



# “A STUDY TO ASSESS THE EFFECTIVENESS OF PLAY THERAPY IN REDUCING ANXIETY LEVEL AMONG HOSPITALIZED PRE-SCHOOL CHILDREN IN SELECTED HOSPITALS AT LUCKNOW, UTTAR PRADESH.”

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## ABSTRACT

### BACKGROUND OF THE STUDY

Children are major consumers of health care. Early child care is a very important and often overlooked component of child development. Child care providers are our children's first teachers, and therefore play an integral role in our systems of early childhood education. Quality care from a young age can have a huge impact on the future successes of children. Children always need special care to survive & thrive. Good health of previous members of society should be ensured as prime importance in all countries. As said by **Karl Menninger** “*what is done to children, they will do to the society*” children are wealth of tomorrows.

Children express their needs and stories differently than do adults. Children do not yet have the vocabulary to express themselves as adults do. Historically, children have been considered "miniature adults". A child's act of play was even once considered "child's work" in attempt to legitimize a value that adults place on what a child does. Children are better able to express emotions through objects and

through symbolic play; this idea is the basis of play therapy. One of the main reasons why play therapy works with children is because it feels natural to them; play is not something they need to learn how to do.

Play promotes healing and helps the child to cope with stressful experiences. Children who fear treatments are helped to release their feelings in their use of dolls and other toys. The attitudes and feelings that children reveal in their play are full of meaning. Every opportunity should be afforded the hospitalized child to use play and other expressive activities to lessen stress, thus promoting healthy resolution of the negative aspects of the hospital experiences.

## OBJECTIVES

- ☞ To determine the effectiveness of play therapy among hospitalized children in experimental group.
- ☞ To compare the significant difference between pre-test & post test score in experimental group and control group.
- ☞ To find out the association between the anxiety level of hospitalized children with selected demographical variables.

## MATERIAL AND METHODS:

**RESEARCH APPROACH-** A quantitative research approach

**RESEARCH DESIGN-** Quasi-experimental research design, Nonrandomized control group design.

	PRE-TEST	ADMINISTRATION OF PTP	POST-TEST
NRE	O <sub>1</sub>	X	O <sub>2</sub>
NRC	O <sub>3</sub>	-----	O <sub>4</sub>

### Key:

**NRE:** Non-Randomized Experimental group.

**NRC:** Non-Randomized Control group.

The symbols described as under:

**O<sub>1</sub>** – Pre test knowledge score in Experimental Group

**O<sub>2</sub>** - Post test knowledge score in Experimental Group

**X** - Play Therapy

**O<sub>3</sub>** – Pre test knowledge score in Control Group

#### O4 - Post test knowledge score in Control Group

##### POPULATION:

- **Target population:** Target population if the study were hospitalized preschool children admitted in general wards of Integral Hospital, Lucknow during the period of study.
- **Accessible population:** The selected admitted children who were present on the day of conducting study, of selected hospital of Lucknow.

**RESEARCH SETTING:** The study was conducted in the pediatric department of Integral Hospital, Lucknow, Uttar Pradesh.

**SAMPLING TECHNIQUE AND SAMPLE SIZE:** (Non-probability convenient sampling technique),

**SAMPLE SIZE-60** (30 Experimental & 30 Control group)

**INDEPENDENT VARIABLE-** Play therapy

**DEPENDENT VARIABLE-** Level of Anxiety of hospitalized preschool children.

**DEMOGRAPHIC VARIABLES:** Such as age, sex, type of family, previous exposure to the hospital, no. of hospitalization within last one year, diagnosis, residence, temperament.

##### DESCRIPTION OF DATA COLLECTION TOOL:

- **Part 1: Demographic characteristics: Demographic variables:**

Such as age, sex, type of family, previous exposure to the hospital, no. of hospitalization within last one year, diagnosis, residence, temperament.

- **Part 2:** A modified Hamilton anxiety rating scale was prepared consists of 40 items on different areas about anxiety the items were given score of two if it is always, one if it is sometimes and if it is never a score of zero.

The items were developed cover different area such as,

- a) Reaction related to the separation anxiety – 11 items
- b) Gaze Behaviour – 4 items
- c) Vocalization – 7 items
- d) Reaction related to loss of control – 4 items
- e) Reaction related to bodily injury & pain – 7 items
- f) Co-operation – 7 items

Rating scale containing 40 questions were developed. Response was awarded with Never – 0, Sometimes – 1 and Always – 2 marks.

The total score was 80.

The pre-test observation of children was categorized in 3 groups based on their anxiety level.

1.	<b>MILD</b>	<b>1 - 26</b>
2.	<b>MODERATE</b>	<b>27 - 53</b>
3.	<b>SEVERE</b>	<b>54 - 80</b>

## RESULTS AND DISCUSSION

### PRESENT STUDY RESULT

The data was analyzed by using descriptive and inferential statistics like mean, median, standard deviation, chi square, and student 't' test.

The experimental group, pre test had minimum score of 52 and maximum score of 72 and the mean, media and SD was 59.5, 43 and 9.3 respectively where as in the post test minimum score was 14 and the maximum was 25 and the mean, median score and SD was 16.2, 10.5 and 4.6 respectively.

