

Rubik Play Therapy Influence on the Level of Anxiety in Children Preoperative

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Abstract

Morbidity of children aged 0-21 years if it is calculated on the total population was 14.4%. Often Problems Arise before the operation is anxiety. Play an effective coping way to reduce the anxiety experienced by children. This study aimed to identify the effect of play therapy Rubik's on the level of preoperative anxiety in children in Room Kemuning Hospital Dr. Moeloek H.Abdul Lampung Province. The method used in the current research was the study design quasy experiment with one group pretest-posttest. Sample was selected by purposive sampling. Data collection technique used observation sheet, using a measuring instrument anxiety MYPAS (Modifiet Yale Preoperative Anxiety Scale). Data were analyzed using t-test. The average score of anxiety before the play therapy Rubik's was 73.40 and after therapy play Rubik was 52.10. The p-value = 0.000 (there was difference in preoperative anxiety scores before and after therapy using play Rubik).

Keywords: *Play therapy, Puzzle, Rubik, Anxiety*

Introduction

Surgery is an act of treatment using invasive way to open and display the body part to be handled. The opening of parts of the body is generally performed by making an incision. After the parts to be handled displayed, further improvements in the end with the closure and suturing wounds. Each surgical incision is always associated with a trauma for patients who cause a variety of complaints and symptoms.⁽¹⁾ According Muttaqin & Sari⁽²⁾ surgical procedure will provide for the patient's emotional reaction such as fear or feelings of calm, anger and fear. Mental preparation is of no less importance in the process of preparation for surgery anxiety due to mental patients who are not ready can affect physical condition. Mental problems that arise in the preoperative patient's anxiety.

Based on the National Health Survey (Susenas) in 2010, the incidence of surgery in children in urban areas

according to age group 0-4 years amounted to 25.8%, 5-12 years of age as much as 14.91%, age 13-15 years of about 9.1 %, age 16-21 years of 8.13%. Morbidity of children aged 0-21 years if it is calculated on the total population is 14.44%. Children who are hospitalized will have an effect on the physical and psychological condition, it is called with hospitalization.

Child care in hospitals forcing a child to be separated from the environment that feels safe, loving and fun, which is the home environment, games and playmate. Reactions to the show separation in preschool children is by refusing to eat, often asked, crying albeit slowly and uncooperative towards health workers. Child care in the hospital also makes children lose control of himself. Hospitalizations require restrictions on activities of children so that children feel lost power themselves. Fear of children against injury arises because children consider the actions and procedures threaten the integrity of the body. Therefore, this raises the aggressive reaction to anger and revolt, verbal expression with angry words, do not want to cooperate with the nurses and dependence in older people.

Small children, immature, and depending on the character's mother, is particularly vulnerable to the

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anxiety associated with separation, for example children who are hospitalized (hospitalization) because the child has a sequence of fear development is the fear of losing a mother, fear of losing the love of a mother, afraid of injury to the body, fearing his impulses and anxious fear of punishment (punishing anxiety) of superego and guilt. Most children experience separation anxiety based on one or more of these fears.

The level of anxiety in inpatient in a hospital in the high category, there is even very high. The anxiety level should immediately get treatment so that children do not feel the stress is in the hospital. For the mind that stress will cause the child to be a long time recovering from the treatment being undertaken. Therefore, this form of therapy so that children feel comfortable in the hospital can be with the game.

Nurses can help parents face the problems related to child care in hospitals because nurses are next to the patient for 24 hours. The focus of nursing interventions is to minimize the psychological support to children of family members. One of the nursing interventions in addressing the impact of hospitalization in children is by providing play therapy. Play therapy can be done before performing the procedure on a child, this is done to reduce the tension and emotions felt by children during the procedure.

Although children got sick or hospitalized, the task of development does not stop. It aims to continue to grow and develop during treatment so that the continuity of growth can walk, can develop creativity and experience, children will easily adapt to the stress due to illness in the patient. The principle of playing at a hospital that is not much energy issue, consider the security and cross-infection, the age groups of the same age, the game does not conflict about the treatment, involving parents or family.

One alternative to distract children are hospitalized are in the presence of the support means to menfasilitaasi child's play to reduce the anxiety and fear that hospitalized children, because children are still happy to play.

The role of hospital health workers (doctors, nurses), which are expected health workers, especially nurses should respect the child's attitude because in addition to the elderly nurse is the person closest to the child during hospitalization. Even if the child refuses strangers (nurse), but the nurse must still provide support

by taking time to physically close to the child invited to play by the stages of child development for the benefit of the therapy.

