

APPLICATION OF PLAY THERAPY AGAINST ANXIETY OF PRESCHOOL AGED CHILD WHO GOT HOSPITALIZATION: LITERATURE REVIEW

Dona Kristina^{1*}, M. Arief Wijaksono¹, Malisa Ariani¹

¹*Department of Nursing, Health Faculty, Sari Mulia University, Banjarmasin*
Author Correspondence: donnakristina7@gmail.com /082153707452

Abstract

Background: Hospitalization is a crisis condition in children, when they are sick the child must be hospitalized. This condition makes the child try to adapt in hospital environment which thinks is foreign for them, so that the situation becomes a stressors for the child. Anxiety is a response that often appears in children who are hospitalized. One of the possible nursing interventions to minimize the impact of hospitalization on preschool children is, with the application of play therapy. **Objective:** To determine the effect application of play therapy against anxiety response of preschool children undergoing hospitalized. **Methods:** Literature review research design type of narrative review. Journals are filtered based on title, abstracts and keywords or keywords that have been determined and sourced from PubMed, Garuda Portal, DOAJ and Google Scholar identified through the Population, Interventions, Comparisons, Outcome and Study Design (PICOS) system approach. The number of articles used for this research literature is 15 journals. **Result:** The results of the analysis of all journals showed that play therapy can reduce anxiety in preschool undergoing hospitalization. **Conclusion:** Hopefully all of nurse can rise the hospitalization with minimization the stressor by play therapy until the anxiety of the children little bit loose and more cooperative on accepting the hospitalization.

Keywords: Anxiety, Hospitalization, Play Therapy, Preschool Children

Introduction

Hospitalization in children is a process for planning or emergency reasons requiring the child to stay in the hospital to undergo treatment until his return home (Pulungan, 2017). Children undergoing hospitalization may experience unpleasant experiences (infusion, intravenous drug administration, blood collection, etc.) (Maghfuroh, 2017). This situation forces children to be separated from the environment they consider safe, loving, and fun, namely the family environment, games and playmates. Children who are hospitalized will experience various reactions during treatment, such as fussiness, unwillingness to be approached by medical personnel, fear, anxiety, uncooperative treatment and even temper tantrums (Noya, 2019).

Based on data from the World Health Organization (WHO) in 2016, 35 million children in the world experience anxiety while undergoing hospitalization in the United States, more than 5 million children are hospitalized due to surgical procedures and more than 50% of children experience anxiety (Solihat, 2020). Data from the Ministry of Health of the Republic of Indonesia 2018, Indonesia the number of children treated in 2018 reached more than 45% of the total population of children in Indonesia, based on this data, it is estimated that 45% of them experience anxiety.

Anxiety in children in everyday life cannot be avoided, especially in children undergoing hospitalization with various existing situations and conditions (Ambar, 2020). The impact of hospitalization and anxiety experienced by children disrupts growth and development and has an impact on the child's healing process during treatment (Dewi, 2016). Another impact experienced by children is that children will refuse care and treatment (Sartika, 2019).

Treatment of pediatric patients requires special care, compared to treating adult patients. The time needed to treat pediatric patients is 20-45% more than treating adults (Andayani, 2019). Children who experience anxiety will hamper the procedures to be carried out while in the hospital so it is necessary to handle children's anxiety as early as possible, this is intended so that the child's healing can run smoothly (Supartini, 2014). Nurses as one of the health care providers who are always in contact with patients in providing care to children who are hospitalized must focus on atraumatic care approaches, one of which is played therapy (Hidayat, 2012).

Play is an important element for children's development, both physically, emotionally, mentally, intellectually, creatively and socially (Soetjningsih, 2014). The purpose of playing for children is to relieve the pain or pain they feel by diverting the child's attention to the game so that the child will forget the feelings of anxiety or fear experienced while the child is undergoing treatment in the hospital. Games will make children free from the tension and anxiety they experience because by playing games, children will shift their anxiety to the game and relax through the pleasure of playing games (Rahmah, 2020).

