

Nursing Care for Preschool-Aged Children Experiencing Hospitalization Using Bibliotherapy Innovation Interventions Against Anxiety Problems at Jend. Ahmad Yani Metro City Hospital in 2024

Kurniati¹, Anggi Kusuma¹

¹Universitas Aisyah Pringsewu, Lampung, Indonesia

Article Info

Keywords :

Hospitalization, Bibliotherapy, Anxiety

Corresponding Author :

Kurniati

Phone Number : +62 813-7913-6810

ABSTRACT

Background & Objective: The purpose of this study was to provide nursing care for preschool-age children who experienced hospitalization using bibliotherapy innovation interventions against anxiety problems at Rsud Jend. Ahmad Yani Metro City in 2024. **Method:** Data collection methods using pediatric nursing care assessment sheets and anxiety observation sheets using VAS-A. The study used pediatric patients. The results of nursing care were obtained in the evaluation that researchers conducted on client 1 based on the criteria that researchers compiled for 1 diagnosis. **Result:** The resolved diagnosis is anxiety with both clients both having an anxiety scale of 0 on day 3 after doing bibliotherapy for 3 days. **Conclusion:** Suggestions for patients and families can apply bibliotherapy either at home, at the hospital or in public places to train children to avoid excessive fear and can be used to improve children's motor and sensory.

DOI: <https://doi.org/10.56359/igj.v4i2.577>



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/)

Introduction

Children who are hospitalized are increasing in population every year, according to WHO (2020) more than 1.6 million children in the world aged between 2-6 years undergo hospitalization due to injury and various other causes. Indonesia's child health profile shows that in 2018 the child morbidity rate reached 15.26%. The morbidity rate for children in rural areas was 15.75%, while the morbidity rate in urban areas was 14.74%, with the trend of health complaints including heat, cough, runny nose, asthma / shortness of breath / fast, diarrhea / loose water, recurrent headaches, toothache and others (Central Bureau of Statistics, 2021).

In the United States it is estimated that more than five million children experience hospitalization and more than 50% of children experience anxiety and

stress. It is also estimated that more than 1.6 million children aged 2-6 years undergo hospitalization due to injury and various other causes (Disease Control, National Hospital Discharge Survey, 2022). According to Gomez (2022), research in hospitals in Brazil identified anxiety in children as 88.5%. The prevalence of child anxiety when undergoing hospitalization reaches 75%. According to data from the Lampung Provincial Health Office (2022) the number of children aged 0-17 years was 1,174,426 children in 2018. From the data of the Bandar Lampung City Health Office (2022) the number of children aged 0-17 years was 308.45 children. The total number of children who get pediatric care per year, 50% of them get hospitalized in the hospital.

Hospitalization is a situation that requires children to stay in the hospital, undergo therapy and treatment for planned reasons or emergency conditions. Staying in the hospital can cause anxiety for children and their families (Mendri & Prayogi, 2020). The effects of hospitalization on children can provide rejection behavior reactions such as screaming, calling parents, and physically attacking such as hitting, kicking, pinching, and also trying to escape, while in children who experience despair their behavioral reactions are sad, lazy, silent, not interested in the environment (Wong, 2020).

Every year hospitalization in children continues to experience a dramatic increase, especially in big cities such as Lampung Province. Where children often suffer from increasingly complex diseases. According to the results of the National Health Survey (SUSENAS), 2019) the Indonesian population expressed health complaints as much as 28.2% of the total population, then the number of patients hospitalized was 789,853% of people for the North Sumatra region (Wong, 2021). The impact of anxiety on children undergoing hospitalization, if not treated immediately, will make children reject the care and treatment provided so that it will affect the length of the child's hospitalization days and can aggravate the condition of the child's illness. To reduce the impact of hospitalization experienced by children during treatment, a medium is needed that can express their anxiety, one of which is play (Sujatmiko, 2023).

Play is an activity where children can perform or practice skills, give expression to thoughts, be creative, prepare themselves for adult roles and behaviors Hidayat (2022). Play will make children release from the anxiety and stress they experience because by playing games, children will be able to divert their pain to their games. It is hoped that the child's anxiety will immediately decrease, so that it can make the child more cooperative with health workers. Based on the techniques commonly used to reduce anxiety is listening to music and can also be with storytelling techniques or commonly referred to as Biblotherapy. The illustrated story technique is delivered so that children do not get bored of hearing it and can be added with funny things and entertainment in telling stories.

