

A Study to Assess the Effectiveness of Puppet Show on Anxiety Among Hospitalized Children in Selected Hospital At Trivandrum District

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ABSTRACT

Background of the study: Children are a blessing from the Lord. They are like clay in the potter's hand. They build the nation sound and strong because today's children are responsible citizens of tomorrow. A sick child needs hospital care and it is a stressful experience for him, well the hospital environment and the related procedure make the feel child scary of even more. The main aim of the study was to assess the effectiveness of Puppet show on anxiety among hospitalized children in selected hospitals at Trivandrum.

Material and method: The design adopted was quasi experimental pre-test post-test control group design. The purposive sampling technique was used. The Pre-test was conducted using Behavioural observational checklist for anxiety among hospitalized children in both experimental and control group. On the same day puppet show was given for 20 minutes twice in a day to the experimental group for 5 consecutive days. The post-test assessment was conducted for both groups using the same assessment scale on the fifth day of the study. Results: The study revealed that the mean post-test level of anxiety 47.53 which was lesser than the mean pre-test score 73.7 in experimental group. The obtained "t" value 24.17* was highly significant at $p < 0.005$ level. The mean difference was 26.17 is a true difference and has occurred by chance. The above findings fail to support the null hypothesis. Hence the researcher accepts the research hypothesis.

Conclusion: This proves that because of Puppet show in experimental group had decrease the level of anxiety among hospitalized children in experimental group.

INTRODUCTION

"Being Creative is a not a hobby it is a way of life."

-Eve Marks

Children are a blessing from the Lord. They are like clay in the potter's hand blended with godly love and care. A sick child needs hospital care and it's a stressful experience for him, well the hospital environment and the affiliated procedure make the sense child scary of indeed further hospital care therefore puts similar emotional downsides on the child's regular life. The child is displaced from diurnal routine of home and brought into a strange setting causing loss of contact with siblings, peers, and cousins.

The term 'anxiety' conjures up images of someone pacing the bottom and twisting his hands with

pounding heart and rapid-fire breathing. Description includes a feeling of uneasiness, weakness, a queasy feeling in the stomach and light headedness. Anxiety is deduced from the Greek word meaning 'to press tight'. "Aurous" pertains to wrathfulness in Latin. "Anxiety is an unwelcome emotional state or condition which is characterized by private passions of pressure, apprehension and solicitude and by activation or thrill of the autonomic nervous system". Some signs of anxiety include chancing it hard to fall asleep or waking up in the middle of the night, feeling on edge or fluently startled, worry about bad effects passing, having trouble concentrating, feeling perverse and muscle pressure. Illness may add the feeling of loss of control along with hospital environment. When it comes to the preschooler anxiety may present as fear or worry, but also make the child irritable and missed. One of the best ways to deal with anxiety in preschoolers is to help them confront worries rather than avoiding the things that cause them.

Statistics from **Child Mind Institute Children's Mental Health Report (2015)** states that 80% of children with a diagnosable anxiety complaint and 60% of children with diagnosable depression aren't getting prompt treatment or diversional therapy.

Snyder (2004) study says that the parents and hospital personnel force have reported that separation from parents, strange people, being held still, nursing procedures and ignorance with the morals of accepted behavior cause fear and anxiety in children. motherly separation appears to be the primary stressor, but the presence of emotional disturbance before hospitalization and the child's position of cognitive development at the time may also be significant factors.

Relief of anxiety is an introductory need and right of children for these reasons, experimenters have sought out interventions to treat or help preoperative anxiety and conceivably drop the development of negative behaviors post surgically. Play is one of the most important aspects of a Child's life & one of the most effective tools for managing stress, as with their other experimental requirements, play doesn't stop when children are ill or in the hospital, the rehabilitated child generally has lower energy situations than healthy children of the same age, thus children may not appear engaged & madly about an exertion, indeed though they're enjoying the experiences.

Diversional exertion is always associated with child's position of exertion and influences the children's advanced functioning. This is also associated with cognitive development and socialization and always promotes literacy and incorporates several behavioral changes in children. Ultramodern findings in neuroscience suggest that play promotes inflexibility of mind, which includes adaptive practices similar as creating multiple ways to achieve result or creative ways to improve or recognize a given situation.

Play is an integral part of the hospitalized child's plan of care. Play offers the child an occasion or creative expression, diversion, and effective managing. In larger hospitals a child life specialist may coordinate the play program. A place to play, suitable accoutrements and other children to play with are essential. Because play is a child's way of literacy, toys, accoutrements, and outfit are learning tools. Maquilas modelling complexion dolls, blocks, games, books, toys, and interactive computer technology are some of the accoutrements with which children rebuild the world to their size a world they bring with them of people special things (E.g.- mask or toys), and passions. A child's play is his or her occupation or work. The goods of separation from family, passions of insulation and painful or shocking gestures similar as ferocious procedures. Play promotes mending and helps the child to manage with stressful experiences.

Play happens to the business for children. Play has been known to divert a child's mind. The value of

play to a sick child in the hospital has long been honored and if the hospital is to meet the physical, internal, and emotional need of the child. It must also give suitable play exertion to the child to reduce the fear and anxiety of hospitalized children.

As nurses, when we produce a stimulating environment, the children automatically move on to an advanced position of performing and allowing and ameliorate their intellectual skill provides the child an occasion to creative expression, diversion, and effective managing. In hospital settings, a supervised and guided diversional program provides warmth, friendly and happy atmosphere which will help the child continue to grow and develop.

Therefore, puppet shows can convey important messages about health, emotions, and coping strategies in a manner that is easily understandable and relatable to children. Furthermore, puppetry allows for, tailored storytelling that can be adapted to address specific fears or concerns that children may have about their hospital experience.

NEED FOR THE STUDY

Children may reply to the stresses of hospitalization before admission, during hospitalization, and after discharge. A child's generality of illness is indeed more important than age and intellectual maturity in prognosticating the position of adaptation before hospitalization. This may or may not be affected by the duration of the condition and experience of previous hospitalizations. The child has the same introductory emotional and social requirements during a prolonged illness or hospitalization as a child not challenged by these circumstances. Dragged illness and hospitalization can slacken growth and development and beget adverse responses in the child grounded on stage of development.

