

THE DIFFERENCES IN *PUZZLE* AND STORY PLAY THERAPY TO CHILD ANXIETY AGE PRESCHOOL (3-5 YEARS) DURING HOSPITALIZATION IN THE ROOM CHILD BANJARBARU HOSPITAL

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Feelings of anxiety are the impact of hospitalization experienced by children preschool. In general, the child's reaction to illness is anxiety because of separation, loss, bodily harm and pain. Often hospitalization is perceived by children as a punishment, there is a feeling of shame and fear that causes aggressive reactions, anger, rebelled, did not want to cooperate with the nurse. To reduce the child's anxiety can given play therapy. The aim is to find out the difference between *puzzle* play therapy and tells about the anxiety of preschool children (3-5 years) during hospitalization. Method Study use *quasi experimental design* with design comparison group static. Technique taking sample that is with *purposive sampling* . Results study analysis data use test statistics *paired sample t-Test* with level meaning 95% ($\alpha = 0.05$) obtained mark *p.s value* = $0.000 < \alpha = 0.05$ (Ho rejected). Conclusion that is there is a difference in play therapy *puzzles* and storytelling against anxiety preschool age children (3-5 years) during hospitalization in the children's room of the hospital Banjarbaru. Suggestions for giving therapy playing *puzzles* and telling stories can be applied as wrong one nursing intervention to reduce anxiety in preschool children (3 – 5 years) during hospitalization.

Keywords : Play Therapy , *Puzzles* , Tell a story, Worry, preschooler, Hospitalization

INTRODUCTION

Children are part of the family And public. Child Which Sick can raises something stress for child That themselves and their families (Setiawan *et al*, 2014). In America Union, estimated more from 5 million child undergo hospitalization for surgical procedures and more than 50% of that amount, child experience worry And stress. It is also estimated that more than 1.6 million children and children aged between 2-6 years undergoing hospitalization caused Because *injuries* And various reason other (*Disease controls, National Hospital Discharge Survey* (NHDS), 2004 in Aprilawati, 2011).

Number pain child in Indonesia based on Survey Health National (Susenas) year 2010 Which quoted by Apriany (2013), in area urban according to the age group 0-4 years 25.8%, age 5-12 year as much 14.91%, ages 13-15 years around 9.1%, ages 16-21 year as big 8.13%. Number pain children aged 0-21 years when calculated from whole amount resident is 14.44%. Hospitalized child will influential on condition physique And psychology, matter This called with hospitalization.

Hospitalization on child is something process Because something reason Which planned or emergency require child For stay in House Sick, undergo therapy And maintenance until child can be returned home. During process the, child can experience various incident in the form of . Anxiety is a force big in move Act in demand. Both normal behavior and whims in demand Which deviate, or Which disturbed, both is statement, appearance, incarnation from defense to worry That

(Gunarsa *et al*, 2012). For children, sick and treated in House Sick is crisis mainly seen in children. Son will experience stress due to change status health as well environment in their daily habits And child Also have a number limitations in mechanism coping For overcome problem nor incidents Which characteristic push.

Preschool age children mentioned by Perry And Potter (2005) that age preschool is period child beginning, that is is at on age 3-6 year, However in Hockenberries And Wilson (2007) mentioned preschool age is child Which aged 3 – 5 year.

Therapy play expected capable remove limitation, obstacle in self, stress, frustrated as well as have problem emotion with objective change Act in demand child Which No in accordance be the expected behavior and children who are often invited to play will be more cooperative And easy invited cooperation during the treatment period (Mulyaman 2006 in Joseph *et al*, 2013). Play Also be a good therapeutic medium for children children to develop their potential creativity from children That Alone. For reduce worry on child Which undergo hospitalization got . experience Which very traumatic And full with stress (Supartini, 2012). Done among them with relaxation, ~~with~~ therapy , physical activity, art therapy and therapy play.

Research Which other Which done by Marasaoly (2009) about the effect of therapy play *puzzles* to impact hospitalization on child age preschool get results study that is There is significant effect between interventions therapy play *puzzles* with impact hospitalization.

Therapy play Which will used in this study is with therapy play *puzzles* and tell stories.

Wong (2012) state type game Which suitable for child age preschool (3-5 year) including language play (*storytelling*) and Alimul (2012) game Which can develop abilities equate and differentiate coordination gross and fine motor control emotion (*puzzles*).

Based on results studies introduction carried out in the children's room of Banjarbaru Hospital, during 2 month last from October to November 2014 obtained data amount pediatric patients treated 184 pediatric patients And child Which aged 3-5 year as much

57 patient child. Results observation found the child is often restless, fussy and always want to be accompanied by parents when undergo process maintenance. Child Also often cry And say want to go home. Reason worry Also diverse, ranging from anxiety to officer health And action medical, worried Because painful Which experienced, flavor worried Because is at on place And environment new, as well as flavor worried consequence farewell with Friend And his brother.

