



Nursing Implementation Of Distraction Techniques: Play Therapy (Doll) With Anxiety Problems In Thalassemia Children

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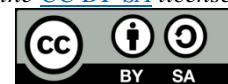
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ABSTRACT

Thalassemia is a disease that is passed from parents to their children in the womb which results in sufferers having to undergo regular blood transfusions to increase hemoglobin levels in the blood. Routine transfusions can cause psychological impacts such as anxiety in children. Playing is an effective way to reduce anxiety in children and can be a diversion or relaxation. The aim of the case study is that researchers are able to carry out nursing implementation of distraction techniques: play therapy (dolls) with anxiety problems in thalassemia children. Method: This research design uses descriptive methods in the form of a case study. Two respondents took cases, namely thalassemia patients with anxiety in the Talang Betutu Community Health Center area and the Sei Selincah Community Health Center area. Results: The implementation of nursing provided in the form of doll play therapy was effective in reducing anxiety in children. Anxiety scores decreased after doll play therapy. Conclusion: Nursing implementation of distraction techniques: play therapy (dolls) is effective in reducing anxiety in thalassemia children.

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1. INTRODUCTION

Thalassemia is a group of heterogeneous hereditary diseases/disorders caused by defects in normal hemoglobin production, due to abnormalities in globin chain synthesis and usually accompanied by abnormalities in erythrocyte morphology and erythrocyte indices [1]. Thalassemia is currently a health problem that is of concern, considering that its prevalence or incidence rate is increasing [2]. This disease is usually characterized by the condition of red blood cells (erythrocytes) which are easily damaged or have a shorter lifespan than normal blood cells in general, namely 120 days. Thalassemia is a disease that is not contagious, but this condition is passed down from parents to their children in the womb [3].

According to the World Health Organization (WHO), the degree of thalassemia is >7% of the world's population. The quality of thalassemia carriers in the Mediterranean is dominated by Saudi Arabia and Iraq with 1-15%, while the largest distribution of thalassemia carriers in Asian countries is Singapore, namely 4. Infection is widespread throughout the world, especially among Mediterranean, Middle Eastern and Indian people, and Myanmar, as well as areas between southern China, Thailand, Peninsular Malaysia, the Pacific Islands, and Indonesia (Fabiana Meijon Fadul, 2019). Based on the World Health Organization (WHO) report in 2006, around 7% of the world's population is suspected of being a carrier of thalassemia and around 300,000 – 500,000 babies are born with this disorder every year [4]. Based on data according to the Ministry of Health (2020), the number of thalassemia cases in Indonesia is 234,888 sufferers (Indonesian Ministry of Health, 2020). According to information from Basic Health Research (Riskesdas), in 2014 there were 6,647 cases of thalassemia. In 2015, there was an increase in cases to 7,029 cases of thalassemia sufferers in Indonesia (Suyono, 2019). Chairperson of the Association of Parents of Thalassemia Sufferers in South Sumatra, Indonesia, Dian Agustini, said that there were at least 271 children suffering from thalassemia and 52 other people were adult patients in South Sumatra in March 2019 (Rujito, 2021).

Thalassemia sufferers are very dependent on their parents because their physical condition is very weak. Children must undergo regular blood transfusions, continuous blood transfusions can cause mild effects that can be life-threatening for those affected [5]. The effects of the transfusion begin with symptoms such as itching and rash, and as the transfusion reaction worsens, the patient will experience symptoms such as flushing, fever, chills, restlessness, and tachycardia. A transfusion reaction can be considered life-threatening if there are signs of hypotension and DIC [6].

When a child has received blood transfusions too often, his skin color will become gray like iron due to the accumulation of iron in the skin tissue (Sausan, 2020). Apart from the physiological side effects experienced by thalassemia sufferers when undergoing continuous blood transfusions, it can also cause psychological impacts, namely the emergence of anxiety. Play is one of the most important aspects of a child's life and the most effective tool for reducing anxiety in children. Playing also plays an important role in children's mental, emotional and social health, and serves to help children feel more comfortable in unfamiliar environments, and provides diversion or relaxation (Sari., 2021).

