



**“PLAYDOUGH TO REDUCE ANXIETY”: Alternative Therapy in Pre-School Children with Hospitality**

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<b>ABSTRACT</b>	<b>Keywords</b>
<p>Hospitalization is an experience that produces every child who has physical and psychological effects as a result of the environment, and officers they do not know. Therefore the effort that can be done by nurses is to provide distraction therapy with playdough. The study aimed to prove the effect of treatment on Playdough play on anxiety in preschoolers because of hospitalization in the Kertawijaya Room Dr. Wahidin Sudiro Husodo Mojokerto. The design of this study uses pre-experiment with one group pretest approach. The population in this study were all preschool children who were in hospital treatment in the first week of October 2018. Samples were 20 children, with consecutive sampling. Playdough therapy for 20 children. Data collection used a mYPAS (Modified Yale Preoperative Anxiety Scale) questionnaire. After that, the data processing with Wilcoxon signed test was 0.00 which was &lt;0.05, As for the conclusions in this study there is a therapeutic effect of playing plasticine on children's anxiety with hospitalization. The value of preschool children's anxiety before being given play therapy is the majority of respondents 13 respondents (65%) experienced moderate anxiety and And a small proportion of respondents experienced severe anxiety as many as 5 respondents (25%). The value of anxiety after being given play therapy most of the respondents experienced a decrease in anxiety as many as 12 respondents (60%) experienced mild anxiety and almost half of the respondents were 8 respondents (40%). Stress will stimulate the body to send messages from the hypothalamus to the adrenal gland which will affect vasodilation and vasoconstriction of blood vessels that will determine the increase or decrease in blood pressure which is one of the physiological characteristics of the body when experiencing anxiety.</p>	<p><b>Anxiety, Playdough, Pre-School Children with Hospitality</b></p>

## INTRODUCTION

Hospitalization is a critical condition experienced by children when sick and hospitalized. This situation occurs because children try to adapt to foreign environments and new environments, namely the hospital environment so that the condition becomes a stressor for both children and parents and families. This change in terms is a considerable problem that causes fear, anxiety for children which can cause physiological and psychological changes in children if the child is unable to adapt to these changes (Saputro & Fazrin, 2017). If a child is in hospital treatment, the child will be prone to crisis because of: (1) the child experiences stress and anxiety due to changes both to his health status and his environment in daily habits, and (2) the child has a number of limitations in coping mechanisms to overcome problems and stressful events (Nursalam, 2008).

Anxiety condition for children undergoing hospitalization is a serious problem and must receive special attention. For children aged 3 to 6 years (preschool), hospitalization is a bad stressor that can affect children's growth and development. (Dona L Wong, Eaton, Wilson, Winkelstein, & Schwartz, 2008).

So that the role of nurses in minimizing stress and anxiety due to hospitalization in children and infants is

crucial because nurses need to understand the concept of stress hospitalization and the principles of nursing care through nursing care approaches such as giving play therapy to children (Nursalam, 2008).

Weak conditions in children allow children to need health care at the hospital. In the United States, children who receive hospital care are more than 5 million for surgical procedures and more than 50% of this amount; children experience anxiety and stress (Kain et al., 2006 in Tjahjono, 2014).

In Indonesia, the number of preschool-aged children (3 - 6 years) based on the National Economic Survey in 2010 amounted to 72% of the total population of Indonesia, and an estimated 35 per 100 children experienced the hospitalization, and 45% experienced anxiety.

Based on the results of the research (ALINI, 2017), explained that the average anxiety level of respondents before being given intervention in the form of playdough therapy was 14.07. Whereas after being given plasticine therapy the average anxiety level of Respondents was 9.60 so that the difference in respondents' anxiety levels before and after giving playdough therapy was 4,467.

