



The Effect of Worried Doll Therapy on Pre-School Age Anxiety Levels With Hospitalization In Rumkital Dr. Ramelan Surabaya

AV Sri Suhardiningsih^{1*}, Diyah Arini¹, Setiadi¹, Dedi Irawandi¹, Shanty Kurniawati¹, Ach. Arfan Adinata¹

College of Health Sciences (Sekolah Tinggi Ilmu Kesehatan) Hang Tuah Surabaya, Indonesia.

*Corresponding Author: AV Sri Suhardiningsih

Abstract

Background: Play therapy is an effort to change problematic behavior by placing children in play situations. Anxiety is a pathological condition characterized by feelings of fear accompanied by somatic signs, a sign of a hyperactive autonomic nervous system. The aim of this study was to analyze the effectiveness of "Worried Doll" play therapy on the level of anxiety in preschool children with hospitalization in Navy Hospital Dr. Ramelan Surabaya. Materials and Methods: The study design was a quasi-experimental approach Non-equivalent Control Group with a total of 204 research respondents preschool children are cared for in Rumkital Dr. Ramelan Surabaya. The results showed that playing "worried doll" therapy was effective in reducing the level of anxiety in pre-school age children who experienced hospitalization. Results: Based on the results of the statistical test in the intervention group, the P value was $0.007 < 0.05$, so there was the effectiveness of playing Worried Doll therapy on the anxiety level of pre-school children. Conclusion: The implication of this study is that the worried doll playing therapy is effective in reducing anxiety in pre-school age children, so that the worried doll playing therapy can be applied in Dr. Ramelan Surabaya.

Keywords: *Play Therapy, Anxiety, Pre-school Children.*

Introduction

Hospitalization is a process that must be carried out by a child in the hospital for reasons of either planned or emergency therapy [1]. Generally, children with hospitalization will feel anxious because of discomfort and even suspicion of being hurt, so that an adjustment process is needed to this condition. If this is allowed, the child will lose self-control until a traumatic feeling appears [2]. Anxiety is a reaction to new and different situations. This feeling is normal, but needs to be paid attention if the anxiety is getting stronger and occurs more often in different contexts [3].

Anxious conditions that have caused serious symptoms such as psychological shocks must be addressed immediately so as not to cause negative and irrational reactions or overwhelming worry (overanxiousness). The long-term effects of children being treated for illness include reading difficulties, delinquency, risk of language disorders and cognitive skill development, decreased intellectual and social skills, and decreased

immune function, but these reactions depend on the individual child. The results of interviews conducted to those who served in the children's room Dr. Rumkital. Ramelan Surabaya found that children who have just been hospitalized and received nursing action, especially in the pre-school age range, will issue responses such as crying, thrashing, hugging mothers, inviting home, and screaming hysterically because they are afraid of doctors, nurses and other officers.

Based on UNICEF data in 2010 the number of preschool children in the 3 largest countries in the world reached 148 million, 959 children with incidents of children being treated in hospital, 57 million children each year where 75% experienced trauma in the form of fear and anxiety while undergoing treatment (James, 2010). In Indonesia, the number of preschool children (3-5 years) based on the 2011 National Economic Survey (SUSENAS) is 30.82% of the total population in Indonesia [4]. It is estimated that 35 per 1000 children experience anxiety while

undergoing treatment at the hospital [5]. Based on data from the Central Statistics Agency (BPS) East Java, it is explained that preschool children are increasing from year to year, data in 2013 shows the number of preschool-aged children in East Java is 2,485,215 with a morbidity rate of 1,475,197, and 85% of anxiety while undergoing treatment [6]. One effective way to reduce anxiety due to the impact of children's hospitalization is play therapy.

The benefit of play therapy is to reduce psychological and physiological stress which is a challenge for children in facing treatment. The long-term benefit is that play therapy can help develop positive behavioral responses to describe the treatment experience [7]. There are many games that health workers can play with preschool children to reduce stress due to fear and anxiety while undergoing hospitalization, including play therapy “worried doll”.

With this model of play therapy, children are able to express what is on their minds, communicate needs, fears, desires that cannot be expressed in everyday life. Children also feel as if they are in their role and experiment and try out scary situations. In addition to feeling joy and pleasure, this

will make him more cooperative with nursing actions during hospitalization. With the “worried doll” play therapy program, it is expected that anxiety in preschool-aged children with hospitalization in the hospital can be reduced.