According to Wong (2022), play therapy is a creative communication technique with children. Where books are used in a therapeutic and supportive process. The utilization of picture storybooks as a therapeutic medium, can connect children with their personal experiences as told in the book and can then be used as a basis for discussion. With play therapy, health care providers provide opportunities for children to explore an event that is similar to the events they experience with different versions so that children are not too focused on the event and children remain in control. Previous research conducted by (Apriliawati, 2020) with the aim of identifying the effect of play therapy on the anxiety level of children undergoing

hospitalization, obtained the results that there is an effect of play therapy on reducing the anxiety level of school-age children undergoing hospitalization where every child who gets play therapy will decrease their anxiety level. This reason makes nurses required to provide quality services to children so as to minimize anxiety in children during hospitalization.

Reading books can be used by children to express their feelings so that anxiety during hospitalization can also decrease. Play therapy provides an opportunity for children to explore an event that is similar to the events they experience with different versions so that children do not focus on the event and children remain in control. This reading therapy is generally used to cure people with stress, depression and anxiety (Wong, 2022).

In line with research conducted by Endang et al (2023) with the research title The effect of play therapy on hospitalization stress in school-age children at rsud panembahan senopati bantul. The results showed that the average stress of hospitalization before being given play therapy was 10.50 and after being given play therapy was 6.05 This shows that there is an effect of play therapy on hospitalization stress in school-age children (Endang et al, 2023). Other research conducted by (Apriza, 2020) Based on the results of the study, it is known that the data on the difference in the level of anxiety of respondents before and after the provision of play therapy is 4.7, while research (Safril and Rina, 2020), the level of anxiety before being given play therapy using longer picture books obtained the mean value of 39.16 with a standard deviation of 10.805. The level of anxiety after being given play therapy using a longer picture book obtained a mean value of 23.71 with a standard deviation of 9.819.

Based on the results of the pre-survey that the authors conducted through data searches of patient medical record documents at Jend. Ahmad Yani Metro City Hospital, the number of pediatric patients has increased, children who underwent hospitalization in 2022 were 204 cases, in 2023 there was an increase of 359 cases of children and in 2024 from January to March there were 102 cases of children. The number of children who undergo hospitalization 45% of them experience anxiety. Anxiety responses that are often experienced by children such as crying, restlessness, and often say they are afraid due to invasive actions such as installing IVs and giving injection therapy (Nursing Division of RSUD Jend. Ahmad Yani Metro City, 2024).

The results of interviews and observations conducted on 10 parents of children who were treated at RSUD Jend. Ahmad Yani Metro City, the results of the interview showed that 7 children experienced excessive anxiety when being treated such as crying and fear when meeting health workers, while 3 of them did not show anxiety when being treated in the hospital. In addition, the author's pre-survey conducted on several hospitals around the city of Metro found that the most pediatric patients were at RSUD Jend. Ahmad Yani Metro City. Based on this description, the researcher is interested in conducting research on nursing care for preschool-age children who experience hospitalization using bibliotherapy innovation interventions for anxiety problems at Jend. Ahmad Yani Metro City Hospital in 2024.

Objective

The purpose of this study was to provide nursing care for preschool-age children who experienced hospitalization using innovative bibliotherapy interventions for anxiety problems at the General Hospital of Ahmad Yani Metro City in 2024.

Method

Data collection methods using pediatric nursing care assessment sheets and anxiety observation sheets using VAS-A. The study used pediatric patients. The results of nursing care were obtained in the evaluation that researchers conducted on client 1 based on the criteria that researchers compiled for 1 diagnosis.

Results

Analysis of Client Characteristics

From the results of the assessment, it is known that the two patients are both 3 years old and are male and female. Hospitalization is a process due to planned or emergency reasons that require children to stay in the hospital to undergo therapy and treatment (Supartini 2014). A crisis situation in a sick child, which requires the child to try to adapt to a new and unfamiliar environment, namely the hospital, so that these conditions become a stressor factor for children, parents, and families (Wong, 2019).