The obtained 't' value is 59.5 statistically was significant at 0.05 level. So the null hypothesis rejected and research hypothesis was accepted. So there was significant in the level of anxiety among the children in experimental group.

In control group, pre-test had minimum score of 52 and maximum score of 60 and the mean, media and SD was 48.2, 38 and 6.5 respectively, where as in the post test minimum score was 42 and the maximum was 58 and the mean, median score and SD was 46.5, 41.5 and 6.7 respectively. The obtained 't' value is 1 statistically was not significant at 0.05 level, therefore null hypothesis was accepted and research hypothesis was rejected. It is inferred that the children in the pre-test and post-test were not different with regarded to anxiety. It shows that they were a comparable group.

The findings show that children were anxious in the pre-test where as in the post test shows that children were not anxious or reduced anxiety the mean post test scores were significantly higher than the mean pre-test score  $t = p < 0.001$  so there was a significant association between findings and the selected demographic variables as estimated by chi square.

## COMPARATIVE STUDY RESULT

Another study 2007 “A study to assess the effectiveness of play activities in reducing the level of anxiety among hospitalized children (1-5) in selected hospital at Kanpur, Uttar Pradesh. The findings show that children`s was anxious in the pre-test and were in the post- test shows that children`s was not anxious or reduced anxiety the mean post test scores were significantly higher than the mean pre test scores  $t=p<0.001$  so there was a significant association between findings and the selected demographic variables.

### MAJOR STUDY FINDING INCLUDE

The major findings of the study are

#### ***FINDINGS RELATED TO DEMOGRAPHIC VARIABLES***

- ✓ Majority of children`s both in experimental group 36.7% and control group 53.3 % belongs to 5-6 yrs of age.
- ✓ Majority of children participated in study male 50% both in experimental and control group.
- ✓ Greater percentage of subjects participated in the study were rural children`s in both experimental and control group.
- ✓ Majority of children participated in study from nuclear family in both experimental and control group.
- ✓ Majority of children`s both in experimental and control group family income is Rs.3001 – Rs.5000.

#### **FINDINGS RELATED TO EFFECTIVENESS OF PLAY THERAPY**

Majority of the children in experimental group, pre-test had minimum score of 52 and maximum score of 72 and the mean, media and so was 59.5 and 43 respectively where as in the post test minimum score was 14 and the maximum was 25 and the mean, median score was 16.2 and 10.5 respectively. Scores is statistically significant, mean and media shows that it reduces the anxiety level of hospitalized children after the play therapy.

In control group, pre-test had minimum score of 52 and maximum score of 60 and the mean, media and so was 48.2 and 38 respectively where as in the post test minimum score was 42 and the maximum was 58 and the mean, median score was 46.5 and 41.5 respectively

The findings show that children were anxious in the pre-test and where as in the post test shows that children were not anxious or reduce anxiety so, it indicates that play therapy was effective.

The 't' test which was computed between pre-test and post test scores indicated that there was a reduction in the level of anxiety among the hospitalized preschool children. Hence it was concluded that play therapy was effective method to reduce the anxiety.

### **1. To assess the level of anxiety among hospitalized children in pretest in experimental & control group.**

**Titi Xavier** 2005 “ A study to assess the effectiveness of play activities in reducing the level of anxiety among hospitalized children in selected hospital at Lucknow, Uttar Pradesh. In experimental group, pre test score of anxiety level among the hospitalized children 55. The mean score for pre test level is 51.4 with standard deviation 1.83.

In control group, pre test score of anxiety level among the hospitalized children 56. The mean score for pre test level is 52.1 with standard deviation 1.18 there is no difference.

In my study, In experimental group, pre-test score of anxiety level among the hospitalized children 54. The mean score for post-test level is 53.5 with standard deviation 8.3.

In control group, pre-test score of anxiety level among the hospitalized children 50. The mean score for post-test level is 48.2 with standard deviation 5.5.

### **2. To assess the level of anxiety among hospitalized children in post-test in experimental & control group.**

**Titi Xavier** 2005 “A study to assess the effectiveness of play activities in reducing the level of anxiety among hospitalized children in selected hospital at Lucknow, Uttar Pradesh. In experimental group, post test score of anxiety level among the hospitalized children 222. The mean score for post-test level is 222.23 with standard deviation 1.57.

In control group, post test score of anxiety level among the hospitalized children 41. The mean score for post-test level is 42.97 with standard deviation 0.96 there is no difference.

In my study, In experimental group, post test score of anxiety level among the hospitalized children 14. The mean score for post-test level is 16.2 with standard deviation 4.6.

In control group, post test score of anxiety level among the hospitalized children 42. The mean score for post-test level is 46.5 with standard deviation 6.7.

### **3. To determine the effectiveness of play activities among hospitalized children in experimental group.**

There was administration of play therapy to the preschool children in experimental group. Play therapy was given for 5 days. Post test was conducted with rating scale on the 7<sup>th</sup> day. For the experimental group, (27)90% of children`s have mild anxiety. Study shows that play therapy is effective to reduce the anxiety level of hospitalized preschool children.

