

Impact of Gadget Games on Stress During Hospitalization in Preschool Children

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ABSTRACT

Hospitalization is a threatening experience for children and can cause stress. Reducing the stress level of children due to hospitalization varies greatly, one of which is play therapy. Currently, the style of play of children has changed a lot. In this modern era, children's playing styles have experienced a transition from traditional games to more modern ones. One of them is playing games on gadgets. The purpose of this study was to determine the effect of playing game therapy on gadgets on stress due to hospitalization in preschool-aged children. The research design used was Quasy Experiment (one group pre-post test design) with a sample of 22 respondents from a population of 28 children taken by purposive sampling method. Data collection used a stress questionnaire on hospitalization in preschool-aged children. In analyzing the data using the Wilcoxon test, the results obtained were $p = 0.000$, which means that there was a difference between before being given game therapy and after being given game therapy. From the results of this study it is hoped that it can provide innovation and development for educational institutions, nurses and other medical personnel in providing play therapy for children that can be played easily so that it can reduce the stress caused by hospitalization experienced by children.

Keywords

children, game, stress, hospitalization.

Background

Hospitalization is a reason for a process due to planning or emergency reasons that requires the child to stay in the hospital to undergo therapy and care. Being hospitalized can cause fear and anxiety for children (1). When undergoing treatment, children often experience various threats or stressors. In general, the main stressors for children when they are hospitalized are due to separation from family, loss, bodily injury, and pain. Children's reactions can be influenced by age development, experiences with illness and separation, disease diagnosis, support systems, and coping with stress (2).

Hospitalization for children can have a negative impact on the child's physiological and psychological responses. The physiological response to stress is easier to identify and can generally be measured. As vital signs increase, may appear restless and unable to rest, emotional fatigue, boredom (1). While psychological changes are changes in behavioral responses. The child's behavioral response can be divided into three stages, namely the phase of protest, the phase of despair, and the phase of denial. At the protest stage, the child's reaction is manifested by loud crying, screaming, calling his parents. The hopeless stage displays inactive behavior, withdrawal, reduced crying, lack of interest in playing, no appetite, sadness. The stage of refusing where the child vaguely accepts separation (2). During the preschool period (3-6 years) the child's reaction to hospitalization is refusing to eat, asking frequently, crying slowly, not being cooperative with

health workers. Nurses in the hospital lose control and limit their activities (3).

Based on WHO data in 2012 that 3-10% of pediatric patients treated in the United States, both toddlers and preschoolers, around 5-10% experienced hospitalization stress. In Indonesia, based on the 2010 National Socioeconomic Survey of 20.72% of the total population in Indonesia, it is estimated that 35% of 1000 children undergoing hospitalization experience anxiety (4). In reducing the stress level of children due to hospitalization, there are many treatments that can be given to children, one of which is play therapy. Through playing children can show what they feel during hospitalization, because by playing games children can forget their pain (5). In this modern era, children's playing styles have experienced a transition from traditional games to more modern ones. One of them is playing games on gadgets, playing with gadgets will make it fun for children(6)

Games are very enjoyable entertainment for both children and adults. Games can help release the feeling of fatigue and tension that approaches. Playing games can also make children feel comfortable and when nursing actions are carried out for children can distract children so that children are not afraid. For children, games are activities that make the heart happy. Researchers are interested in conducting research on the effect of playing game therapy on gadgets on the stress of hospitalization in pre-school-aged children.

Methods

The research design is One Group Pretest-Posttest Design. The sample in this study were 22 children of preschool age who were hospitalized in the Darrusalam Room of Aminah General Hospital. The sample in this study were preschool-age children who were hospitalized in the Darrusalam room at Aminah General Hospital, totaling 22 samples taken by purposive sampling. Respondents assessed their hospitalization stress before and after being given the My Talking Tom game. The instrument used in this research is a questionnaire..