METHOD STUDY

Design study Which used is *quasi experimental* with design comparison group static (*static group comparism*) Which use two group sample. Place study in room child hospital on month January 2015 until month March 2015. The population of this study were all children age preschool (3-5 year) Which experience hospitalization. Method taking sample in study This is *non probability sampling* with *purposive sampling* method , namely taking a sample based on consideration researcher Alone. After data collected furthermore will done processing data with stages as following: Cleaning,

Coding, Scoring, Entering. Data analyzed by univariate analysis procedure and bivariate analysis using test statistics *paired sample t-Test* with level 95% significance ($\alpha = 0.05$).

RESULTS AND DISCUSSION

A Results Study

Analysis Univariate

Table 1. Distribution frequency based on age respondent in room child hospital

Age	Therapy Puzzles		Therapy Tell a stor		Total	
	N	%	n	%	n	%
3 Year	4	28,6	10	71,4	14	100
4 Year	3	60,0	2	40,0	5	100
5 Year	10	66,7	5	33,3	15	100
Total	17	50,0	17	50,0	34	100

Table 2. Frequency distribution based on the sex of the respondent in the children's room of the hospital Banjarbaru .

Type Sex	Therapy Puzzles		Therapy Tell a story		Total	
	N	%	N	%	n	%
Man	10	55,6	8	44,4	18	100
Woman	7	43,8	9	56,2	16	100
Total	17	50,0	17	50,0	34	100

Table 3. Frequency distribution based on ever day take care respondent in room child

Day treat	Therapy Puzzles		Therapy Tell a story		Total	
	N	%	n	%	n	%
1 Day	5	41,7	7	58,3	12	100
2 Day	10	55,6	8	44,4	18	100
3 Day	2	50,0	2	50,0	4	100
Total	17	50,0	17	50,0	34	100

Table. 4. Frequency distribution based on respondent's previous treated experience in the children's room

Experience treated Previously	Therapy Puzzle		Therapy Tell a story		Total	
	N	%	N	%	n	%
No	7	43,8	9	56,2	16	100
Yes	10	55,6	8	44,4	18	100
Total	17	50,0	17	50,0	34	100

and after the application of play therapy in

room child hospital					
Variable	Me an	Mehe n	SD	Min- Max	n
Puzzles	Before	34, 71	35	2,779	32- 41
	After	28, 71	29	1,829	26- 32
Berc story	Before	37, 71	38	2,443	33- 41
	After	31, 12	32	2,595	27- 34

Analysis Bivariate

Table 6. Test normality group intervention therapy play *puzzles* And therapy tell a story in room child hospital

Response Worry Child		Skewness/SE
Therapy Puzzles	Before	1.52
	After	0.26
Therapy Tell a story	Before	-0.43
	After	0.82

Source: Data Primary, 2015

Table 8. Results of Influence Analysis (T test dependent) Therapy Tell a story in room child hospital (n=34) .

Group Respondents	n	Means	SD	t	p.s value
Therap y Tell a story	17	37,71	2,443	14.253	0.000
		31,12	2,595		

Table 9. Results of Difference Analysis (Test T Independent) Average Anxiety Response Child Group Therapy Play *Puzzles* And Therapy Tell a story in room child hospital

(n=34)

Group Respondents	n	Mean s	SD	t	p.s value
Therapy <i>Puzzles</i>	After	17	28,71	1,829	4,389
Therapy Tell a story	After	17	31,12	2,595	

B. Discussion

Results study show that amount age respondent the most on group therapy playing *puzzles* at the age of 5as much 10 person (66.7%) And respondent the most on group tell a story that is on age 3 yearas much 10 person (71.4%). Based on type sex respondent amount child man on group therapy play *puzzles* that is as much as 10 person (55.6%) And amount child women as many as 7 people (43.8%) while the number of boys on group therapy tell a story that is as many as 8 people (44.4%) and total child Woman as much 9 person (56.2%). From results study shows that the number of children man more big from amount child Woman. Based on the length of the day take care respondent the most from group therapy play *puzzles* And group therapy tell a story that is respondent Which experience long day .

take care 2 day on group therapy play *puzzles* as much 10 person (55.6%) and the storytelling therapy group as much 8 people (44.4%).

Based on experience treated previously found that on group therapy play *puzzles* part big child haveExperience treated as many as 10 people (55.6%) and the storytelling therapy group part big child haveExperience treated as many as 9 people (56.2%). From total respondent from second group Good therapy play *puzzles* and storytelling therapy for all children has own experience treated previously.

Study This obtained score anxiety of children before and after gift therapy play *puzzles* And storytelling therapy. In the therapy group play *puzzles* obtained average before application 34,71 And thereafter 28.71 and in the group therapy tell a story

obtained average before application 37,71 And after 31,12. The results of the analysis using *paired samples t-test* (test t dependent) This show There is decline score worry respondent child in group therapy play *puzzles* And group therapy tell a story during hospitalization.

