

EDUCATIONAL PLAY SNAKES AND STAIRS CAN OVERCOME ANXIETY IN CHILDREN'S HOSPITALIZATION

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ABSTRACT

This study aims to determine the effect of snake and ladder educational game therapy (APE) on reducing anxiety in hospitalized children. This study uses an experimental method with a one-group pre-post test design. The number of samples used in this study was 15 samples with an incidental sampling technique. The results showed that the average level of anxiety before playing snake and ladder therapy in treated children was 19.13 with the moderate anxiety category. The anxiety story after snake therapy in treated children was 14.20 with mild class. In conclusion, playing snake and ladder therapy reduces anxiety in hospitalized children.

Keywords: Educational Game (APE), Snake and Ladder, Decreased Anxiety Level of Children (Pre-School)

INTRODUCTION

Anxiety is a normal human condition for perceiving danger, which involves cognitive, affective, and behavioral responses. Anxiety will be excessive or pathological when there is no balance between challenge or stress or if it can cause significant distress and distress. Anxiety can occur in adults and children. In children, symptoms such as networking, nervousness, shyness, and avoidance of places and activities sometimes persist despite the help of those closest to them, such as parents, caregivers, and teachers (Padila et al., 2021; Bhatia & Goyal, 2018). One of the causes of anxiety in children is when the child is treated in an inpatient room in a hospital (Andri et al., 2021; Pole et al., 2021).

Children undergoing hospital treatment must adapt to diseases and environments different from their homes. This is a crisis condition for every child who is hospitalized. Children must adapt to challenging situations during hospitalization, such as treatment, health workers, and separation from their families, especially their parents. Separation from parents often causes significant emotional changes in children, such as anxiety, which can trigger short-term and long-term care trauma (Daulima & Handayani, 2020; Padila et al., 2020).

Play therapy is one of the non-pharmacological therapies to overcome hospitalization (More, 2019). Play is a form of a structured method of activity designed according to age to develop and improve the overall health of the child's condition. Play helps in communication, expands social relations, and understanding communication. Play is considered one of 2000 measures to reduce the psychological impact of hospitalization stress. There are six points involved in the theoretical model of Play therapy: therapeutic relationship, diagnostics, destroying defense mechanisms, articulation

opportunities, treatment, and anticipatory preparations (Dalei et al., 2020).

Playing activities are activities carried out by children to grow and develop. For children who are cared for in hospitals, it can be a place or media to express feelings, relaxation, and feelings of discomfort (Ibrahim et al., 2020). The results Padila et al., (2022) showed that the average level of anxiety before playing snake and ladder therapy in treated children was 19.13 with moderate anxiety category. The rate after snake therapy in treated children was 14.20 with a mild degree.

One play therapy to overcome the effect of hospitalization in children is the snake and ladder game. Snakes and ladders games can facilitate the need for peer play that occurs in child development. This game has been modified according to the child's need for a positive self-concept during hospitalization. This game can also be used as a therapy to reduce hospitalization stress in children (Siwi & Widyaningrum, 2019).

The results of the initial survey conducted by researchers were 16 children who cried, primarily when nursing actions were carried out. Children also did not want to be separated from their mothers and avoided when nursing actions were carried out. Hospitalization also causes children to find it challenging to eat, have trouble sleeping and find it difficult to take medicine. This situation can also cause the child's healing process, so management to reduce anxiety in pediatric patients needs to be done.

Based on the above background, researchers are interested in examining the effect of playing snake and ladder therapy on reducing anxiety levels in children treated in the Safa children's inpatient room at Bengkulu City Hospital.

RESEARCH METHODS

This study used experimental research methods with a pre-test and post-test design approach. The population of this study was all patients who were hospitalized. The number of samples used in the study was 15 samples. Data collection in this study used a tool in the form of observation sheet data adapted from the HARS (Hamilton Anxiety Rating Scale). An observation sheet with five answers was used to determine the anxiety level due to hospitalization in children aged. The measurement scale is given a value or score of 0 to 4.

RESULTS

Univariate Analysis

The Level of Anxiety Before Playing Snake and Ladder Therapy

Table. 1
Frequency Distribution of Anxiety Levels Before and After Playing Snake and Ladder Therapy in Hospitalized Children

Anxiety Level	Pre	%	Post	%
Frequency				
Light	3	20	9	60
Currently	11	73,34	6	40
Heavy	1	6,67	0	
Total	15	100	15	100

Based on table 1 it is known that there was a decrease in anxiety levels before and after the intervention, which can be seen from the number of respondents with moderate anxiety before the intervention was 11 people (73.34%) after the intervention was six people (40%).

Bivariate Analysis

Bivariate analysis was used to determine the effect of playing snake and ladder therapy on reducing anxiety levels in hospitalized children.

