

**NORMATIVE PLAY TERHADAP PENURUNAN RASA TAKUT ANAK
USIA PRA SEKOLAH YANG DIRAWAT
DI RUMAH SAKIT DR. SLAMET GARUT 2012**

*(Normative Play Toward Reducing Fear Inpre-school Age Children
at Dr. Slamet Hospital Garut 2012)*

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ABSTRAK

Pendahuluan. Pengalaman rasa takut pada anak usia 4-6 tahun yang menjalani hospitalisasi berasal dari prosedur tindakan pada pasien, kurangnya informasi yang adekuat, lingkungan asing, dan perkembangan anak, tim kesehatan (dokter, perawat, petugas laboratorium). Bermain adalah kegiatan anak, dimanapun mereka membutuhkan kegiatan bermain. Tujuan dari penelitian ini adalah untuk mengidentifikasi pengaruh *normative play* terhadap penurunan rasa takut pada anak pra sekolah yang menjalani hospitalisasi. **Metode.** Penelitian ini menggunakan quasi eksperimen dengan *one group pre-post design* dengan jumlah sampel 24 anak pra sekolah yang menjalani perawatan di Rumah Sakit Umum dr. Slamet Garut. Rasa takut yang dialami anak diukur menggunakan modifikasi instrumen *Revised Child Medical Fear Scale*. **Hasil.** Hasil penelitian menunjukkan rata-rata rasa takut sebelum *normative play* (16.58) lebih tinggi daripada setelah *normative play* (7.75) pada anak pra sekolah. Hasil hipotesis dengan menggunakan pair t test menghasilkan nilai $p < 0.0005$ (< 0.005). *Normative play* memiliki pengaruh signifikan terhadap penurunan rasa takut anak pra sekolah yang dirawat di rumah sakit dr. Slamet Garut. **Diskusi.** Ruang perawatan anak sebaiknya dilengkapi dengan tempat bermain untuk anak yang sedang dirawat dan terapi bermain harus dijadikan standar operasional dalam menurunkan rasa takut pada kegiatan keperawatan dan tindakan kesehatan lainnya.

Kata kunci: *normative play*, takut, anak usia pra sekolah

ABSTRACT

Introduction. The fear experienced by a child aged 4-6 years who were hospitalized from a few things, namely the procedure to the patient, lack of adequate information, the foreign environment and with the development of son, the team of health care providers (doctors, nurses, laboratory personnel). Play is the work of a child, wherever they are playing is a necessity. The purpose of this study was to identify the influence of *normative play* on fear reduction pre-school children were hospitalized. **Methods.** This study used a quasi experimental with one group pre-post design on a sample of 24 pre-school children who were treated at the General Hospital dr. Slamet Garut. Fear experienced by children will be measured using an instrument *Revised Child Medical Fear Scale* was modified. **Results.** The results showed that the average (mean) scale fear before *normative play* (16.58) was higher than the average scale *normative scared* after play (7.75) at pre-school age children. The results of hypothesis testing using a pair t test produces p value of 0.0005 (< 0.05). *Normative play* has significant effect in reducing the fear of pre-school children who were treated in dr. Slamet Garut hospital. **Discussion.** Therefore the child care room should be equipped with a playroom for the children who were treated and play therapy should be used as a standard operating procedure in reducing the fear of going to be the action of nursing and other health actions.

Keywords: *normative play*, fear, pre-school age children

INTRODUCTION

Hospitalization is a stressor for a child, even Salmela (2009) states that hospital care cause fear and anxiety in 90% of children of school age. Unlike school-age children who have been able to express his fear to others, pre-school children only dared to express fear in parents. Based on the interviews with the parents, it is said that almost 83% of school-age children experience a variety of symptoms of

anxiety associated with the fear in the hospital (Rossen & Mc Keever, 2007).