To reduce the impact arising from external and internal stimulation reactions, using play therapy will significantly help alleviate stress caused by hospitalization. Playing is very important for mental, emotional and social health. Playing activity

is an activity that is fun for children, even though it does not produce certain commodities, such as financial benefits. Children are free to express feelings of fear, anxiety, joy, or other beliefs, so that by giving freedom to play parents know the child's mood (Ambarwati & Nasution, 2012). Playdough games are one alternative toy for therapy when hospitalized (Arvin, 2000).

The purpose of this study was "Is there an effect of Playdough Playing Therapy Against Anxiety of Preschool Age Children Experiencing Hospitality."

## MATERIALS AND METHODS

The research design used in this study was pre-experimental. There was no random element in this study. The control group. This design does not pay attention to internal factors that affect the validity of the survey (Brockopp, 1999). All preschool children in the Kertawijaya Room at RSU Dr. Wahidin Sudiro Husodo MOjokerto was 20 respondents. Sampling using a non-probability sampling technique is total sampling, which is a sample determination technique by taking samples using Consecutive sampling technique. Independent variables "Playdough" and Dependent Variables "Anxiety of Preschool Children Experiencing Hospitality." researchers researched on 1 - 6 October 2018. The measuring instrument used the mYPAS (Modified Yale Preoperative

Anxiety Scale) Questionnaire consisting of 5 assessment components in the form of activity, passion, vocalization, emotional expression, and interaction with family members.

The statistical test in this study using the Wilcoxon Sigh Rank Test was to find out the influence of Playdough Playing Therapy Against Anxiety of Preschoolers who Experienced Hospitality in Dr. Kertawijaya Hospital Dr. Wahidin Sudiro Husodo Mojokerto. H1 is accepted, if the value of  $p < \alpha$  (0.05). This data analysis uses the SPSS 20 software program.

## RESULTS

Table 1 Characteristics of respondents based on Age, Gender and hospital admission history in preschool children in the Kertawijaya Room Dr. Wahidin Sudiro Husodo Mojokerto 01 - 06 October 2018

Characteristics of respondents	Parameter	F	%
Age	3	8	40
	4	4	20
	5	5	25
	6	3	15
Total		20	100
Gender	Male	7	35
	Female	13	65
Total		20	100
Hospital admission history	Ever	6	30
	Never	14	70
Total		20	100

Source: Primary Data, October 2018

The results of the study above table 1 show that out of 20 respondents, almost half of the respondents were 3 years old as many as 8 respondents (40%). Most of the respondents were female respondents as many as 13 respondents (65%). Most respondents have never received hospital treatment as many as 14 respondents (70%).

Table 2 Changes in the value of anxiety before and after therapy is playing playdough in the Kertawijaya Room Dr. Wahidin Sudiro Husodo Mojokerto 01 - 06 October 2018

Source: Primary Data, October 2018

Wilcoxon test	
Z	Asymp
-3.419	0.001

Table 2 in the Pre-Test shows that from 20 respondents that most of the respondents experienced moderate anxiety as many as 13 respondents (65%), and a small percentage of respondents experienced severe anxiety as many as 5 respondents (25%). And then in the post-test, there were most of the respondents experienced a decrease in anxiety as many as 12 respondents (60%) experienced mild anxiety, and almost half of the respondents were 8 respondents (40%).

Based on Table 2 it is known that the results of the Wilcoxon Sign Rank Test using SPSS 20.0 note that based on the statistical test output above it is known that asymp. Sig (2-tailed) is worth 0,000. Because  $0.000 < 0.05$ , it can be concluded that "H1 is accepted" means that

there is a difference between the results of the therapy given to play and the pre-test and post-test. Kertawijaya room RSU Dr. Wahidin Sudiro Husodo Mojokerto.

