



THE EFFECT OF PUPPET SHOW ON HOSPITALIZATION IN PRESCHOOL CHILDREN (3-6 YEARS)

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Research Report

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ABSTRACT

Introduction: One way to minimize the impact of hospitalization is storytelling with dolls or puppet shows, which is a type of game using puppet media through fantasy games for preschoolers (3-6 years old). The purpose of this study was to determine the effect of play therapy "puppet show" on the impact of hospitalization on preschool children (3-6 years) in the Orchid room of Ibnu Sina Hospital, Gresik Regency. **Methods:** This study uses a quasi experiment with one group pre test and post test design. The population of this research is parents who have preschool age children (3-6 years) who are hospitalized in the Orchid Room of Ibnu Sina Hospital, Gresik Regency. While the sampling using consecutive sampling technique obtained 22 parents. The independent variable studied was play therapy "puppet show". The dependent variable in this study was the impact of hospitalization on preschool children aged (3-6 years) who experienced hospitalization. Data collection is done by using a questionnaire then analyzed through the T-test statistical test. **Results:** The results of this study indicate that there is a significant difference between positive and negative impacts on pre-school age children during nursing actions before and after play therapy "puppet show" (p value = 0.005 smaller than = 0.05). **Conclusions:** Based on the results of the research obtained, the need for play should still be given to children undergoing hospital treatment to continue the child's growth and development, reduce stress and tension.

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INTRODUCTION

Hospitalization is a crisis situation in children, when the child is sick and was hospitalized, this state occurs because the child is trying to adapt to foreign environment and new, namely the hospital, so that This condition is a stressor factor for children, both for children and parents and their families (Ema 2012). Playing activity is a fun activity for children, even though it does not produce certain commodities such as financial benefits (money) (Nursalam, 2005). By playing, children will always know the world, able to develop physical, emotional and mental maturity so that they will grow to be creative, intelligent and full of innovative children (Hidayat, 2005). The purpose of playing in the hospital in principle is to be able to continue the optimal growth and development phase, develop children's creativity and children can adapt more effectively to stress (Nursalam, 2005). It often happens that after a child is hospitalized, the

developmental aspect is neglected. Officers only focus on how to cure the disease. After returning home, parents complained that their children were regressing (childish), whereas before the illness the children were more independent and grew normally like their peers. Based on preliminary data taken from RSUD Ibnu Sina in the Anggrek room, Gresik Regency, it was stated that the game method was effective for reducing stress, anxiety and means of communication in children, some of the children aged 3-6 years showed positive behavior changes.

Some scientific evidence shows that the hospital environment itself is a cause of stress for children, both the physical environment of the hospital such as buildings or treatment rooms, tools, distinctive odors, white clothes of officers, as well as the social environment such as fellow pediatric patients or the interactions and attitudes of the officers. In addition, the causes of hospitalization stress in

children include separation from family, lack of information and treatment procedures (Yupi Supartini, 2004). Illness and hospitalization are often the first crises that children have to face because of stress due to changes in health conditions and environmental routines, and children have a limited number of coping mechanisms to deal with stressors (Wong, 2006). Preschool children are very concerned about their appearance and body functions so that they are afraid of experiencing injury and assume that every action and treatment procedure threatens the integrity of their body (Yupi Supartini, 2004). Therefore, this causes aggressive reactions with anger and rebellion, verbal expressions by saying angry words, not wanting to cooperate with nurses and dependence on parents. Nurses play a very important role in reducing anxiety due to hospitalization. Child patients will feel comfortable during treatment with a therapeutic care environment (Nursalam, 2005).

Drama play is a well-known technique for emotional release that allows children to learn procedures and events that will worry them through the use of *puppet shows* (Wong, 2008). Playing is an effective tool for children to help communicate (Hidayat, 2005). And the attitude of nurses who are attentive will accelerate the healing process (Nursalam, 2005). The purpose of this study was to determine the effect of play therapy "*puppet show*" on the impact of hospitalization on preschool children (3-6 years) in the Orchid room of Ibnu Sina Hospital, Gresik Regency.

MATERIALS AND METHODS

Research design is a form of design used in conducting research procedures (Hidayat, 2007). The research design used in this study was a *experimental - one-group pre-test and post-test design* to reveal a causal relationship by involving one group of subjects (Burn and Grove, 1993). In this study, the sample was treated in the form of giving play therapy before nursing actions were carried out. Population is all subjects or objects with certain characteristics to be studied (Hidayat, 2007). In this study, the population was all preschool children (3-6 years) who experienced hospitalization in the Orchid Room of Ibnu Sina Hospital, Gresik Regency. The sample is part of the population to be studied or part of the

number of characteristics possessed by the population (Hidayat, 2007). The sample in this study were some patients with preschool children (3-6 years old) who met the inclusion criteria in the Orchid Room of Ibnu Sina Hospital, Gresik Regency.