According to research conducted by Salmela (2009), that the fear experienced by a child aged 4-6 years who were hospitalized from a few things, namely the procedure to the patient, lack of adequate information, the foreign environment and with the development of son, the team of health care providers (doctors, nurses, laboratory personal) and

nursing interventions. Based on the turn out of fear caused by the presence of nursing interventions that will be experienced by a child who is admitted to cause fear the most. Nursing interventions afraid of children aged 4-6 were 50% for injection administration, 32% for blood sampling procedures, and 13% respectively for the administration of drugs and surgical procedures (Salmela et al, 2009). While past studies stated that there are four main things that cause fear in children who were hospitalized, the fear of going to school, fear of injections, scared away from family and fear of blood taken (Mahat & Scoloveno, 2006). The phenomenon of fear of a child being treated in the hospital will certainly be a barrier to the smooth implementation of nursing, especially obviously written that most of the fear that children face is afraid to face the various nursing interventions that they may live. This should be a concern for all parents or caregivers and families who keep the child while in hospital to find ways to overcome the fear of the child.

Mathison and Butterworth in the Rivchardson Glasper (2007) identified some of the games can be used in children, among others, educational play, normative therapeutic play and play. The essence of this play is the provision of educative information. Form of the game can be books, drawings and diagrams for parents and children to read together in order to learn more about the process of care in hospitals. Normative toy play is offered daily in the hospital environment to bridge the gap between home and hospital. It provides comfort and security and a sense of family and normality.

A study was conducted by Dianawati (2009) have concluded that play therapy affects the child's response to hospitalization. Response hospitalization children here can vary depending on the age of children who were treated, ranging from anxiety due to separation, loss of control and depression. Furthermore, Li & Lopez (2008) also conducted research on play in children who will undergo a surgical procedure. The results of the research states that children who received play therapy before they undergo surgery have lower levels

of anxiety than children who only receive information only. Psychologically, it can use play therapy to reduce stress in children being treated (Sikhan, 2009). In addition, the usefulness of their own play therapy is to help children who have emotional problems, stress anxiety, stress or depression (Widyasari, 2009).

Garut Hospital is the only hospital type B Garut government. Based on a preliminary study conducted by researchers, until now Garut Hospital does not have a special playroom for the children, and not implementing play therapy for young patients are treated. Related research on play has not been performed at this hospital. Research conducted by Ramdaniati (2011) deals with fear at school and pre-school children to explain that the average child's fears occur at pre-school age.

As previously described, the various play therapy related research have been conducted, but research related to specific normative play yet. Other than that associated with fear as a distinct form of psychological disorder anxiously, not yet known whether the well can be dealt with normative play or not. The purpose of this study was to identify the effect of normative play to reduce the fear of pre-school children who were treated at the dr. Slamet Garut in 2012.

METHODS

The study used quasi experimental with one group pre post test design. The sample in this study were all pre-school age children (4 to 6 years) who were treated at the General Hospital with consecutive sampling technique. Data collected in the form of an interview with a child's fears were measured using a questionnaire adapted from the Child Medical Fear Scale Revised (CMFS-R). Once the sample set, pediatric patients who met the inclusion criteria then measured fear using existing instruments, further intervention is given in the form of a game for 30-45 minutes. Games made for 3 consecutive days and then on the 4th day of fear measured with the same instrument. A game made for 30 - 45 minutes / day for 3 days. Nurse measured fear of children

after treatment on 3rd day. Data were analyzed by paired t test.

RESULT

Table 1 show that the average (mean) scale normative fear before play (16.58) is higher than the average scale normative scared after play (7.75) at pre-schoolchildren. This shows a decrease in the scale of fear of pre-school children after therapy normative play.

Table 2 shows that the average deviation of the scale of fear before and after treatment normative play is 8.83 with a standard deviation 2.99. The results of hypothesis testing using T test for dependent yield p value 0.0005 <0.05. That mean the normative play has significant effect in reducing the fear of pre-school children who were treated in dr. Slamet Garut Hospital. Statistically significant results of this study with 95% confidence intervals in the range of 7.57 to 10.10 (do not exceed 1).

