

EFFECTIVENESS OF PLAY ACTIVITIES TO REDUCE THE ANXIETY LEVEL OF HOSPITALIZED CHILDREN IN PEDIATRIC WARDS OF SELECTED HOSPITALS.

Mr. Arshid Nazir Shah* | Dr. Harvinder Kaur**

*Ph.D Scholar, Himalayan University, Itanagar, Arunachal Pradesh, India.

**Principal cum Professor, Guru Nanak College of Nursing, Gopalpur, Ludhiana, Punjab, India.

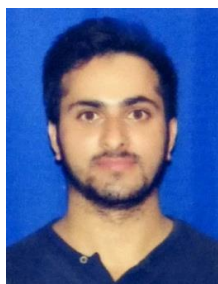
DOI: <http://doi.org/10.47211/idcij.2021.v08i02.002>

ABSTRACT

Play is not just something that children like to do but it is something that they need to do. As play keeps the child physically active and also it exercises their minds and creativity. Children communicate and verbalize their inner feelings and grasp basic things with the support of play activities. Moreover, play teaches the child how to work co-operatively and how to co-ordinate with others. Play is also considered as diversion therapy as it diverts the mind of hospitalized child during any painful procedures required like frightening and irritating child will only get adjust and feel in the state of happiness when any play material like a toy is given for play. The objective of the study is to assess the effectiveness of Play activities to reduce the anxiety level of hospitalized children. Quasi-experimental research design in which Non-randomized control group pre-test and post-test design will be adopted. Data will be collected from 200 hospitalized admitted children. Purposive Sampling Technique will be used for selecting the samples; the anxiety level assessment of hospitalized children will be developed by the investigator for data collection.

Key Words: assess, effectiveness, play activities, anxiety, hospitalization, children.

ABOUT AUTHORS:



Mr. Arshid Nazir Shah is Ph.D. Scholar at Himalayan University at Itanagar in the Indian state of Arunachal Pradesh.



Dr. Harvinder Kaur, Principal cum Professor, Guru Nanak College of Nursing, Gopalpur, Ludhiana, Punjab, India. She has presented papers in various conferences and seminars. She has many research publications in her name.

INTRODUCTION

Child – the trust from God, a blessing, now not a possession, our responsible society must take into account these important things about child. In nowadays complex and changing society, our duty is to combination the child with joy, love and a laugh and need to satisfy the simple rights of children. So, that they construct the kingdom sound and robust as today's kids are responsible member of the tomorrow.

Furthermore play is an intrinsic component for the hospitalized children and it favours them to become more and more well-known within the unknown and strange surroundings of the sanatorium. Play sports also play a crucial role for sick kids to expose their emotions, concerns and also they feel stress free atmosphere and gets acquaint within the different unknown hospital procedures like vein-puncture. Play activities enables the children to become sound and strong, healthful and can ease the process of healing and encourages the child effectively to manage the stressful experience of hospitalization.

NEED FOR THE STUDY

The physical, mental and emotional needs of sick children can be strengthened and build-up when the hospital authority include the different play activities on regular basis along with regular care which can ultimately help to diminish and lower the anxiety level of sick children within the frightening, irritating and unknown atmosphere of hospital. Moreover, play helps the children to feel less anxious, verbalize their emotions and concerns and also child learns how to cope-up with the treatment and with the different painful medical procedures. Thus the investigator feels that play way method can provide the joyful environment and can socialize the hospitalized children comfortably. Therefore selecting and carryout this study will be most beneficial and needful.

MATERIAL AND METHODS

Research Approach

Quantitative Research approach.

Research Design

Non-randomized control group pre-test and post test design.

Target Population: This will be the hospitalized children within the 4-10 years of age in the selected hospitals.

Accessible Population: This will be the selected patients of hospitalized children with anxiety between the 4-10 years of age in selected Hospitals.

Sample: The sample will be the hospitalized children, who can achieve the inclusion norms and are admitted in pediatric wards of selected Hospitals. The sample length will be composed of 200 hospitalized admitted children between the 4-10 years of age that will include 100 Experimental group and 100 Control group.

Sampling Technique: Purposive Sampling Technique.

Inclusion criteria

1. Children between 4-10 years of age.
2. Children admitted in paediatric wards.
3. Children or Parent who can perceive and are able to speak Hindi and English language.

Exclusion Criteria

1. Children who are blind, mentally and physically challenged.
2. Children those who are admitted for only observation.
3. Children who does not co-operate to involve in the study.
4. Critically ill and unconscious children.

Tools and techniques:

Part – I

Demographic variables consists of Age, Gender, Birth order , Place of residence, Type of family, Income of Family, Religion, Temperament of the child, Previous exposure to the hospital, No. of hospitalizations within last one year, Diagnosis, Number of unpleasant experiences in the hospital.

Part – II

Checklist: Anxiety Level Assessment Of Hospitalized Children: This is the self structured tool in which the researcher is going to concern the mother's/ guardian of hospitalized children (only as a source for acquiring information) and then the researcher will converse with the mother's/guardian regarding the behavior of their child as included in the checklist and then assign a score of 0, 1, 2, 3 and 4 (i.e. Strongly disagree, Disagree, Both, Agree and Strongly agree) for each behavior. The scores thus obtained from each interviewee, should be summed up in the score column. The final score is the total of all the scores obtained, assigned from all four columns and can manage from 0 -200. The tool will be prepared by reviewing the literature and by consulting experts.

DATA ANALYSIS

Descriptive statistics like frequency, mean, SD, mean, percentage will be used for descriptive of demographic characteristics. Inferential statistics like t-test will be used to evaluate the effectiveness of play activities and chi-square test will be used to obtain the relationship between anxiety level with the demographic variables.

ETHICAL CONSIDERATION

Permission obtained from the concerned authority of the selected hospitals. Before conducting the study, a written consent will be obtained from the mothers/guardians of hospitalized children's.

PROCEDURE FOR DATA COLLECTION

The investigator has to get ist formal permission from the concerned authority of the selected hospitals. Brief explanation about the purpose of the study will be given to Caregiver and subjects. Assurance is given that the data will be utilized only for the purpose of the study. Written consent will be obtained from each subject and maintained confidentiality. The investigator has to collect the data regarding demographic variables. Anxiety Level Assessment Of Hospitalized Children will be used to assess the level of anxiety in experimental group before providing play activities. Play activities will be then provided to the experimental group and immediately after the session post-test will be conducted to assess the level of anxiety by using Anxiety Level Assessment of Hospitalized Children. Whereas for the control group, only pre-test will be conducted and no intervention will be given to the subjects.

REFERENCES

1. Stacey, A. (2010, April 26). What Islam says about Children (part 2 of 5) Children are blessings not Possessions. Retrieved from: <https://www.islamreligion.com/articles/3588/what-islam-says-about-children-part-2/>
2. Boucher, s., Downing, J., & shemilt, R. (2014). The role of play in children's palliative care. *Children*, 1(3), 302-317. Retrieved from doi:10.3390/children1030302.
4. Koukourikos, K., Tzeha, L., Pantelidou, P., & Tsaloglidou, A. (2015). The Importance Of Play During Hospitalization Of Children. *Materia Socio-medica*, 27(6), 438-441. doi: 10.5455/msm.2015.27.438-441.
5. Xavier, T., Sagayamary (2014). A study to assess the effectiveness of play activities in reducing the level of anxiety among hospitalized children. *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, 3(2), 59-62. doi:10.9790/1959-03245962.