According to **Government of India's Ministry of Statistics and Programme Perpetration (2012)**, every time children of 3- 14 times of age are getting hospitalized for colorful reasons like, over 60% of children are anemic, certain contagious and parasitic conditions(22.9%), injury and poisoning(12.5%), conditions of the nervous system(11.5%), conditions of the circulatory system(10.5%), conditions of the respiratory system(8.5%) and acute respiratory infections are leading causes of child morbidity (30%) followed by diarrhea (20%). Most of the children's facing severe anxiety and undergoing stress during hospitalization and the procedures carried out in the hospital settings.

A study conducted to assess the stress response and anxiety level among hospitalized children in Australia by using convenience sampling method. Total sample was 80 child centered play intervention was given to the experimental group. The mean scores of anxieties and stress showed a significant difference between the two groups (Anxiety $p = 0.001$; Stress $p = 0.011$). The mean scores of anxieties before and after the intervention had a significant difference by used of paired t-test ($t = 2.71$; $p = 0.011$) and mean score of anxiety had significant different one month after the intervention compared to before the intervention ($t = 3.60$; $p = 0.001$). Thus, the child centered play therapy was effective in reducing anxiety among hospitalized children.

A study has shown that puppet as a remedial tool has positive goods in clinical practices. It provides the occasion for children to express their enterprises and fear of abandonment, discipline, and the feeling of helplessness. Puppets also help children manage with illness, hospitalization and surgery, and encourage them to learn through playing and sharing in tutoring strategies to promote their health also, puppet as an supplementary tool can be used in exploration on children to demonstrate intended intervention; playing with puppets before surgery can be employed as an effective strategy to reduce anxiety in children

witnessing surgery. On the other hand, using puppets and toys provides this chance and occasion for professionals to more understand the child's passions and responses to the events and makes a closer Preschoolers usually engaged in cooperative, imitative, creative, and imaginative play. Preschoolers enjoy dramatic playthrough which they identify themselves with adult and dramatize adults' behavior. Therefore, it is believed that puppet show brings drastic changes and relaxation from anxiety. So, the experimenter chooses this study to propagate this intervention as a wide of all health care settings.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of Puppet show on anxiety among hospitalized children in selected Hospital at Trivandrum district.

OBJECTIVES

To assess the effectiveness of Puppet show on anxiety among hospitalized children in experimental group.

To find out the association between the pretest level of anxiety among hospitalized children with their selected demographic variables in experimental and control group

HYPOTHESES:

H1: There will be a significant difference between the pretest and posttest level of anxiety among hospitalized children.

H2: There will be a significant association between the pretest level of anxiety among hospitalized children with their selected demographic variables.

OPERATIONAL DEFINITIONS

ASSESS:

Assess refers to evaluate or estimate the nature, quality, ability, extent, or significance of something.

(Polit & Hungler)

In this study it refers to evaluate the outcome of puppet show on anxiety among hospitalized preschoolers from 4-6 years of age.

EFFECTIVENESS:

Effectiveness refers to the ability to be successful and produce the intended results and the quality of being successful in achieving what is wanted.

(Cambridge Dictionary)

In this study it refers to the positive desired output of Puppet show on anxiety among hospitalized children which is measured by Behavioral observational checklist on hospitalized anxiety.

PUPPET SHOW:

Puppet show is a toy in the shape of a person or animal that you can move with strings or by putting your hand inside.

(Cambridge University)

In this study, it refers to providing the child with a puppet during hospitalization for 20 minutes for a desired outcome.

ANXIETY:

Anxiety refers to anticipation of a future concern and is more associated with muscle tension and avoidance behavior.

(American Psychiatric Association)

In this study it refers to the child reaction during vocalization, gaze behavior, reaction to therapeutic procedures and reaction related to loss of control as measured by Behavioral observational checklist on hospitalized anxiety.

HOSPITALISED CHILDREN:

A child or an infant is admitted to the hospital for diagnostic testing or therapeutic treatment.

(National Institutes of Health)

In this study it refers to the children admitted in the pediatric ward, between the age group of 4-6 years.

ASSUMPTION

- Anxiety was more prevalent among preschoolers.
- Children who are admitted in the hospital may develop severe anxiety.
- Distraction therapy may help to cooperate the child in invasive Procedure.
- Puppet show may help to reduce the anxiety among hospitalized children.

DELIMITATIONS:

- The sample size was limited to 60.
- The data collection period was limited to 4 weeks.
- Hospitalized children and their mothers who were willing to participate in the study.
- Hospitalized children who were admitted in pediatric ward and children who are available at the time of data collection.

PROJECTED OUTCOME:

- Puppet show will decrease the anxiety level of hospitalized preschoolers.
- The findings of the study will identify the need and effectiveness of Puppet show for reducing the level of anxiety among hospitalized children.
- The findings of the study provide information and help the nurses to implement this Puppet show to reducing the level on anxiety.

CONCEPTUAL FRAMEWORK:

The conceptual framework based on **Imogene king's Goal attainment theory (1981)**. It consists of personal and interpersonal systems including perception, judgment, action, reaction, interaction, and transaction. This involves interaction between the researcher and the hospitalized Children.

The concepts are:

Perception:

It refers to people representation of reality. Here the researcher and the hospitalized children perceived the need of puppet show to reduce the level of anxiety during hospitalization.

Judgement:

Judgement is the decision which is made. Here the researcher decided to provide puppet show to reduce the level of anxiety among hospitalized children and the hospitalized children decided to participate in the research study.

Action:

Action refers to the changes that must be achieved. The researcher's action was to provide puppet show to reduce the level of anxiety among hospitalized children and the hospitalized children plan to receive the intervention.

Reaction:

Reaction helps in setting a mutual goal. In this study the researcher and the hospitalized children set a mutual goal. Here the mutual goal was reduction in level of anxiety among hospitalized children.

Interaction:

It refers to the verbal and nonverbal communication between individual or more who involved goal directed perception. Here the researcher encouraged the hospitalized children in a selected hospital to receive the puppet show to reduce the level of anxiety during hospitalization.

Transaction:

Transaction is the achievement of a goal. Here the researcher's goal was achievement of the reduction in level of anxiety and evaluate the effectiveness of puppet show by using Behavioral observational checklist on hospitalized anxiety.

Feedback:

Imogene king's goal attainment theory was utilized for this study. This research conducted on anxiety among hospitalized children. Decisions were made to provide treatment to the participants. Continuous use of puppet shows to reduce the level of anxiety among hospitalized children was evaluated by Behavioral observational checklist on hospitalized anxiety. There is improvement in the study group.