Hand puppet play therapy has a therapeutic impact on improving children's communication and is a medium for expressing the feelings they experience while in hospital [7]. Often children are too afraid to express their feelings when undergoing medical treatment. The use of hand puppets with children aims to identify fears and misunderstandings about what is happening to them [8]. Nurses will tell stories using hand puppets, while the stories they will tell will contain meaningful elements or stories about activities in the hospital [7].

2. RESEARCH METHOD

This research uses a case study with a descriptive analytical design to explore the problem of nursing care for thalassemia children with anxiety problems who are treated in the working area of the Talang Betutu Community Health Center and the Sei Selincah Community Health Center. The approach used is a nursing care approach which includes assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation. The subjects in this case study were two child clients with cases of thalassemia who experienced anxiety. The criteria for the sample in this case study are as follows: The patient is a child with a medical diagnosis of Thalassemia who has signs and symptoms of looking confused, looking worried about the consequences of the condition being faced, looking restless, looking tense, having difficulty sleeping, the patient is a child aged 3- 6 years. The focus of this case study is the implementation of distraction technique nursing: play therapy (dolls) with anxiety problems in thalassemia children. The location of this case study was carried out in the working area of the Talang Betutu Community Health Center and the Sei Selincah Community Health Center. The case study will be carried out in 2023 for a minimum of 3 days in March-May 2023. The data collection methods used are interviews, observation and physical examination of the patient's body system. study documentation and patient status.

Before starting the research, this research protocol was approved by the Health Research Ethics Committee of the Health Polytechnic of the Ministry of Health in Palembang with the statement of Passing the Ethical Review with No:...../KEPK/Adm2/II/2023. The three clients also received an informed consent explanation before the start of the research regarding their involvement in the research.

3. RESULTS AND ANALYSIS

3.1. Results

Patient 1

Patient 1 named An.A is 9 years old, male, primary school education (SD), Islamic religion, address Jl.Padat Karya Lorong Melati 2, RT.002/RW.001, Talang Jambe, Sukarami. Media diagnosis of Thalassemia B Major, the patient's mother said she did not know where this thalassemia disease came from. This disease was seen when An.A was 8 months old, but a medical diagnosis was only determined around 2017 (4 years old). The child was treated at RSMH with laboratory results at that time Hb 7 gr/dL. An.A has regular blood transfusions every 3 weeks.

Patient 2

Patient 2 named An.K is 6 years old, female, not yet in school, Islamic religion, address Jl.Mayor Zen, RT.29, RW.06, Sungai Lais, Kalidoni. Edia diagnosis of Thalassemia B Major, the patient's mother said there was a family member who suffered from thalassemia, namely the patient's father's older sister, the patient's disease was initially discovered when An.K was 8 months old with complaints of looking pale, weak, body hot.



The child was treated at RSMH and a laboratory examination was carried out at that time with Hb results of 5 gr/dL. Since then, the child has been medically diagnosed with thalassemia and has had routine blood transfusions once a month, which has now become twice a month.

3.1. Discussion

The researcher will discuss whether there are compatibility or gaps between theory and cases of nursing care for patient 1 (An.A) and patient 2 (An.K) Thalassemia with anxiety problems in the Talang Betutu Community Health Center and Sei Selincah Community Health Center areas. In the implementation activity, the researcher first made a contract with the patient's parents so that they were physically and psychologically ready to receive nursing care.