Table. 2
The Effect of Playing Snake and Ladder Therapy on Reducing Anxiety Levels
in Children with Hospitalization

Anxiety	Mean	SD	SE	P Value	N
Pre	19,13	4. 867	1,256	0,000	15
Post	14,20	2.677	0,691		

Based on table 3 it is known that the average level of anxiety before the intervention was 19.13 with an SD of 19.00, while the average level of anxiety after the intervention was 14.20 with an SD of 13.00. From the statistical test results, it was found that the P value was 0.000 0.05, so it can be concluded that the average level of anxiety before playing snake and ladder therapy was carried out in hospitalized children.

DISCUSSION

Level Before Playing Snake Ladder Therapy in Children with Hospitalization

Based on table 1, it was found that the level of anxiety in hospitalized children, especially at moderate pressure before play therapy, 11 people (73.34%) experienced anxiety but were given after play therapy decreased by six people. (40%) who experience anxiety.

Hospitalization is when the child is required to stay in the hospital in a planned manner to get care and treatment from admission to the hospital until the child is allowed to go home. During hospitalization, children will experience several things that make them feel at home, such as feeling uncomfortable with the hospital environment, being separated from their parents, and losing their freedom and independence (Prasetya, 2021).

One of the effects of hospitalization on children is anxiety. Anxiety in children can cause negative behavior such as crying, aggression, and antagonism, inhibiting and slowing down the treatment and medication process that impacts the child's recovery (Pourteimour & Kazemi, 2021). Play therapy is effective in overcoming the impact of hospitalization on children (Godino-Iáñez et al., 2020).

Therapy is a series of interventions aimed at improving a child's well-being during hospitalization and is a structured activity that maintains a child's health, age, and development (Godino-Iáñez et al., 2020). Play therapy is also one of the methods used to overcome the problem of children's hospitalization because children's play activities can express feelings and control the experience of stress due to hospitalization so that children can change and create events in their lives (Delvecchio et al., 2019).

The Effect of Snakes and Ladders Play Therapy on Reducing Anxiety Levels in Children with Hospitalization

Table 2 shows the results of bivariate analysis using the T - Dependent statistic test, the p-value of $0.000 < 0.05$, and it can be concluded that there is a significant effect between playing snake and ladder therapy on reducing anxiety levels in children with hospitalization.

This study's results align with research Pratiwi (2021) which states that playing snake and ladder therapy affects the anxiety of preschool-aged children treated in the Arya Wira Kencana Room, Balaraja Hospital, Tangerang Regency. In addition, the results of this study are also supported by other studies Colin et al., (2020) the effect of playing therapy (Skill Play) on the game of snakes and ladders on the cooperative level during treatment for preschool children (3-6 years) in the Edelweiss Room RSUD dr. M. Yunus Bengkulu.

The results of Padilah & Emiliano (2022) research show that there is an increase in the spiritual intelligence of children in group B of early childhood education in Delima in Srikaton Banyuasin Village, Palembang, while the average value of children's spiritual intelligence in the pretest data is 45.18 after treatment using the game of snakes and ladders intelligence. children's spirituality is increasing and the posttest results show an average value of 80.43

Hospitalization is one step that is due to an emergency. The children had to stay in the hospital to get treatment and therapy until they returned home. Hospitalization is a process that requires the child to remain in the hospital for planned or emergency reasons, undergoing treatment until they return home. During the procedure, children and parents can experience events that some studies have shown are highly traumatic and stressful (Nur et al., 2021).

Hospitalization is one of the steps where children have to stay in the hospital to get care and treatment until they recover until the child returns home. The maintenance of children and parents can cause trauma and anxiety (Nur et al., 2021). According to (Vianti, 2020) anxiety can hinder the healing process and prolong the child's hospitalization, so effective interventions are needed to reduce anxiety in children. Anxiety is caused by separation from family and fear of the care and treatment process. The effects of hospitalization on children will be fussy, often cry, kick, speak harshly, be aggressive, do not want to be separated from their parents, and refuse the arrival of health workers.

To overcome anxiety in children with hospitalization, non-pharmacological therapy is needed. One of the non-pharmacological therapies is played therapy. Play therapy is required to facilitate interventions carried out by health workers in the treatment and care process. Play is a significant activity in a child's life, which can help children face the hospital environment during hospitalization, express emotions, feel more comfortable, and help the child's recovery process (Godino-Iáñez et al., 2020).

Various kinds of play therapy can be used to overcome anxiety in children, one of them is snake and ladder play therapy. Playing snakes and ladders effectively reduces the effects of stress and hospitalization. So that children can improve aspects of cooperative attitude during hospitalization Agustina et al., (2019) snake play therapy can be done on a bed, so it doesn't require much energy and interferes with the treatment and care process for children. In addition, snake and ladder therapy can also help eliminate fear and anxiety during hospitalization (Pratiwi, 2021).

CONCLUSION

Based on the research results that have been done, it can be concluded that playing snake and ladder therapy affects anxiety levels in children with hospitalization.

SUGGESTIONS

It is hoped that the results of this study can be used as a reference and intervention for health workers in caring for hospitalized children to reduce the level of anxiety in children due to hospitalization.

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