Researcher in selected hospital

Perception: Perceived the need of anxiety during hospitalization

Judgement: Decision made to provide treatment for anxiety during hospitalization

Judgement: Hospitalized Children decided to participate in

Action:

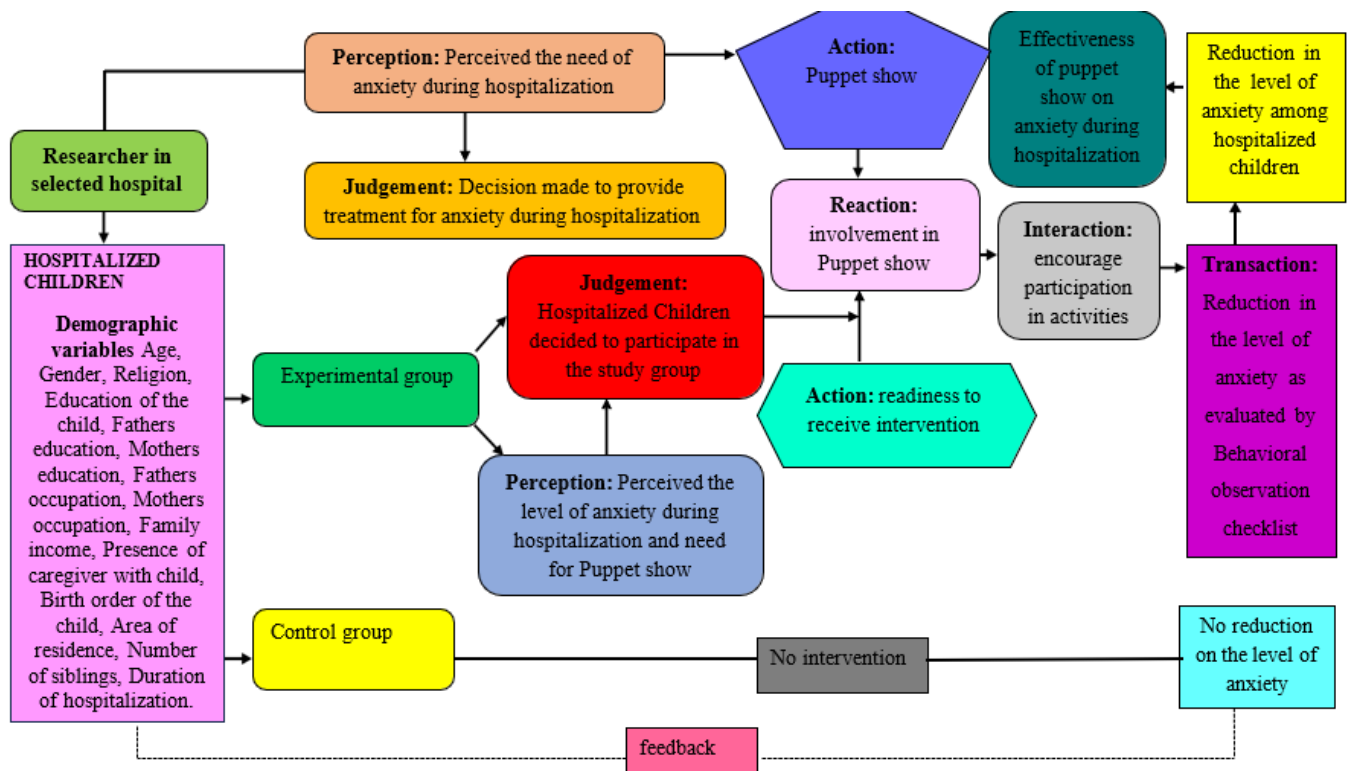
Puppet show

Reaction: involvement in Puppet show Effectiveness of puppet show on anxiety during hospitalization

Interaction: encourage participation in activities Experimental group the study group

Action: readiness to receive intervention

Perception: Perceived the level of anxiety during hospitalization and need for Puppet show



CONCEPTUAL FRAMEWORK BASED ON IMOGENE KING’S GOAL ATTAINMENT THEORY (1981)

REVIEW OF LITERATURE

Review of literature is an essential component of the research process. It aids the researcher in the formulation of the research plan or proposal and condition of the study. It aids in relating the outcomes of the study to the findings of other investigations. Review of literature is defined as a critical summary of research on a topic of interest, often prepared to put a research problem in contest (Polit and Beck, 2006).

This chapter deals with a review of published and unpublished research studies and from related material for the present study. The review helped the research to develop an insight into the problem area. This helped the researcher in building the foundation of the study. Review of literature aids the researcher to understand what already is known in relation to the problem of interest and what remains to be known. It helps to plan and conduct the study in systematic manner.

The review is organized in the following sections,

- **Section A:** Studies related to anxiety among hospitalized children.
- **Section B:** Studies related to Puppet show.
- **Section C:** Studies related to the effectiveness of puppet show on anxiety among hospitalized children.

SECTION A: STUDIES RELATED TO ANXIETY AMONG HOSPITALIZED CHILDREN

Sunita Sharma (2022) conducted a study to assess the level of stress, anxiety, and pain among hospitalized children admitted in the Pediatric Surgery Unit, APC, PGIMER, Chandigarh, India. A descriptive study was conducted on 60 hospitalized children. Purposive sampling was used to recruit the

sample. The data were collected through interview schedule consisting of socio- demographic profile, clinical profile, and questionnaire on stress, anxiety, and pain. The findings of the study revealed that all the children were having moderate stress, whereas majority of the children (91.7%) were having moderate anxiety, and only 8.3% of the children were having severe anxiety. During the assessment it was also found that almost 55% were having pain score 4, that is, hurts little bit as assessed by Wong baker face pain scale. The study concluded that the Children who were being hospitalized were having varied degrees of stress, anxiety, and pain. Therefore, some diversional therapy should be planned to reduce their distress.