The results of the assessment showed that both patients felt confused, had difficulty concentrating, looked restless, and their faces looked pale. On physical examination in the case study both were within the normal range. The nursing problem that was raised and used as a priority nursing diagnosis was anxiety related to a situational crisis. This diagnosis was proven by the data that the two patients felt confused (the child seemed to be asking his mother about the researcher), had difficulty concentrating (the child had no eye contact with the researcher, the child seemed to often turn to his mother), looked restless (the child was more silent, slightly shaking), and the face looked pale. These results indicate that the diagnosis in the case is appropriate and the same as the priority diagnosis in thalassemia patients in theory. This is supported by research on the signs and symptoms of anxiety namely worry, palpitations, bad feelings, anxiety, feeling tense, irritable, afraid of one's own thoughts, disturbed sleep patterns and impaired concentration and memory [9].

The intervention carried out on both patients was distraction techniques: play therapy (dolls). The nursing interventions carried out in the patient 1 and patient 2 case studies were in accordance with theory including observation, therapy and education. Implementation is given based on the diagnosis raised by focusing on priority problems, namely anxiety. The author provides the implementation of the distraction technique of playing with dolls to reduce anxiety, which consists of identifying the level of anxiety, and providing therapy with playing with dolls, as well as educating on the benefits of providing therapy with playing with dolls. According to (Putri et al., 2016) hand puppet play therapy is effective in reducing children's fear of hospitalization at preschool age (3-6 years). The use of hand puppet play therapy in children aims to identify the child's fears about what happens to the child, the doll. Hands are also a medium for expressing the feelings they experience while in the hospital. Hand puppets are easier for children to understand and understand, so that when children do hand puppet play therapy, children understand the situation they are facing.

3.2.1. Implementation of Distraction Techniques: Play Therapy (Dolls)

Nursing implementation is the actualization of a nursing plan that has been prepared and given based on the diagnosis raised by focusing on priority problems, namely anxiety in thalassemia children. Researchers provide nursing implementation of distraction techniques: play therapy (dolls) including observation, therapy and education.

3.2.1.1. Observation

Before the researcher implemented the distraction therapy technique of playing with dolls, the researcher needed to observe the patient's anxiety level using the Indonesian Nursing Outcome Standards (SLKI) and the Preschool Anxiety Scale Revised (PASR) questionnaire which had been modified by the researcher. During the assessment, the researcher will assess the subjective and objective data that appears in the patient, and the parents fill out the questionnaire according to the researcher's directions. After the parents fill out the questionnaire, the researcher will calculate a score to determine the level of anxiety in patient 1 and patient 2.

According to researchers, this shows that identifying anxiety is necessary to measure the level of success of implementation. By measuring the level of anxiety, researchers can determine the level of anxiety experienced by the child during a blood transfusion, whether it indicates severe anxiety, moderate anxiety, or mild anxiety. When the researcher made observations during the assessment, data was obtained on patient 1. The patient's lips looked pale, the patient looked afraid (hugging his mother), anxious, tense (more silent) and looked away from the nurse when asked, there was no eye contact with the researcher. In patient 2 the situation was not much different, namely the patient looked pale, the patient looked afraid (hugging his mother), restless, difficult to talk to (more silent) and looked away from the nurse when asked, there was no eye contact with the researcher. From the subjective data of the two patient mothers, in Patient 1 (An.A) the

patient's mother said that An.A would be tense, anxious and worried as evidenced by wanting to go to the bathroom when the nurse/doctor would take action such as installing an IV and then she would hugged his mother to reduce his fear. Meanwhile, in Patient 2 (An.K), the patient's mother said that An.K was tense, fussy, sometimes even crying, screaming and throwing tantrums when the nurse/doctor was going to carry out the infusion procedure.

In patient 1 (An.A) at the 1st meeting, the results of the anxiety measurement were obtained through the results of the researcher's observations and the PASR parent questionnaire before implementation. The results of the PASR questionnaire were obtained with a score of 47, indicating moderate anxiety. At the 2nd meeting after implementation, 42 results were indicated as moderate and at the 3rd meeting 31 results were still indicated as moderate. In patient 2 (An.K) at the 1st meeting, the results of measuring the level of anxiety were obtained through the results of the researcher's observations and the PASR parent questionnaire before implementation, and a score of 58 indicated severe anxiety. At the second meeting after implementation, 42 results indicated moderate anxiety, and on the third meeting day, 36 results indicated moderate anxiety.