Results

Characteristics of respondents

Table 1: Distribution of Respondents Characteristics

Characteristics	Σ	Amount %
Gender		
Male	13	59
Female	9	41
History of hospitalization		
Never been hospitalized	14	64
hospitalized	8	36

The results showed that 59% of respondents were male and 41% were female, 64% had never been hospitalized.

The effect of playing game therapy on gadgets on stress due to hospitalization in preschool-aged children

Table 1: The effect of playing game therapy on gadgets on stress due to hospitalization in preschool-aged children

Pre test	Post test								Jumlah	
	No stress		Light stress		Heavy stress		Moderate stress			
	F	%	F	%	F	%	F	%	F	%
No stress	0	0%	0	0%	0	0%	0	0%	0	0%
Light stress	9	41%	0	0%	0	0%	0	0%	9	41%
Heavy stress	4	18%	4	18%	0	0%	0	0%	8	36%
Moderate stress	0	0%	5	23%	0	0%	0	0%	5	23%
Total	13	59%	9	41%	0	0%	0	0%	22	100%

wilcoxon p = 0.000

Based on the Wilcoxon test on the effect of playing game therapy on gadgets on the stress of the impact of hospitalization on preschool-aged children, the result was $P = 0.000$, which means there is a difference in children's stress before being given playing therapy and after being given playing therapy

Discussion

Based on the results of the analysis with the Wilcoxon test, it showed a significant value between playing game therapy on gadgets on the stress of the impact of hospitalization on preschool-age children at Aminah General Hospital, Blitar City. There is an influence of playing game therapy on gadgets on the stress of the impact of hospitalization on preschool-age children at Aminah General Hospital, Blitar City. From the results before being given playing game therapy, it was found that respondents with the most categories were mild stress as many as 9 respondents, moderate stress as many as 8 respondents, and severe stress as many as 5 respondents. And after being given therapy playing the game My Talking Tom there was a significant decrease in the stress level of the respondents. Respondents who before being given therapy playing the game My Talking Tom had a category of severe stress and moderate stress decreased dramatically with the most categories, namely no stress as many as 13 respondents, and respondents with mild stress as many as 9 respondents. It is possible that by giving My Talking Tom game play therapy, children will become more active and not afraid in the nursing process and the purpose of giving My Talking Tom game play therapy is to train children's growth and development, and can also reduce children's stress while undergoing hospitalization. Explaining that playing is an activity that children can do as an effort to stimulate their growth and development. Playing for children in the hospital is a medium for children to express feelings, relax and distract uncomfortable feelings (7).

Giving My Talking Tom game play therapy for children is given a duration of play for 60 minutes, and My Talking Tom game play therapy is given when the child enters hospitalization before 24 hours. The My Talking Tom game is given as therapy for children who are hospitalized because playing the My Talking Tom game, children can understand their sensitivity to their surroundings, children can care for and care for what they have, and take care of what is in their environment, children can also training the growth and development of children, and can also reduce the stress of children undergoing hospitalization(8). In the game My Talking Tom there are many game features that are appropriate for the development of preschoolers. The world of children cannot be separated from the world of play. Both are universal in all nations and cultures. It is hoped that by playing, children will get sufficient stimulation so that they can develop optimally. Explains that playing in children has the following functions and benefits: sensory-motor development, cognitive (intellectual) development, socialization and moral development, creativity, self-awareness , and therapeutic value (2)

From the results of this study, the reduction in stress levels in children may not only be due to therapy playing the My Talking Tom game, but may also be caused by several factors such as general data on patients such as gender, age, history of hospitalization, medical diagnosis, and also children's gaming habits. So that children can overcome the stress they experience with this. This is in accordance with the statement of (9), In the preschool period children experience cognitive development, they have started to show development and children have prepared themselves to enter school and it is very clear that children's abilities have not been able to judge something based on what they see. they see and children need learning experiences with their environment and their parents (10).

Conclusions and Recommendations

Write conclusions comprehensively, integratively, without numbering, and qualitatively (avoid writing numbers resulting from data analysis). Also, write suggestions or recommendations here..

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