child's way of learning; toys, materials, and equipment are learning tools.

As per 2005 statistics, at least about 30% of children get hospitalized in their childhood. Hospitalization of children causes anxiety, due to separation from their parents, fear of new environment, disabilities and continuation of life. This study was done to determine the effect of music on the rate of anxiety among 9-12 years old hospitalized children.

Playing is a vital for a child's sensory, motor, and cognitive development. Playing is a diversion kind of activity which reduces stress in children. Hospitalized children will regress with the skills that they had previously mastered. This concept helps to minimize the emotional trauma to the children and their parents for better adjustment during hospital stay.

OBJECTIVES OF THE STUDY

- To assess the level of anxiety among hospitalized school age children.
- To administer and determine the effectiveness of play therapy among hospitalized school age children in reducing anxiety level.
- To find out the association between level of anxiety with selected demographic variables.

ASSUMPTION

It is assumed that, Hospitalized school age children may have considerably high level of anxiety due to hospitalization.

MATERIALS AND METHODS

Research Design: One group pretest –post test design (pre-experimental)

Study Setting: Selected hospital in belagavi district.

Study Population: School age children.

Sample And Sampling Technique: convenient sampling technique.

Data Collection Tools

SECTION I : Socio Demographic Data for assessing the level of anxiety among hospitalized school age children.

SECTION II: Semi structured likerts scale to assess anxiety among hospitalized school aged children.

Procedure Of Data Collection: The research investigator had taken formal permission from the Managing Director, Shri JG Cooperative Hospital, Ghataprabha and Salagare hospital. The method used for data collection was as follows. The research investigator introduced herself and explained the purpose of study to hospitalized school aged children.

1. The written consent was obtained from the subjects.
2. The data was collected by administration of semi structured likert scale to assess the anxiety.
3. Administration of selective play therapy (Serial Drawings and coloring with crayons).
4. The post test was carried out 1 week later using the same tool to assess the reduction in anxiety scores.
5. Data collected was then tabulated and analyzed

Variables under Study

Variables In quantitative studies, concepts are usually referred to as variables which may be qualities, properties or the characteristics of a person, things or situations that can change or vary.

The variables for the present study were:

Independent Variable: Selective play therapy

Dependent Variable: Anxiety of hospitalized school aged children.

Inclusion Criteria and Exclusion Criteria

Inclusion Criteria

Hospitalized school aged children who are present at the time of data collection, willing to participate in the study.

Exclusion Criteria

Hospitalized school aged children who were not willing to participate in the study.

RESULTS

Data analysis and interpretation is the organization and synthesis of research and testing of research hypothesis using those data. In order to find the meaningful answer to the research questions, the collected data must be processed, analyzed in some orderly coherent fashion, so that patterns and relationships can be discussed.

- Regarding the age, the majority of the subjects 36(60%) were in the age group of 8-10 years whereas 24(40%) were in the age group of 10-12 years.
- With regard to the gender, the majority of the subjects 31(52%) were male and 29(48%) were females.
- In respect to the class of study, majority 26(43%) of children were studying in 5th standard, 18(30%) were in 4th standard and 16(27%) were studying in 6th standard.
- With reference to type of family, majority 31(52%) of subjects were belonging to nuclear family whereas



29(48%) of them were from joint family. With respect to duration of hospital stay, majority 40(67%) were in hospital from 2-3 days, 20(33%) were there from 4-5 days.

- In regard to area of residence of the child, 42(70%) were from rural area and 18(30%) were from urban area. With regard to history of previous hospitalization of the child, majority 50(83%) were having history of previous hospitalization and 10(50%) were not having any history of previous hospitalization.
- Regarding care giver who stays with the child, majority 42(70%) of children's mother's were staying with child, 14(23%) of children's grandparents were staying and 4(7%) of father's were staying with child in hospital.

DISCUSSION

It is the most interesting part of the dissertation. This chapter presents the major findings of the study and discusses it in relation to the findings of similar studies conducted by other researcher.

The proposed study was undertaken to evaluate the effectiveness of selective play therapy in reducing anxiety among hospitalized school aged children at selected hospitals of Belagavi. The findings of the study were discussed under the following headings:

1. The socio-demographic variables of hospitalized school aged children.
2. The anxiety scores of hospitalized school aged children who were exposed to selective play therapy.
3. The effectiveness of selective play therapy in reducing anxiety among hospitalized school aged children.
4. The association between anxiety scores of hospitalized school aged children with selected socio-demographic variables.

Majority of the subjects 36 (60%) were in the age group of 8-10 years whereas 24 (40%) were in the age group of 10-12 years. With regard to the gender, the majority of the subjects 31 (52%) were male and 29 (48%) were females. The findings of the study coincide with the study conducted by Mathivadani R who observed that 53% of hospitalized children were male and 48% were females.¹⁵ In respect to the class of study, majority 26 (43%) of children were studying in 5th standard, 18 (30%) were in 4th standard and 16 (27%) were studying in 6th standard.

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CONCLUSION

A similar study can be conducted on different age groups of hospitalized children. The study can be eplicated on a larger sample to generalize the results.

The study can be done following a particular type of surgery, invasive procedures. The study can be done to find out which kind of play material is more effective to reduce the anxiety. The study can be done on large sample size and results can be generalized.

The educational background of nursing personnel should equip him/her with the knowledge necessary to function as health educator. Findings of the study can be used by the nurse educator to highlight the importance of the selective play therapy for better quality of teaching. The lesson plan can be used by the nurse educator as a reference material to teach parents of hospitalized school aged children. Health education programmes such as play therapy, can be organized by the nurses at different levels wherein children develop or suffers from anxiety.

The present study emphasizes on the reduction of anxiety among hospitalized school aged children. The nurse educator should plan such selective play therapies in the hospital at different levels and can reduce the anxiety among hospitalized school aged children.

Based on the findings of the study, the following conclusions were drawn:

1. The overall pretest anxiety score among hospitalized school aged children was moderate to severe.
2. The posttest anxiety scores of hospitalized school aged children who were exposed to selective play therapy showed reduction in the level of anxiety.

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