DISCUSSION

The state of the hospital environment that is foreign to pre-school children is a stressor that can cause fear for the child. According to research conducted by Salmela (2009), that the fear experienced by a child aged 4-6 (pre-school) years who were admitted to hospital from a few things, namely the procedure to the patient, lack of adequate information, the foreign environment and do not fit a child's development, a team of health care providers

(doctors, nurses, laboratory personnel) as well as nursing interventions. Based on the turn out of fear caused by the presence of nursing interventions that will be experienced by a child who is admitted to cause fear the most. Nursing interventions afraid of children aged 4-6 were 50% for injection administration, 32% for blood sampling procedures, and 13% respectively for the administration of drugs and surgical procedures.

The fear that occurs in children who are admitted to hospital may be one of the factors inhibiting the implementation of maintenance actions in the process of nursing care in children. Efforts should be made to overcome the fears that occur in pre-school children who were hospitalized. One of the intervention to minimize the effort to do with play therapy. Play is the work of a child, wherever they are playing is a necessity. Play as a job or course requirements can be applied anywhere in the hospital is no exception, as long as the types of games that do not conflict with medical procedures and treatments undertaken.

The research was conducted in the form of therapeutic intervention by providing normative play at pre-school age children are admitted to the child care dr. Slamet Garut Hospital. Normative play therapy is a form of playing the usual pre-school children in the home such as cars, drawing and coloring, puzzles and action figures. The results showed that the average (mean) scale normative fear before play (16.58) is higher than the average scale normative scared after play (7.75) at

Table 1 Description of Measurement Scale Normative Fear Before and After Play In pre-school aged children who were treated at the dr. Slamet Garut in 2012

Fear Scale	Mean	Standard Deviation	Standard Error Mean
Pre Normative Play	16,58	3,12	0,64
Post Normative Play	7,75	2,77	0,57

Table 2 Normative Play to Reducing Fear in Pre-schools Children were Treated in dr. Slamet Garut Hospital 2012

Pair	Mean	Std. deviation	Std. Error Mean	95% CI	P value
Fear pre- post Normative Play	8,83	2,99	0,61	7,57 – 10,10	0,0005

pre-school age children. Higher average scale normative play scared before therapy can be described that hospitals dr.Slamet Garut Hospital a local hospital were still arranging the room conventional child. Child care room has not been set up with rooms that appeal to children such as the color of the room treatment, arrangement of the playground, as well as the appearance of health workers especially nurses who still use traditional white uniforms and white. It certainly makes the hospital environment as a stranger to the child being treated. This condition can lead to an increase in the scale of fear prior to therapy normative play.

The results of hypothesis testing using T test for dependent yield p value $0.0005 < 0.05$. This proves that the normative therapy play a significant effect (significant) in reducing the fear of pre-school children who were treated in dr. Slamet Garut Hospital. This shows a decrease in the scale of fear of pre-school children after therapy normative play. Decrease scale normative scared after play therapy can be understood that the hospital environment such as home circumstances cause students to feel familiar with the hospital environment because they can play activities as children's needs generally healthy home environment.

According to Hockenberry and Wilson (2009) stated that the intervention to minimize the stress response to hospitalization can be done in several ways that minimize the effects of separation from parents, minimal control and autonomy, prevent or minimize physical injury, maintain activities that support the development of children, using play activities, maximizing the benefits of hospitalization for children, support families and prepare children to be hospitalized. The opinion is consistent with the results of this study show that normative play therapy can reduce the fear of pre-school children who were hospitalized.

A study was conducted by Dianawati (2009) have concluded that play therapy affects the child's response to hospitalization. Response hospitalization children here can vary depending on the age of children who were treated, ranging from anxiety due to separation, loss of control and depression.

Furthermore, Li & Lopez (2008) also conducted research on play in children who will undergo a surgical procedure. The results of the research states that children who received play therapy before they undergo surgery have lower levels of anxiety than children who only receive information only. Psychologically, it can use play therapy to reduce stress in children being treated (Sikhan, 2009). In addition, the utility of play therapy alone is to help children who have emotional problems, stress anxiety, stress or depression (Widyasari, 2009).

CONCLUSION AND RECOMMENDATION

Conclusion

Normative play can reducing fear scale in pre-school children were treated in hospital.

Recommendation

The child care room should be equipped with a playroom for the children who were treated and play therapy should be used as a standard operating procedure in reducing the fear of going to be the action of nursing and other health actions.

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