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### THE EFFECT OF COLOURING PICTURES TREATMENT ON ANXIETY IN PRE-SCHOOL AGE PATIENT HOSPITALIZED AT BALADHIKA HUSADA HOSPITAL JEMBER

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#### ABSTRACT

**Background:** The development of pre-school age children can not be separated from playing and learning. Pre-school age children play with all their emotions, feeling, and thoughts. When a child must be hospitalized, it can disturb the child’s playing or learning needs. These changes have an impact on anxiety levels in children. **Purpose:** This research aims to identify the effect of coloring pictures on anxiety levels in pre-school aged children who were hospitalized. **Methods:** The research designed used was a pretest-posttest with control group. The respondent included 10 children and the quota sampling was used as sampling method. Data analysis used paired t-test. **Result:** The research showed a p value of  $0.000 < 0.05$ , which means that there was an effect on coloring pictures to the anxiety level of children who are treated in hospital. **Conclusion:** Coloring picture could reduce anxiety levels in children who were hospitalized. For suggestion, hospital management needs to modify the policy in order to fulfill the need of playing and learning while the child is hospitalized so that the child does not experience anxiety, for example comfortable room environment for children

**Key words:** Coloring pictures, Patient, Anxiety

#### INTRODUCTION

Hospitalization is a treatment that is carried out in a hospital and can cause trauma and stress to clients who have just been hospitalized. Hospitalization in children is a process for a planned or emergency reason requiring children to stay in the hospital undergoing therapy and care until they are returned home (Supartini, 2004). According to Wong (2000), hospitalization is a state of crisis in children, when the child is sick and is hospitalized so that the child has to adapt to the hospital environment.

Anxiety feeling is an impact from hospitalized had by children. The feeling will rise because the children face something new and have never been had before, the feeling of uncomfortable and feel something that hurts. Every child that is hospitalized will have insecure feeling like in the strange environment, separated with parents, having less information, losing freedom and independence (Supartini, 2010).

To decrease the impact of anxiety felt by children when they are in the hospital, children can do playing activity even the children are sick because it is needed for

children to reduce the impact of anxiety during they are in hospital. One of the playing steps for children is coloring pictures. Coloring pictures is one of games that give chance for children to make a creation freely and it is very therapeutic (during healing process). Applying color to a pictures can show what a child feels when he/she color the picture. If the child uses gloomy color like grey, he/she will be suspected to have a problem on him/her (Amelionari, 2012).

Survey researchers carried out in December 2019 shows data obtained from medical record installation in Baladhika Jember Hospital stating that there were 13 children of pre-school age (3-6 years old) in pediatric unit. Observation result found that there were some children that refused to eat, could not sleep, cried, was uneasy, go back and forth outside the room, and also refuse to cooperate with the researcher when the initial survey was going to be carried out to determine what problem they had. it is a sign of child anxiety. This base is the one that interests the researcher to write article about the affect of coloring pictures to the anxiety level of children in the pre-school age that is hospitalized in Baladhika Jember Hospital.

## METHOD

This research was an experimental study using a pre-experimental research design with a pre-post test design in one group (one-group pre-test-post-test design). Place and time of research: This research was carried out from July - August 2019 at the Baladhika Husada Hospital, Jember.

The Population of this study were children who were treated in the pediatric ward in July. Respondents that will be researched were the pediatric patients in the pre-school age that was hospitalized in Baladhika Jember Hospital as many as 10

children by using quota sampling technique to get the sample.

Data measurement: The use of experiment instrument thorough media that was coloring paper, meanwhile for the dependent variable questioner HARS will be used. Data analysis methods: Data analysis techniques used univariate and bivariate. Research ethics include: Informed consent, anonymity, confidentiality

## RESULT AND DISCUSSION

### Research Result

This research was carried out for as long as 1 month in Baladhika Jember Hospital in Jember Regency East java, with the number of sample 10 respondents.

**Table 1.** Children characteristic based on the age of experiment group

No.	Age	Frequency (f)	Percentage (%)
1	3	1	19%
2	4	2	39%
3	5	1	19%
4	6	1	19%

Table 1 shows the characteristic of pre-school age children who are hospitalized and has similar age range which the most was the 4 years old children.

it showed that the control group of respondents were not given the treatment. It had the same number of respondents but different age range. It goes hand in hand with the research held stating that pre-school age children is prone to suffer illness because of their inability to fulfill their own self needs, one of them is taking care of themselves. It has an impact on the incidence of illness which makes them have to be hospitalized (Noerlaila, 2010)

**Table 2.** Respondent characteristics based on gender

No.	Age	Frequency (f)	Percentage (%)
1	Male	7	70%

2	Female	3	30%
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Based on the table 2, it showed that the gender of the respondent's child being treated was mostly male, namely 7 people (70%). According Samiasih, Amin (2017), boys were more often sick than girls, but it was not certain why this was so. Although gender was not the dominant factor in the emergence of anxiety, there were studies that say that a higher level of anxiety occurs in women compared to men, namely 2: 1 (Hawari, 2014).

