

## The Influence Of Coloring Play Therapy On Anxiety Levels Of Preschool-Age Children Who Are Hospitalized In Aceh Mother And Child Hospital

**Desrina**

Diploma Three Study Program at Teungku Fakinah Nursing Academy Banda Aceh

**Yadi Putra**

Nursing Diploma Study Program, Faculty of Health Sciences, Abulyatama University

**Maria Ulfa**

Diploma Three Study Program at Teungku Fakinah Nursing Academy Banda Aceh

Address: Jl. Geuceu Iniem, Kota Banda Aceh, Aceh

Corresponden Author.: [rinaaja880@gmail.com](mailto:rinaaja880@gmail.com)

### **Abstract**

*Anxiety is the most common feeling experienced by pediatric patients who experience hospitalization, anxiety that is often felt by children such as crying, fear of the environment and new people. The number of stressors experienced by children when undergoing hospitalization can have a negative impact on the child's development. This aim is to determine the effect of coloring play therapy on the anxiety level of preschool-aged children who experience hospitalization at the Banda Aceh Mother and Child Hospital. This study used a quantitative research design with a sample size approach of 5 respondents. The sampling technique used is purposive sampling. Data collection instruments were carried out before and after carrying out coloring play therapy using observation sheets with a percentage calculation assessment scale. The results showed that before being given coloring play therapy, there were 2 respondents who experienced moderate anxiety (40%) and 3 child respondents who experienced severe anxiety (60%). And after being given coloring play therapy there were 4 child respondents who experienced mild anxiety (80%) and 1 person who was in the moderate category (20%). It is suggested that the results of this study can be used as a reference for coloring play therapy in preschool-age child patients who experience hospitalization anxiety in the children's room at the Banda Aceh mother and child hospital in 2021.*

**Keywords:** Anxiety, Hospitalization, Play Therapy in Children

### **Introduction**

A child who is required to be hospitalized is not only faced with physical health problems but also psychological problems that will occur in children and also parents because both children and parents have to adapt to a foreign environment (Agustina and Puspita, 2010). Children in the pre-school age range are very unique individuals and have different characteristics and characteristics from adults. Pre-school age can be classified as children who are in the range of 3 to 5 years. In this age range, children will be very alert and careful about something that might be thought to cause them to get hurt or hurt. Even one of the things that causes children to feel excessive fear can occur at this age due to feelings of fear of losing something they love and of changes in the environment or situation where they are, for example being in a hospital and experiencing hospitalization anxiety (Yanti and Alfathona, 2019).

The stress of hospitalization in children is more important and the risk factors must be considered compared to the others. The impact of hospitalization for children is for example long-term emotional disturbances such as fear, avoiding new people, crying, asking to go home,

and also resisting when nursing actions are given. This emotional disturbance concerns the length of stay in the hospital. In addition, the number of admissions to the hospital can also affect emotional disorders. As for the impact of other hospitalizations on children, one of them is developmental disorders (Nasi, 2016). Hospitalization is treatment carried out in a hospital for a planned or emergency reason which requires the child to be hospitalized in order to be able to undergo therapy and care until required to return home (Arifin et al., 2018).

During this process, children and parents can experience various events which according to some studies are shown to be very traumatic and stressful experiences (Supartini, 2012). Based on a survey by the World Health Organization (WHO) in 2013, almost 80% of children experienced hospitalization. Meanwhile, in Indonesia, based on the 2010 maternal and child health survey, the results showed that out of 1,425 children experienced the effects of hospitalization and 33.2% of them experienced severe hospitalization effects, for example, physical tension, loss of appetite, avoiding new people, resistance. when nursing is given. 41.6% had moderate hospitalization impacts, for example fear, anxiety, crying, and disturbed sleep patterns and 25.2% had mild hospitalization impacts, for example alertness and lack of contact with new people (Wicaksane, 2014). This shows that many children who undergo treatment at the hospital experience moderate and severe hospitalization impacts.

Based on the results of a 2013 UNICEF survey, the prevalence of children undergoing nursing in hospitals is around 84%. And the results of the 2018 Basic Health Research (RISKESDAS) survey found that the average data of children who were hospitalized in hospitals throughout Indonesia was 2.8% of the total number of children of 82,666 people. And the National Health Survey (SUSENAS), the number of preschool-age children in Indonesia is 72% of the total population of Indonesia, it is estimated that 35 per 100 children undergo hospitalization and 45% of them experience anxiety. Apart from requiring special care compared to other patients, the time required for treating children is around 20% - 45% more than that of adults. Children who are hospitalized will affect their physical and psychological conditions (Wahyuni, 2016).

Anxiety is the most common feeling experienced by pediatric patients who experience hospitalization. Anxiety that is often experienced by children such as crying and fear of new people. The many stressors experienced by children while undergoing hospitalization have negative impacts that interfere with children's development. And the hospital environment can cause stress and anxiety in children (Utami, 2014). Feelings of anxiety are the impact of hospitalization experienced by children because they face stressors in the hospital environment.

These feelings can arise because the child has never faced a new problem and has never experienced it before, feeling uncomfortable and feeling something painful (Supartini, 2012).

While the results of the research by Kartinawati, Haryani, and Arif (2013) explained that before being given coloring play therapy most children experienced moderate anxiety 11 respondents (73.33%) and children with severe anxiety 4 respondents (26.66%), children who been given coloring techniques showed the results of mild anxiety 13 respondents (86.6) and children who had moderate anxiety 2 respondents (13.3%).