Carla's research (2017), conducted an intervention on 10 respondents of preschool children who experienced anxiety while undergoing treatment in a hospital with medical play therapy. It is known that the average anxiety before being given medical play therapy is 43.80 and the average anxiety value after medical play therapy is 27.20 with a p-value of 0.000, this indicates that there is an effect of applying medical play therapy in reducing anxiety in preschool children. Research by Rahayu (2018) in the Dahlia ward of RSUD Wonosari, on average, 24 children who were treated in the last three months per month experienced anxiety. During the assessment of two clients, moderate anxiety was found, after both clients were given puzzle play therapy, anxiety on both clients did not exist or was resolved. This is in accordance with the theory that plays therapy is the use of games as an

effective medium by the therapist to help children prevent or reduce the anxiety they experience during hospitalization (Rahmah, 2020).

Based on the above background, researchers are interested in examining or analyzing journals more deeply about the application of play therapy to anxiety responses in preschool children undergoing hospitalization: *literature review*.

Materials and Methods

This study uses a literature review approach by using several sources selected based on the inclusion and exclusion criteria that have been set by the researcher. The literature search strategy is to use an electronic-based that is accredited/indexed by sinta such as PubMed, Garuda Portal, DOAJ and Google Scholar. Search literature review in research using the following keywords: anxiety, hospitalization, play therapy, preschool children.

The journal criteria used are filtered based on the same keywords as the research topic, full paper, minimum publication in 2016 and the language used in the article is Indonesian and English.

Results and Discussion

The search results through a review of 1,019 journals were identified and the eligibility criteria were carried out. Then after being filtered, 70 journals were obtained, then excluded studies were obtained based on the inclusion and exclusion criteria that met the requirements for review were 15 journals.

Hospitalization in pediatric patients can cause anxiety, this is due to facing stressors in the hospital environment (Purnama, 2018). Anxiety conditions in children undergoing hospitalization are a serious problem and need to be handled as early as possible because delays in handling this anxiety will have an adverse impact on the child's healing process (Parulian, 2019). Children who experience anxiety need competent and sensitive nursing care to minimize the negative effects of hospitalization and develop positive effects (Purnama, 2018). Atraumatic care itself is a philosophy or basis for applying nursing care services to children that are useful for preventing psychological problems, namely anxiety in children undergoing hospitalization, one of the atraumatic care interventions is playing therapy (Hidayat, 2012).

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There are several principles of play therapy that need to be considered for children who are hospitalized, namely: choosing games that are not tiring for children by using game tools that are available in the child/available in the room; the game must consider the safety of the child by not endangering the child, not stimulating the child to run around; then the game must be appropriate for the age of the child; Also, the game should not conflict with the treatment that is being carried out on the child and the most important thing must be remembered that playing with children in the hospital requires parental involvement (Saputro (2017) in Leni (2020).

The results showed that from 15 journals that had been reviewed, all of them stated that play therapy intervention could reduce anxiety in children undergoing hospitalization with an average p-value of <0.05 .

Purnama's research (2018) atraumatic care with medical play is effective in reducing anxiety in children. Medical play is done by exploring medical equipment so that children become familiar with this medical equipment so that when nursing actions are taken, the child's anxiety response is reduced. Nengsih (2020) and Yulianti (2020) in their journals stated that origami play therapy can reduce anxiety in preschoolers. The researcher chose origami play therapy it's suitable for preschool children because it does not require a lot of energy, is short, simple, safe so that it is expected to distract children. Nurwulansari's research (2019) that constructive play therapy can reduce anxiety in preschool-aged children undergoing hospitalization. Constructive play therapy will make it easier for children to express their feelings through play and can eliminate the fear of being in the hospital. In line with Alini's research (2017), the effect of plasticine play therapy can reduce the anxiety of preschool-aged children undergoing hospitalization. Playdough therapy, including construction games, is suitable for children who are undergoing treatment because they do not require a lot of energy to play. This game can also be played on a child's bed, so it doesn't interfere with the child's health recovery process. Plasticine games make children feel comfortable with the activity of forming something according to the child's wishes. In line with research, Nurmayunita (2019) journal that after being given treatment with playing clay therapy, children experienced changes in anxiety. Playing clay will release children from the tension and anxiety they are experiencing. Because by playing the child will be able to shift his pain to the game (distraction) and relaxation through his pleasure in playing. As a result of the distraction and relaxation that occurs, children who experience anxiety eventually become less anxious. Clay can improve children's thinking and concentration. Through clay, children will be able to learn something complicated and children will think about how clay can be formed according to drawings or prints neatly. The provision of playing clay therapy on the impact of hospitalization in preschool-aged children has an effect on decreasing anxiety, loss of control, and fear in children who are hospitalized. Because playing is a fun activity for children (Adriana, 2013).

