

## A Study to Evaluate the Effectiveness of Puppet Play on Reduction of Anxiety Among Hospitalized Children in Selected Hospitals of Badrachalam

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### Abstract

This Study was aimed to evaluate the effectiveness of puppet play on reduction of anxiety among hospitalized children in selected hospitals of Badrachalam.

Purposive Non probability Simple random sampling technique was adopted to select 100 participants. The tool used for the study is Socio Demographic data and The modified short state trait anxiety inventory in Children scale. The Results reveals that ,In experimental group majority of 80% hospitalized children had severe anxiety, 12% had mild anxiety and 8% had moderate anxiety in pre test. Whereas, 68% hospitalized children had severe anxiety, 12% had mild anxiety and 20% had moderate anxiety in post test. In control group majority of 84% hospitalized children had severe anxiety, 8% had mild anxiety and 8% had moderate anxiety in pre test. Whereas, 96% hospitalized children had severe anxiety, 4% had moderate anxiety and 0% had mild anxiety in post test. In experimental group the mean post test anxiety score was 28.32 which were lower than the pre test anxiety score of 32.28. The mean difference obtained was 3.36 and calculated 't' value was 5.683 with df of 24 which was significant at 0.05 level. In control group the mean post test anxiety score was 32 which were higher than the pre test anxiety score of 31.32. The mean difference obtained was 0.68 and calculated 't' value was 0.769 with df of 24 which was not significant at 0.05 level. In comparison between mean post test anxiety score of experimental

group i.e. 28.32 and mean post test of control group i.e. 32. The mean difference between post test anxiety score of experimental group and control group is 2.36. In experimental group the mean post test anxiety score was 28.32 which were lower than the post test anxiety score of 32 in control group. The mean difference obtained was 3.21 and calculated 't' value was 2.70 with df of 48 which was significant at 0.05 level. The study found that puppet play is effective in reducing anxiety among hospitalized children and also there is association between levels of anxiety and the condition diagnosed, children undergoing painful procedure and children on intravenous therapy.

**Keywords:** Puppet play; Effectiveness; Anxiety; Hospitalized children.

### Introduction

Puppetry is an old, traditional art, which is still active in almost every culture, used in many different contexts, for spiritual, cultural and educational teaching. As puppetry is primarily a visual art, it can communicate to people who are not literate or who do not understand spoken language and it has been used in this way for thousands of years. Puppetry is a form of theatre or performance which involves the manipulation of puppets. It is very ancient, and is believed to have originated 3000. Puppetry takes

many forms but they all share the process of animating inanimate performing objects. Puppetry is used in almost all human societies both as an entertainment in performance and ceremonially in rituals and celebrations such as carnivals. Most puppetry involves storytelling.

According to Jean Piaget theory, puppet play helps young children develop creative and cognitive skills by forcing them to use their imaginations. They make up the roles, the rules, the situations and the solutions. It is through imaginative play that children come to understand the differences between fantasy and reality. The real world becomes more real to children who have opportunities to pretend.

Puppets have been used for play and in education with children in a variety of contexts, including health care. There is however a dearth of literature that explains nurses' experiences when using puppets in a paediatric health care context nor any process to guide how they use puppets.

Moreover, in the past 25 years an increased numbers of child psychiatrists are being involved in close liaisons with child care hospitals and services. As the children become ill and are hospitalized they use a number of different ways to deal with the difficult stresses that they encounter, and this has contributed directly to the clinical psychiatric observations and these experiences may lead to the development of psychiatric disorders. The trend in pediatrics has shifted from concentration on diseases of childhood to a concept of comprehensive practice.<sup>3</sup>

For children, hospitalization has always been a stressful experience. The major concerns of hospitalized children include but are not limited to pain, separation from their family members, mutilation, loss of self control, immobility as potentially stressful.<sup>4</sup> So in order to develop interventions that will reduce their worries and strengthen their coping mechanism a more individualized approach needs to be used.<sup>5</sup>

There has been a long tradition of puppetry in India. There are references to puppets in the ancient Indian epic Mahabharat. In India there are many puppeteers and the Rajasthani puppet form is notable. There are various types of puppets such as hand or glove puppet, rod puppet, shadow puppet, string puppet. The puppet can be used in combinations such as hand and rod puppets or hand and glove puppets.