Coloring therapy is a type of play therapy that is effective for changing children's behavior in receiving treatment while in hospital. Through the provision of coloring play therapy, children can express various thoughts, feelings, fantasies, and can develop children's creativity. Through playing activities, coloring pictures can make children more happy and comfortable with anything. Besides that, feelings of anxiety and stress can also be avoided (Arifin et al., 2018). Dyeing is the process of giving color to a medium. And coloring an image is defined as the process of giving color to a medium that already has an image. Coloring a picture is a creative game therapy to reduce stress and anxiety in children and can improve communication (Olivia, 2013).

## RESEARCH MEHODOLOGY

This study uses a quantitative design that is observational with a cross sectional approach. The population is children aged 3-5 years who are treated at the Aceh Mother and Child Hospital as many as 5 children. Primary data collection was carried out directly to children and secondary data from hospitals, data analysis was carried out by univariate, data testing was carried out by descriptive test.

## RESULTS AND DISCUSSION

This research was conducted at the Aceh Government Mother and Child Hospital. The research was carried out on September 14-27 2021.

Table 1.1

Frequency Distribution of Anxiety Levels Before and After Coloring Play Therapy at the Aceh Mother and Child Hospital

| No | Anxiety Level    | Frekuensi | Presentase (%) |
|----|------------------|-----------|----------------|
| 1. | Mild anxiety     | -         | -              |
| 2. | Moderate anxiety | 2         | 40             |
| 3. | Worried Heavy    | 3         | 60             |

|              |                      |                  |                       |
|--------------|----------------------|------------------|-----------------------|
| <b>Total</b> |                      | <b>5</b>         | <b>100</b>            |
| <b>No</b>    | <b>Anxiety Level</b> | <b>Frekuensi</b> | <b>Presentase (%)</b> |
| 1.           | Mild anxiety         | 4                | 80                    |
| 2.           | Moderate anxiety     | 1                | 20                    |
| 3.           | Worried Heavy        | -                | -                     |
| <b>Total</b> |                      | <b>5</b>         | <b>100</b>            |

Based on table 1.1 it shows that there were 2 respondents at the Aceh Mother and Children Hospital who experienced moderate anxiety (40%) and 3 child respondents who experienced severe anxiety (60%). And after being given coloring play therapy there were 4 child respondents who experienced mild anxiety (80%) and 1 person who was in the moderate category (20%).

**Table 1.2 The effect of giving play therapy to reducing anxiety levels in preschoolers (3-5 years)**

| <b>Anxiety</b> | <b>Total Mean</b> |
|----------------|-------------------|
| Pre-test       | 7.0               |
| Post-test      | 3.0               |

Table 1.2 is obtained based on the results of the percentage test that the average value of the respondent's anxiety level before being given coloring play therapy was 7.0 and after being given coloring play therapy there was a change in the level of anxiety in children with a total percentage of 3.0.

## **DISCUSSION**

### **Effect of Play Therapy on Reducing Hospitalization Anxiety**

The results of research conducted in the Children's Room at the Banda Aceh Mother and Child Hospital from September 14 to September 27 2021 by providing coloring play therapy found that there was a decrease in the level of hospitalization anxiety in children from severe anxiety down to moderate and mild anxiety, there was 1 respondent with mild anxiety and there were 4 respondents with moderate anxiety. Based on table 1.1, the percentage test results obtained were that the value of the respondent's anxiety level before being given coloring play therapy was 7.0 and after being given coloring play therapy there was a result of 3.0, which means there was a decrease between before coloring play therapy and after being given coloring

play therapy there was a difference or a significant relationship between coloring play therapy and reducing anxiety levels in preschool-aged children who experience hospitalization anxiety.

This study is the same as the results of the study (Wowiling, et al 2014), namely the effect of play therapy on the anxiety level of preschool-aged children who experience anxiety levels due to hospitalization. Drawing is a technique that can distract preschoolers who experience anxiety due to hospitalization. Constant anxiety experienced by children can inhibit growth and development in children, children will often cry, do not want to interact with nurses or other medical personnel, it will be difficult for children to carry out nursing actions such as administering drugs, placing infusions and taking blood samples.

Tsai et al (2013) in their research suggested that game therapy reduces children's anxiety through strategies to reduce children's focus on the hospitalization environment which is the source of the stressor. The child's level of cooperation with nursing actions was even found to be directly proportional to the accumulation of gifts he received. This suggests that therapy can be given as an incentive in an effort not only to reduce anxiety but also as a strategy to increase child cooperation at the nursing level.

According to the researchers' assumption that coloring play therapy has an influence on anxiety levels in preschool children who experience hospitalization anxiety, parents say children are starting to stop being fussy and have also started communicating with nurses or other medical staff. There was a decrease in anxiety after playing therapy coloring pictures for 15 minutes. Children who play coloring pictures feel calm and relaxed, because the fear they experience is distracted by coloring pictures.

## **CONCLUSIONS AND RECOMMENDATIONS**

Based on the results of research and discussion through analysis of the effect of coloring play therapy on reducing anxiety due to hospitalization in preschool children (3-5 years) it can be concluded that there is an influence on the anxiety level of children's hospitalization before and after coloring play therapy is carried out at the Aceh Mother and Child Hospital.

## **THANK-YOU NOTE**

We thank the Institute for Research and Community Service (LPPM) of the Teungku Fakinah Nursing Academy for providing support in community service activities. In addition to the Nursing Diploma Study Program at the Teungku Fakinah Nursing Academy and the

Director of the Aceh Mother and Child Hospital for the opportunity given to carry out research in the hospital they led.

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