Maryam (2021) conducted a study to assess the Incidence and risk factors related to anxiety of children and adolescents before elective surgery, children, and adolescents 9–18 years old hospitalized the night before elective surgeries were analyzed in terms of incidence and severity of anxiety using the State-Trait Anxiety Inventory (STAI) measure in kerman university of medical sciences. Of the 164 patients, 111 (67.6%) suffered from preoperative anxiety. The incidence of anxiety in children aged 9–12 was 2.88 times the anxiety of those aged 12–18 (OR = 2.88) (1.65, 5.98). Moreover, the incidence of anxiety in only children was 0.65 times that of children with siblings (OR = 0.78) (0.11,2.93), and in patients with a history of hospitalization, the incidence was 1.85 times the stress in children without hospitalization history (OR = 1.85) (1.31,3.99); finally, the incidence of anxiety in children of higher socioeconomic status were lower compared with those of lower socioeconomic status (OR = 0.13) (0.08,0.35). Having close friend or family in the healthcare staff decreased the prevalence (OR = 0.64) (0.23,1.79) and severity of anxiety (47.02 ± 5.48 vs. 54.18 ± 7.18) (P- value = 0.001). There was no relationship between gender and the incidence of anxiety (OR = 1). Incidence of preoperative anxiety in forever was 1.72 times of person patients (OR=1.72) (0.99,4.25). The severity of anxiety was lower in boys (46.22 ± 6.68) compared with girls (52.55 ± 7.52) (P-value = 0.002) and lower in patients of medium-to-high socioeconomic status (43.64 ± 5.45) compared with those with lower socioeconomic status (49.66 ± 6.49) (P-value = 0.003). There was no relationship between being an only child and severity of anxiety (P-value = 0.54) (48.31 ± 5.05 vs. 48.12 ± 6.81). However, anxiety was more severe in patients with a history of hospitalization (50.55 ± 4.64) (49.2 ± 6.23) (P-value = 0.09). Severity of anxiety was not dependent to nationality of patients (P-value = 0.6). Taken together, our data suggest that various methods should be used to reduce anxiety and associated complications, regarding the high prevalence of anxiety in mentioned groups of children and adolescents.

Ilyaraja (2017) study was conducted to assess the levels of anxiety among the hospitalized children between 6 to 12 years of age, in four hospitals of Moradabad. Fifty hospitalized children were selected using simple random sampling. The tool used for data collection comprised of two parts: Part A comprised of demographic Performa and Part B was modified state trait anxiety inventory for children scale. Findings of the study indicated that majority of these children had severe anxiety. Also, it was found that there was significant association between the levels of anxiety and the condition diagnosed, children undergoing painful procedure and children on intravenous therapy ($p < 0.5$).

Grace Zambelli (2015) conducted a study to assess the stress response and anxiety level among hospitalized children in Australia. A convenience sampling was done. Total sample was 80. Child centered play intervention was given to the experimental group. After the intervention, the mean scores of anxieties and stress in the intervention group was 5.09 (4.87) and 8.93 (6.01) and in the control group was 10 (6.45) and 13.17 (7.20), that reduction in depression mean score was significantly greater in the

intervention group in the control group ($p = 0.040$). The mean scores of anxieties and stress showed a significant difference between the two groups (Anxiety $p = 0.001$; Stress $p = 0.011$). The mean scores of anxieties before and after the intervention had a significant difference by used of paired t-test ($t = 2.71$; $p = 0.011$) and mean score of anxiety had significant different one month after the intervention compared to before the intervention ($t = 3.60$; $p = 0.001$). Thus, the child centered play therapy was effective in reducing anxiety among hospitalized children.

Helma Maria, Asha P. S Et Al (2014) conducted study were to assess the fears of school- age children during their hospitalization, assess parental perceptions of nursing support during their child's hospitalization and to find association between children's fear and selected variables. Nonexperimental typical descriptive design was adopted. The study was conducted in Regional Advanced Pediatric Care Center, Mangalore with the sample size of 60 hospitalized school-age children and their parents. Non-probability purposive sampling technique was used to select the sample. Majority of the school-age children (91.67%) had moderate fear and 8.33% had high fear of hospitalization. Majority (70%) of parents have perceived fully satisfactory nursing support and 30% were satisfied with nursing support provided during their child's hospitalization. He concluded that nurses should encourage children to express their fears and discuss their coping strategies and promote the quality of family centered care and should be aware of the importance of the several types of nursing support in meeting the requests of parents

Stuffle George (2013) conducted a study to assess the level of anxiety among hospitalized children in Tehran. A randomized controlled trial method was used in this study between the age group of 3 -12 years. Total sample was 60. In the experimental group in pretest mean 72.70 and SD was 23.79 whereas in posttest mean and SD was 37.87 ± 14.708 respectively. In the control group for Pretest mean is 76.10, and SD was 19.773 respectively. Whereas in posttest mean and SD was 72.13 ± 19.233 respectively. The obtained t^{**} value 14.015 statistically was significant at 0.000 level. (<0.05) So there was significant reduction in the level of anxiety among the children in experimental group. The „ t^{**} “ test which was computed between pre-test and post-test scores indicated that there was a reduction in the level of anxiety among the hospitalized children. Hence it was concluded that play activities were effective method to reduce the anxiety.

Kames Obaid (2013) conducted a study to assess psychosocial impact of hospitalization on ill children, ages from 6 to 12 years in Pediatric Oncology Wards. Seventy-five participants (mothers), from two different hospitals, were recruited using a non-probability (purposive) sampling strategy. Data collection included interviews with ($n=75$) of parents of pediatric oncology patients from the Children Welfare Teaching Hospital and Central Child Teaching Hospital in Baghdad city. The Child Behavior and Psychosocial Problems checklist was used to evaluate psychosocial impact. The results of the study indicated that impact of hospitalization was mild on most of the participants ($n = 50$; 66.0). He concluded that hospitalization is still.

have many psychosocial impacts on children in oncology wards and identification of psychosocial risk factors based on the Child behavior and psychosocial problems could be helpful in predicting child psychopathology and could help in decrease psychosocial problems related to hospitalization.

Kashani, Javad., Reid, John., Vaidya. Et.Al., (2011) conducted a study to group of 100 children, who were admitted to an inpatient child psychiatric center, and their parents, were interviewed with several questionnaires to assess levels of anxiety. The group consisted of 73 boys and 27 girls aged 7 to 12

years. No differences in age, sex, and socioeconomic status were found among the children. Twenty-one children were severely anxious, 48 children were possibly anxious, and 31 children had no anxiety diagnosis. The Personality Inventory for Children found parental discord and disharmony in the families of severely anxious children. Parents 16 of children with severe anxiety had significantly higher hostility scores than the other parents. This suggests that hostile or critical parental attitudes may lead to a child's perception and anticipation of danger, which in turn leads to anxiety. The importance of understanding the influence of family dynamics on the onset of mental disease is highlighted by these results.