According to Wong⁽³⁾ played an effective coping way to reduce the anxiety experienced by children. Play therapy helps release stress and anxiety being felt by children because play has merit as a means of distraction (distraction) that cause children to be relaxed. This leads to children who initially suffered anxiety becomes anxious again. Playing a good medium for learning because the children's playground will speak (communicate), learn to adapt to the environment, doing what they can do and about the time of the distance and the sound.⁽⁴⁾

In line with its growth and development, children have a gross and fine motor skills are more mature than the toddler age children. Children are more active, creative and imaginative. Similarly, the ability to speak and relate socially with friends is increasing. To that end, the right kind of plaything given to children for example, play Rubik, read a story / fairy tale, drawing tools and massive beams game.

Research Septi⁽⁵⁾ obtained marginal homogeneity with p-value of 0.000, all respondents, which decreased anxiety therapy after playing puzzle is severe anxiety 19 children become 0 child, anxious were 12 children to 11 children, mild anxiety 4 of children increased to 0 child, while not having anxiety as much as 5 children.

Data pre survey dated January 5 2019 in Dr.H.Abdul Moeloek Hospital, Lampung obtained information that the incidence of surgery in Kemuning Room in the last 3 months is the 120 children who will undergo surgery. Data showed 80% of children experience anxiety, such as crying when will do the nursing actions, asking to go home, it's hard to sleep, etc. Based on this phenomenon, the researchers will melakukam research on the effects on the level of play therapy Rubik preoperative anxiety in Kemuning Room.

Method

The method used in the current research was the study design quasy experiment with one group pretest-posttest. The population in this study was 30 boys of preoperative in hospitals Kemuning room Dr.H.Abdul Moeloek Lampung. Sample was selected by purposive sampling. Data collection technique used observation sheet, using a measuring instrument anxiety MYPAS

(Modified Yale Preoperative Anxiety Scale). Data were analyzed using t-test.

Findings

Table 1. Anxiety scores before and after given rubik play therapy

Variables	Mean	Median	SD	Min	Max	p-value
Before	73.40	73.00	7.407	53	86	0.000
After	52.10	53.00	10.380	31	65	

The mean-score of anxiety before therapy was 73.40, and after therapy was 52.10. The p-value of t-test was 0.000 (there was difference of the anxiety score between before and after Rubik play therapy).

Discussion

Most stress in middle age child preschool period is anxious because of the separation. Mother and child relationship is very close, resulting in separation from the mother will cause a sense of loss in children will be the closest to him and the environment are known to him, which in turn will give rise to feelings of insecurity and anxiety.

According to Wong⁽⁶⁾ as a result of separation anxiety in children that protest phase, the phase of despair and refuse phase.

Berberapa cause of anxiety before surgery in school age children appears tied to imagine the existence of injury on the body after surgery, This is in line with the opinions kathleen Speer⁽⁷⁾, which revealed that the hospital environment were strangers and surgery that will be undertaken, resulting in children will feel anxious during the preoperative period.

This study is in line with research conducted on 25-30 July 2016 in Room Children's Hematology Oncology Hospital Ulin Banjarmasin with sample 4 pre-school age children who will undergo chemotherapy, showed 2 of 4 anakmengalami anxiety while the other 2 did not experience anxiety.⁽⁸⁾

The role of hospital health workers (doctors, nurses), which are expected health workers, especially nurses should respect the child's attitude because in addition to the elderly nurse is the person closest to the child during hospitalization. Even if the child refuses strangers (nurse), but the nurse must still provide support by taking time to physically close to the child invited to

play by the stages of child development for the benefit of the therapy.

According to researchers the anxiety shown by the children in the room Kemuning of whom were children who experience anxiety responses characterized by crying, asking out of the wards, looking for a parent with a child's eyes and inactive. Based on the response of researchers to minimize anxiety by providing play therapy.

Preoperative anxiety in patients after therapy, play Rubik average anxiety scores of respondents was 52.10 with a standard deviation (SD) 10.380 and the lowest anxiety score was 31 (mild anxiety) and the highest anxiety scores was 65 (moderate anxiety). It showed a decrease in anxiety in children after playing Rubik's therapy.

Anxiety in children of the state becomes a matter of concern by parents causes anxiety may result in disruption of the growth process and can affect a child's behavior as it becomes difficult to eat, not calm, fear, anxiety and revolt when will do the nursing actions that can interfere in the process healing itself.⁽⁹⁾ For that according to (Huwari 2006) needs to minimize the anxiety by preventing or reducing the effects of anxiety. One way to minimize anxiety is by giving therapy.

