

A STUDY TO ASSESS THE EFFECTIVENESS OF PLAY THERAPY DURING INJECTION PROCEDURE AMONG LESS THAN 5 YEARS OF CHILDREN

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Abstract

Play therapy is a form of counseling or psychotherapy that uses play to communicate with and help people, especially children, to prevent or resolve psychosocial challenges. This is thought to help them towards better social integration, growth and development, emotional modulation, and trauma resolution. Hospitalized children will regress with the skills that they had previously mastered. This concept helps to minimize the emotional trauma to the children and their parents for better adjustment during hospital stay.

Keywords: Effectiveness ,play therapy, injection

INTRODUCTION

Hygiene is defined as any application made any precaution taken to be protected from environment that can damage our health. Hygiene issues include personal hygiene which is defined as self – care application that individual carry out in order to maintain their health. Personal hygiene is very important for protecting and maintaining health and addressing health problems and is also fundamental to the prevention of much disease, particularly contagious disease. personal hygiene precaution include hand face hygiene; Regular bathing; using soap and running water in the cleaning process; washing hand; before preparing food, before and after eating meals and after using the bathrooms, hair care, and washing and one's own clothes, towels, shoes and slipper besides constituting a basis for personal and social health, hygiene is an indispensable part of living in society. Human beings are continuously affected by external environmental pollutant. Every day activities may involves contact with many sources of environmental contamination ; these may be touched with the hand , present on shoes while walking , or contained in dust on the body and hair ; moving the hand to the mouth also cause microorganisms to entry the body .

Hygiene refers to the set of practiced perceived by a community to be associated with the preservation of health and healthy living while in modern medical sciences there is a set of standard of hygiene recommended for different situation , what is considered hygienic or not can vary between different cultures, genders and tartan groups. Some regular hygienic practices may be considered good habits by a society while the neglect of hygienic can be considered hygienic can be considered disgusting; disrespectful or event threatening.

OBJECTIVES

1. To assess the pre-test level of play therapy during injection among less than 5 year of

Children are in experimental group and control group in government medical college hospital of ambikapur (C.G.)

2. To compare the pre and post-test level of play therapy during injection among under 5 year of children's in experimental group and control group in government medical college hospital of ambikapur (C.G.)
3. To compare the effectiveness of play therapy during injection among under 5 year of children's in experimental group and control group in government medical college hospital of ambikapur (C.G.)
4. To find the association between pre -test level of play therapy during injection among under 5 year of children's in experimental group and control group in government medical college hospital of ambikapur (C.G.)

HYPOTHESIS

H1 - There is a significant difference between the pre-test and post-test level of play therapy during injection among under 5 year of children's in experimental group and control group.

H2 - There is a significant association between post-test levels of play therapy during injection among under 5 year of children's in experimental group and control group .

H01 - There will be no significant difference between the pre-test and post-test level play therapy during injection among under 5 year of children's in experimental group and control group .

H02 - There will be no significant association between pre-test levels of play therapy during injection with selected demographic variables among under 5 year of children's in experimental group and control group.

METHODOLOGY

The study was True experimental study with an post evaluative approach. The study was conducted in government medical college hospital ambikapur (C.G.)Data collection period was 15 days. Population was hospitalized children. Samples were children admitted in Paediatric ward aged under 5 years of children . Randomized sampling technique was used to allocate children into experimental and control group. Sample size was 100 (50children in each experimental and control group). The tools used for data collection were demographic variables and play therapy checklist.

SCORING KEY

The score indicates,

0 mark - No

1 marks- yes

GRADING OF THE SCORES

The grading of the scores indicates,

- **0-5 MARK = 0-25% - NOT SATISFIED**
- **5-10 MARK = 25-50% - BELOW SATISFACTION**
- **10-15 MARK = 50-75% - MODERATE SATISFACTION**
- **15-20 MARK = 75-100% - HIGH SATISFACTION**

VARIABLES

A variable is a phenomenon or characteristic or attribute that changes. Variables are measurable characteristics of a concept and consist of a logical group of attributes (Talbot, A, 1995).

Independent variable

- These are variables that is varied or manipulated by the researcher and it is the presumed cause or the inputs and it is the antecedent (Basavanthappa. B.T 2003).
- In present study, the independent variable was “musical toy during injection procedure.

Dependent variable

- The dependent variable is the response that is measured and it is the presumed effect or outputs and it is the consequent (Bassvanthappa. B.T, 2008).
- In the present study, the dependent variable was the under 5 year of children.

Demographic variable

It is the variable that is used to assess the characteristics of the sample (Kothari.C.R, 2006).

- The demographic variable in this study were age, gender, birth orders, place, type of family, income, religion, previous exposure to the hospital, number of hospitalization within last one year, reason for previous hospitalization, no. of siblings, class in which child studies.

METHODS

The study was True experimental study with an post evaluative approach. The study was conducted in government medical college hospital ambikapur (C.G.)Data collection period was 15 days. Population was hospitalized children. Samples were children admitted in Paediatric ward aged under 5 years of children. Randomized sampling technique was used to allocate children into experimental and control group. Sample size was 100 (50children in each experimental and control group). The tools used for data collection were demographic variables and play therapy checklist.

RESULTS

- Reveals that there is a association in experimental group between pre-test of socio-demographical variable of age, sex, birth order, area of residence, education, religion, no. of past hospitalization within last one year, reason for past hospitalization, no. of sibling. And type of family p value is $p < 0.05$ significant
- Reveals that there is a association in control group between pre-test of socio-demographical variable of age, sex, birth order, area of residence, education, religion, no. of past hospitalization within last one year, reason for past hospitalization, no. of sibling. And p value is $p < 0.05$ significant but type of family p value is $p > 0.05$ is nil significant.

NURSING PRACTICE

1. The result of the study will help to divert the mind during injection procedure of children's.
2. Nurses should have adequate knowledge regarding effectiveness of play therapy.
3. So, this study would emphasize the effectiveness of play therapy during injection.

NURSING ADMINISTRATION

1. The nurse administrator should take active part of policy making related to effectiveness of play therapy.
2. The administrator should give permission to assess the effectiveness of play therapy under five year of children.
3. A hospital policy should be adapted to application of musical toys on the children admitted in pediatric ward and hospital.

NURSING RESEARCH

1. The study can be published in journal to assess knowledge regarding effectiveness of play therapy during injection among fewer than five year children in selected government medical college hospital of ambikapur (c.g.).
2. The finding of the study serve as a basis for the nursing professionals and the student to conduct further studies in different aspect of effectiveness of play therapy among under five year children's.

RECOMMENDATIONS

1. A similar study can be replicated on large sample to make generalizability.
2. A similar study can be done in a hospital set-up.
3. A similar study can be conducted among less than five year of children.
4. A experimental study can be conducted among urban and rural children.
5. A similar study can be conducted with different study design.
6. A similar study can be replicated to assess the cost effectiveness.
7. The study can be done in different age group of children.

CONCLUSION

The study findings reveal that the musical duck play therapy help children to divert the mind and adapt better to unpleasant situations, especially during injection procedure in hospitalization. This healthy adaptation promotes quick recovery from their illness.

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