Hamidreza Roohafza, Afsaneh Pirnia, (2009) conducted a study to investigate anxiety levels in two groups of children exposed to nurses with white vs. colored clothing in a university hospital in Iran. Hospitalization causes anxiety in children, and it is documented that nurses have an important role in alleviating children's distress and anxiety. Nurse's characteristics, including their clothing is a factor that affects quality of care through child–nurse relationship. Children (n= 92) aged 7–15 years old hospitalized for 3–5 days in pediatric surgery ward were exposed to nurses in white or colored clothing. Children's anxiety was assessed on admission and at discharge using Revised Children's Manifest Anxiety Scale. Children exposed to white nursing uniforms showed higher anxiety levels compared with children exposed to colored nursing clothing ($p \leq 0.05$). Besides colored nursing clothing, female sex, age >11 years old (guidance school) and living in families with more than four members were predictors of lower global anxiety scores.

Mehrangiz Shoaakazemi, Nayereh Gholami Et.AL., (2012) study conducted to determine the effect of group play therapy on separation anxiety disorder in 7-9 years old children in Tehran. Sampling was purposeful in which 20 children, who were diagnosed as separation anxiety disorder, were selected, and randomly divided into two experimental and control groups (10 subjects each). Experimental group received 9 sessions of group play therapy once a week Tools were: 1) The Raven's Colored Progressive Matrices Test. A test of non-verbal intelligence for young children with 36 matrix designs. The Spence Children's Anxiety Scale (SCAS) with 44 questions and 6 subscale variance & covariance analysis were used for data analysis. The results of covariance analysis showed the significant effect of group play therapy on reduction of separation anxiety disorder in children in posttest and follow up stage. ($p < 0.05$).

Kinjalpatell, Suresh, Ravindra H.N (2012) conducted a study aimed at to assess the pretest and posttest level of anxiety among hospitalized children in selected hospitals at Vadodara. The convenience sampling technique was used to select the sample for the study. Data was collected by using a structured anxiety rating score. In experimental posttest mean score, 24.87 and SD was 12.408 respectively. The obtained „t“ value 14.015 statistically was significant at 0.000 level. So research hypothesis was accepted, in Comparison of mean score of experimental post – test and control post – test that the obtained „t“ value is 6.165 statistically significant (< 0.05). The study concluded that children's was anxious in the pre-test and where as in the post- test shows that children's was not anxious or reduced so, it indicates that play activities was effective.

Nazaninvaezzadeh, Zahra Esmaeeli, (2011) conducted a study on Effect of Performing Hospitalized children Preparation Program on School Age Children's Anxiety at Amir kola Pediatrics Hospital, Mazandaran. A RCT was performed on 122 children (7-12 years of age) admitted for elective surgery for 15 months. The researcher randomly assigned experimental and control groups. The experimental group received therapeutic play and the control group received routine preoperative preparation. The state anxiety score was lower significantly in the experimental group prior to preoperative surgery than

in the control group ($P=0.000$).

Mayes (2011) conducted a descriptive study among 100 children of varying age from 3 -10 years aimed at evaluating anxiety-related aspects affecting children and parents in the preoperative period. Some children(23%) talked about their fears, while others (65%) showed anxiety through behavior changes. Many (45%) looked scary and become agitated with deep breathe, shivering and stopped talking. A few (13%) developed even unexpected urinary incontinence. He concluded that the origin of pre-operative fears included the children's fear of separation from their parents, uncertainty related to anesthesia, surgery, and surgical outcome. Fear of pain, death or hearing strange sounds is also a source of children's anxiety.

Bloch Y.H, Toker A., (2008) done a study was to examine the effects of the "Teddy Bear Hospital" to reduce the children's fear of hospitalization in preschoolers. The study group contains 41 preschool children aged 3-6.5 years and 50 preschool children of same age and from a similar residential area was taken as the control group. A simple one-item visual analogue scale of anxiety about hospitalization was used for assessment. The study result was, the baseline levels of anxiety were not different between group Children in the "Teddy Bear Hospital" group reported significantly lower levels of anxiety than the control group.

SECTION B: STUDIES RELATED TO PUPPET SHOW

Vandana Kumbhar (2023) conducted a study to assess the effectiveness of Puppet Show on Knowledge Regarding Ill Effects of Junk Food Among the Secondary School Students at MGMHS Maharashtra . A quantitative research approach was adopted, and data was collected by one group pre-test post- test method from 100 school children and 20 teachers by interviewing with questionnaire to assess pre and post knowledge score of children after puppet show, also pre and post score of teachers to assess their perception about puppet show method for creating awareness and improving knowledge of children. Result shows that Statistical analysis shows that the overall pertest mean score was 6.84 out of maximum score of 20 and 13.62 in post-test which is statistically significant (t test value: 1.88). pre-test mean score of teachers' perception about adopting puppet show method of teaching is 1.35 and post-test mean score 4.55 which more than pre-test. The study concluded that puppet show was effective in creative awareness among secondary school children.

Joswita Santra Et Al (2023) conducted a study to assess the effectiveness of puppet show on knowledge about child safety based on learning styles among school children at Udupi District in India. Puppet show as a teaching method in improving the knowledge on child safety, find the difference in the knowledge scores regarding child safety among 5th and 6th standard students with different learning styles. A total of 111 participants from 5th and 6th standard were selected for the study, using multistage cluster sampling method. Results shows that among 111, most (55%) were visual learners and remaining were auditory learners. The overall occurrence of child injuries (involved 4 areas i.e road injury, pedestrian injury, sports and playground injury and good touch and bad touch) was 98.19% among study participants. In the pre-test, majority of the participants (76.6 %) had poor knowledge and 23.4 % had satisfactory knowledge and none of them had excellent or good knowledge on child safety. In the post-test 36.9 % had excellent knowledge and 38.7 % had good knowledge, 24.3% had satisfactory knowledge and none had poor knowledge. Puppet show was effective in increasing the knowledge level on child safety ($Z=-9.153$, $P=0.001$). Puppet show as a teaching method, does not make any difference in

the knowledge grasping capacity of students with different learning styles ($Z=-1.626$, $P = 0.104$).: The study concluded that puppet show as a teaching method is a useful and effective teaching strategy which can be utilized to teach the students.

