

A Study to Evaluate the Effectiveness of Play Therapy in Reducing Post-Operative Pain among Children Aged 6-12 Years Admitted in Post-Operative Wards, in a Selected Hospital at Bengaluru

Dr M. Bharathi
Principal Karnataka College of Nursing
Bangalore, Karnataka

Dr Deelip. S. Natekar
Principal, Sajjalashree Institute of Nursing Sciences
Bagalkot, Karnataka

I. INTRODUCTION

Play therapy is a growing form of therapy for children. Play therapy is becoming more evidence-based in the treatment outcomes for children of all ages, disabilities and diagnoses. Although play therapy has been a form of treating children's mental health needs, it has been overlooked and underestimated as a strong therapeutic technique for many years. The samples were 40 post operative children between the age group of 6-12 years. Experimental research approach was adopted for the study.

➤ Objectives of the study

1. Assess the post operative pain level of children in experimental and control group.
2. To evaluate the effectiveness of play therapy in reducing post operative pain of children in experimental group.
3. To compare the pretest pain level and post test pain level of children in experimental and control group.
4. To associate the post test pain level of children of experimental group with selected demographic variable.

Keywords:- Anxiety, Hospitalized Child, Play Therapy, Stressful Event, Post Operative Children, Pain.

II. HYPOTHESIS

- H₁: there will be a significant difference between the pretest and posttest pain level among children during their post-operative period in control group.
- H₂: there will be association of the posttest pain level of children of experimental group with selected demographic variable in experimental and control group.

➤ Research approach

Experimental research approach was adopted for the study.

➤ Research design

An experimental design pre-test post-test control group design.

➤ Settings of the study

The study was conducted in Cloud Nine children hospital, Bangalore.

III. POPULATION

Population of the study comprises of post operative children who are undergoing surgery and experiencing pain in a selected hospital at Bengaluru.

IV. SAMPLE AND SAMPLING TECHNIQUE:

The samples were 40 post operative children between the age group of 6-12 years who are undergoing surgery and experiencing pain. The sampling technique chosen was purposive sampling technique.

The tools or instrument consist of 2 parts

- Part 1:- demographic variables which consist of: age group, sex, type of family, family income/month, religion, source of information.
- Part 2:- consist of rating scale by wong's baker assessment scale. Formal permission was obtained from the authority prior to pilot study. The total samples of the main study consist of 40 post operative children. Each sample in the experimental group gets intervention.

V. DATA ANALYSIS

The data analyzed using descriptive and inferential statistics and interpreted in terms of objectives and hypothesis of the study. The level of significance was set at 0.05 level.

VI. RESULTS

In present study overall pre test pain scores on reducing post operative pain level in experimental group in the pre test ,among 20 neonates majority 9(45.0%) were hurts even more, 7(35.0%) hurts whole more and 4(20.0%) hurts worst. In control group in the pre test, among 20 neonates majority 9(45.0%) hurts whole more, 7(35.0%) hurts even more and 4(20.0%) hurts worst. In experimental group mean pretest pain scores was 71.0%&s.d 13.7% and mean post test pain scores was 30.0%&s.d 7.3% .the mean difference score was

41.0% and s.d 25.5%, obtained 't' value was 11.81*. In control group mean pre test pain scores was 72.0% & s.d 13.2% and mean post test pain scores was 70.0% & s.d 11.2% the mean difference score was 2.0% and s.d 4.6 % , obtained 't' value was 1.94ns. As obtained 't' value in experimental group was 11.81*, which is higher than table value $t(0.05, 29df) = 2.045$ at $p < 0.05$ level. Where in control group obtained 't' value was 1.94 which is lesser than table value .hence it is proved that play therapy is effective for post operative children.

In relation to age group obtained χ^2 value = 6.59*, in relation to sex $\chi^2 = 8.15*$, in relation to type of family $\chi^2 = 8.15*$, in relation to family income/month $\chi^2 = 0.80$ ns, in relation to religion $\chi^2 = 0.86$ ns, in relation to source of information $\chi^2 = 0.44$ ns. Three of the calculated χ^2 value (age group $\chi^2 = 6.59*$, sex $\chi^2 = 8.15*$, type of family $\chi^2 = 8.15*$) are higher than table value at $p < 0.05$ level .hence the research hypothesis is accepted. In relation to family income/month, religion and source of information obtained χ^2 value was 0.80, 0.86, 0.44 respectively, these χ^2 values are less than that of table value 5.991 $p < 0.05$ level. Hence research hypothesis is rejected

VII. CONCLUSION

The study findings indicate that play therapy is effective for post operative children in reducing pain.

REFERENCES

- [1]. Cory, G. (2009). Therapy and Practice of Counseling and Psychotherapy eighth Edition.
- [2]. Lundervold, D.A., & Belwood, M.F. (2000). The best kept secret in counseling: Single – case
- [3]. (N=1) experimental designs. Journal of Counseling & Development, 78, 92-102.
- [4]. Daugherty, J., Ray, D.C. (2007). Differential Impact of Play Therapy on Developmental Levels of Children. International Journal of Play Therapy, 16(1), 2-19. <http://dx.doi.org/10.1037/1555-6824.16.1.2>
- [5]. Landreth, G.L. (2002). Play Therapy the Art of the Relationship 2nd Edition. New York, NY: Taylor & Francis Group.