Supartini⁽¹⁰⁾ explains that the play as an activity that can be done as a child and its development and growth stimulation plays for children in the hospital becomes a medium for children to express their feelings, relaxation and distraction feeling uncomfortable. Play activities carried out voluntarily to gain pleasure or satisfaction. By doing fun games can make children happy. According Nursalam et al.⁽¹¹⁾ with play will affect the health of a child.

This study is in line with research Septi⁽⁵⁾, entitled influence puzzles therapy against anxiety levels in

children who underwent hospitalization Medina hospital room Siti Khadijah Islam Palembang. In this study, data analysis results obtained using test marginal homogeneity test p-value of 0.000. And research shows that of all respondents totaling 35 children, which decreased anxiety after therapy puzzles are severe anxiety 19 children to 0 child anxiety were 12 children to 11 children, mild anxiety 4 children increased to 19 children, while do not experience anxiety children 0 to 5 children.

According to the researchers concluded that there are differences in anxiety scores before and after therapy play rubik, There is a difference between anxiety scores before and after therapy play rubik may be caused because the game rubik can train finger dexterity, hand-eye coordination, sharpen the brain, match the shape, the concept of cognitive, practice patience of children in developing rubik and relationships between parts of Rubik thus becoming rubik color shape intact.

Based on the statistical test anxiety scores before and after treatment with t-test playing rubik dependent with p-value of 0.000, it can be concluded that there pengaruh against child preoperative anxiety levels before and after rubik play therapy.

Anxiety is a major force in driving behavior. Good behavior normal and aberrant behavior, or impaired, both an expression, appearance, incarnation of defense against anxiety that.⁽¹²⁾ According Supartini 2004 while the reaction of preschool children who showed anxiety as the child refuses to eat, cry, often inquired about his situation, have trouble sleeping, uncooperative towards health workers when done nursing actions. The level of anxiety in the preoperative phase high enough children around 50-70% then diperluka way to prevent the child's emotional stress can be done in couple of ways including preoperative psychological preparation at the time (a day before the operation) where children and parents are given an explanation of the anesthetic and surgical techniques that will be undertaken the next day.

Playing is one way to reduce anxiety by playing children's anxiety is expected to decline. Small children generally respond better to the game and the kids are bigger respond better to a peer movie yangdilihatnya.⁽¹³⁾

Play therapy is an attempt to change problematic behavior, by placing children in situations of play. Play is a reflection of the physical, intellectual, emotional and social. Playing a good medium for learning because the

children's playground will speak (communicate), learn to adapt to the environment, doing what they can do and about the time of the distance and the sound.⁽⁴⁾

Play therapy is expected to break down the barriers, obstacles in esteem, stress, frustration and have an emotional problem with the aim of changing the behavior of children who do not fit into the behavior expected and the children were often invited to play will be more cooperative and easy to cooperation during the treatment period. Playing also be a good therapeutic media for children to develop their creative potential of children themselves, To reduce anxiety in children undergoing such hospitalization to do with relaxation, music therapy, physical activity, art therapy and play therapy.

In line with its growth and development, pre-school age children have gross and fine motor skills are more mature than the toddler age children. Children are more active, creative and imaginative. Similarly, the ability to speak and relate socially with friends is increasing. To that end, the right kind of plaything given to children for example, play puzzles / Rubik, read a story / fairy tale, drawing tools and massive beams game.

Rubik game selection in these games as rubik therapy is one of the educational games that can optimize the ability and intelligence of children. Rubik play teaches children to be patient and practice the skills of children in developing Rubik's color into the color Rubik's back intact. The benefits of playing puzzles / Rubik according to Beaty⁽¹⁴⁾ can train finger dexterity, hand-eye coordination, sharpen the brain, match the shape, the concept of cognitive, practice patience of children in developing puzzle / rubik and relationships between parts of a puzzle / rubik so as to form a puzzle / rubik intact

According Soebachman⁽¹⁵⁾ play Rubik is a game that consists of the colors from one side to train certain concentration levels. Play rubik can be done by children up to teenagers, but of course the degree of difficulty should be adjusted memainkannya child. Play Rubik child will try to solve the problem which is preparing colors.

This research is in line with the results of research conducted Kaluas⁽¹⁶⁾ shows the puzzle play therapy had a significant effect to reduce anxiety responses of preschool children during hospitalization which is obtained after therapy the mean value of a puzzle that is 28.71.

Conclusion

There are differences in anxiety scores before therapy and after receiving the play rubikrubik play therapy in pediatric patients pre-operatively.

Ethical Clearance-Yes

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Conflict of Interest-No

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