

Giving Super Bubbles Play Therapy to Reducing Anxiety in Children Due to Hospitalization at Gambiran Hospital, Kediri City

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ABSTRACT

Background: Problems that often arise due to hospitalization in children include feelings of anxiety and stress, separation from their parents during treatment at the hospital.

Purpose: The purpose of this study was to determine the effect of super bubbles play therapy on anxiety due to hospitalization in children in the Galuh Room at Gambiran Hospital, Kediri.

Methods: The design of this study was pre-experimental with one group pre-post test design. Respondents were taken by purposive sampling technique. The population studied were all children who were treated in the Galuh Room at Gambiran Hospital, Kediri City with a sample of 30 people. The independent variable studied was super bubbles play therapy and the dependent variable was anxiety due to hospitalization in children. The results were analyzed using the Wilcoxon statistical test.

Results: The results showed that before being given therapy playing super bubbles most respondents with anxiety due to hospitalization in the heavy category as many as 20 (67%) respondents. After being given super bubbles play therapy almost all respondents in the mild category as many as 23 (77%) respondents. The results of data analysis show that the level of significance $0.000 \leq 0.05$ so H_0 is rejected and H_1 is accepted.

Conclusion: Therefore, there is an effect of super bubbles play therapy on anxiety due to hospitalization in children in the Galuh Room, Gambiran Hospital, Kediri. Based on the results of the study it was concluded that super bubbles bermain play therapy have an influence on anxiety due to hospitalization in children.

Keywords: anxiety, children, hospitalization, super bubbles play, therapy

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BACKGROUND

Hospitalization in children is an emotional reaction that requires the child to stay in the hospital, to undergo therapy and care for the child until the child returns home. During this recovery process, the child can experience events which according to several studies are indicated by a very traumatic and stressful experience (Wulandari & Erawati, 2016). Feelings of anxiety that often arise in children are the impact of hospitalization, anxiety and stress experienced by children due to changes in health status and also the habits of activities in children when the child is healthy or sick, and also the separation from his parents at the time hospital stay (Wong et al., 2017).

Anxiety is an individual's response to an unpleasant situation. Anxiety and stress experienced by children during hospitalization are influenced by several factors such as health workers (nurses, doctors, and other health workers), the new environment and the accompanying family during the treatment period at the hospital (N. G. Sari et al., 2014).

Children often perceive hospitalization as a punishment, so there is a feeling of shame and fear which is shown by an aggressive reaction, anger, rebellion, not wanting to cooperate with nurses. For this reason, medical personnel must be able to provide a friendly attitude and provide stimulation to preschool children, one of which is by providing play therapy (Suriadi & Yuliana, 2006). Play is a child's need as well as food, affection, care and others. Play is also an important element for the development of children physically, emotionally, mentally and socially as well as intellectually and creatively (Ngastiyah, 2005).

The prevalence of hospitalization in children according to data from WHO in 2008 was found that almost 80% of children experienced hospitalization. In 2010 in Indonesia, 33.2% of 1,425 children experienced severe hospitalization, 41.6% experienced moderate hospitalization. According to the results of Indonesia National Socio-Economic Survey in 2010 the number of preschool age children in Indonesia was 72% of the total population of Indonesia, it is estimated that 35 per 100 children undergo hospitalization and 45% of them experience anxiety. In addition to requiring special care compared to other patients, the time needed to treat pediatric patients is 20%-45% more than the time to treat adults. Children who are hospitalized will have an effect on their physical and psychological conditions (Indonesia Central Bureau of Statistics, 2010).

The results of observations quoted from Fauzi et al. (2019), there are preschool-aged children who suffer from dengue haemorrhagic fever (DHF) in Melati Room 2 Bhayangkara Kediri Hospital in October 2014 found 7 patients experiencing regression, the patient looks silent, refuses to cooperate, is afraid, very suspicious with others. The data on children who were treated in the Galuh Room of the Gambiran Hospital, Kediri City, were in October-December 2016 as many as 365 and in 2017 in July-August as many as 124 children were treated and in 2018 as many as 376 children were treated.

