

# A Study to Evaluate the Effectiveness of Play Therapy in Reducing the Level of Anxiety Among Hospitalized Children at the Age Group Of 6-12 Years at S Elected Hospital in Mehsana

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**Abstract:** Introduction: Children are a blessing from the God. They are like clay in the potter's hand. Blend them with pure love and care, they become a vessel that stays strong and perfect for them with toil and dust they may break and fall down. They build the nation healthy and strong because today's children are responsible citizens of tomorrow. Today's society is complex and ever changing. As children grow, they learn each day of how to live tomorrow watching the grace and disgrace around them. Hospitalization puts all children at high risk for fear related to the unfamiliarity with people, surrounding and events. During a serious illness, even older children have a great need for their parents and can tolerate their absence only for short periods. The child can find acceptable outlets for hostilities through play activities. Art therapy encompasses both preventive and curative activities and aims to improve ways of engaging those who might be reticent in seeking more traditional forms of psychological support offered through 'talking therapies. Objective: Assess the existing level of anxiety among hospitalized children. To determine the effectiveness of art therapy among hospitalized children. To find out association between post-test selected demographic variables. Methodology: An experimental research design was used for the study and data was collected for 60 children in hospitalized children by convenient sampling method, through five facial anxiety scales. Data was analyzed by using descriptive and inferential statistics such as mean, standard deviation and chi square test. Result: After the given of art therapy majority of 21.66% of the sample had no anxiety, 40% had little anxiety, 38.33% of had some anxiety, In data analysis the mean pre test observation score was 3.93 and the mean post test score was the 1.83, and the mean different 0.46 pre test mean

was more than post-test mean, which indicates the effectiveness of five facial anxiety scales on anxiety regarding art therapy among the hospitalized children selected hospital Mehsana. The Standard Deviation was 0.898 in pretest anxiety score and 0.756 in post-test anxiety score, also the calculated "t" value was 18.15 and the DF =59, and the "p" value was 0.05. And the level of significant. Calculated chi square value was not significant with education, parental education, duration of hospitalization, present of care giver, play activities, and No of child. Calculated chi square value was significant with age and gender. Conclusion: This study finding concluded that five facial anxiety scales was effective in decrease anxiety regarding art therapy among the hospitalized children.

**Key words-** Assess, Effectiveness, Play Therapy, Decrease Of Anxiety Hospitalized Children, Five Facial Anxiety Scales.

## INTRODUCTION

Hospitalization is stressful for children of all ages. During a serious illness, even older children have a great need for their parents and can tolerate their absence only for short periods. They need to know that their parents will be there when they need them most and that they are loved and missed. It is re-assuring to note that most children are able to survive the event of hospitalization without long-term negative effects with the help of play activities.

Nurses play a critical role in helping the child and family cope effectively with hospitalization. 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 experiences and aid in the recovery phase of illness.

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.

Play happens to the business for children. Its purposes are numerous intellectual and motor developments, creativity and development of higher functions, play has been known to divert child’s mind. A crying child will stop crying when a toy is given to play. The value of play to a sick child in the hospital has long been recognized and if the hospital is to meet the physical, mental and emotional need of the child. It must also provide suitable play activity to the child to reduce the fear and anxiety of hospitalized children. Play is the royal road to the child’s conscious and unconscious inner world”.

Evidence of this is described in a collection of play observations by professionals working within the medical setting. Child life specialist, developmental literature, and child life students in training described how children within the medical setting use play to master development and critical experiences.

#### OBJECTIVES

1. Assess the existing level of anxiety among hospitalized children.
2. To determine the effectiveness of art therapy among hospitalized children.
3. To find out association between post-test selected demographic variables.

#### HYPOTHESIS:

H<sub>1</sub>: There will be no significant difference between pre-test and post-test level of anxiety among hospitalized children.

H<sub>2</sub>: There will be significant association between posttest levels of anxiety with selected demographic variable among hospitalized children.