Results study show that response worry child Which experience hospitalization in Banjarbaru Hospital when it was carried out therapy play *puzzles* on 17respondent very effective in lower worry Where mark mean before done therapy play . *puzzle* , namely 34.71 and after therapy play *puzzles* that is 28,71. Results study This show There is decreased anxiety response in childhoodpreschool during hospitalization. worry biggest child age preschool is worry will body damage. All procedures or action nursing Good Whichraises painful nor No, both of them will causeworry for child age preschoolduring hospitalization (Potters & Perry, 2005). Matter This supported with research conducted by Barokah (2012) showed an influence positive And significant therapy play *puzzles* to behavior cooperative child age preschool during hospitalization.

Results study This show the child's anxiety response therapy tell a story on 17 respondentWhere found mark mean before done therapy tell a story that is 37,71And after therapy tell a story that is 31,12. It shows _ There isdecline response worry on child preschool during hospitalization. Worry child during hospitalization happen Because exists stressor form farewell with family, lose control and fear will bodily injury (Apriany, 2013). Results this research is in accordance with the research previously done by Sari (2014)which gives

the result of storytelling therapy can lower worry child age preschool during hospitalization.

Results study to score worry child age preschool before and after therapy Good therapy play *puzzles* And therapytell a story seen the difference. Moment after done *therapy* play *puzzles* And tell a story part big experienced a decrease in anxiety scores can be seen by the value of $p = 0.000$ ($p \text{ value} < 0.05$), this indicates the presence difference therapy play *puzzles* And talk about childhood anxiety preschool during hospitalization. This matter supported with study Which done Listyorini (2006) shows that there is a difference meaning before And after done activity play in lower worry child during undergo maintenance. Alimul (2012) state game Which suitable For child age preschool is games that can develop ability equate And differentiate gross motor coordination And fine in control emotion(*puzzles*) And according to Wong (2012) type of game suitable for children age preschool among them play Language (tell a story).

Play is an important element For development child Good physique,emotion, mentally intellectual, creativity And social (Soetjiningsih, 2012). Play Also is activity Where child can do or practicing skills, give expression to thinking, being creative,prepare to play and behave mature (Alimul, 2012). Play can done by child Which Healthy nor Sick, although child currently experience Sick but need will play still There is (Suryanti, 2011). As for the purpose of the child play in House Sick that is, reduce feeling Afraid, worried, sad, tense, And painful (Supartini, 2012). So playing for children is as therapy for children.

Therapy play is something process healing with method play Which used on child Which have problem emotion, especially in children aged 3-5 years, with the aim of changing behavior inappropriate children become whims in demand Which expected. Implementation therapy play Already in accordance with principle therapy play for child in House Sick that is game No may conflict with treatment Which currently run on child, game Which No need energy, short And simple, game must consider security children (Karsi, 2013).

Results study therapy play *puzzles* This prove that therapy play *puzzles* own influence Which significant For lower response worry child preschool during hospitalization Where got mark mean after gift therapy playing a *puzzle* that is 28,71. Study This in line with study Which done by Zen (2013) show There is influence therapy play *puzzles* to worry child age preschool during hospitalization, Where mark average response worry before given therapy *puzzles* 8,25 And after given therapy *puzzles* mark average anxiety response 5,15. Play therapy with a very meaningful *puzzle* in reduce worry on child Because need patience And perseverance child in string it, gradually will make the child's mental used to For behave calm, persistent And Be patient in face And finish something.

Results study therapy tell a story show that There is declinescore response worry child age preschool can be seen from the average value flat before done application therapy tell a story 37,71 And after done application therapy tell a story 31,12. Results study This in accordance with the

opinion of Supartini (2012) which state play possible children free from tension and stress experienced by children during hospitalization. The results of this study are also in accordance with previous research conducted by Edisaputra (2012) Which giving the results of storytelling therapy can lower worry child age preschool.

Researcher think therapy is more Good compared to with application therapy tell a story in lower anxiety of preschoolers (3 – 5 years) during hospitalization. Game that have underlying therapeutic value by view that play for child is activity Which Healthy And needed For continuity grow flower child. On moment undergo hospitalization activity therapeutic play . _ allow children to express feeling including worry, afraid And feeling lost control. With thereby play activities should be a part integral part of child health services in hospital.

CONCLUSION

The mean score of anxiety before being carried out application in the play therapy group *puzzle* 34,71 and the storytelling therapy group 37,71. Score mean worry after implemented in the therapy group play *puzzles* 28,71 and group therapy tell a story 31,12. There is influence therapy playing *puzzles* on anxiety responses child. There is influence therapy tell a story to response worry child. There is difference therapy play *puzzles* And tell a story to worry child age preschool during hospitalization in hospital

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