"EFFECTIVENESS OF PLAY INTERVENTIONS ON ANXIETY AMONG HOSPITALIZED CHILDREN "

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BACKGROUND

An important index used to estimate the Nation's health is the health status of children in the country. [1] In India approximately 3 million of children undergo surgery, among them boys are more than girls and the ratio is 7:4.[2]

Hospitalization can be a threatening and stressful experience for children. Because of unfamiliar with the environment and medical procedures and unaware of the reasons for hospitalization, it can result in children's anger, uncertainty, anxiety, and feelings of helplessness.[3]

The pharmacological and non-pharmacological therapy is used to reduce the anxiety of the child. Play is an important part of child life and it is an important aspect to foster the growth and reduce the anxiety of child.[4]

OBJECTIVES

1. To assess and compare the anxiety before and after the administration of Play interventions among hospitalized children in experimental and comparison group.
2. To determine the association of anxiety among hospitalized children with selected variables.

MATERIAL & METHODS

A Quantitative research approach with Quasi-experimental, non equivalent control group pretest-posttest design was adopted. Sixty (30 in experimental and 30 in comparison) hospitalized children (6-12 years) in Aashirwad Hospital, Yamuna Nagar were chosen by purposive sampling technique. Sample characteristics performa and Structured anxiety rating scale were used to collect data by structured interview technique. Content validity of the tools was established by submitted to seven experts in related area.

The structured anxiety rating scale was found to be reliable (cronbach alpha=0.81).Study period was from August 2015 – June 2017 for which ethical approval was taken from ethical committee(ethical no. 785)

PLAY INTERVENTIONS

Nomative play(puzzle, ludo, snake and ladder, building blocks). Medical play(doctor set) Therapeutic play(painting materials, cross word) were included in play interventions.

All hospitalized children in experimental group received play interventions at bed side. Taking into consideration the busy clinical setting, each participant received continuously 1 hour of hospital play interventions each day for continuous 5 days.

Although the hospitalized children were free to choose according to their choice but still the younger children would be engaged in play such as doctor set, drawing etc. to obtain more sensory experience and older children were offered play interventions such as puzzle, building blocks, ludo etc. with high cognitive demand.

SUMMARY

Majority(76.7%) of the hospitalized children were experiencing severe anxiety whereas after the administration of play interventions majority(86.7%) were experiencing no anxiety in experimental group. The findings of the present study is consistent with the previous studies conducted on effectiveness of play interventions on anxiety among hospitalized children which showed the similar findings .

RESULTS

The computed chi square value for the selected variables(demographical & clinical) in experimental and comparison group for age (4.67), gender (2.14), religion (5.88), education of father(8.94) etc. were found to be non significant at 0.05 level of significance. Hence it was revealed from the findings that experimental and comparison group were homogenous with regard to these selected variables except religion, place of residence, previous history of hospitalization which were found statistically significant at 0.05 level of significance.

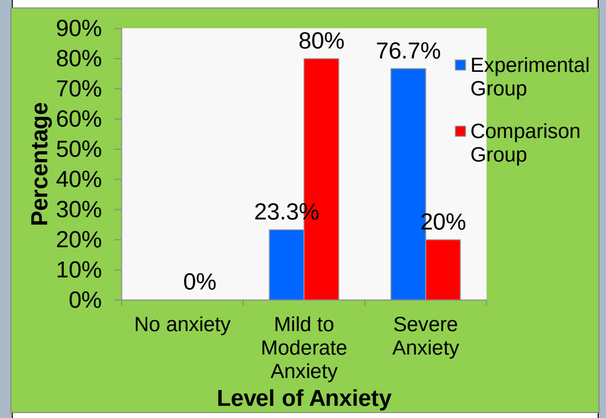


Fig. no. 1 Bar Graph showing the percentage distribution of Anxiety score of Hospitalized children in experimental and comparison group before the administration of play interventions.

CONCLUSION

Study concluded the following:

1. Hospitalized children experience anxiety because of hospitalization.
2. Play interventions were effective in reducing anxiety among hospitalized children.

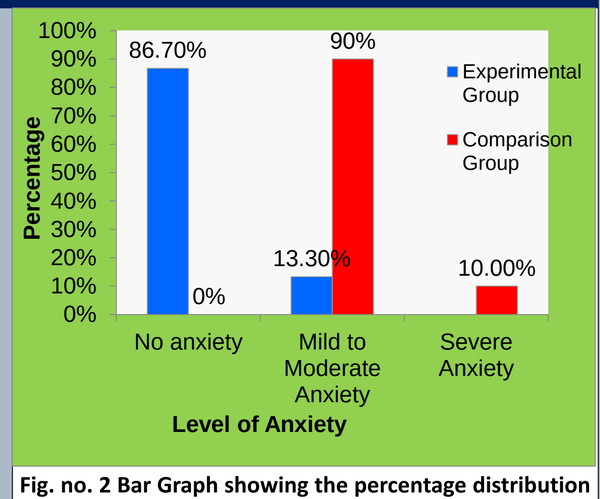


Fig. no. 2 Bar Graph showing the percentage distribution of Anxiety score of Hospitalized children in experimental and comparison group after the administration of play interventions.

Table no. 1

Effectiveness of play interventions among hospitalized children between experimental and comparison group.

N=60

Group	Mean	$Mean_D$	SD_D	SE_{MD}	t value	P value
Experimental Group (n=30)	20	15.2	6.80	1.24	12.23	0.001*
Comparison Group (n=30)	35.2					

*significant($p \leq 0.05$), ' $t'(58)=1.6$ NS not significant($p > 0.05$)

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