



Nursing Implementation Of Plasticine Play Therapy In Children With Typhoid Fever With Anxiety Due To Hospitalization

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Article Info

Article history:

Received February 2022

Revised April 2022

Accepted October 2022

Keywords:

Typhoid fever

Anxiety

Hospitalization

Anxiety Reduction

Plasticine Play Therapy

ABSTRACT

Children with typhoid fever require the child to undergo hospital treatment. This condition is a threatening situation and can cause feelings of anxiety if the child is unable to adapt. One way to reduce the impact of hospitalization is plasticine play therapy. Method: The type of research used in this research is descriptive in the form of a case study to explore the implementation of nursing in children with typhoid fever with anxiety due to hospitalization. The case study subjects were two pediatric patients aged 3-6 years with the same nursing problems, namely typhoid fever patients with anxiety and were willing to become respondents by signing informed consent represented by the patient's family. This research was carried out in March 2023. Results: The results of this research show that reducing anxiety through plasticine play therapy is effective in reducing the anxiety experienced by pediatric patients during hospitalization. Conclusion: Actions that can be taken in children with typhoid fever with anxiety due to hospitalization can be plasticine play therapy.

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1. INTRODUCTION

Infectious diseases are still the main cause of morbidity and death in the world [1]. According to WHO (World Health Organization), there were 25 million deaths worldwide in 2019, one third of which were caused by typhus infections. WHO estimates that Salmonella typhi causes 6.9 million to 48.4 million cases per year, most of which occur in Asia [2].

According to the 2019 Indonesian Health Profile, the number of typhoid fever cases in Indonesia in 2019 reached 500/100,000 cases. Most cases of typhoid fever occur in children with the child age group (2-4 years) amounting to 148.7/100,000 population and age group (5-15 years) amounting to 180.3/100,000 population with the number of typhoid cases reaching 41,081 with a death rate typhoid (CFR) of 0.67% (Indonesian Ministry of Health, 2019).

Based on the data above, it requires the child to undergo treatment in hospital. This condition is a threatening situation when they are undergoing treatment in hospital, it can cause feelings of fear and anxiety if the child is unable to adapt.[4]To reduce the impact of hospitalization, a way to reduce anxiety is needed, one of which is play therapy.

One type of game that is appropriate for pre-school age is skill play, namely playing with plasticine [5]. Playing with plasticine functions as therapy for children, and is also useful in improving children's fine motor skills [6], [7]. The aim of play therapy is to divert the child's attention to the game so that the child will not focus

too much on his condition and will forget about the pain the child felt while the child was being treated in hospital.[8]

Based on the data above, the author is interested in conducting case study research with the title "Nursing Implementation of Plasticine Play Therapy in Children with Typhoid Fever with Anxiety Due to Hospitalization at the Palembang Muhammadiyah Hospital in 2023".

2. RESEARCH METHOD

The method used in this scientific paper using a descriptive method, namely to explore the implementation of plasticine play therapy nursing in children with typhoid fever with anxiety due to hospitalization at the Muhammadiyah Hospital in Palembang in 2023. The approach used is a nursing care approach which includes nursing assessment, nursing diagnosis, nursing intervention or nursing planning, implementation or implementation of nursing, nursing evaluation and nursing documentation. This case study was carried out in the Rasyid Talib Inpatient Children's Room at the Palembang Muhammadiyah Hospital on March 18-23 2023. The case study subjects were two patients with inclusion criteria, namely child patients aged 3-6 years, child patients suffering from typhoid fever with The same nursing problems are anxiety, willing to be a respondent by signing informed consent, in this case represented by the patient's family, and willing to undergo plasticine play therapy.

3. RESULTS AND ANALYSIS

3.1. Results

The results of the assessment obtained for patient 1 (An. sleeping, while 17% of the major data had difficulty concentrating, which was not found in both patients because both patients were able to concentrate when there were questions and count during the assessment. Apart from obtaining major data, minor data was also obtained in patient 2 (An.H) which was in accordance with the theory, namely patients with poor eye contact when invited by researchers to interact. The differences obtained from the two patients were the scale of anxiety felt, duration of sleep and poor eye contact.

The results of the assessment obtained for the two patients are in line with research conducted by Melani and Kristina (2021), namely that anxiety is an emotional state characterized by feelings of tension, feelings of restlessness, feelings of confusion, feelings of worry and accompanied by physical responses (heart palpitations, increased pressure blood).

The nursing diagnosis obtained from the results of the assessment of patient 1 (An. F) and patient 2 (An. looks tense (when seeing doctors and nurses) and has difficulty sleeping (often waking up and having difficulty sleeping if not accompanied by his parents). The intervention applied to both patients was anxiety reduction which included observation, therapy and education for both patients.

The implementation applied to patient 1 (An. F) and patient 2 (An. H) was the same, the only difference was in the implementation date, where for patient 1 (An. H) carried out on Tuesday, March 21 2023. The first implementation carried out was therapeutic, namely introducing oneself to build a relationship of mutual trust with parents and patients and explaining the standard operational procedures for plasticine play therapy which was carried out according to the SOP for 10-15 minutes. The observational action carried out was identifying changes in behavior or physiology (measuring the level of anxiety using SLKI guidelines and the PASR questionnaire which was directed to the patient's parents. The educational action carried out was providing health education regarding typhoid fever and its prevention by washing hands.

Evaluation after implementing nursing in both patients, there was a decrease in the level of anxiety on the PASR questionnaire in patient 1 (An. F) from moderate to mild anxiety, while patient 2 (An. H) from severe to mild anxiety. This decrease in the level of anxiety proves that there is a decrease in the level of anxiety in both patients. Patients become more cooperative after plasticine play therapy.

3.1. Discussion

The implementation results are based on the nursing evaluation that was carried out on patient 1 (An.F) and patient 2 (An.H). After implementing plasticine play therapy, there was a decrease in the level of anxiety in each patient. This proves that plasticine play therapy is effective in reducing anxiety problems due to hospitalization in children with typhoid fever. This is in line with research[9]After playing plasticine therapy (playdough), there was a decrease in the anxiety scale in both subjects. Both subjects were on a normal anxiety scale.



Plasticine play therapy has an effect on children's growth and development and reduces anxiety due to hospitalization. By playing, children release fear, anxiety, express anger and hostility, playing is the most effective way of coping to reduce stress.

4. CONCLUSION

The researcher was able to explain that in carrying out the implementation of nursing on both patients, both in the implementation of observation, therapy and education, the author did not experience any problems and there was a decrease in the level of anxiety in both patients after implementing plasticine play therapy. Researchers concluded that the implementation of plasticine play therapy nursing showed a decrease in anxiety levels in patient 1 (An.F) and patient 2 (An.H).

It is hoped that the results of this research can be a reference for health workers, especially in the Rasyid Thalib Children's Inpatient Room at the Palembang Muhammadiyah Hospital in implementing plasticine play therapy nursing in children with typhoid fever with anxiety due to hospitalization. This can be used as a reference for learning media by pediatric nursing lecturers.

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