The prevalence rate of anxiety disorders rise as children get older. As the anxiety disorders are cognitive in nature so it develops as our cognitive ability increases or develops. Kids who do not receive treatment for anxiety begin to develop poor coping

skills.<sup>15</sup>

Theory of Psychosocial Development (Erikson) stated that school aged children have a sense of industry Vs sense of inferiority. In this period of development the occurrence of situations that might lead to a sense of inferiority can have a negative impact on the children. The acquisition of certain skills is limited only to those children who are physically and mentally healthy. Illness may add the feeling of loss of control along with hospital environment. Boredom has proved to be one of the most significant problems of children in this age group.<sup>18</sup>

Lima de Souza GL, et al., conducted study with a vision of formulating diagnostic statements, results and nursing interventions for children in a pediatric clinic, using the International Classification for Nursing Practice (ICNP). In all 42 diagnostic concepts were being developed and the most frequent among them was anxiety from hospitalization in children accounting for 88.5%, ability to sleep and rest was 74.2%, skin discoloration was 68.5%, and normal child development, was 65.7%.<sup>9</sup>

## Materials and Methods

The Quantitative research approach with true experimental, pre test post test design was adopted in this study. Non probability simple random sampling technique was used to select the participants (n=100). The tool used for the study is Socio Demographic data and The modified short state trait anxiety inventory in Children scale; it is organized as Section I- Socio demographic data, Section II. The modified short state trait anxiety inventory in Children scale to evaluate the effectiveness of puppetry show on reduction of anxiety among hospitalized children in selected hospitals. The scale is a standardized tool, Ten experts constituting three psychiatrists, two psychologists and five mental health nursing personnel were validated the Tool. The Karl Pearson Co-efficient correlation method was used to check Reliability. The calculated "r" value is 0.75, it indicates that the tool which is taken by the researcher is reliable, valid and predictable of the desired objectives. The data was analyzed by using descriptive and inferential statistics.

## Results

**Section 1:** Frequency and Percentage Distribution of Hospitalized Children as per Demographic Variables in Experimental and Control Group.

**Table 1:** Frequency and Percentage Distribution of Hospitalized Children as per Demographic Variables in Experimental and Control Group.

(N1= 50, N2= 50)

Demographic variables		Experimental group (N1)		Control group (N2)		p-value	Inference
		Frequency	%	Frequency	%		
Age	6-8 years	24	48	20	40	1.00	NS
	9-11 years	14	28	14	28		
	12 years	12	24	16	32		
Gender	Male	22	44	32	64	1.00	NS
	Female	28	56	18	36		
Previous history of hospitalization	Yes	24	48	22	44	1.00	NS
	No	26	52	28	56		
Has undergone painful procedures during present hospital stay	Yes	38	76	40	80	1.00	NS
	No	12	24	10	20		
Condition diagnosed	Acute	38	76	42	84	1.00	NS
	chronic	12	24	8	16		
Presence of parents during present hospitalization	Yes	32	64	26	52	1.00	NS
	No	18	36	24	48		
Present length of stay in hospital	7-14 days	18	36	20	40	1.00	NS
	More than 14 days	8	16	8	16		
Child is on Intravenous therapy	Yes	36	72	40	80	1.00	NS
	No	14	28	10	20		

An independent t- test was done for the demographic variables in experimental and control group to evaluate the homogeneity among the sample. It was found to be not significant ( $p>0.05$ ). It concludes that there is no difference in sample characteristics among experimental and control group.

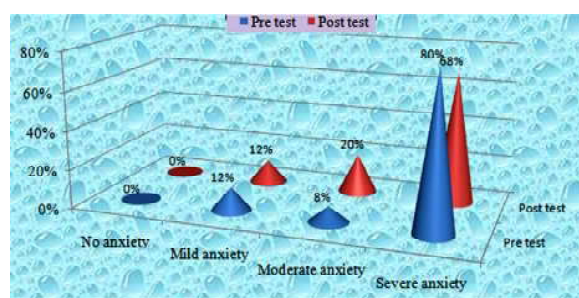
**Section 2:** Data on Effectiveness of Puppet Play in Reducing Anxiety Among Hospitalized Children in Selected Hospitals of Badrachalam.