**Table 3.** Distribution of pre test of anxiety level in the experiment and control group

Group	Mean	Different mean	Signification
<b>Experiment</b>			
Pre test	38,20	9,6	0,000
Post test	26,80		
<b>Control</b>			
Pre test	36,10	5,5	0,000
Post test	32,80		

In the table it could be seen that the significance value (p) of the test results of the two groups each was 0.000. The significance value (p) <0.05 indicates a difference in pretest to posttest (Sugiyono, 2005). The results of this analysis indicate that the provision of coloring pictures to children who were hospitalized causes significant changes in anxiety when compared to before being given coloring pictures. Coloring pictures affects the level of anxiety of preschool children who were hospitalized.

Both the experimental group and the control group thus experienced decreased hospitalization anxiety before and after giving play therapy colored the picture. However, the decrease was greater in the experimental group, with an average reduction difference of 9.6. It could be assumed from the statement stating that there was a significant effect of independent variable of coloring pictures

with the anxiety level variable in the pre-school age children.

This was the thing that place pre-school age children become respondents that need to get special attention when they were hospitalized. Because of hospitalization, it gives psychological impact that has an effect to the children healing. Hospitalization on children is a process because of the reason of planned or urgency that make children to stay in the hospital to get a therapy and care until they are allowed to go home (Fricilia Euklesia Wowling, Amatus Yudi Ismanto, Abran Babakal 2014).

Feeling of anxiety is an impact of hospitalization that is experienced by children because of facing anxiety or that exist in the hospital. Those feeling will rise because of facing a new thing that has never been had before, the feeling of uncomfortable and feeling something that is hurting. Every child who is hospitalized will get the feeling of insecure like when they are in the strange environment, separated with their parents, having less information, and losing freedom and independence (Widya Rosintan Sihombing, 2015).

Anxiety feeling is an impact of the hospitalization experienced by children in facing anxiety or that exist in the hospital environment. The feeling can rise because of facing a new thing that has never been had before, the feeling of uncomfortable and feeling something that is hurting. Pre-school age is an early childhood which is in the age of 3-6 years old. In this age, the motor development of children is growing and the reaction to the anxiety is also easy to show to the reaction like refuse to eat, often ask, cry even slowly, and is not cooperative to the health worker. Hospitalization on children is a process because of the reason of planned or urgency that make children to stay in the

hospital to get a therapy and care until they are allowed to go home.

This study is related to the research of Samiasih (2007) that there is an effect of play therapy on the level of anxiety of preschool children during nursing actions in the Lukman Room of Roemani Hospital Semarang where the average value of anxiety before giving play therapy is 3.55 while anxiety after giving play therapy is 2.60. The difference in average anxiety before and after giving play therapy was 0.95. This shows that there is an effect of giving play therapy on reducing children's anxiety levels.

The results of research conducted by Sutomo (2011) show that there is the effect of playing coloring pictures therapy on the level of anxiety of pre-school age children who experience hospitalization at Kraton Hospital, Pekalongan Regency.

Research result shows that a child who is not given coloring pictures technique gets an increase anxiety level to severe anxiety level. This increase to severe anxiety level becomes awfully because of the long duration factor of hospitalization to the child, so that it increases the percentage anxiety level. This is the thing indicating that besides the playing and learning needs factor that is disturbed because of hospitalization, there is also another disturbing factor which is the long duration of hospitalization factor that can be assumed as one of the factors affecting the anxiety level. The longer a child is hospitalized, the more he/she gets an increase in the anxiety level.

### **Conclusion and Suggestion**

There is an impact to the giving of coloring pictures method to the anxiety level to the pre-school age children that is hospitalized in Baladhika Husada Jember Hospital with the p value of  $0,000 < 0,05$ .

There is a need of cooperation between medical worker and the patient's family of the hospitalized pre-school age

children in facing the anxiety in children. It can be carried out by giving chance to children to keep learning and playing while they are hospitalized with still under the supervision of doctors and nurses

There is a need of cooperation between the management of the hospital and all medical workers to modify the type of caring to the hospitalized children so that the needs in the child's developing time will not fully have a changing that can affect to the children, for example comfortable room environment for children

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