This can occur in preschool-age children. The stressors that can cause anxiety in preschool-age children due to hospitalization include separation from home, peers and parents, loss of control over previous skills, bodily injury and pain. Reactions that may occur are protest behavior, boredom, loneliness, frustration, withdrawal, seeking information. School-aged children accept hospitalization with some trepidation. Some of them will refuse to enter the hospital and openly struggle not to be treated (Sacharin, 2018).

According to Windyani's research (2019) that the hospitalization of children at Cibabat Hospital shows that the hospitalization of children with pre-school age is mostly 5 years old (56.5%). This is in line with research (Sofyan, 2014) based on the highest age of 5 years as many as 28 respondents (70%).

According to the researcher's assumption At the beginning of a child undergoing treatment or hospitalization in a hospital, unpleasant and difficult to control behavior often appears. At such times, their feelings are full of emotional burdens such as anxiety, fear, feelings of inferiority, feelings of anger, depression, feelings of helplessness, excessive dependence on others and unable to think properly. The majority of preschool children are very anxious and fearful of hospitalization. Illness and hospitalization create a crisis in a child's life. In the hospital, children have to face unfamiliar surroundings, unfamiliar caregivers and disruption to their lifestyle.

Many factors influence hospitalization stress in children, including gender and hospitalization experience. According to the results of the study it was found that boys had a higher level of stress (mean = 10.63) compared to girls (mean = 10.28). This is in accordance with Wong's opinion where boys tend to react to stress by withdrawing or passive acceptance, anger, irritability, aggression towards parents, withdrawing from hospital staff, unable to relate to peers and rejecting siblings. This is supported by Purbondari's research which shows boys have a higher level of stress (mean = 63.30) compared to girls (mean = 60.43). This is in accordance with Wong's opinion which states that girls are generally more adaptive to stressors than boys.

The results of this study are in line with research conducted by (Gladly dkk, 2016) which proves that there is a relationship between child gender and the incidence of anxiety in hospitalized children. In the study, the results of univariate analysis showed that the proportion of the female sex was more than the male sex, namely 46 people

for women and 23 people for men who experienced anxiety. In addition, it is also known that the female gender suffers more anxiety.

Based on the results of research that has been conducted on the characteristics of respondents, data based on gender is found to be the most female as many as 22 respondents (18.5%). The results showed that the gender of the child was mostly female. The large number of patients in one gender is often associated with morbidity risk groups. The number of female patients who were more likely to be research respondents illustrates that girls are treated more than boys and girls are a morbidity risk group, Rahmat (2011)

According to the researcher's assumption, the morbidity risk group in children is the gender of boys. When children are sick and hospitalized, it will affect their physical and psychological conditions, this is called hospitalization. A state of crisis in children when children are sick and hospitalized, so they must adapt to the hospital environment. The unfamiliar hospital environment, frightening medical equipment and painful medical procedures are often the picture of hospitalization.

Analysis of Major Nursing Problems

The results of the assessment obtained the main problem is anxiety related to situational crisis with supporting data the patient's mother said her child was fussy and did not want to stop crying, the patient's mother said her child did not want to be separated from the sling, the patient's mother said her child did not want to interact with others, the mother said her child did not sleep, the general condition was moderate, the child looked fussy, the child was afraid to see the nurse, the anxiety scale was moderate, the child did not want to be invited to interact with the nurse, the child looked scared and the child was crying. The main problem that arises in patients is in accordance with the theory if children often experience anxiety when experiencing hospitalization.

Getting sick and being hospitalized is the main crisis that occurs in children. If a child is hospitalized, the child will easily experience a crisis because the child experiences stress due to changes in both health status and environment in the daily environment and the child has a number of limitations in coping mechanisms to overcome problems and events that are stressful. Children's reactions in overcoming the crisis are influenced by the level of age development, previous experience of the process of illness and hospitalization, the support system available and coping skills in handling stress (Endang et al., 2019).

According to research conducted by (Syukri, 2017) the average anxiety in children with hospitalization after play therapy is greater than before play therapy. Previously, children experienced more severe anxiety experienced by respondents, namely 60.6% (experienced by 20 respondents), after being given play therapy, severe anxiety was only experienced by 4 children (12.1%) respondents, the majority of respondents only experienced mild anxiety, namely 51.6%.

