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Puzzle Therapy to Reduce Anxiety Among Hospitalized Children in Mehta Children 'S Hospital, Chennai-31.

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ABSTRACT

Childhood anxiety is a major disorder during hospitalization. In order to reduce anxiety level puzzle therapy used, a pre-experimental study was conducted among preschooler in pediatric ward of Mehta Children's hospital. Modified Spence Children Anxiety rating scale. Was used to obtain data. Puzzle was implemented. The study found that there was statically significant difference between pre & post-test level of anxiety $t=42.6$ at $P= <0.001$ level.

Key words-childhood anxiety, disorder, preschooler, hospitalization, puzzle therapy.

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INTRODUCTION

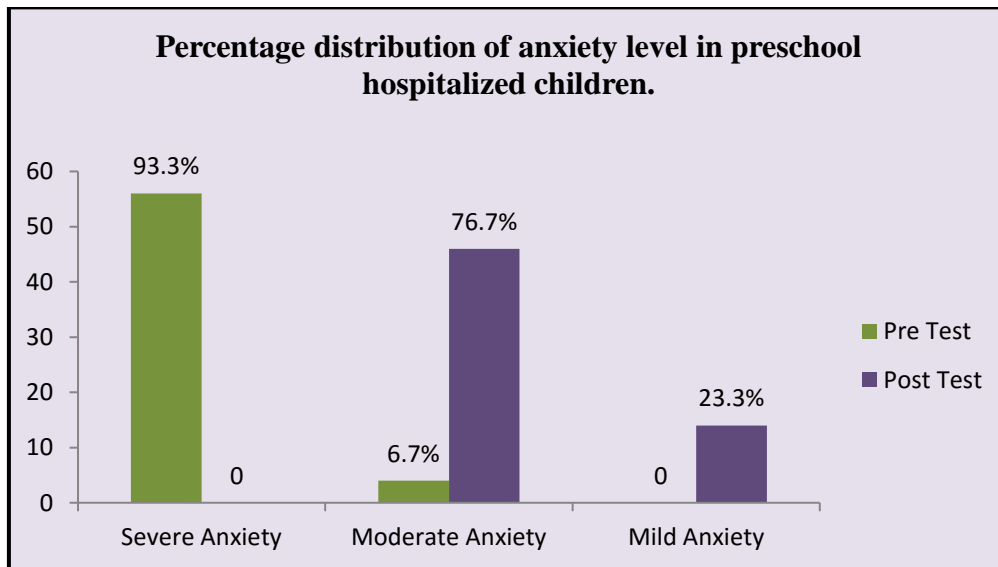
A child is a unique individual he or she is not a miniature adult not a little man or women. The preschool period is vital part of your life because of socialization process by which transmission of attitude, customs and behavior. Anxiety is a universal human response to a stress. Hospitalization to any child is a very unpleasant and traumatic experience. Therapeutic play, puzzle is viewed as the vehicle for communication between the child and the therapist. Puzzle therapy is a kind of meditation in which the child become calm and peace in the mind while doing it.

OBJECTIVES

- To assess the anxiety level in hospitalized children.
- To assess the effectiveness of puzzle therapy in reducing the level of anxiety among hospitalized children.
- To associate post-test anxiety level with selected demographic variables of hospitalized children.

FINDINGS

Frequency and percentage distribution of anxiety level score of preschool hospitalized children



Table, reveals that in pre-test majority of preschool hospitalized children 56(93.3%) had Severe anxiety level, 4(6.7%) had Moderate anxiety and 0(0)had Mild anxiety.in post-test majority 46(76.7%) had Moderate Anxiety,14(23.3%) had Mild anxiety and no one had Severe anxiety 0(0).

Effectiveness of puzzle therapy in reducing the level of anxiety among preschool hospitalized children.

Table: Comparison of mean and standard deviation of pre test and post test in anxiety level score of preschool hospitalized children . N=60

AREA OF ANALYSIS	MEAN	STANDARD DEVIATION	PARIED 't' TEST
Pre test (x)	83.6	8.9	42.6 P<0.001(S)*
Post test (y)	45.6	10.2	
Difference (y-x)	38	1.3	

S* – Statistically significant

Table , reveals that overall pre-test mean anxiety level scores is 83.6 and standard deviation is 8.9 ,whereas post-test mean anxiety level scores was 45.6 and standard deviation is 10.2 .The improvement is statistically tested by paired “t” test and the result is 42.6 and the level of significant is $P < 0.001$. Findings represents that puzzle therapy is effective in reducing anxiety level of hospitalized children [1-5].

RECOMMENDATIONS

Recommendations for further studies include:

- A prospective study can be conducted to identify the associated factors related to anxiety among hospitalized children.
- A study can be conducted to evaluate the effectiveness of the puzzle therapy on pain during invasive procedures’
- The study can be repeated in different regions of the state to compare and generalize findings.
- Research can be done on various populations at various settings.

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