In experimental group, pre-test score of anxiety level among the hospitalized children maximum score is 72. The mean score for pre-test level is 59.5 with standard deviation 9.3.

Post test score of anxiety level among the hospitalized children maximum score is 25. The mean score for post-test level is 16.2 with standard deviation 4.6. The obtained 't' value for the experimental group is 24.05 i.e statistically significant at 0.05 level. So research hypothesis is accepted and null hypothesis is rejected.

Post test score of anxiety level among the hospitalized children minimum 242 maximum score is 248. The mean score for post-test level is 246.23 with standard deviation 1.38. The obtained 't' value for the experimental group is 491.04 i.e statistically significant at Level. So research hypothesis is accepted and null hypothesis is rejected.

### **4. To compare the significant difference between pre-test & post-test score in experimental and control group.**

There was comparing the significant difference between pre-test and post-test in experimental and control group. There administration of play therapy to the preschool children in experimental group. Play therapy was given for 5 days. Post test was conducted with rating scale on the 7<sup>th</sup> day. For the experimental group, (27)90% of children`s have mild anxiety. Study shows that play therapy is effective to reduce the anxiety level of hospitalized preschool children. In experimental group, pre-test score of anxiety level among the hospitalized children maximum score is 72. The mean score for pre-test level is 59.5 with standard deviation 9.3.

Post test score of anxiety level among the hospitalized children maximum score is 25. The mean score for post-test level is 16.2 with standard deviation 4.6. The obtained 't' value for the experimental group is 24.05 i.e statistically significant at 0.05 level. So research hypothesis is accepted and null hypothesis is rejected.

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obtained 't' value for the experimental group is 491.04 i.e statistically significant at 0.05 level. So research hypothesis is accepted and null hypothesis is rejected.

**5) To find out the association between the anxiety level of hospitalized children with selected demographical variables.**

It indicates that the anxiety level is not associated and is not significant with almost all the demographic variables like gender, type of family, family income, previous exposure to hospital, number of hospitalization in last year and residence at 0.05. Thus the null hypothesis was rejected and research hypothesis was accepted.

Another study 2007 "A study to assess the effectiveness of play activities in reducing the level of anxiety among hospitalized children (1-5) in selected hospital at Lucknow, Uttar Pradesh. The findings show that children's was anxious in the pre-test and were in the post-test shows that children's was not anxious or reduced anxiety the mean post test scores were significantly higher than the mean pre test scores  $t=p<0.001$  so there was a significant association between findings and the selected demographic variables. **DESCRIPTION OF PRETEST AND POST TEST SCORE OF EXPERIMENTAL AND CONTROL GROUP**

**N = 60**

CATEGORY	EXPERIMENTAL GROUP				CONTROL GROUP			
	Pre test		Post test		Pre test		Post test	
	F	%	F	%	F	%	F	%
<b>Mild</b>	0	0	27	90	0	0	0	<b>0</b>
<b>Moderate</b>	26	86.6	3	10	24	80	21	<b>70</b>
<b>Severe</b>	<b>4</b>	<b>13.3</b>	<b>0</b>	<b>0</b>	<b>6</b>	<b>20</b>	<b>9</b>	<b>30</b>

The data presented in table – 16 shows under experimental group, majority of 86.6% of children are belongs to moderate and 13.3% of children are belong to severe after the intervention 90% of children are belongs to mild and 10% children are belonging to moderate, so thus the Play therapy reduced the children's anxiety level.

In control group, in pre-test majority of 80% of children are belongs to moderate and 20% of children belong to Severe and after the post-test 70% of children are belong to moderate and 30% of Severe, there is no changes.



**DATA ON COMPARISON OF PRE- TEST AND POST- TEST KNOWLEDGE SCORE WITHIN THE EXPERIMENTAL GROUP BY USING PAIRED ‘T’ TEST.**

EXPERIMENTAL GROUP	MEAN	STANDARD DEVIATION	SE	‘t’ Test	P
Pre test	59.5	9.3	1.89	24.05	0.05
Post test	16.2	4.6			

DF 29= 2.05 P>0.05 thus it is significant.

The data presented in the table - 15 shows the mean difference between the pre test and post test score is 59.5 and 16.2 and standard deviation of pre and post test are 9.3 and 4.6, further the ‘t’ value 24.05, P>0.05 computed with mean difference in pre test an post test scores was statistically significant, thus play therapy effective in reducing the anxiety level of hospitalized children in experimental group.

**Mean, Standard deviation and paired test value of pre-test and post-test in control group**

DF 29= 2.05 P>0.05 thus it is not significant.

The data presented in the table shows the mean difference between the pre test and

CONTROL GROUP	MEAN	STANDARD DEVIATION	SE	‘t’ Test	P
Pre test	48.2	6.5	1.7	1	0.43
Post test	46.5	6.7			

post test score is 48.2 and 46.5 and standard deviation of pre and post test are 6.5 and 6.7, further the ‘t’ value 1, P>0.05 computed with mean difference in pre test an post test scores was not statistically significant, thus null hypothesis is accepted and research hypothesis is rejected. There was no any effectiveness of play therapy among control group.

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