According to the researcher's assumption, pre-school children's care in the hospital is a stressful experience for children. Preschool children perceive illness as something scary and stressful for children because they lose a safe and unpleasant environment. This stress on the child can be shown by anxiety that arises in the child's attitude. Anxiety is a tension, insecurity, worry that is felt due to experiencing unpleasant events.

Analysis of Nursing Actions based on Nursing Diagnoses

The nursing action taken by the author in this nursing care is to provide *biblio therapy* animal storytelling picture books to reduce anxiety in both patients. The play therapy provided in this study is in the form of children's storybooks given for 3 days with a time span of 30 minutes a day 2 times, the theme of the book is adjusted to the client's condition and the child can read it himself or be assisted by the researcher. This research is in accordance with the opinion of Setyoadi and Kushariyadi who say that play therapy by reading makes a person able to recognize himself. From these reading activities, children gain information and knowledge that can be used as input to solve the problems they face.

This research is supported by research conducted by Apriza which shows that the average value before being given play therapy is 23.3 and after being given play therapy 18.6. This shows that there is a decrease in the level of anxiety in children. When nurses use fiction books in play therapy, children read about characters (figures) who face problems similar to the problems they face, then children will identify themselves with these characters, thus children gain awareness, understanding and motivation about the problems they face. According to Fitria's research (2020) that anxiety before play therapy was carried out was 5.62, while the average anxiety after play therapy was 2.76. It can be concluded that after play therapy the level of anxiety in children with hospitalization has decreased by 2.86.

According to the researcher's assumption, play therapy is a very good technique to stimulate discussion because of the fear, guilt, and shame that children feel. Reading a character in a book can overcome the problem where the problem is similar to the problem faced by the child, this can help children verbally express their feelings about the problems they face to the nurse. By reading stories where the characters successfully solve their problems, it can help children overcome and change the problems they are facing. For example, when a child has a physical disability and reads about a character who has a physical disability who also manages to overcome the problems about the physical disability he faces. Children who feel they have barriers or weaknesses can learn that many children who are in the same situation as themselves are able to successfully overcome the problems they face. This can develop self-awareness about the problems the child is currently facing.

Analysis of Nursing Actions According to Research Results

The results of the evaluation by providing *biblio therapy* to both patients were found that the anxiety of the two patients decreased on the third day with the anxiety scale of the two patients both not anxious. The first patient obtained evaluation data the patient's mother said her child was fussy, the patient's mother said her child was calm, the general condition was good, pulse: 90 x/min, RR: 20 x/min, T: 36.30C, SpO2: 99%, no anxiety, the child is cooperative, the child is not afraid and the child wants to tell about the contents of the picture story book. Second patient The patient's mother said her child was fussy, the patient's mother said her child was calm, general condition was good, pulse: 90 x/min, RR: 20 x/min, temperature: 36.30C, SpO2: 99%, the child is cooperative, the child is not afraid, the child wants to tell about the contents of the picture story book.

Reactions during hospitalization vary depending on the age of the child. At preschool age, reactions that often appear in general can be described as sadness, fear and guilt because they face something they have not experienced before, insecurity,

discomfort, feelings of losing something that is usually experienced and something that feels painful. Therefore, when children experience anxiety in the hospital, to relieve their anxiety can be done by playing, namely by providing a unique game and can attract children's attention (Wong, 2019).

When children experience anxiety in the hospital, to relieve their anxiety can be done by playing, namely by providing a unique game and can attract children's attention (Wong, 2019). Play therapy is indicated as one type of therapy that is suitable for children, children can express their feelings through the game, one of which uses picture storybooks or illustrated books (Susana, 2011). Children can bring their favorite books, games, and stuffed animals to the hospital. They enjoy being read a story or holding a favorite doll. By using books, children can relate their personal experiences as in the story in the book and can then be used as a basis for discussion (Apriliawati, 2011).

In the research of Arum et al, it was found that play therapy and guided imagery were very influential in reducing anxiety during hospitalization in preschool children (Purnawati, 2016). The results of this study are in line with Apriza's research (2017) entitled the effect of *biblio therapy* on the level of anxiety of hospitalization effects in preschool children. With the results obtained, namely $p \text{ value} = <0.001$.