**Table 2:** Assessing the pre test and post test levels of anxiety in experimental group and control group.

Levels of anxiety	Experimental group (N1)				Control group (N2)			
	Pre test		Post test		Pre test		Post test	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%
No anxiety (0-10)	0	0	0	0	0	0	0	0
Mild anxiety (11-20)	6	12	6	12	4	8	0	0
Moderate anxiety (21-30)	4	8	10	20	4	8	2	4
Severe anxiety (31-40)	40	80	34	68	42	84	48	96

As shown in table 2, in experimental group majority of 80% hospitalized children had severe anxiety, 12% had mild anxiety and 8% had moderate anxiety in pre test. Whereas, 68% hospitalized children had severe anxiety, 12% had mild anxiety and 20% had moderate anxiety in post test.

In control group majority of 84% hospitalized children had severe anxiety, 8% had mild anxiety and 8% had moderate anxiety in pre test. Whereas, 96% hospitalized children had severe anxiety, 4% had moderate anxiety and 0% had mild anxiety in post test.



**Fig. 1:** Diagram showing the difference between pre test and post test levels of anxiety among hospitalized children in experimental group.

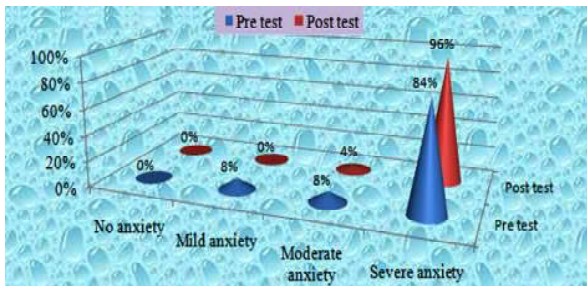


Fig. 2: Diagram Showing the Difference between Pre Test and Post Test levels of Anxiety Among Hospitalized Children in Control Group.

**Table 3:** Comparison of overall mean, Standard Deviation, mean Difference and Paired 't' value of Pre Test and Post Test anxiety score of Hospitalized Children in Experimental Group and Control Group.

(N1= 50, N2= 50)

Group	Pre test/ post test	Mean	Standard deviation	Mean difference	't' value	df
Experimental group	Pre test	32.28	5.12	3.36	5.683	24
	Post test	28.92	5.39			
Control group	Pre test	31.32	3.92	0.680	0.769	24
	Post test	32	2.18			

Table 3 reveals that in experimental group the mean post test anxiety score was 28.92 which was lower than the pre test anxiety score of 32.28. The mean difference obtained was 3.36 and calculated 't' value was 5.683 with df of 24 which was significant at 0.05 level.

In control group the mean post test anxiety score was 32 which was higher than the pre test anxiety score of 31.32. The mean difference obtained was 0.68 and calculated 't' value was 0.769 with df of 24 which was not significant at 0.05 level.

In comparison between mean post test anxiety score of experimental group i.e. 28.92 and mean post test of control group i.e. 32. The mean difference between post test anxiety score of experimental group and control group is 3.08.

This indicates that the difference obtained in the mean pre test and mean post test anxiety score is true difference and not by chance. Hence H1 is accepted.

**Table 5:** Frequency and Chi square value of anxiety scores in experimental group.

N1=50

Demographic variables	No	Levels of anxiety			χ <sup>2</sup>	Table value	Df	Inference
		Mild	Moderate	Severe				
Age	6-8 years	0	4	4	3.47	12.59	6	NS
	9-11 years	0	2	0				
	12 years	0	0	0				
Gender	Male	0	2	0	2.0	7.82	3	NS
	Female	0	4	4				
Previous history of hospitalization	Yes	0	2	2	0.29	7.82	3	NS
	No	0	4	2				

Table cont....

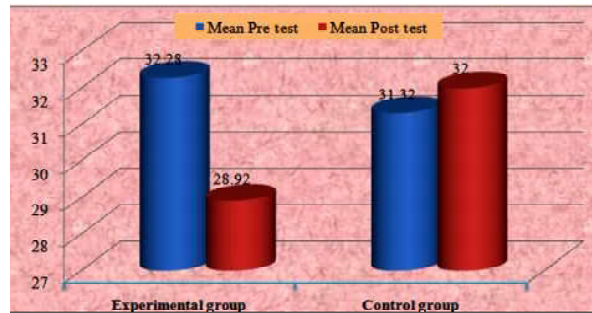


Fig. 3: Diagram showing the difference between mean pre test and post test levels of anxiety among hospitalized children in experimental and control group.