The difference in anxiety levels on the day of the 1st meeting before implementing distraction technique nursing: play therapy (dolls) where patient 1 (An.A) had an anxiety level of 47 to 31 and patient 2 (An.K) had an anxiety level of 58 to 36, can It was concluded that after observing the level of anxiety during 3 meetings in patient 1 (An.A) and patient 2 (An.K), it was found that the anxiety level of both patients had decreased, so that this met the predetermined outcomes.

3.2.1.2. Therapeutic

Patient 1 (An. A) and patient 2 (An. When the implementation was carried out, patient 1 (An.A) and patient 2 (An.K) were cooperative and did not seem anxious anymore so that doll play therapy was effective in reducing the level of anxiety in the patient. Patient 1 (An.A) with an initial anxiety level of 47 before implementation experienced a decrease in anxiety level at the 3rd meeting to 31. Patient 2 (An.K) whose initial anxiety level was 58 then after implementation became 36, so it can be concluded that the administration Distraction technique: playing with dolls has been proven to be effective in reducing anxiety levels in thalassemia patients.

This is supported by research conducted by (Rafidaini Sazarni R, Neni Triana, 2020) showing different levels of anxiety with a total of 30 children, after being given action from the 30 respondents, the results were 15 respondents (50%) with moderate anxiety and 15 respondents (50%) with mild anxiety, the conclusion was that there was an influence of communication techniques using imaginary dolls on changes in children's anxiety levels. According to research conducted, a total of 35 respondents, the results obtained before hand puppet play therapy were 50.63 with severe anxiety and the average result after puppet play therapy was 31.37 with anxiety. Meanwhile, researchers also assume that hand puppet play therapy intervention can influence and significantly reduce children's anxiety.

3.2.1.3. Education

Health education is carried out by researchers at every meeting using poster media. When providing health education, researchers use language that is easy to understand by involving the patient's parents. At the first meeting, both patients were given education regarding the meaning of thalassemia, anxiety and therapy for playing with dolls, the benefits of playing with dolls and the purpose of playing with dolls. At the 2nd and 3rd meetings the researchers evaluated the education provided at the first meeting. After explaining, the researcher evaluated the parents' knowledge by asking them to explain the essence of the material again.

Nursing evaluation (SOAP) in the case study of patient 1 (An.A) and patient 2 (An.K) after implementation at the 3rd meeting, data was obtained that both patients were in good condition, the patient's mother said her child was not anxious and worried and fussy Again, the patient was cooperative, the patient was happy and comfortable with the researcher, there was eye contact so that the assessment obtained at the 3rd meeting resolved the problem. Based on the evaluation above, in patient 1 (An.A) and patient 2 (An.K), after nursing actions were carried out for 3 meetings, the level of anxiety in both patients decreased.



3.2.2. Analysis of Nursing Implementation Results Distraction Techniques: Play Therapy (Dolls)

Patient 1 (An.A) and patient 2 (An.K) after implementing nursing Distraction Technique: Play Therapy (Dolls) for 3 meetings showed a decrease in anxiety levels. This proves that doll play therapy is effective in reducing anxiety levels in thalassemia children.

The researcher assumes that the results of the case study conducted on Patient 1 (An.A) and Patient 2 (An.K) who experienced severe and moderate anxiety could be handled quite well through doll play therapy. Initially it was difficult for the child to build a sense of trust in the researcher, which was shown by being more silent and hiding near his mother, but with the help of those closest to him, especially the patient's mother, the child finally started to communicate well. Patient 1 (An.A) initially experienced a moderate level of anxiety and then remained at a moderate level of anxiety with a different score, whereas in Patient 2 (An.K) who initially experienced a severe level of anxiety then decreased to moderate anxiety.