#### RESEARCH METHODOLOGY

##### Research Design:

The research design adopted for this study was Pre experimental research design with one group pretest and posttest design.

#### VARIABLES UNDER STUDY

- Independent Variable: “It is a stimulus or activity that is manipulated or varied by the researcher to create the effect on the dependent variable.”  
The independent variable of this study was Play therapy.
- Dependent Variable: The response behavior or outcome that is predicted or explained in research; changes in the dependent variable are presumed to be caused by the independent variable”  
The dependent variable of this study was hospitalized Anxiety level among children.
- Extraneous Variables: Various extraneous variables were considered, including age, religion, education, income, type of family, previous history of postnatal complications, gestation period, and sources of previous information.

#### SETTING OF THE STUDY

Sampling is the process of selection a representative segment of the population under study 60 Children admitted in the Selected Hospital, Mehsana vasantprabha hospital vadnagar who satisfied the inclusion criteria were allotted to 60 children for experimental group.

##### Population and Sample:

All the children admitted in between the Hospital age group of 6-12 years were considered as the population of the study.

#### Criteria for Selecting the Sample:

Inclusive criteria: Both male and female 6-12 year children, Willingness of the parents and the child, Children who are admitted in hospital, Children who can write Gujarati and Hindi.

Exclusive criteria: Children who are mentally retarded, Children with hearing impairment, Children who are under strict isolation.

#### Data Collection Procedure:

The investigator got formal permission from the college authority, sakthi college of nursing and concerned authority of the selected hospitals. Non probability convenient sampling technique was used for selecting the subjects those who full fill the inclusion criteria. Brief explanation about the purpose of the study was given to Caregiver and subjects. Assurance is given that the data will be utilized only for the purpose of the study. Written consent is obtained from each subject and maintained confidentiality. First investigator established the good rapport and introduced the study topic to the mothers of the children who are admitted. The investigator collected the data regarding demographic variables. Modified Hamilton Anxiety Rating Scale (HAM-A) Scale was used to assess the level of anxiety in experimental group before providing play therapy. Play therapy was given once daily for 30 minutes to one hour to the experimental group and immediately after the session posttest was done to assess the level of anxiety by using Modified Hamilton Anxiety Rating Scale(HAM-A)Scale. Whereas for the control group, only pretest was done and no intervention was given to the subjects.

#### Data Analysis Plan:

The data obtain was tabulate and analyze by using descriptive and inferential statistics and was present it the form of figures and tables.

Does this study require any investigation or invention to conduct on patients or other humans or animals? If so, please describe briefly

Yes, the researcher only to evaluate the effectiveness of play therapy in reducing the level of anxiety among hospitalized children at the age group of 6-12 years and no any harm to the patients or other humans or animals.

#### Ethical Considerations:

As per ethical committee of Hemchandracharya North Gujarat University (HNGU) Research proposal was conducted after approval of dissertation committee. The written permission was obtained from vasantprabha hospital vadnagar. Details of the study informed to the authority and the students. The data was collected after obtaining consent from the participants. It was assumed that confidentiality was maintained throughout the study

#### RESULT:

After the given of art therapy majority of 21.66% of the sample had no anxiety, 40% had little anxiety, 38.33% of had some anxiety, In data analysis the mean pretest observation score was 3.93 and the mean post test score was the 1.83, and the mean different 0.46 pretest mean was more than post-test mean, which indicates the effectiveness of five facial anxiety scales on anxiety regarding art therapy among the hospitalized children selected hospital Mehsana. The Standard Deviation was 0.898 in pretest anxiety score and 0.756 in post-test anxiety score, also the calculated “t” value was 18.15 and the DF =59, and the “p” value was 0.05. And the level of significant. Calculated chi square value was not significant with education, parental education, duration of hospitalization, present of care giver, play activities, and No of child. Calculated chi square value was significant with age and gender.