This study is in accordance with research conducted by Apriliawati which shows that there is an effect of *biblio therapy* on anxiety levels in children with a p -value of 0.000. Other research that supports is research conducted by Yudianto which examines the effect of play therapy on the response to reducing anxiety in children with a p -value of 0.04.

From the results of research at the Muhammadiyah Palembang Hospital. There is a difference in average anxiety before and after intervention. In the pre-test anxiety obtained a mean value of 56.84. In the post test anxiety obtained a mean value of 3.35 with a difference of 52.71 and Std. Deviation 5.01. Value <0.05 .

Children aged 3-6 years experience physical, cognitive, emotional development. Children's emotional development during early childhood emotions are very strong. This is a time of imbalance because children are "out of focus" in the sense that they are easily carried away by teasing, emotional so it is difficult to be guided and directed. This is particularly striking in preschool children aged 3-6 years, although in general this applies to almost the entire period of early childhood (Mustofa, 2016).

Biblio therapy according to Wong (2019) is a therapy using games that are given and used by children to deal with fears and anxieties, recognize foreign environments, learn to recognize nursing procedures. Play therapy is a fun activity for children so as to create a familiar atmosphere and feelings of happiness. This is in accordance with the research of Arifin and Udiyani (2019) which shows that there are differences in the effectiveness of play therapy coloring pictures on reducing anxiety in preschool children at Dr. H. Andi Abdurrahman Noor Hospital.

In line with research from Suryani, Sodikin, and Yulistiani (2022) which proves that there is a difference between the level of anxiety experienced by children before *biblio therapy* and after *biblio therapy*.

Discussion

According to the researcher's assumption, one of the most important skills in the cognitive development of school-age children is the ability to read, which is acquired during the first years of school and is the most valuable tool for investigating

children's independence. School-age children who have the ability to write and read books well, allow children to use books to understand their experiences, children can express their feelings through reading and writing to reduce anxiety during hospitalization. Through storybooks with very entertaining themes can provide a response to children to observe, listen and imagine what they capture. Storytelling is very meaningful in reducing anxiety due to hospitalization in children. Storytelling is an effective way to reduce stress in children and is also important for children's mental and emotional well-being.

Conclusion

1. Assessment

The assessment found in both patients has some similar data but there are also different data, where patients are both 3 years old, patient 1 is male and patient 2 is female, patient 1 with a diagnosis of DHF and patient 2 with a diagnosis of febrile seizures.

2. Nursing Diagnosis

The diagnosis that the author raises based on the focus of this nursing care is anxiety related to situational crisis.

3. Nursing Intervention

The planning used in the case of both clients is adjusted to the nursing problems that are established based on the criteria for major, minor signs and symptoms and the client's current condition with the addition of *biblio therapy* interventions.

4. Nursing Implementation

Nursing implementation is adjusted to the action plan that the researcher has compiled. Nursing implementation carried out on client 1 and client 2 is in accordance with planned interventions based on existing theory and in accordance with the needs of clients experiencing anxiety given *biblio therapy* support interventions.

5. Nursing Evaluation

The end of the nursing process is an evaluation of the nursing care provided. In the evaluation that researchers conducted on client 1 based on the criteria that researchers compiled for 1 diagnosis. The resolved diagnosis is anxiety with both clients both having an anxiety scale of 0 on day 3.

Acknowledgement

We would like to thank the General Ahmad Yani Hospital of Metro City for allowing this research to be conducted. The lecturers and staff of Aisyah Pringsewu University Lampung who provided guidance on the preparation of plans to research reporting.

References

1. Apriliawati, (2019). Tesis: Pengaruh Biblioterapi Terhadap Tingkat Kecemasan Anak usia Prasekolah yang menjalani hospitalisasi di rumah sakit Jakarta, Fakultas ilmu keperawatan Program Magister Keperawatan Universitas Indonesia, Depok.
2. Apriza. 2020. *Pengaruh Biblioterapi Dengan Buku Cerita Bergambar Terhadap Tingkat Kecemasan Efek Hospitalisasi pada Anak Prasekolah*. Program studi Ners, Fakultas Ilmu Kesehatan, Universitas Pahlawan Tuanku Tambusai.