Carl J. Dunst (2017) conducted a study to assess the effects of puppetry on elementary students' knowledge of and attitudes toward individuals with disabilities, USA. KOB is a troupe of life-size hand-and-rod puppets used to improve knowledge and change attitudes toward persons with disabilities. Results from both studies indicated that KOB performances had positive effects on both the knowledge and attitudes of second, third, and fourth grade students. Study 1 showed that the puppet shows participants had more positive attitudes and more accurate factual knowledge of individuals with disabilities compared to the control group participants who did not experience the KOB puppets. Findings from Study 2 showed pretest-post test gain scores for the KOB group were larger than those for the control group. The results taken together provided evidence that a rather simple intervention was effective in terms of changing the knowledge of and attitudes toward individuals with disabilities.

Ayten Kalmis (2015) Conducted a study on the Role of Puppets in Kindergarten Education in Cyprus. This qualitative research aims to investigate that if the puppets can be used as a teaching tool in kindergarten education and how it is effective for children to learn. The question that this research is trying to find out is who the pre-school language learners. The data are gathered using two different kinds of research methods: observation and interview. It is a case study in which 20 kindergarten children are taught English with a puppet named Pepe and students are observed whether they learn the language. In addition, two kindergarten teachers are interviewed about the use of puppets in English language classrooms. The data show that puppets are engaging and motivating for young learners. They are effective tools, which can be used in English language classrooms. However, the study is limited to the role of puppets in kindergarten education in English language classrooms. Further studies may focus on the role of puppets in kindergarten education in other fields such as science, art, and so on.

Azadeh Aminimanesh Et Al (2014) conducted a study to assess the effectiveness of the Puppet Show and Storytelling Methods on Children's Behavioral Problems. The quasi-experimental study was conducted on three groups (puppet show and storytelling as test groups and a control group), in three stages, using a pretest–posttest design. The study was conducted in 2014 on 75 children aged 3–5 years selected from three kindergartens in Isfahan, Iran. The subjects were selected using random clusters sampling method. To collect data, Shahim Preschool Children Behavior Problem Questionnaire was used. Data were analyzed using descriptive and inferential statistics in SPSS software. The results of the statistical tests including one-way analysis of variance (ANOVA) and repeated measures ANOVA test showed that mean variation in both puppet show, and storytelling groups was significantly higher than the control group immediately and 1 month after the intervention ($p < 0.001$). Variation was significantly higher in the puppet show group compared to the storytelling group immediately ($F = 222.5$, $p < 0.001$) and 1 month ($F = 235.5$, $p < 0.001$) after the intervention. It can be concluded that compared to the storytelling method, the puppet show method has a greater impact on improving behavior problems among preschool children.

SECTION C: STUDIES RELATED TO THE EFFECTIVENESS OF PUPPET SHOW ON ANXIETY AMONG HOSPITALIZED CHILDREN

Jaslin John (2021) conducted a study to evaluate the effectiveness of puppet play on reduction of

anxiety among hospitalized children in selected hospitals of Badrachalam. Purposive Nonprobability Simple random sampling technique was adopted to select 100 participants. The tool used for the study is Socio Demographic data and the modified short state trait anxiety inventory in Children scale. The Results reveals that, In experimental group majority of 80% hospitalized children had severe anxiety, 12% had mild anxiety and 8% had moderate anxiety in pretest. Whereas, 68% hospitalized children had severe anxiety, 12% had mild anxiety and 20% had moderate anxiety in posttest. In control group majority of 84% hospitalized children had severe anxiety, 8% had mild anxiety and 8% had moderate anxiety in pretest. Whereas, 96% hospitalized children had severe anxiety, 4% had moderate anxiety and 0% had mild anxiety in posttest. In experimental group the mean posttest anxiety score was 28.32 which were lower than the pre test anxiety score of 32.28. The mean difference obtained was 3.36 and calculated 't' value was 5.683 with df of 24 which was significant at 0.05 level. In control group the mean posttest anxiety score was 32 which were higher than the pretest anxiety score of 31.32. The mean difference obtained was 0.68 and calculated 't' value was 0.769 with df of 24 which was not significant at 0.05 level. In comparison between mean posttest anxiety score of experimental groups i.e. 28.32 and mean posttest of control group i.e. 32. The mean difference between posttest anxiety score of experimental group and control group is 2.36. In experimental group the mean posttest anxiety score was 28.32 which were lower than the posttest anxiety score of 32 in control group. The mean difference obtained was 3.21 and calculated 't' value was 2.70 with df of 48 which was significant at 0.05 level. The study found that puppet play is effective in reducing anxiety among hospitalized children.

Ozer Baran (2020) conducted a study to study was to investigate the effect of the puppet show demonstrated to 7–11 years old children during circumcision on the anxiety and pain level of children. The study was designed as a randomized controlled experiment. The population of the study was the children between 7 and 11 years of old and being circumcised in the urology clinic at Research and Training Hospital in Karabük Turkey between 1 May and 1 September 2017. A total of 81 (experimental group: 40, control group: 41) children were included in the study. "Participant Information Form", "Wong Baker Faces Pain Rating Scale" and "State-Trait Anxiety Inventory for Children" were used as implemented in the literature. Results shows that the median pain score of the experimental group during and after the procedure was statistically lower than the control group. The level of anxiety during and after the procedure in the experimental group showed a statistically significant decrease compared to the pre-treatment level and the level of anxiety after the procedure showed a statistically significant decrease compared to the procedure. In the control group, while the level of anxiety during the procedure showed a statistically significant increase compared to the pre-treatment level, the level of anxiety after the procedure showed a statistically significant decrease compared to the one during the procedure.

Özge Karakaya Suzan Et Al (2020) Conducted a study to assess the effect of Puppet Show on Children's anxiety and pain levels during the circumcision operation. The population of the study was the children between 7 and 11 years of old and being circumcised in the urology clinic at Research and Training Hospital in Karabük Turkey between 1 May and 1 September 2017. A total of 81 (experimental group: 40, control group: 41) children were included in the study. "Participant Information Form", "Wong Baker Faces Pain Rating Scale" and "State-Trait Anxiety Inventory for Children" were used as implemented in the literature. Results shows that the median pain score of the experimental group during and after the procedure was statistically lower than the control group. The level of anxiety during and after the procedure in the experimental group showed a statistically significant decrease compared to the

pre-treatment level and the level of anxiety after the procedure showed a statistically significant decrease compared to the procedure. In the control group, while the level of anxiety during the procedure showed a statistically significant increase compared to the pre-treatment level, the level of anxiety after the procedure showed a statistically significant decrease compared to the one during the procedure. It was concluded that the puppet show performed during the circumcision procedure was effective in reducing the pain and anxiety that developed during the circumcision and continued after the procedure.