Methods

This randomized controlled experimental study, which aims to identify the effect of “worried doll” play therapy on the level of anxiety of pre-school age children, was conducted with children aged 4-6 years who experienced hospitalization. The sample used was 204 children who are being treated at Rumkital Dr Ramelan using the standard operating procedure for “worried doll” play therapy, using the observation sheet instrument for anxiety level. Data analysis uses the Mann Whitney Non-Parametric Test with Wilcoxon Signed Rank Test.

Result

Table 1 shows that the data anxiety level before “Worried Doll” play therapy were 102 pre-school children in the intervention group and the majority had severe anxiety as many as 55 children (54%). Meanwhile, in the control group, as many as 102 pre-school children, the majority also experienced severe anxiety, as many as 51 children (50%).

Table 1: Anxiety Level Before “Worried Doll” Play Therapy

Anxiety level	Intervention Group		Control Group	
	Frequent (f)	Percentage (%)	Frequent (f)	Percentage (%)
not anxious	0	0	0	0
mild anxiety	18	17,6	16	15,7
moderate anxiety	29	28,4	35	34,3
anxious	55	54	51	50
panic	0	0	0	0
Total	102	100	102	100

Table 2: Anxiety Level After “Worried Doll” Play Therapy

Anxiety level	Intervention Group		Control Group	
	Frequent (f)	Percentage (%)	Frequent (f)	Percentage (%)
not anxious	37	36,3	17	16,7
mild anxiety	50	49	25	24,5
moderate anxiety	12	11,8	35	34,3
anxious	3	2,9	25	24,5
panic	0	0	0	0
Total	102	100	102	100

Table 2 shows that the level of anxiety after being given Worried Doll play therapy in the intervention group was 102 pre-school age children, the majority had mild anxiety, as many as 50 children (49%) and 37 children (36.3%) did not experience anxiety. Meanwhile, in the control group, as many as 102 pre-school children, the majority were experiencing moderate anxiety as many as 35 (34%) and 17 children (16.7%) experienced moderate anxiety

Table 3: Anxiety Level Before and After “Worried Doll” Play Therapy in the Intervention group

Anxiety level	Intervention Group			
	Pre Intervention		Post Intervention	
	Frequent (f)	Percentage (%)	Frequent (f)	Percentage (%)
not anxious	0	0	37	36,3
mild anxiety	18	17,6	50	49
moderate anxiety	29	28,4	12	11,8
anxious	55	54	3	2,9
panic	0	0	0	0
Total	102	100	102	100.0
Wilcoxon Test Value 0,007 (p=0,05)				

Table 3 shows that the level of anxiety of preschool age children before play therapy majority had severe anxiety as many as 55 children (54%) and after therapy majority had mild anxiety, as many as 50 children (49%). Based on the statistical test with the Wilcoxon test, it was found that $p = 0.007 < 0.05$

Table 4: Anxiety Level Before and After “Worried Doll” Play Therapy in the Control group

Anxiety level	Control Group			
	Pre Control		Post Control	
	Frekuensi (f)	Prosentase (%)	Frekuensi (f)	Prosentase (%)
not anxious	0	0	17	16,7
mild anxiety	16	15,7	25	24,5
moderate anxiety	35	34,3	35	34,3
anxious	51	50	25	24,5
panic	0	0	0	0
Total	102	100	102	100.0
Wilcoxon Test Value 0,003 (p=0,05)				

Table 4 shows that the level of anxiety of preschool age children in the control group before play therapy majority had severe anxiety as many as 51 children (50%) and after therapy majority had mmedium anxiety, as many as 35 children (34,3%). Based on the statistical test with the Wilcoxon test, it was found that $p = 0.003 < 0.05$

Table 5: Effectiveness of “Worried Doll” Play Therapy Against Anxiety Levels of PreSchool Children

Variabel	n	Mean	P Value
Post Intervention	102	12,5	0,000
Post Control	102	7,9	

Table 5 shows that the average level of anxiety in the intervention group after being given therapy was 12,5 and the average level of anxiety in the control group after being given therapy was 7,9. Based on the results of the Man Whitney statistical test in the intervention and control groups after being given Worried Doll play therapy, it was obtained $p = 0.000 < 0.05$

Discussion

Anxiety Level Before Worried Doll Play Therapy in Preschool Children

Based on the results of the study, it was found that the level of anxiety before giving Worried Doll play therapy to pre-school age children was that out of 102 children, most of them had severe anxiety as many as 55 children (54%), while in the control group as many as 102 children, most of them experienced severe anxiety as many as 51 children (51%). Anxiety is an emotional state related to uncertainty and helplessness [8].

Factors that affect children's anxiety include age, gender and experience of illness and hospital care [9]. Children who experience anxiety between the ages of 5-6 years, the better they are in controlling their emotions. So that it also affects the control of anxiety [10]. Younger children have immature mastery of egos and have not been able to solve problems according to reality, so they are easier to experience anxiety than older children [11]. The length of day of hospitalization experienced by children with hospitalization also affects the level of anxiety they feel.