3. Badan Pusat Statistik. (2022). Profil Anak Indonesia. Jakarta: Kementerian Pemberdayaan Perempuan dan Perlindungan Anak (KPP&PA).
4. Dinas Kesehatan Provinsi Lampung. (2022). Profil Kesehatan Provinsi Lampung.
5. Endang lestiawati et all. (2021). *Pengaruh biblioterapi terhadap stres hospitalisasi pada anak usia sekolah di rsud panembahan senopati bantul*. Fakultas Ilmu Kesehatan Universitas Respati Yogyakarta.
6. Gunarsa, Yulia Singgih D. & Singgih D Gunarsa.(2022).Psikologi Untuk Keluarga.Jakarta ; Penerbit Libri.
7. Pradana, P. H. (2021). Permainan, Pengaruh Angka, Balok Kemampuan, Terhadap Dini, Anak Usia Pradana, Pascalian Hadi, 2, 18–25.
8. Pusdiknes, (2020), Sistem Kesehatan Nasional, Depkes, Jakarta
9. Rahmadani, M. (2018). Hubungan Dukungan Keluarga dengan Tingkat Cemas Anak Usia Sekolah terhadap Pemasangan Intravena di RSUP HAM Medan. Skripsi. Tidak dipublikasikan. USU, Medan
10. Rahmat (2023). Kepuasan Pasien Rawat Inap terhadap Pelayanan perawat di RSUD Pirngadi Medan. Universitas Sumatera Utara. Skripsi
11. Rini, D. M., H, R. S., Rahmawati, I., Studi, P., & Keperawatan, I. 2023. *Hubungan Penerapan Atraumatic Care dengan Kecemasan Anak Prasekolah Saat Proses Hospitalisasi di RSU dr. H. Koesnadi Kabupaten Bondowoso* Anxiety during Hospitalization in dr. H. Koesnadi Hospital of Bondowoso Regency.
12. Safril & Rina. 2020. *Pengaruh Biblioterapi Menggunakan Longer Picture Book Terhadap Tingkat Kecemasan Anak Usia 3-6 Tahun Pada Masa Hospitalisasi*. Institut Kesehatan Deli Husada Deli Tua.
13. Saputro, H., & Fazrin, I. (2017). Penurunan tingkat kecemasan anak akibat hospitalisasi dengan penerapan terapi bermain. JKI (Jurnal KonselingIndonesia), 3(1) : 9-12.
14. Supartini. Buku ajar konsep dasar keperawatan anak. Jakarta. EGC
15. Susenas. (2024). Angka kesakitan (Morbidity rate) anak-anak umur 1-21 tahun, http://www.ykai.net/index.php?option=com_
16. Tim Komisi Etika Penelitian Unika Atma Jaya. (2017). *Pedoman Etika Penelitian Unika Atma Jaya* (A. S. L. L. Hidajat (ed.); 2nd ed.). Lembaga Penelitian dan Pengabdian kepada Masyarakat Universitas Katolik Indonesia Atma Jaya.
17. Tim Pokja SDKI DPP PPNI. (2017). *Standar Diagnosis Keperawatan Indonesia*. PPNI.
18. Tim Pokja SIKI DPP PPNI. (2018). *Standar Intervensi Keperawatan Indonesia*. PPNI.
19. Tim Pokja SLKI DPP PPNI. (2019). *Standar Luaran Keperawatan Indonesia*. PPNI.
20. Virani, S. S., Alonso, A., Aparicio, H. J., Benjamin, E. J., Bittencourt, M. S., Callaway, C. W., ... Tsao, C. W. (2021). Heart Disease and Stroke Statistics - 2021 Update: A Report From the American Heart Association. In *Circulation* (Vol. 143). <https://doi.org/10.1161/CIR.0000000000000950>
21. Windyani, P.A (2019). Hubungan hospitalisasi anak usia prasekolah dengan tingkat kecemasan orang tua di Ruang Kenari RS Cibabat. Diunduh tanggal 12 juli 2016. Dari jurnal keperawatan stikes Ahmad Yani.
22. Wong, D. L. 2016. Buku Ajar Keperawatan Pediatrik. EGC.
23. Wong, Donna L. (2019). Pedoman Klinis Keperawatan Pediatrik Edisi 4. Jakarta: EGC.