Sarala (2014) conducted a study to assess the effectiveness of Puppet play in reducing preoperative anxiety among children 6-12 years of age, undergoing abdominal surgery at Institute of child health & hospital for children, Chennai-8. A pre-experimental research design, one-group pretest-posttest design was used to assess the effectiveness of Puppet play in reducing preoperative anxiety among children 6-12 years of age, undergoing abdominal surgery at Institute of child health. The tool used for the study consists of demographic data, and Modified Yale preoperative anxiety scale. The population of this study were 60 children of both sexes in the age group of 6 to 12 year. Sample for the study were selected through convenient sampling technique. Conceptual framework used for the study was Wiedenbach's Helping art of Clinical Nursing Model. The findings of the study revealed that on average, children are having 27.5% of reduction in anxiety score. It shows the effectiveness of study. Puppet play in the form of hand puppet with doctor's play set was found to be effective in reducing the preoperative anxiety of the children undergoing surgery. Children need adequate information tailored to their needs, and hospital environments need to be made more children centered.

Alkoma W (2012) a randomized control trial was conducted to assess the effectiveness of plays activities to reduce anxiety in Marash University, Melbourne. The mean anxiety scores of children aged 3-12 years in the experimental and control groups are assessed. Sample size was 80. The calculated t value showed statistically significant differences between the mean CEMS scores of children aged 3-7 in both groups [$t(180) = -7.3, p < .001$] and of the children aged 8-12 in both groups [$t(180) = -8.1, < .001$] Children receiving the interventions exhibited less negative emotional behavior during hospitalization. A mixed between-within-subjects ANOVA was performed on the anxiety scores. The results showed that hospitalized children (both 3-7 and 8-12 age groups) who participated in the interventions experienced significantly lower levels of anxiety than those receiving standard care only.

Han And Leff (2012) an experimental study were conducted concerning effect of play on reduction of anxiety among immobilized hospital children in the hospital at Brazil. Sixty immobilized children were randomly assigned to the experimental and control groups. Hospital Observed Scale (HOBS) was used to assess the anxiety level. Children in the control group were exposed to the regular ward stimuli the experimental group participated in four periods play. The obtained 't' value was 13.4 and the mean difference was 2.53. These findings indicated that the play period expressed more positive feelings towards themselves than the control group.

Ms. Malathi (2011) was conducted a study to assess the effectiveness of therapeutic play on the level of anxiety among hospitalized children between 3-6 years in Stanley Government hospital, Chennai. Sample size consists of 60 hospitalized children between 3-6 years. Convenient sampling technique was used. Tool adapted for Modified Achen Bach child behavior observation checklist was used in this study. The analysis revealed that there was marked decrease in the mean value from 43.93 in the pre-test level to 31.86 in the post test level of anxiety. The standard deviation is increased from 7.57 in pre-test to 17.71 in post-test. The calculated 't' value at 18.47 is highly significant at $p < 0.001$ level. So there was

significant decrease in the post test level of anxiety among hospitalized children between 3-6 yrs. therefore therapeutic play can be used as a safe and effective tool, which helps in reducing anxiety.

Ruby. G (2011) was conducted a study Effectiveness of therapeutic play in terms of anxiety and behavioral response among hospitalized preschool children in masonic hospital at Coimbatore, Sample size for the study was 60 non-probability purposive sampling method was used for the study. The tool used was Anxiety rating scale .The Post-test mean anxiety score of 27.93 [SD± 6.30] is significantly lower when compare with the Pre-test mean anxiety score 106 of 56.01 [SD± 9.42]. The calculated ‘t’ value of 18.9 shows high significance at $p < 0.005$ level. The Post-test mean behavioral response score of 79.01 [SD ± 12.83] is significantly higher when compare with the pre-test mean behavioral response score of 33.05 [SD± 7.01], ‘t’ value of 29.66 shows high significance at $p < 0.05$ level .

Weber Fs (2010) conducted a study on the influence of playful activities on children's anxiety during the preoperative period The modified Yale Preoperative Anxiety Scale (mYPAS) was administered to 50 children between 5 and 12 years of age undergoing medical procedures soon after the individuals arrived at the outpatient surgical center (minute 0) and 15 minutes after the first measurement. The children in the recreation group had reduced anxiety levels and those in the control group remained anxious. During the preoperative period, children who participate in playful activities in the recreation room have their anxiety reduced in comparison with those that only stay in the preoperative holding area for at least 15 minutes.

Dedrick(1981) conducted a study to investigated effects of a preoperative puppet show on anxiety levels of hospitalized children as measured by the Palmar Sweat Index (PSI). Subjects were 28 children, ages 2-7 years inclusive, randomly assigned to treatment and nontreatment groups. Treatment consisted of a puppet show designed to familiarize patients with hospital routines and operational procedures. Two PSI measures were collected for each subject. Analyses of variance were used to test mean differences with data categorized by treatment, by sex, and by interaction of sex and treatment. No interaction was found between treatment and sex. Treatment was associated with a significant reduction in anxiety from the time of admission to the period immediately following the puppet show.

MATERIAL AND METHODS

RESEARCH METHODOLOGY

Research Methodology refers to the techniques used to structure the study and to gather and analyze information in a systematic method.

This chapter deals with research approach, the research design, variables under study, the settings, population, sample, sampling technique, criteria for sample selection, data collection tool and technique, description of the tool, validity, reliability, scoring interpretation, pilot study, method of data collection, plan for data analysis and ethical consideration.

RESEARCH APPROACH

A research approach tells the researcher what data to collect and how data analyses it. It also suggests possible conclusion to be drawn from the data, in view of the nature of the problem under study and to accomplish the objectives of study. **(Polit, 2011)**

In this study, quantitative research approach was adopted.

RESEARCH DESIGN

Research design is the plan for obtaining answer to the questions being studied for handling some of the difficulties encountered during research process (**Polit,2011**).

In this study, Quasi-experimental pre-test and post-test control group design was adopted.

Group	Pretest	Intervention	Posttest
Experimental Group	O1	X	O2
Control Group	O1	-	O2

- O1 –Pre-test level of anxiety in experimental group and control group.
- X – Intervention (Puppet show)
- O2 – Post-test level of anxiety in experimental group and control group.