Based on the results of a previous study conducted by research on July 8, 2019 through observations of 10 pediatric patients aged 3-6 years in the Galuh Room of the Gambira Hospital, Kediri City, it showed that out of 10 children issued respondents such as crying, struggling, hugging their mother, asking them to go home, and shouted at the nursing actions given, such as when an injection, a thermometer was installed, when a nurse came to bring medicine, when blood was taken for laboratory examination, when the child cries for the actions taken by the nurse. The therapy given by the nurse at the hospital such as giving balls, balloons and also stroking the child and inviting the child to communicate well and telling parents to always be near the child when the nurse is doing action, and the child also begins to accept what the nurse does, begins to stop crying and is willing to accept the action taken by the hospital nurse.

Preschool age is the period of early childhood between the ages of 3-5 years. At this age children are able to perform various movements such as running, throwing, dancing, counting. When a child falls ill, sometimes parents cannot provide maximum care at home. Such circumstances force the child to receive intensive care in the hospital. When hospitalized, children experience a state of hospitalization (F. A. Sari, 2020).

One of the actions that can help reduce anxiety in children undergoing hospitalization can be done in several ways, one of which is play therapy (Dalisa & Husin, 2015). Actions taken in dealing with children's problems, whatever their form must be based on therapeutic care because it aims as therapy for children. By playing games, children are released from the tension and stress they experience because children will be able to divert the pain they feel with relaxation through fun while playing games. Play cannot be separated from children's lives because playing is very important for children's mental, emotional and well-being such as developmental needs and the need for play does not stop when the child is healthy or in hospital (Wong et al., 2017).

Super bubble therapy can make children happy and they will gain self-confidence, a sense of pride in achieving something, and breath control. When children do therapy playing super bubbles, they indirectly breathe in forming bubbles by blowing (Einon, 2008).

Deep breathing relaxation techniques can be useful in providing a calm, comfortable feeling and can provide a calm, comfortable feeling, and can reduce tension in the whole body. Doing deep breathing relaxation can improve ventilation and increase blood oxygenation. This is because deep breathing is an effort for inspiration and expiration so that it affects cardiopolmonal stretching, cardiopulmonary stretching can increase receptors which will stimulate the parasympathetic nerves so that it can reduce anxiety, tension, and control heart rate function so that it makes the body relax and comfortable (A. P. Sari, 2014).

Based on the description above, the researcher conducted a research entitled "The provision of super bubbles therapy to reduce anxiety due to hospitalization in preschool-aged children in the Children's Room of Gambiran Hospital, Kediri City".

OBJECTIVE

The purpose of this study was to analyze the effect of super bubble therapy on reducing anxiety due to hospitalization in preschool children in the Children's Room of Gambiran Hospital, Kediri City.

METHODS

The research design used in this study is pre experimental with one group pre-tes and post-test design. Respondents were taken by purposive sampling technique. The population studied was all children who were treated in the Galuh Room at Gambiran Hospital, Kediri City with a total sample of 30 children. The independent variable studied was Super Bubbles Play Therapy and the Dependent Variable was Anxiety Due to Hospitalization in Children. Collecting data before and after the intervention by observing the check list. The results were analyzed using the Wilcoxon statistical test.

RESULT

The research was conducted on 15-20 June 2020 in the Galuh Room of Gambiran Hospital, Kediri City with data on the Socio-Demographic Characteristics of all respondents studied was including age and sex.

Table 1. Socio-demographic characteristic of the respondents

No	Characteristic	Frequency	Percentage (%)
1	Age		
	3-4 Years	3	10
	4-5 Years	7	23
	5-6 Years	20	67
	Total	30	100
2	Sex		
	Men	24	80
	Women	6	20
	Total	30	100

Source: Primary Data, 15 – 20 June 2020

Based on the age of the children, it is known that most of the respondents are aged 5-6 years (67%) as many as 20 respondents. The gender of the child is known that almost all respondents are male (80%) as many as 24 respondents from a total of 30 respondents who are treated in the Galuh room at Gambiran Hospital, Kediri City.

Table 2. Anxiety data before and after therapy

No	Anxiety	Frequency	Percentage (%)
1	PRE		
	Light	4	13
	Currently	6	20
	Heavy	20	67
	Total	30	100
2	POST		
	Light	23	77
	Currently	5	17
	Heavy	2	6
	Total	30	100

Source: Primary Data, 15 – 20 June 2020

Based on the table of anxiety due to hospitalization in children before being given super bubbles playing therapy, it is known that most of the respondents are in the category of severe anxiety, namely (67%) as many as 20 respondents. mild category, namely (77%) as many as 23 respondents from a total of 30 respondents who were treated in the Galuh Room, Gambiran Hospital, Kediri City.

