



Case Study

Scrapbook Play Therapy To Reduce Anxiety Levels Due To Hospitalization: case study

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ABSTRACT

Background: Hospitalization in children can cause anxiety and stress due to the medical measures given. Anxiety can be described as an unpleasant emotional response, full of worry, a fear of a threat. The purpose of this study is to determine the effect of the application of Scrapbook play therapy to reduce the level of hospitalization anxiety in children aged 3-6 years in the Marwah Room of Muhammadiyah Lamongan Hospital.

Case Presentation: This research is a case study with a descriptive approach. Anxiety in children aged 3-6 years, which amounted to two children, was observed for 3 days. Anxiety was observed before and after coloring play therapy was administered using the Spence Children's Anxiety Scale (SCAS) (Parent Report) questionnaire.

Nursing Intervention: Scrapbook-based play sessions were conducted over three consecutive days. Children's anxiety levels were measured on the first day prior to the intervention and on the third day following the intervention. Before therapy was given to both respondents, the level of anxiety was obtained in the moderate category and after being given play therapy, the level of anxiety in both respondents was found in the mild category.

Conclusion: Scrapbook play therapy can help lower anxiety levels in hospitalized children. In addition, it can also increase children's creativity, as entertainment and relaxation, and can channel hobbies.

Keywords: Anxiety; Hospitalization; Scrapbook Play Therapy

INTRODUCTION

Preschool-age children are a group between the ages of 3-6 years old with a high risk of experiencing health problems related to immune responses and defense forces that are not optimal. Health problems that occur in preschool-age children often result in children having to undergo hospitalization or hospitalization. In this development, preschool-age children who undergo hospitalization can experience unpleasant experiences, in the form of very traumatic and stressful experiences [1]

The World Health Organization (WHO) reports that 4 million preschool-aged children in the world in a year are hospitalized. Of these 4 million children, 60% of them are under 7 years old [2] Meanwhile, BPS data (2024), shows that in 2023 the average prevalence of children hospitalized is around 2.91%, increasing in 2024 to 3.29% of the total number of children, which is 82,666 people and it is estimated that 45% of children who undergo hospitalization experience hospitalization anxiety.

Hospitalization in children can cause anxiety and stress caused by separation, loss of control, fear of pain in the body [3] When preschoolers undergo hospitalization, it can make children anxious and afraid so that children do not want to cooperate in medical actions and can interfere with the child's healing process [4] Preschoolers who experience anxiety usually withdraw, cry, do not want to be separated from their parents, protest behavior and are more sensitive and passive such as refusing to eat. The short-term impact of anxiety and fear that is not addressed immediately will make the child refuse treatment and treatment measures. In this crisis situation, it can be stressors for both children and parents and families [5]. If anxiety in children is not managed, it can disrupt the treatment process, thereby prolonging the duration of treatment.

Anxiety can be described as an unpleasant emotional response, full of worry, an unexpressed and undirected fear of an impending and unidentified threat [6] Therefore, there needs to be efforts to reduce the scale of anxiety, one of which is through play therapy [4] In preschoolers, hospitalization is carried out through games. While playing, the child can display or create skills and express his thoughts. Playing will reduce the child's anxiety and stress because when playing, the pain will be transferred to play. Play techniques that children can use in hospitals include drawing, coloring, puzzles, origami, and *scrapbooking*.

Scrapbooking is the art of pasting pictures and photos onto paper and decorating them to create creative works. In addition, albums can be added with text as desired. Photo albums are also easy to create in hospitals and don't take much effort. Therefore, the benefit of *Scrapbook* games is that children and caregivers develop a sense of mutual trust through play therapy that can divert anxiety [7]. The *scrapbook* play therapy is a relevant and innovative idea, especially because it adapts to the interests of today's children. This activity not only serves as a distraction, but can also be a medium of self-expression that helps children reduce emotional tension.

From the above background description, the purpose of this study is to determine the effect of the application of *scrapbook play therapy* on the level of anxiety due to hospitalization in preschool-age children with a diagnosis of bronchopneumonia in the Children's Marwah Room of Muhammadiyah Lamongan Hospital.