The anxiety of children undergoing hospitalization is influenced by the characteristics of the hospitalization experience [12]. This is in line with other research which states that children who are treated on the first or second day tend to have higher anxiety scores than children who have been treated for 3 days [13]. The first day of childcare is still not adapting to the new environment. Children with hospitalization will experience separation from friends and their environment so that hospitalization is with the hospital environment.

Anxiety Levels After Worried Doll Play Therapy in Preschool Children

Based on the results of the study, it was found that in the intervention group most of the levels of anxiety experienced by children after being given play therapy were in the mild anxiety category as many as 50 children (49%), as many as 37 children (36.3%) did not experience anxiety and those who still experienced severe anxiety were 3 children (2.9%). While in the control group most of them experienced moderate anxiety as many as 35 children (34.3%), 17 children (16.7%)

did not experience anxiety and 25 children (24.5%) still experienced severe anxiety. Anxiety is an unclear and pervasive concern, which is related to an uncertain and helpless person [14]. Preschool aged children who have experience being treated > 2 x children will find it easier to adjust to the hospital environment. The stress and anxiety of children undergoing hospitalization are influenced by the personal characteristics of the child, one of which is the experience of being treated [15].

Another study states that children aged 4-12 years with frequent care experience have lower levels of anxiety than children who have never been hospitalized before [16]. the more often the child is cared for, the easier it is for the child to adjust to the environment. In addition, children who are frequently cared for can also recognize the hospital environment compared to children who are first treated.

The anxiety experienced by children during nursing actions is influenced by hospitalization anxiety, which consists of three phases [1]. The third phase is the acceptance phase, where in this phase the child begins to show an interest in the surrounding environment and can interact superficially with other people or nurses [17].

Effectiveness of “Worried Doll” Playground Therapy on Anxiety Levels of Preschool Children

In this study, it shows that giving Worried Doll play therapy can reduce the level of anxiety of pre-school age children with hospitalization. Based on the statistical test with the Wilcoxon test, the results showed that $p = 0.007 < 0.05$, then the decision was that H_0 was rejected and H_1 was accepted, which means that there was the effectiveness of Worried Doll play therapy on the anxiety level of pre-school aged children with hospitalization.

Anxiety and stress experienced by children during hospitalization is influenced by several factors, including factors from health workers (nurses, doctors and other health workers), the new environment and the family who accompany them during treatment [14]. Hospitalization can be considered a threatening experience and can be considered a stressor, and can cause a crisis for children and families [13].

This happens when the condition of the child does not understand why it is being treated, so that there will be stress due to changes in health status, environment and daily habits and limitations of coping mechanisms. Anxiety is a pathological condition characterized by a feeling of fear accompanied by somatic signs which is a sign of a hyperactive autonomic nervous system. Fear that is a response to an obvious cause. Based on the results of the observations made, it was found that overcoming anxiety carried out by room nurses was done by inviting play and cajoling when nursing actions were taken.

This is reinforced by [8] opinion that play therapy can reduce the impact of hospitalization on children, therapeutic games are based on the view that playing for children is a healthy activity, necessary for the continuity of children's development and allows to explore, express feelings or thoughts. children, distracting feelings of pain, and relaxation. Play therapy is expected to be an alternative in dealing with children's anxiety. In order for children to play effectively in the hospital [18].

Another study states that using doll play therapy, children will be more able to express their feelings compared to adults, because dolls are considered peers who are ready to communicate with them [9]. This research is in line with other research which states that playing felt puppets has a relaxing effect, in relaxation conditions endogenous opiates, namely Endorphins and Enkefalin, are released which will lead to feelings of pleasure and happiness so that they can improve the body's condition [19].

Researchers assume that play can also be done by children in the hospital. With this the child will not experience separation or lose the atmosphere of the playing environment during hospitalization. In addition, nurses can also apply the worried doll playing therapy to reduce anxiety as a result of hospitalization. By playing with dolls, it is hoped that children will be able to express their feelings.

Conclusion

Based on the findings of the research carried out, it can be concluded that the level of anxiety of pre-school age children in the

Rumkital Dr. Rumkital. Ramelan Surabaya, the control group after being given Worried Doll play therapy was found in the moderate anxiety category. Whereas in the treatment group after being given Worried Doll play therapy, it was found that the level of anxiety was in the mild anxious category, so that the Worried Doll play therapy was effectively used to reduce anxiety in pre-school aged children who experienced hospitalization.

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