

Flashcard Play Therapy for Pre-School Age on Reduction Stress Due Hospitalization

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Abstract

Stress due hospitalization of children is the main crisis situation actually founded in children that occurs because the child must stay at the hospital for some time, so that the child experiences stress due hospitalized. This study was conducted to evaluate the effect of giving flashcard therapy for the level of stress hospitalization at children of pre-school age. This is a pre-experimental analytical method with One Group Pre-Post Test design. The population were 40 children of pre-school period, aged 3-6 years, was conducted in children hospitalized at Syarifah Ambami Rato Ebu Hospital during April - May 2018. Data were analyzed using paired t test. Stress levels are measured using Holmes and Rahe's modified stress inventory scale. The results showed that stress levels due to hospitalization before and after giving flashcard play therapy had *P* value of 0,000 ($P < 0.05$). So that it can be concluded that there was a significant differences in stress levels of hospitalization, it means that there was an effect of giving flashcard play therapy to reduce in stress levels at pre-school children due hospitalization. Flashcard play therapy can reduce the stress level of hospitalization in pre-school age children who are hospitalized.

Keywords: *Flashcard, Stress, Hospitalization, Preschool, Children.*

Introduction

During the children are hospitalized, it will make them feel threatened and stressed, this happens because the child is in an unfamiliar environment, also some medical procedures performed that can trigger fussy and angry children¹). Besides that, the different of new environments with their home cause anxiety and stress not only for children, but also for parents²). Handling children who are stressed because they have to be hospitalized must be handled properly so as not to cause trauma. Nurses must be able to provide therapy that can

relieve stressful conditions for children, one of which is playing therapy.

Playing becomes an important thing for children during hospital care³). Playing can reduce the level of discomfort of children⁴). Hospitalization will cause the child to experience trauma both short and long term⁵). The child needs to be left to play so that the child can minimize the feeling of stress^{6,7}

Material and Method

This study was pre-experimental by using one group pre post-test, the childrens was measured the level of stress before being given flashcard play therapy and then measured again the stress level after playing flashcard therapy. The number of children was 40 children who were taken using simple random sampling and that were in accordance with the criteria of the study were children with a good level of consciousness, not in an isolated room and estimated length of stay in the hospital for about 4 days. This research was conducted after

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obtaining parental consent. The treatment of the first session was carried out when the second day the child entered the hospital, which was measured first using the questionnaire stress level, then performed flashcard play (shown by figure 1), the child was told to guess the picture held by the nurse, the picture was shown little by little, after the picture was guessed the nurse would tell a short story related to the image, then repeat the same thing until it reaches at least 5 open flashcard. The

activity was carried out approximately 15-20 minutes, the next day the play therapy was continued, for the second session it was the turn of the child who had to tell about the picture on the flashcard. And the third session just like second session. Then after the third session the level of hospitalization stress was measured again. After the data were collected, then it's processed using IMB SPSS version and the data were analyzed using paired t test.



Figure 1: The Flashcard

Findings: The description of the child who became the object of the study consisted of 18 boys and 22 girls with different age levels (shown by table 1) the results of the paired t test showed Mean 6.90, Standard Deviation

3,002 and P Value 0,000 (shown by table 2). So that it can be concluded that there were a significant effect of playing flashcard therapy on reducing the level of stress at preschool due hospitalization.

Table 1. Participants demographics characteristics

No.	Variables	N	%
1	Gender		
	Boys	18	45
	Girls	22	55
2	Age		
	3 year old	10	25
	4 year old	10	25
	5 year old	11	27.5
	6 year old	9	22.5

Table 2. The Analysis of level stress

No.	Stress level	N	Mean	SD
1	Pre Test	40	27.8	6.8
2	Post Test	40	20.9	5.4
	Paired T Test		P Value 0.000	

The results of the study showed that before being given flashcard therapy for stress levels due to hospitalization was quite high, this was triggered because the pre-school age was vulnerable to stress and fear while at the hospital. According to Selye's definition of stress⁸⁾. Stress is a non-specific response of the body to any excessive environmental request. The reaction to stress is not directly related to the exposure of stressors but is facilitated by the individual emotional response. Stress is, in fact, a process embracing several components including stressors, defined as events that pose a challenge to the subject, psychosocial mediators, constructs that enable the subject to evaluate the nature of the situation and the stress response, typically a measure of the emotional reaction elicited in response to the stressor⁹⁾. Stress related to diseases and hospitals can have a long-term effect on the development of children¹⁰⁾. It's means that the principle of atraumatic care is very important to apply in to the child ward. In pre-school period children stress can be derived from nursing interventions, pain, being left alone, lack of information and instruments and equipment, separation from parents¹¹⁾.

Children usually have a very good relationship with their mother, as a result of separation from the mother will leave a sense of loss in the child so that in the end will cause feelings of insecurity and anxiety. As a result of being sick and being treated in a hospital, children will lose their freedom in developing their autonomy. Children will react negatively to the experience, especially children will become angry and aggressive.

Playing in a hospital for the child being treated has several functions, one of the most basic things is that play is a pleasant recreation¹²⁾. Play therapy is a therapy that helps overcome anxiety and conflict. Playing releases tension, allows children to overcome life's problems. Play therapy allows children to channel excess energy and release emotions that are held back and cannot be released beforehand. In therapy, play also provides an opportunity to analyze children's conflicts and how to deal with them. In a therapy session, children can feel not threatened and more likely to express their true feelings. Therapy plays also as an effort to stimulate growth and development. play as a media part to express feelings of relaxation and distraction of uncomfortable feelings. Efforts to involve children in play activities will give a sense of responsibility to children, releasing them for a moment from the passive role as recipients of constant things everything has been done for them.

Flashcard games can add insight, practice introducing new vocabulary or new information and increase imagination. Flashcard games can also give distractions to children because this game can provide comfort so that children's stress can be reduced¹³⁾.

A Nurse's role in minimizing stress due to hospitalization in children is very important, so that nurses need to know several ways to cope with stress due to hospitalization in children one of which is the nursing care approach to playing flash cards. The role of nurses in implementing flashcards is as partners and facilitators in the care of children in hospitals. Because the activeness of nurses can be positive for children who are hospitalized, inactive children can become active even accustomed to being independent. Children who are given a nursing care approach to play flashcard are involved in the process of independence of children such as children choosing to eat on their own, children managing their own sleep time. While parents accompany children 24 hours, parents also get an explanation of hospital policies, procedures and regulations.

Most children expressed happiness and joy after being given the approach to playing flashcard because according to children the presence of parents in addition to children is needed by children and can improve the relationship between children and their parents. The reaction of parents to hospitalization such as feelings of fear, anxiety, guilt and sadness also greatly affects the child during treatment. Where if parents are stressed during child care, the child's stress level will increase

as well, so that while the child is undergoing treatment in the hospital the role and support of parents is very helpful in reducing the stress level of hospitalization in children¹⁴⁾.

Conclusion

Playing flashcard at preschool due hospitalization can reduce stress levels. Nurses and parent must be proactive to give children therapy, especially with flashcard.

Conflict of Interest: All the authors of the study expressly state no conflict of interest to be considered.

Funding: Supported by all the authors.

Acknowledgements: We are thankful for all the patients and their parents who participated in this project.

Ethical Clearance: Taken from Syamrabu Hospital Committee.

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