According to research conducted by (Zellawati, 2011), playing is an important activity during childhood. The benefits of playing are for the development of physical aspects, development of gross and fine motoric aspects, development of social aspects, development of emotional or personality aspects, development of cognitive aspects, sharpening of sensory sharpness, making children creative, critical and not children who are indifferent to events around them, as therapy media, while playing children's behavior will appear free and playing is something that a child naturally has.

Based on the results of the nursing evaluation on Patient 1 (An.A) and Patient 2 (An.K), it was found that the patient looked more relaxed and comfortable, so it can be concluded that doll play therapy can reduce anxiety levels in children when undergoing blood transfusions. From this doll play therapy, it can help to explore, express the child's feelings and thoughts, and can improve the child's communication skills. From the therapy carried out, positive coping will be formed which can reduce anxiety in children. Children will feel that they don't need to be afraid of actions that will be carried out on them when they are in the hospital or other health care settings.

Before implementing it, nurses always build a relationship of mutual trust (BHSP) with the patient in order to gain the patient's trust [10]. In implementing the implementation strategy for patient 1 and patient 2 after implementation, the results were that both patients were able to carry out the implementation well because they were willing to follow the nurse's interactions and directions [11]. From the results of this implementation, of course there are several differences in behavior after the implementation. In patient 1, after implementation, the patient was able to control his hallucinations using these four methods, the patient was able to practice how to rebuke, how to converse with other people, carry out scheduled activities and adhere to taking medication. Likewise with the patient's behavior, after the implementation was carried out for 6 meetings, the patient was cooperative, there was eye contact, the patient wanted to socialize and interact with friends, daydreaming decreased, the patient was no longer isolated. Meanwhile, in patient 2 there was a difference during each assessment where patient 2 said it was more comfortable to write rather than convey verbally when conveying complaints, then when the implementation was carried out using implementation strategies the patient was found to be able to understand well how to control hallucinations, the patient was also able to practice again every time implementation strategies that have been taught. Then, after implementing it for 6 meetings, the patient appeared cooperative, there was eye contact, the patient was willing to socialize and take part in activities with friends, the patient seemed no longer alone. And from the two patients it was found that complaints of hearing whispers were greatly reduced and they felt better every day after receiving guidance on controlling hallucinations from the nurse.

4. CONCLUSION

Anxiety will appear in certain situations or conditions, such as when a child is invited to go to the hospital or when they are about to receive medical treatment or something that is harmful to the patient, such as an infusion procedure, therefore researchers carry out doll play therapy to reduce the level of anxiety in patients. In this case study, nursing care has been carried out with the implementation of the Distraction Technique: Play Therapy (Puppets) including observation, therapy and education for thalassemia children with anxiety problems in the Talang Betutu Health Center and Sei Selincah Community Health Center areas for 3 meetings, so the author concludes that it is capable achieve specific goals, namely.

4.1. Nursing Implementation of Distraction Techniques: Play Therapy (Dolls)

4.1.1. Observation

Observations carried out during 3 meetings on patient 1 (An.A) showed that the anxiety level had decreased from 47 to 31, and patient 2 (An.K) found that the anxiety level had decreased from 58 to 36,

the patient was in good condition, the patient's mother said that her child no longer anxious, worried or fussy, the patient is cooperative, the patient is happy and comfortable with the researcher, there is eye contact.

4.1.2. Therapeutic

Nursing implementation of distraction techniques: play therapy (dolls) in patient 1 (An.A) and patient 2 (An.K), it was found that the patient's parents were able to invite their children to play with dolls when anxiety appeared in the child.

4.1.3. Education

Providing education, it was found that both parents of the patient understood the material presented (the meaning of thalassemia, anxiety and therapy for playing with dolls, the benefits of playing with dolls and the purpose of playing with dolls).

4.2. Results of Nursing Implementation Analysis

The results of the analysis obtained when providing doll play therapy for anxiety problems in thalassemia children, patient 1 (An.A) and patient 2 (An.K), were effective in reducing anxiety levels, where there was an effect of doll play therapy on reducing anxiety levels in children.

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