In line with Mungalim's research (2020) Lego play therapy can reduce anxiety in preschool-aged children undergoing hospitalization. Lego game itself is a game that stimulates children's creativity, a

game in the form of mini-sized colorful plastic blocks that can be arranged into various shapes such as cars, houses, airplanes, or robots, depending on the child's imagination and creativity (Soebachman, 2012). When playing, children express feelings of frustration, hostility, or hostility as well as feelings of anger, so that children can release tension and adapt to stressors. This play activity includes simple coping strategies to deal with anxiety, such as relaxation and distraction (diverting the child's attention to the activities he likes) which are useful for reducing anxiety during nursing actions so that a cooperative attitude will also be formed during the action.

Sari's research (2017) Play therapy using superbubbles can reduce anxiety in preschoolers. Super bubble play therapy is a game made of liquid soap and detergent then blown to produce bubbles. Super bubble play therapy is used as relaxation for children (Widiyatmono, 2018). Research by Pratiwi (2019) that playing snake and ladder therapy is effective in reducing anxiety in preschoolers. Snake and ladder play therapy is useful for eliminating seriousness and feelings of excessive fear, eliminating anxiety in children by diverting attention so that children will forget their fears and anxieties.

Research by Apriza (2017), Ginanjar (2020), and Tua (2020) stated in their journals that there was a decrease in anxiety in children after giving bibliotherapy (picture storybooks). A bibliotherapy is a form of therapy that in the process uses reading materials such as books, biographies, short stories, and articles related to the problems experienced. Bibliotherapy comes from two Greek words, namely biblus (book) and therapy which refers to psychological help. So it can be said that bibliotherapy is the use of books to help people solve problems including anxiety (Andika, 2016). In line with the research of Yati (2017) and Pawiliyah (2019) in their journals, they suggest the influence of storytelling or storytelling on the level of anxiety in preschool children undergoing hospitalization. This is also in line with Padila's research (2019) which suggests the influence of storytelling and watching animated cartoons on children's anxiety. Storytelling (storytelling) is one of the effective actions that can be given by nurses to children when carrying out actions that cause pain or anxiety because storytelling (storytelling) can help open children's minds and can change children's perceptions of stressful conditions into conditions that are not scary. Storytelling (storytelling) can be given to children of preschool age who are in their development period because storytelling can activate not only intellectual aspects but also aspects of sensitivity, subtlety, emotion, art, fantasy power, and imagination of children which not only prioritizes brain abilities. left but also right brain, so storytelling therapy is effective for reducing anxiety in preschool children due to hospitalization (Pratiwi, 2012) while watching animated cartoons is one of the distraction therapies to relieve pain or anxiety by diverting children's attention to other things so that patients forget about anxiety experienced.

Play therapy is an important aspect of a child's life and one of the most effective tools for dealing with stress when a child is hospitalized. Because hospitalization causes a crisis in children's lives and is

often accompanied by excessive stress, children need to play to release the fear and anxiety they experience as a coping tool in dealing with stress (Saputro, 2017). Play therapy that can be applied to preschool children undergoing hospitalization includes playing plasticine, medical play, puzzles, listening to music, storytelling, origami, lego, snakes and ladders, constructive play, and playing superbubbles.

Conclusion

Based on a literature review of 15 journals that were used as literature, they suggested the effect of the application of play therapy in reducing anxiety in preschool-aged children undergoing hospitalization.

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Declaration of Interest Statement

The authors declare that they have no conflict of interests.

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