## DISCUSSION

### 1. Anxiety before therapy playdough play in preschool children

The results of the research above in Table 4.4 show that in 20 respondents in the pre-test there were most respondents 13 respondents (65%) experienced moderate

Anxiety Level	Pre		Post	
	F	(%)	F	(%)
Mild anxiety	2	10	12	60
Moderate anxiety	13	65	8	40
Anxious	5	25	0	0
Total	20	100	20	100

anxiety and And a small proportion of respondents experienced severe anxiety as many as 5 respondents (25%). With the physical response of different children, refusing and avoiding health workers, silent, whining and crying.

According to the theory of (Asmadi & Kep, 2008), the entry of children to a hospital to get treatment is a threatening experience. If the child is in the early stages of their development and growth, it will make the child more vulnerable to the crisis of illness and stress due to changes in the circumstances and changes in the environment they experience. While the child only has a limited stressor to resolve the stressor of any event that can make it stressful (Donna L Wong, 2009). Anxiety is

a feeling of not relaxing that is vague because of discomfort or fear accompanied by a response . The cause of anxiety is the body's response to external or internal stimuli that can cause emotional, cognitive, physical, and behavioral symptoms. Anxiety can result in a decrease in the function of the digestive system, an increase in lung function and a heart that will beat stronger and faster ((Baradero, Dayrit, & Maratning, 2016)).

The results indicate that age and hospital admission history affect how the child reacts to the new environment and the stressors faced. Sometimes respondents are crying, silent, or even hiding when they see the presence of a nurse or doctor because they assume that the nurse and doctor will only hurt him by injecting him. As age increases, requests for help from children will decrease, and children will ask for help if there are complaints of convenience, reassurance, and advice. Previous hospital admission history will teach children to deal with similar stressors before and have a way to deal with them. Therefore the response of each child will be different in expressing their anxiety.

## **2. Anxiety after therapy with playdough play in preschool children**

The results of the study in Table 4.4 in the post-test there are most of the respondents experienced a decrease in anxiety as many as 12 respondents (60%) experienced mild anxiety, and almost half of the respondents were 8 respondents (40%).

According to the theory of (Adriana, 2011), play therapy is an attempt made to change problem behavior, by placing children in play situations. The purpose of this play therapy is to provide stimulation to children so that the child's thinking will be stimulated to utilize their emotional, social and physical aspects; playing can also improve their physical abilities, experience, and knowledge to develop children's mental balance. Every experience is something that is valuable and learning from experience can improve skills to deal with anxiety. According to the theory of (Ambarwati & Nasution, 2012), with the playroom provided for children, it will help to please and feel safe at the same time in children.

Based on the results of the study above figure 4.1 shows that from 20 respondents, almost half of the respondents were 3 years old as many as 8 respondents (40%).

Preschoolers accept the condition of the hospital with fear. Also, some children consider it a punishment, resulting in feelings of shame and guilt, being separated, feeling insecure and obstructed independence. (Donna L Wong, 2009).

Based on the results of the study above table 4.2 shows that of the 20 respondents,

most of the respondents were women of 13 respondents (65%).

Based on the results of the study above table 4.3 shows that out of 20 respondents, the majority of respondents had never received hospital treatment as many as 14 respondents (70%).

When in a hospital the child will experience a new environment and re-adapt. The entry of children to the hospital to get treatment is a threatening experience. (Asmadi & Kep, 2008).

Age, hospital admission are factors that influence the level of anxiety due to hospitalization in preschool children. Some other factors also affect children's anxiety. Anxiety experienced by respondents is not the same, because respondents have different responses with other respondents. Of the 20 respondents with a total of 8 respondents aged 3 years, 4 respondents were 4 years old, 5 respondents were 5 years old, and 3 respondents were 6 years old. By the development of children of a certain age with different cognitive abilities, this also affects children's communication in expressing the feelings they experience. The most changeable in filling out the questionnaire is the emotional overflow, the change from which the initial answer 4 becomes 2 or 3. the child starts to wonder to play or shape something. And dare to know new people with the transfer of pain from the toy. Of the 20 respondents, there was no

increase in anxiety from mild to moderate or severe.