**Table 4:** Comparison of overall mean, standard deviation, mean difference and unpaired 't' value of post test anxiety score of hospitalized children in experimental group and control group

Group	Mean post test score	Standard deviation	Mean difference	't' value	df
Experimental group	28.92	5.39	3.08	2.70	48
Control group	32	2.18			

Table 4 reveals that in experimental group the mean post test anxiety score was 28.92 which was lower than the post test anxiety score of 32 in control group. The mean difference obtained was 3.08 and calculated 't' value was 2.70 with df of 48 which was significant at 0.05 level.

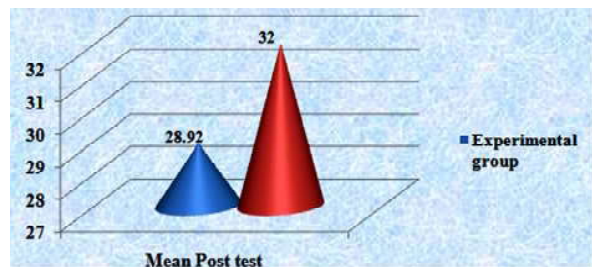


Fig. 4: Diagram showing the difference between mean post test levels of anxiety among hospitalized children in experimental and control group.

Section 3 Association between Pre Test anxiety score among the Hospitalized Children with their selected demographic variables.

Has undergone painful procedures during	Yes	0	0	0	38	19.78	7.82	3	S*
	No	0	6	4	2				
Condition diagnosed	Acute	0	2	0	36	11.48	7.82	3	S*
	Chronic	0	4	4	4				
Presence of parents during present hospitalization	Yes	0	4	4	24	1.27	7.82	3	NS
	No	0	2	0	16				
Present length of stay in hospital	<7 days	0	2	0	22	4.2	12.59	6	NS
	7-14 days	0	4	2	12				
Child is on intravenous therapy	Yes	0	0	0	36	16.06	7.82	3	S*
	No	0	6	4	4				

Level of Significance: 0.05

df: degree of freedom

S\*= Significant, NS= Non Significant

The chi square was computed to determine the significance of association between levels of anxiety with their selected demographic variables in experimental group. The table 5 indicates that the association between the pre test levels of anxiety with

selected demographic variables i.e. has undergone painful procedure during hospital stay, condition diagnosed and child is on intravenous therapy is significant at 0.05 level of significance. While the other demographic variables such as age, gender, previous history of hospitalization, presence of parents during hospital stay and present length of stay in hospital is non- significant. Hence H<sub>2</sub> is accepted.

**Table 6: Frequency And Chi Square Value Of Anxiety Scores In Control Group.**

N2=50

Demographic variables		Levels of anxiety				x2	Table value	Df	Inference
		No	Mild	Moderate	Severe				
Age	6-8 years	0	2	0	18	7.06	12.59	6	NS
	9-11 years	0	2	4	8				
	12 years	0	0	0	16				
Gender	Male	0	4	2	26	1.34	7.82	3	NS
	Female	0	0	2	16				
Previous history of hospitalization	Yes	0	0	2	20	1.70	7.82	3	NS
	No	0	2	2	22				
Has undergone painful procedures during hospital stay	Yes	0	0	0	40	19.05	7.82	3	S*
	No	0	4	4	2				
Condition diagnosed	Acute	0	2	2	38	4.11	7.82	3	NS
	Chronic	0	2	2	4				
Presence of parents during present hospitalization	Yes	0	2	2	22	0	7.82	3	NS
	No	0	2	2	20				
Present length of stay in hospital	7-14 days	0	2	2	16	3.03	12.59	6	NS
	>7 days	0	2	0	6				
Child is on intravenous therapy	Yes	0	0	0	40	19.05	7.82	3	S*
	No	0	4	4	2				

Level of Significance: 0.05

df: degree of freedom

S\*= Significant, NS= Non Significant

The chi square was computed to determine the significance of association between levels of anxiety with their selected demographic variables in control group. The table 6 indicates that the association between the pre test levels of anxiety with selected demographic variables i.e. has undergone painful procedure during hospital stay, and child is on intravenous therapy is significant at 0.05 level of significance. While the other demographic variables such as age, gender, previous history of hospitalization, condition diagnosed, presence of

parents during hospital stay and present length of stay in hospital is non- significant. Hence H<sub>2</sub> is accepted.