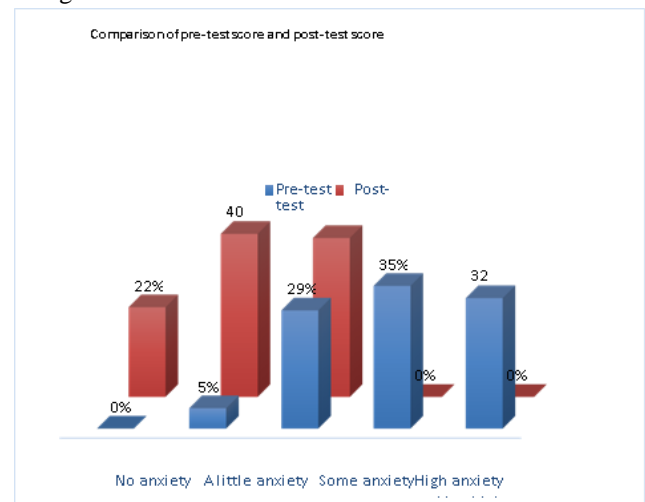


Figure: 1 To compare of pre-test anxiety score with post-test anxiety score of play therapy regarding anxiety level among hospitalized children.

Researcher applied paired t test to compare difference between average scoring before and after

administration of information booklet. Since p-value is less than 0.05 (p-value=0.000) difference in average scores is statistically significant. The researcher concluded at 5% level of significance and 99 degrees of freedom that the above data gives sufficient evidence to determine that people who have decrease anxiety regarding children had decrease mean anxiety scores in post-test than in pre-test.

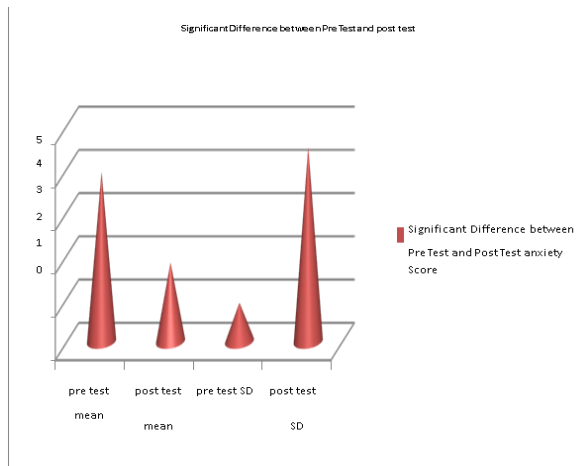


Figure: 2 significant Difference between Pre Test and Post Test anxiety Score

The comparison between pre test and post test observation anxiety score regarding play therapy among the hospitalized children. The mean pre test observation score was 3.93 and the mean post test score was the 1.83, and the mean different 0.46 No. of sample 60, and the Standard Deviation was 0.898 in pre test and 0.756 in post test score, also the calculated “t” value was 18.15 and the DF =59, and the “p” value was 0.05. Thus, table revealed that mean post test anxiety score was decrease than the mean pre test anxiety score. And the calculated “t” value (18.15) is greater than the table value so the research hypothesis was accepted.

### DISCUSSION

The following interpretation can be done from the finding of the study. The analysis of the data reveals that the effect of regarding play therapy among hospitalized children is effective on prevention of anxiety to the hospitalized children. There are other studies conducted to assess the effectiveness of five facial anxiety scales. One of the examples is as

follows.

Chi-square test used to assess the association between the posttest anxiety score with demographic variable and the value shows that there is significant association between the demographic data and posttest anxiety score. The calculated chi-square values were less than the table value at the 0.05 level of Significance so, the H1 was accepted.

### CONCLUSIONS

Anxiety is one of the most common experience of every hospitalized child, it adversely affects the course of hospital stay and affects the quality of nursing care as well. Play therapy reduces the anxiety in the hospitalized child. This study highlighted the effectiveness of play therapy in reducing anxiety among hospitalized children, and thereby improves the quality care during hospital stay.

Study findings showed that after the administration of Dot Drawing Play Therapy among hospitalized children there was a significant reduction in the level of anxiety and thus promoted the cooperation of children with nurse.

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