There are 2 sample criteria, namely inclusion criteria and exclusion criteria. Inclusion criteria are general characteristics of research subjects from an affordable target population to be studied (Nursalam, 2008). The inclusion criteria in this study were: 1) Parents who had children who were hospitalized for 3 days in the Orchid Room of RSUD Ibnu Sina Gresik, 2) Children who were willing to be studied. Exclusion criteria are eliminating or removing subjects who meet the inclusion criteria for a reason (Nursalam, 2008). Exclusion criteria in this study were: 1) Parents who had children who were hospitalized for less than 3 days, 2) Children who refused to be studied, 3) Children whose condition did not allow for investigation (coma, seizures, meningitis).

The sample size is the number of members who will be sampled (Nursalam, 2001). In this study, the population is not known with certainty, so the samples taken in this study were 22 patients due to the limited research time. Sampling in this study is the sampling technique used is *Consecutive sampling*, which is done by selecting samples that meet the research criteria for a certain period of time so that the number of samples is met (Hidayat, 2007). The independent variable in this study is play therapy "*puppet show*". The dependent variable in this study was the impact of hospitalization on preschool children aged 3-6 years who experienced hospitalization. Collecting data in this study is by using a questionnaire. The instrument used in this study was the impact of hospitalization for children aged 3-6 years after playing therapy "*puppet show*". Data collection is done by using a questionnaire, then analyzed through the T-test statistical test. There is a significant difference between positive and negative impacts on pre-school age children during nursing actions before and after play therapy "*puppet show*" (p value = 0.005 smaller than = 0.05)

RESULTS

Description of Research Respondents Characteristics

Table 1. Characteristics of Preschool Age Children (3-6 Years) Hospitalized by Age, Gender, and Diagnosis of Disease in the Orchid Room of RSUD Ibnu Sina Gresik

Characteristics	Indicator	Number of Children	Percentage (%)
Age	36-48 months	8	36
	49-60 months	10	46
	61-72 months	4	18
Sex	Female	9	41
	Boys	13	59
Diagnosis of Disease	Pediatric neurology:	-	-
	- Fever seizures	4	18
	Pulmonology Children:	6	28
	- Bronchitis	2	9
	- Asthma		
	Tropical diseases Children:	7	32
	- DHF	2	9
	- DB	-	-
	Pediatric Gastrology Other	1	4
	- Anaplastic anemia		
	Total		22

Based on table 1 shows that Of the 22 children who were hospitalized, almost half were aged 49-60 months, namely 10 children (46%), most of them were male, namely 13

children (59%), almost half were diagnosed with tropical DHF disease, namely 7 children (32%).

Table 2. Characteristics of Preschool Age Parents (3-6 Years) Who Are Inpatient Based on Education, Occupation, and Religion in the Orchid Room at Ibnu Sina Gresik Hospital

Characteristics	Indicators	Number of Children	Percentage (%)
Education	Elementary	1	4
	School	5	23
	School High School	13	59
	College	3	14
Work	Entrepreneur	6	28
	Entrepreneur	6	28
	PNS/ POLRI/TNI-ABRI	-	-
	4	18	
	Farmers/Fishermen/Labourers	1	4
Religious	Others:	5	22
	- Teacher	22	100
	- Housewife	-	-
	Muslim	-	-
	Christian	-	-
	Buddhist	-	-
	Catholic Hindu		
Total		22	100

Based on table 2 shows that of the 22 parents of preschool aged children (3-6 years) who are hospitalized, most of them have high school education, namely 13 people (59%),

almost half of them work as entrepreneurs and entrepreneurs, namely 6 people (28%), and all of them work as entrepreneurs. Muslim as many as 22 people (100%).

Description of Research Variables

Table 3. Distribution of Frequency of Hospitalization Impacts before and after Play Therapy in the Preschool Age Group in the Orchid Room of Ibnu Sina Hospital Gresik

Impact of Hospitalization	Before Play Therapy		After Play Therapy	
	N	%	N	%
Impact Positive	8	36	12	55
Impact Negative	14	64	10	45
Total	22	100	22	100

Based on table 3 shows that the Negative Impact of Hospitalization before play therapy is 64% and after play therapy is 45%.

Meanwhile, respondents who have Positive Impact of Hospitalization before play therapy are 36% and after play therapy are 55%

Test of Differences in Impact of Hospitalization before and after Giving Play Therapy

Table 4. Test of Differences in Impact of Hospitalization before and after Giving Play Therapy to Preschool Age Children in the Orchid Room of Rs Ibnu Sina Gresik

Variables	Mean		t	p
	Before Play Therapy	After Play Therapy		
Hospitalization Impact	3.55	2.60	3.133	0.005

Table 4 shows the difference an average impact of hospitalization before and after play therapy. The impact of hospitalization before giving play therapy was 3.55 while the impact of

hospitalization after giving play therapy was 2.60. The difference in the average impact of Hospitalization before and after giving play therapy was 0.95.