DISCUSSION

Anxiety due to hospitalization in children before being given super bubbles play therapy in the galuh room of gambiran hospital, kediri city

Based on the results of the study, it was known that Hospitalization Anxiety in Children Before Super Bubbles Play Therapy was given in the Galuh Room at Gambiran Hospital, Kediri City, it was known that most of the respondents in the Heavy category were 20 (67%) respondents. This is in accordance with the observation that child says angry words when action is taken and the child's expression is rebellious when the action is taken. Besides that too the child told to leave when the nurse came and children are seen hugging their parents and are afraid to be left behind alone. The results of the study also obtained a small portion of the respondents as many as 6 (20%) respondents in the Medium category. It is supported by the expression of the child is silent and does not rebel when the action is taken but must be

accompanied by the parents when the child is given treatment. The results of the study also obtained a small portion of the respondents as many as 4 (13%) respondents in the Mild category. It is supported by the child stops his activities when given nursing action, the child does not fuss when given nursing action, the child does not say angry words when the action is taken.

Hospitalization in pediatric patients can cause anxiety and stress at all age levels. The cause of this anxiety is influenced by many factors, both factors from the officers (nurses, doctors and other health workers), the new environment and the family who accompanies them during treatment. According to research asumi, for 5 days of child care in the hospital with medical measures/devices attached to the child's body, intravenous and oxygen installation caused the child to always scream to call his parents when he was given action, the child was fussy when given nursing action, the child said angry words. when the action is taken. This is the impact of anxiety due to hospitalization in children (Supartini, 2004).

Based on the results of the cross tabulation between Age and Anxiety Due to Hospitalization in Children Before Being Given Super Bubbles Play Therapy in the Galuh Room, Gambiran Hospital, Kediri City, it is known that 13 respondents with Age 5-6 Years in the Heavy category. This shows that the older the child is, the child still feels afraid of the care provided by the nurse. Because in his imagination, the nurse or doctor will hurt him by injecting. Therefore, the role of parents and nurses is very important to persuade children to accept the treatment (Sundal & Vatne, 2020).

Parental age is very influential on the role of parents during child care in the hospital where parents will be required to play a more active role when sick children undergo treatment at the hospital, because children need more love and attention from parents. In general, the responses that arise from parents to the hospitalization of children are distrust, anger, guilt, fear, anxiety and frustration so that parents feel distrustful if the disease occurs suddenly and their child must be treated, which ultimately encourages parents to try to find the cause of the illness (Zdun-Ryżewska et al., 2021).

Based on the results of the cross tabulation between Gender and Anxiety Due to Hospitalization in Children Before Super Bubbles Play Therapy was given in the Galuh Room, Gambiran Hospital, Kediri City, it was known that 15 respondents with Male Gender in the Heavy category. This shows that male children feel anxious and afraid when treatment is carried out. This is in accordance with the results of the researchers' observations that child cries loudly when given nursing action, the child tries to hit the nurse or is hostile to the nurse. Children will experience anxiety and fear when they are being treated in a hospital. This is due to the child's perception that nurses and doctors will inject the child and it will hurt the child, so that this action will affect the child's psychology and the child feels anxious and afraid (Lerwick, 2016).

In the opinion of the researcher that a child has a closer relationship with his mother so that the presence of the mother at any time can reduce the anxiety and fear of children who are in a different hospital environment and situation from previously not being treated. The client's level of anxiety and fear during the infusion can be reduced by an effort to notify the client in advance of the action to be taken, according to the infusion procedure. Thus the role of parents to children who are being treated in hospital is very important where the love given to children can reduce anxiety during infusions and other medical actions can be carried out according to predetermined procedures.