In addition to the mechanism of action the distraction, technique provided with playdough play therapy can reduce anxiety levels. Decrease in children's anxiety level due to the stressor that can interfere with the child can be diverted by giving playdough therapy that can provide stimulation to the brain which will then be delivered to the adrenal and norepinephrine glands which can affect vasodilation of blood vessels which causes blood pressure to decrease more than when the anxious child. So that after being given play therapy, it will show differences in the level of anxiety of the child before being given treatment to play to them.

### **3. Analyze the effect of therapy playdough play on anxiety levels in preschool children**

Table 2 shows that 20 respondents experienced a decrease in anxiety from the results of Wilcoxon Sign Rank Test statistic test using SPSS 20.0, in the pre-test there were 12 respondents (60%) experienced moderate anxiety and 5 respondents (25%) experienced severe anxiety than in post-test there were 17 respondents (85%) experienced mild anxiety and 3 respondents (15%) experienced moderate anxiety.

Table 2 shows that the results of the Wilcoxon Sign Rank Test using SPSS 20.0

note that based on the statistical test output above it is known that asymp. Sig (2-tailed) is worth 0,000. Because  $0.000 < 0.05$ , The conclusion is that there are differences between the results of play therapy and pre-test and post-test. So it can be completed that there is an effect of playdough play therapy on the anxiety of preschoolers who experience hospitalization. Kertawijaya room RSU Dr. Wahidin Sudiro Husodo Mojokerto.

This shows that there are significant results after playing therapy for preschoolers who receive hospital care. In this study proves that this game can reduce anxiety, according to Gorofoli (2006) which states that the benefits of play therapy include reducing anxiety about trauma during life, a means of expressing feelings, increasing self-confidence, being able to connect with others. And be creative.

According to the theory of (Baradero et al., 2016), stress stimulates the body to send messages from the hypothalamus to the adrenal gland which will affect vasodilation and vasoconstriction of blood vessels which will determine the increase or decrease in blood pressure which is one of the physiological characteristics of the body when experiencing anxiety. While the theory of Nasution (2012), the game can be a very appropriate stimulation for children. Coupled with the effort to provide a variety of games and the participation of parents in the game. The game itself can help children

to stimulate children's thinking in their emotional, social and physical aspects. Besides that the physical abilities of the child will develop, and also the experience, knowledge and mental balance of the child will increase. Besides playing in a hospital for children, it can help children to continue their healthy growth and development. In order not to create obstacles to the child's condition, the child can also express his thoughts and fantasies, children's creativity can also develop, and the ability to adopt children with situations that are likely to be depressed will be better so that the child becomes calm.

Based on the results of this study showed a change in the value of anxiety from before and after being given playdough play therapy to the anxiety of preschoolers who experienced hospitalization. Of the 20 respondents, there was no increase in anxiety from mild to moderate or severe.

This distraction technique by playing playdough can divert the child from the stressor he is facing so that the brain stimulates the adrenal glands and norepinephrin to vasodilate blood vessels which causes a decrease in blood pressure so that it becomes an indicator that anxiety has diminished. Also, Playdough also provides direct and concrete experience; can display the bezel as a whole either in construction or how to play it.

## CONCLUSIONS

In the pre-test there were most respondents 13 respondents (65%) experienced moderate anxiety and And a small proportion of respondents experienced severe anxiety as many as 5 respondents (25%). In the post-test, there are most of the respondents experienced a decrease in anxiety as many as 12 respondents (60%) experienced mild anxiety, and almost half of the respondents were 8 respondents (40%). Wilcoxon Sign Rank Test test results using SPSS 20.0 note that based on the statistical test output above it is known that asymp. Sig (2-tailed) is worth 0,000. Because 0.000 <from 0.05, it can be concluded that "H1 is accepted" means that there is a difference between the results of the therapy given to play and the pre-test and post-test. Kertawijaya room RSUD Dr. Wahidin Sudiro Husodo Mojokerto.

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