DISCUSSION

Based on table 3 shows that the negative impact of hospitalization before play therapy is 64% and after play therapy is 45%. Meanwhile, respondents who have positive impact from hospitalization before play therapy are 36% and after play therapy are 55%

The role of nurses is very important for people parents in helping to deal with behavioral problems in children while being hospitalized (the impact of hospitalization). Nurses can be friends or partners of parents to reduce stress in children in an unfamiliar environment. As a member of the health team, nurses hold key positions to help parents deal with problems related to their child's care in the hospital. For this reason, related to efforts to overcome problems that arise both in children and parents while their children are in hospital treatment, the focus of nursing is to minimize stressors, maximize the benefits of hospitalization (Yupi Supartini, 2004).

According to Sigmund Freud's theory of development at the age of 3 years (phallic phase) children will like to hold the genitalia, the tendency of children to be close to parents of the opposite sex. For example, boys will be

closer to their mothers, while girls are closer to their fathers. The age of 3 years is the preoperational phase, where children begin to realize that their understanding of the surrounding objects can not only be done through sensory-motor activities, but can be done through symbolic activities. The most vulnerable age is the toddler period, because at this time children are susceptible to illness and susceptible to malnutrition.

What affects the impact of hospitalization on children is age. Table 1 shows the distribution of children by age, that almost half of them are 49-60 months old (46%) and a small portion are 61-72 months old (18%). The level of development of preschool children is between the ages of 3-6 years. The older the vulnerable preschool children, namely 3-6 years, the more they will develop their perception of things that happen to them, especially when they are sick and have to be hospitalized. Hospital treatment is often perceived by preschool children as punishment so that children feel ashamed, guilty, or afraid (Yupi Supartini, 2004). Most of them are male (59%) and almost half are female (41%). Boys of preschool age tend to play in their

environment by using their physical environment outside the home for example chasing, etc., so it is necessary for boys to get more attention and protection from disease by their parents. According to Sigmund Freud, children begin to recognize the difference between male and female sexes. So at this stage supervision guidance, health care from parents is very necessary. Almost half of them were diagnosed with tropical DHF, namely 7 children (32%) and a small portion were diagnosed with anaplastic anemia (4%). The child's boredom while being hospitalized causes behavioral problems, so the need for play is still given to the child, even though with bed rest, the child can still play with the puppet media (*Puppet Show*) while telling stories. So that the child's psychology becomes good, and the child will recover quickly. The principle of playing in the hospital is that it should not conflict with the therapy and treatment being carried out (Yupi Supartini, 2004).

In table 2, the distribution of parents of children who are hospitalized based on education shows that most of them have high school education (59%) and a few parents have elementary school education (4%). Thus, parents must have a proper understanding of the condition of their child who is sick and must have positive coping. The education and experience of parents in child care will affect their readiness to carry out the parenting role (Yupi Supartini, 2004).

From table 4, the results of the calculation using a t-test between the impact of hospitalization before and after play therapy are obtained, the value of t count = 3.133 is greater than t table = 2.086 and the p value = 0.005 is smaller than the level of significance (0.05), which means there is the effect of providing play therapy on the impact of hospitalization in pre-school age children during nursing actions.

Play therapy frees children from conflict and reduces the effects of traumatic experiences (Johnson, 1995). Play therapy with a relationship-focused model contains several elements that can reduce children's anxiety due to nursing or medical procedures. These elements include there is an adequate explanation of the procedures to be carried out with the child using the role play method, practicing it on game tools and allowing the child to get to know the equipment that will be used during the action (miniature medical devices). Play therapy involving the family means seeking rooming care. This provides emotional support for the child in the face of the procedure (Marrenstein, 1995). In play therapy there are recreational activities, distractions and elements of relaxation that can reduce

children's anxiety. When playing, children express feelings of frustration, hostility or hostility and feelings of anger, so that children can release tension and adapt to stressors. This play activity includes simple coping strategies to deal with anxiety, such as relaxation and distraction (diverting the child's attention to the activities he likes) which are useful for reducing anxiety during nursing actions so that a cooperative attitude will also be formed during the action.

CONCLUSIONS

Based on the results of research in the Orchid Room of RSUD Ibnu Sina Gresik, it can be concluded that after being given play therapy there is an influence on the impact of hospitalization on preschool aged children (3-6 years), namely that almost all of them have a positive impact.

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