CASE PRESENTATION

The study used a descriptive approach with a case study design to find out how the application of *scrapbook play therapy* to the level of anxiety due to hospitalization in preschool-aged children with the diagnosis of meids bronchopneumonia in the Children's Marwah Room of Muhammadiyah Lamongan Hospital. The duration of the study has been carried out for 3 days. The population in this study is all pediatric patients who are treated in the Children's Marwah Room of Muhammadiyah Lamongan Hospital. The subject of the case study was two samples of children aged 3-6 years who were treated in the Children's Marwah Room of Muhammadiyah Lamongan Hospital with a medical diagnosis of Bronchopenuomia. The inclusion criteria are: (1) age 3-6 years; (2) experiencing moderate-low anxiety (anxiety measuring device); (3) Parents are willing to be respondents; (4) Children can play *Scrapbooking*; (5) Treated for 3 days starting from the research; (6) Cooperative children. The data collection techniques in this study

include interviews, observations, approaches to parents, children, and room nurses in determining the nursing plan to be carried out. Collect data from observation sheets, *scrapbooking* media, *mobile phones* to record or document play activities. Anxiety measures using the *Spence Children's Anxiety Scale (SCAS) (Parent Report)*.

The *Spence Children Anxiety Scale (SCAS) (Parent Report)* instrument is aimed at parents with a total of 15 open-ended questions. This questionnaire was adopted from a book entitled *Children who are sick and must play therapy in the hospital* written by [8] This questionnaire has been standard and widely used for child anxiety research with a table r value of >0.361 and a Cronbach alpha value of 0.914. This questionnaire uses the statements never (1), sometimes (2), often (3), and always (4). Scores to determine the level of anxiety include: score 15-26 (mild anxiety), score 27-37 (moderate anxiety), score 38-48 (severe anxiety), score 49-60 (panic) [Zega in [9].

The patient receiving this intervention is a child diagnosed with bronchopneumonia, presenting with shortness of breath, a productive cough, and fever. While comprehensive independent and collaborative nursing interventions have been administered, the hospitalized child also requires distraction therapy to alleviate anxiety stemming from the trauma of hospitalization such as the unfamiliar environment and various nursing or medical procedures. Implementing distraction therapy in the form of scrapbook play is expected to reduce the child's anxiety.

RESULTS

Based on the table below, it can be seen that the first respondent (An. A) is female and 5.4 years old, while the second respondent (An. R) is male and 4.8 years old.

Table 1. respondent characteristics

Patient	Sex	Age
An. (A)	Female	5,4 Years
An. (R)	Male	4,8 Years

Based on the results of the assessment of 2 patients, all of them experienced moderate anxiety. Respondents 1 (An. A) with signs of anxiety symptoms include often crying, feeling afraid of the atmosphere of the treatment room, not sleeping well, waking up often and not wanting to be away from the mother, crying and withdrawing and reluctant to answer questions when there is a nurse or doctor. The results of observation using a questionnaire obtained a score of 30 (Moderate anxiety).

Respondents 2 (An. R) with signs of anxiety symptoms including whining in fear of the atmosphere of the treatment room, not sleeping well, often waking up and crying when waking up without a mother by his side, often crying, restless, tense, and nervous when there is a nurse or doctor who will examine him. The results of observation using a questionnaire obtained a score of 32 (Moderate anxiety).

Table 2. Children's Anxiety Level Day 1-3

Anxiety	Responden 1	Responden 2
Day 1	Moderate (30)	Moderate (32)
Day 2	Mild (26)	Moderate (29)
Day 3	Mild (22)	Mild (24)

DISCUSSION

Based on the results of observation of anxiety levels before being given therapy, both respondents experienced moderate anxiety. In respondent 1 (An. A) often cries, feels afraid of the atmosphere of the treatment room, sleeps poorly, often wakes up and does not want to be far from the mother, cries and withdraws and is reluctant to answer questions when there is a nurse or doctor. Respondents 2 (An. R) often whines in fear of the atmosphere of the treatment room, sleeps poorly, often wakes up and cries when he wakes up without his mother by his side, often cries, restless, tense, and nervous when there is a nurse or doctor who will examine him.