**Conclusion**

- Findings related to demographic variables of hospitalized children.
  - Maximum numbers of hospitalized children in the experimental group and control group belong to the age group of 6-8 years. Maximum numbers of hospitalized children in the experimental group were females while in control group were males. Maximum number of hospitalized children in the experimental group and control group did

not have any previous history of hospitalization. Maximum number of hospitalized children in the experimental group and control group had undergone painful procedure during present hospital stay. Maximum number of hospitalized children in the experimental group and control group had acute diagnosis. Maximum number of hospitalized children in the experimental group and control group had their parents present during present hospitalization. Maximum number of hospitalized children in the experimental group and control group had less than 7 days of present stay in the hospital. Maximum number of hospitalized children in the experimental group and control group were on intravenous therapy

2. Findings related to assessment of levels of anxiety among hospitalized children.
  - In experimental group majority of 80% hospitalized children had severe anxiety, 12% had mild anxiety and 8% had moderate anxiety in pre test. Whereas, 68% hospitalized children had severe anxiety, 12% had mild anxiety and 20% had moderate anxiety in post test. In control group majority of 84% hospitalized children had severe anxiety, 8% had mild anxiety and 8% had moderate anxiety in pre test. Whereas, 96% hospitalized children had severe anxiety, 4% had moderate anxiety and 0% had mild anxiety in post test.
3. Findings related to effectiveness of puppet play in reducing anxiety among hospitalized children.
  - In experimental group the mean post test anxiety score was 28.32 which were lower than the pre test anxiety score of 32.28. The mean difference obtained was 3.36 and calculated 't' value was 5.683 with df of 24 which was significant at 0.05 level. In control group the mean post test anxiety score was 32 which were higher than the pre test anxiety score of 31.32. The mean difference obtained was 0.68 and calculated 't' value was 0.769 with df of 24 which was not significant at 0.05 level. In comparison between mean post test anxiety score of experimental group i.e. 28.32 and mean post test of control group i.e. 32. The mean difference between post test anxiety score of experimental group and control group is 2.36. In experimental group the mean post test anxiety score was 28.32 which were

lower than the post test anxiety score of 32 in control group. The mean difference obtained was 3.21 and calculated 't' value was 2.70 with df of 48 which was significant at 0.05 level.

4. Findings related to association between pretest anxiety score among hospitalized children with their selected demographic variables.
  - The levels of anxiety among hospitalized children has no significant association with their age in experimental group ( $\chi^2=3.47$ ) and control group ( $\chi^2=7.06$ ). The levels of anxiety among hospitalized children has no significant association with their gender in experimental group ( $\chi^2=2.0$ ) and control group ( $\chi^2=1.34$ ). The levels of anxiety among hospitalized children has no significant association with their previous history of hospitalization in experimental group ( $\chi^2=0.29$ ) and control group ( $\chi^2=1.70$ ). There is significant association between the levels of anxiety of hospitalized children with whether they have undergone painful procedure during hospital stay in experimental group ( $\chi^2=19.78$ ) and control group ( $\chi^2=19.05$ ). There is significant association between the levels of anxiety of hospitalized children with their condition diagnosed in experimental group ( $\chi^2=11.48$ ) while no significant association was found in control group ( $\chi^2=4.11$ ). The levels of anxiety among hospitalized children has no significant association with the presence of parents during present hospitalization in experimental group ( $\chi^2=1.27$ ) and control group ( $\chi^2=0$ ). The levels of anxiety among hospitalized children has no significant association with the present length of stay in hospital in experimental group ( $\chi^2=4.2$ ) and control group ( $\chi^2=3.03$ ). There is significant association between the levels of anxiety of hospitalized children with whether the child is on intravenous therapy in experimental group ( $\chi^2=16.06$ ) and control group ( $\chi^2=19.05$ ). Anxiety among hospitalized children needs to be assessed regularly using standardized tool. Anxiety among hospitalized children should be reduced using various interventions depending upon its severity. Anxiety among children pre operatively and post operatively should be addressed using various interventions.

## Conclusion

The study found that puppet play is effective in reducing anxiety among hospitalized children and also there is association between levels of anxiety and the condition diagnosed, children undergoing painful procedure and children on intravenous therapy.

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