Anxiety due to hospitalization in children after being given super bubbles play therapy in the galuh room at gambira hospital, kediri city

Based on the results of the study, it was found that Hospitalization Anxiety in Children After being given Super Bubbles Play Therapy in the Galuh Room of Gambiran Hospital, Kediri City, it was known that almost all respondents in the Mild category were 23 (77%) respondents. This is in accordance with the observation that the child wants to play with the surrounding environment, the child pays attention to every nursing action given, the child stops his activities when given nursing action, the child does not fuss when given nursing action, the child wants to communicate when given nursing action, active child with nurse, the child does not look away when given nursing action. The results of the study also found 5 respondents in the category of moderate anxiety. It is characterized by the behavior of children refusing the attention given by the nurse, child still seen hugging his parents and afraid if left behind. While 2 respondents are still in the category of severe anxiety which is marked by the child's behavior often angry and hostile to anyone who approaches him, child cries loudly when given nursing action, Child tries to hit the nurse or is hostile to the nurse.

One of the actions that can help reduce anxiety in children undergoing hospitalization can be done in several ways, one of which is play therapy. Actions taken in dealing with children's problems, whatever their form must be based on therapeutic care because it aims as therapy for children (Yuniartini, 2013). By playing games, children are released from the tension and stress they experience because children will be able to divert the pain they feel with relaxation through fun while playing games. Play cannot be separated from children's lives because they play. It is very important for a child's mental, emotional and well-being, such as the need for development and the need for play, not to stop when the child is healthy or in the hospital.

Various kinds of medical actions taken by nurses to children will cause excessive anxiety and fear in a child (Lerwick, 2016). Therefore, it is necessary to approach children by giving games such as playing super bubbles. Super bubble therapy can make children happy and they will gain self-confidence, a sense of pride in achieving something, and breath control. When the child does therapy playing super bubbles, the child indirectly breathes in forming bubbles by blowing. So that the given game is expected to reduce the child's anxiety when given nursing actions.

In the opinion of the researcher, giving games to children is able to make children feel happy and reduce the anxiety or fear of children when given nursing actions. In addition, according to the researcher, various kinds of medical actions taken by nurses to children will cause excessive anxiety and fear in a child so that it is necessary to approach the child by means of communicating verbally or giving motivation, for example, the action to be taken will accelerate or can cure disease so that they can play or do their activities again as usual with other friends.

Based on the results of the cross tabulation between age and anxiety due to hospitalization in children after being given Super Bubbles Play therapy in the Galuh Room, Gambiran Hospital, Kediri City, it was found that 17 respondents with Age 5-6 Years in the Light category. This is in accordance with the results of the researcher's observation that at such a child's age, after being given a game where the child feels happy, he does not feel anxious and afraid when he is given medical treatment. Childrens' understanding of hospitalization will depend on the child's age. If a child who is hospitalized has a brother or sister, parents must explain what will happen to the sibling. Hospitalization affects the whole family so that siblings can be prepared to participate in the care of a sick child (Suriadi & Yuliana, 2006).

In the opinion of the researcher that the attention and affection of parents to children where it is known that the role of good parents greatly influences hospitalization anxiety in children. A child will feel comfortable when in a condition that is still in the process of healing in a hospital that really needs more attention from parents who care more.

Based on the results of the cross tabulation between gender and anxiety due to hospitalization in children after being given Super Bubbles Play therapy in the Galuh Room, Gambiran Hospital, Kediri City, 18 respondents were identified with Male Gender in the Light category. Children who is still in the hospital treatment stage, both male and female, will experience anxiety or fear at the nurse's medical action so that nurses and families such as fathers or mothers must play an active role in accompanying children, providing motivation so that the child does not experience excessive anxiety and fear (Ngastiyah, 2005).

In the opinion of the researcher that children, both boy and girl, will experience high anxiety during hospitalization, although some children are also reported to have not experienced it before. Because child care in hospital is experienced or felt by parents whose children are undergoing treatment, they must receive more emotional and social support from families, especially fathers and mothers or other family members, relatives and even health workers so as to reduce the fear, anxiety, separation experienced and felt by children.

The client's level of anxiety and fear during the infusion can be reduced by an effort to notify the client in advance of the action to be taken, according to the infusion procedure. Thus the role of parents to children who are being treated in hospital is very important where the love given to children can reduce anxiety during infusions and other medical actions can be carried out according to predetermined procedures.