Anxiety in children who experience hospitalization is caused by several factors, including invasive actions, bodily injuries, pain loss of control, and children experiencing separation from the environment where they live and playmates. The condition occurs because children are still not used to the transition from home to the hospital environment [10] A child's anxiety will show the child's unwillingness to take medical action, as a result the child will cry, rebel, scream and make the child ask to go home even though he has not recovered [11]

In addition to the above factors, researchers argue that anxiety levels can be influenced by age factors, preschool age is synonymous with the phase in which children are emotionally dependent on parents. When hospitalized and separated, children at this age are more prone to anxiety than older children who have begun to be independent. The inability to understand that separation is only temporary makes the child feel abandoned, thus increasing psychological distress. The younger the age of the child in the preschool stage, the higher the potential for hospitalization emergencies experienced. This is in agreement with research conducted by Spence in [12] which said that children aged 2.5 to 6.5 years have a range of anxiety.

The role of nurses is very important in creating a more child-friendly environment, including actively involving parents and providing a more familiar atmosphere. Simple psychological interventions such as play therapy have great potential in helping children express emotions and distract from anxiety [13]

So that *scrapbook* play therapy is a relevant and innovative idea, especially because it adapts to the interests of today's children. This activity not only serves as a distraction, but can also be a medium of self-expression that helps children reduce emotional tension.

According to [14] explaining that playing therapy with *Scrapbook* media can increase children's creativity, as entertainment and relaxation, can channel hobbies, besides that *Scrapbooks* can also relieve stress. The introduction of *Scrapbooks* to children is expected to be a place to develop interest and creativity.

In a state of illness, children may not tell their situation because they are afraid, but by playing children have the freedom to do activities and provide opportunities for children to talk about their experiences and what they feel. Expressing sadness, depression, and stress, while dispelling sorrow and creating images that restore our sense of happiness [15].

From the results of a case study on the level of hospitalization anxiety in pre-school children (3-6 years), the results of a change in hospitalization anxiety response in clients before and after *Scrapbook* play therapy *were performed*. This is in line with the research of [16] showing a decrease in children's anxiety levels after being given a *scrapbook intervention*. It can therefore be concluded that *scrapbooks* can be used as an effective nursing intervention to reduce anxiety in children undergoing hospitalization.

Scrapbook play therapy is a form of non-pharmacological intervention that is included in the *play therapy* and *art therapy* approaches. This therapy utilizes creative activities such as cutting, pasting, drawing, and arranging visual elements in a book as a medium of

emotional expression. In preschool-age children, verbal communication skills are still limited so visual media such as *scrapbooks* become an effective means of expressing feelings, including anxiety and fear [15].

Another study by [16] also showed that *scrapbooks* can improve an individual's coping ability in dealing with stressful situations, including anxiety and loss. This activity not only helps in the processing of emotions, but also increases confidence and self-meaning. Thus, *scrapbooks* serve not only as a medium of entertainment, but also as a therapeutic tool that has significant psychological benefits. Therefore, it can be concluded that the intervention of providing play therapy with *scrapbook* media to pediatric patients who experienced anxiety due to hospitalization showed a significant change in the reduction of anxiety levels.

CONCLUSION

Based on the results of the study, it was found that the level of anxiety in both subjects before and after the application of the anxiety level in both subjects decreased. These results show that the coloring play therapy that the author carried out was able to reduce anxiety levels in children. Play therapy is a fun activity that is believed to trigger neurobiological responses that impact mood and physical condition. The results of this therapy are expected to serve as a reference or basis for nurses administering non-pharmacological therapy to manage anxiety in hospitalized children, thereby enhancing the effectiveness of the therapy

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Conflict of Interest

The author states that there is no conflict of interest

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