A STUDY TO EVALUATE THE EFFECTIVENESS OF THERAPEUTIC PLAY ON THE LEVEL OF ANXIETY AMONG HOSPITALIZED CHILDREN BETWEEN 6 -12 YEARS AT SELECTED HOSPITALS IN COIMBATORE

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ABSTRACT

Play is an essential part of a child's life and is an important aspect in fostering growth and development. Play promotes healing and helps the child to cope with stressful experiences. In present study adopted evaluative experimental approach, under convenient sampling technique 300 (150) in each group were selected, HAM rating scale used to assess the anxiety level, the result of the study shows the overall mean difference is 1.56, calculated "t value" was 15.301. This showed statistically high significant difference at $p < 0.001$ level in the experimental group. The overall mean difference is 0.5, calculated "t value" was 2.159. This showed statistically low significant difference at $p < 0.001$ level in the control group.

Key words: - Effectiveness, therapeutic play, hospitalized children, anxiety.

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INTRODUCTION

According to 2013 report shows that, worldwide there were 6.4 million children of 0-17 years get hospitalized each year. The result requires nursing strategies that prepare children and their families for this experience while at the same time minimizing negative effect.

OBJECTIVES

1. To assess the pre-test level of anxiety during hospitalization among the children's of 6-12 years of age in experimental group and control group in Masonic hospital.
2. To evaluate the effectiveness of therapeutic play on among hospitalized children's between 6-12 years of age
3. To find the association between pre -test level of anxiety among hospitalized children's and their selected demographic variables.

Review of literature was done regarding studies related to hospitalized anxiety among children and the effectiveness of therapeutic play therapy among hospitalized children the research design adopted for the study is evaluative experimental approach study. Setting of the study was Masonic child trust hospital, Coimbatore among hospitalized children between the ages of 6-12 years. The study sample size is arbitrarily decided to be 300 hospitalized children between 6-12 years. The convenience sampling technique used the reliability of the tool is elicited by using test-retest ($r = 0.84$). The main study was conducted in Masonic child trust hospital among hospitalized children between the age of 6-12 years, Convenient sampling technique is used to select samples, the level of anxiety are measured using Modified HAM rating Scale. The data gathered are analyzed by descriptive and inferential statistical method and interpretation is made on the basis of the objective of the study.

RESULTS

In experimental group the 150 participants in the pre test none (0.0%) had no anxiety, 10 (6.6%) had mild anxiety, 40 (26.7%) had moderate anxiety, 54 (36.0%) had severe anxiety and 46 (30.7%) had very severe anxiety. In the post test, 12 (8.0%) had no anxiety, 82 (54.7%) had mild anxiety, 48 (32.0%) had moderate anxiety, 8 (5.3%) had severe anxiety and none (0.0%) had very severe anxiety.

In control group out of 150 participants in the pre test none (0.0%) had no anxiety, 18 (12.0%) had mild anxiety, 54 (36.0%) had moderate anxiety, 36 (24.0%) had severe anxiety and 42 (28.0%) had very severe anxiety. In the post test, none (0.0%) had no anxiety, 14 (9.3%) had mild anxiety, 44 (29.3%) had moderate anxiety, 60 (40.0%) had severe anxiety and 32 (21.4%) had very severe anxiety.

The calculated 'Chi square test' value is significantly associated with the 'p' value ($p < 0.05$) level shows that there was association between anxiety and age of the child, gender of the child. Birth order of the child. Previous hospitalization during last one year the above variables had was significant association in experimental group.

The calculated 'Chi square test' value of 26.572 and the 'p' value 0.001 ($p < 0.05$) show that there was association between anxiety and duration of hospital stay of the children in control group.

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