Therefore The role of the family, especially parents, is so important in the care of children in hospitals because basically every care for children who are hospitalized requires parental involvement. Visiting times for parents to their children must be open for 24 hours. Children need parents during the hospitalization process. The presence of parents, namely father and mother, is very meaningful for the development of a child's personality. Parents tend to be more protective of their children who are affected by the disease.

The effect of super bubbles play therapy on anxiety due to hospitalization in children in the galuh room, gambiran hospital, kediri city

The results of data analysis show that the level of significance $0.000 \leq 0.05$ so H_0 is rejected and H_1 is accepted therefore There is an Effect of Super Bubbles Play Therapy on Anxiety Due to Hospitalization in Children in the Galuh Room, Gambiran Hospital, Kediri. Anxiety Due to Hospitalization in Children Before and After Being Given Super Bubbles Play Therapy in the Galuh Room of Gambiran Hospital, Kediri City that a small proportion of respondents are in the Heavy category that is as much 10% respondents. This is due to Children are often angry and hostile to anyone who approaches them, child cries loudly when given nursing action, the child tries to hit the nurse or is hostile to the nurses so that children still experience anxiety due to hospitalization.

The results of this study are in line with Nurvita et al. (2018) that shows there is an influence on the level of anxiety of hospitalization of children before and after plasticine play therapy at the RSUD at the Seruni Pavilion of the Jombang Hospital. The level of anxiety due to hospitalization in preschool aged children (3-6 years) at the Seruni Pavilion at Jombang Hospital after being given play therapy, almost half of them were moderate anxiety (Nurvita et al., 2014).

One of the actions that can help reduce anxiety in children undergoing hospitalization can be done in several ways, one of which is play therapy. Actions taken in dealing with children's problems, whatever their form must be based on therapeutic care because it aims as therapy for children. By playing games, children are released from the tension and stress they experience because children will be able to divert the pain they feel with relaxation through fun while playing games. Play cannot be separated from children's lives because playing is very important for children's mental, emotional and well-being such as developmental needs and the need for play does not stop when the child is healthy or in hospital (Yuniartini, 2013).

Super bubble therapy can make children happy and they will gain self-confidence, a sense of pride in achieving something, and breath control. When children do therapy playing super bubbles, they indirectly breathe in forming bubbles by blowing (Einon, 2008). Various kinds of medical actions taken by nurses to children will cause excessive anxiety and fear in a child, it is necessary to approach children by giving super bubbles therapy. Besides that, nurses also have to communicate verbally or provide motivation, for example the action to be taken will accelerate or be able to cure the disease so that they can play or move back as usual with other friends.

This method must be carried out by nurses so that children are motivated or play an active role in medical actions that will be carried out by nurses. The foreign environment is an environment that is different from the home environment or where he lives and is not previously recognized. In this case it is a scary or terrible hospital environment for children, no one is recognized and there are many nurses and doctors dressed in white and terrible equipment such as syringes, IVs, catheters and radiological examination equipment.

Therefore, as medical personnel, they must be able to provide a friendly attitude and provide stimulation to preschool children, one of which is by providing play therapy. Because playing is a child's need as well as food, love, care and others. Play is also an important element for the development of children physically, emotionally, mentally and socially as well as intellectually and creatively. Besides that too the role of parents in the hospitalization of children is very influential on the physical and psychological well-being of children who are hospitalized so that the schedule for caring for or accompanying children in the hospital must also be scheduled by parents so that children are not left alone with health services or nurses in the treatment room, especially for children. who is still of pre-school age where it is known that children's anxiety and fear of white clothes worn by nurses, other medical actions that greatly suppress the child's psychological condition. So that parents must play an active role in accompanying children during child care in the hospital.

CONCLUSION

Anxiety Due to Hospitalization in Children Before Super Bubbles Play Therapy was given in the Galuh Room at Gambiran Hospital, Kediri City, it was known that most of the respondents in the Heavy category were 20 (67%) respondents. Anxiety Due to Hospitalization in Children After Being Given Super Bubbles Play Therapy in the Galuh Room of Gambiran Hospital, Kediri City, it is known that almost all respondents in the Mild category are as many as 23 (77%) respondents. The results of data analysis show that the level of significance $0.000 < = 0.05$ so H_0 is rejected and H_1 is accepted therefore there is an effect of super bubbles play therapy on anxiety due to hospitalization in children in the Galuh Room, Gambiran Hospital, Kediri.

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