VARIABLES

Variables are defined as “an attribute that varies which believed to cause or influence.”

(**Denise F. Polit,2011**)

INDEPENDENT VARIABLES:

Independent variables are defined as the variable which believed to cause or influence.

(**Denise F. Polit,2011**)

The independent variable for the study was puppet show.

DEPENDENT VARIABLES:

The variable that is believed to cause or influence the dependent variable (**Polit and Hungler, 2004**)

The dependent variable for the study was anxiety among hospitalized children.

EXTRANEIOUS VARIABLE:

A variable that confounds the relationship between the independent and dependent variable and that need to be controlled either statically or in the research design.

(**Denise F. Polit, 2011**)

It refers to demographic variables such as age, gender, religion, education of the child, fathers' education, mothers' education, fathers' occupation, mothers' occupation, family income, presence of caregiver with child, birth order of the child, Area of residence, number of siblings, duration of hospitalization.

SETTING OF THE STUDY

Setting is the physical location and condition in which data collection takes place in the study (**Polit, 2011**).

The children among the age group of 4-6 years who are admitted in pediatric ward at PRS Hospital Killipalam, Karamana, TVM, for both control and experimental group.

POPULATION

A population is defined as the entire set of individuals or objects having some common characteristics

(Denise F. Polit, 2011)

Target Population:

In this study the target population was hospitalized children with the age group of 4-6 years.

Accessible Population:

In this study the accessible population comprised of anxiety among hospitalized children between the age group of 4-6 years.

SAMPLE

Sample refers to a fraction or portion of the element in a universe drawn out deliberately in a planned representative manner for studying interested characteristics of a large group of population (Polit, 2011)
The children with the age group of 4-6 years.

SAMPLE SIZE

Sample size was the total number of samples participating in a study (Polit, 2011).
In this study, the sample size was 60 hospitalized children with anxiety, out of which 30 children's were in the experimental group and 30 children's were in the control group.

SAMPLING TECHNIQUE

It refers to the process of selecting a portion of the population to represent the entire population (Polit, 2011).

In this study, Purposive sampling technique was used to select the samples.

Sampling Criteria

Inclusion Criteria:

Children who are:

Within the age group of 4-6 years

Both male and female children.

Willing to participate in the study.

Children who are admitted for first day/first time in the hospital.

Exclusion Criteria:

Children who are:

Mentally and physically challenged.

Not willing to participate in the study.

Unconscious and critically ill

Children who were admitted only for observation.

Selection and Development of Tool

The tool development process builds in time for the review and summary of relevant research. This part of the process often includes consultation with outside experts and internal products such as white papers that guide the drafting or revision of tools. The tools the researcher use to achieve their research goals can vary considerably depending on the discipline.

The tool was prepared based on objectives of the study. The following methods were used for the development of the tool by the investigator:

Review of literature from books, journals, other publications, and websites.

Discussed with subject experts.

Review of standard tools.

The researcher developed demographic variable Performa and Observation Checklist for Anxiety to determine the effectiveness of puppet show on anxiety among hospitalized children.

Research Tool

Description of Tool

The tool was developed after extensive review of literature, internet search and expert opinion.

The researcher has used the following tools for data collection:

Section A: Demographic Variables

Section B: Observation Checklist for Anxiety Among Hospitalized Children

Interpretation of Tool

Section A:

This section deals with demographic variables such as age, gender, religion, education status of father, education status of mother, occupational status of father, occupational status of mother and family income, Presence of caregiver with child, birth order of the child, area of residence, number of siblings, duration of hospitalization.

Section B:

This section consists of Observation Checklist for Anxiety Among Hospitalized Children. It consists of Reaction during vocalization (10 items), Gaze behaviors (3 items), Reaction to Therapeutic procedure (8 items), Reaction related to loss of control (9 items).

Interpretation

0 - 40: No anxiety

31 -50: Mild anxiety level.

51 -70: Moderate anxiety level.

71 -90: Severe anxiety level.

Testing of Instruments

Validity of Tool

The experts were requested to give the opinions and suggestion regarding the relevance of the tool. The content validity of the tool was established on the opinion of medical experts, professors, and ethical committee members. They have given their consensus, and the tool was finalized.

Reliability of the Tool

The reliability of the tool was tested by Inter-rated reliability method. The Karl Pearson coefficient formula was used to assess the reliability. The tool after validation was subjected to test for its reliability. The reliability was established, and it was found to be $r=0.8$ which indicate that the tool is reliable.

Pilot Study

The pilot study was conducted in PRS Hospital, Killipalam. Paediatric ward was taken for the selection of samples. Consent was taken from the hospital authorities, ward supervisor, parents of children. written permission was obtained from the hospital authorities and the principal of nursing college by explaining the objectives and data collection procedure. Six samples were selected for the study by using

quasi experimental pre-test post-test in that 3 samples for experimental group and 3 samples for control group.

On the first day, data pertaining to the demographic variable and clinical variable was collected then pretest was conducted using Observation Checklist for Anxiety Among Hospitalized Children-revised for both experimental and control group. Puppet show was conducted for experimental group and no intervention was given to the control group. Post test was conducted for both experimental and control group by using Observation Checklist for Anxiety Among Hospitalized Children-revised. During pilot study the validity, reliability and practicability of the instrument were checked. The result of pilot study showed the feasibility of the original study.

Intervention

- Explain the procedure to the parents and children.
- Obtain oral consent from parents.
- Assess the pre-test level of anxiety by using observational checklist for anxiety among hospitalized children.
- Puppet play was administered for a duration of 20 minutes.
- Introduction and clarification regarding the puppet play was done when required.
- The puppet which is selected for the study is a hand puppet.
- The puppet show was given for 20 minutes in a day to the experimental group.
- Most of the puppets used are made up of plastic and rubber items. So, they are washable.
- The investigator, at the end of the day washes all the puppet clothes which was used by the children by using soap and running water and immersing in antiseptic solution for the required time.
- Then the investigator dries the puppet material under sunlight.
- The same procedure is repeated until the required samples have taken.

PLAN FOR DATA ANALYSIS: -

The data collected will be analyzed by means of descriptive statistics and inferential statistics.

Descriptive statistics: -

Frequency and percentage distribution will be used to describe demographic variables.

Mean and standard deviation were used to analyze the pre-test and post-test level of anxiety among hospitalized children.

Inferential statistics: -

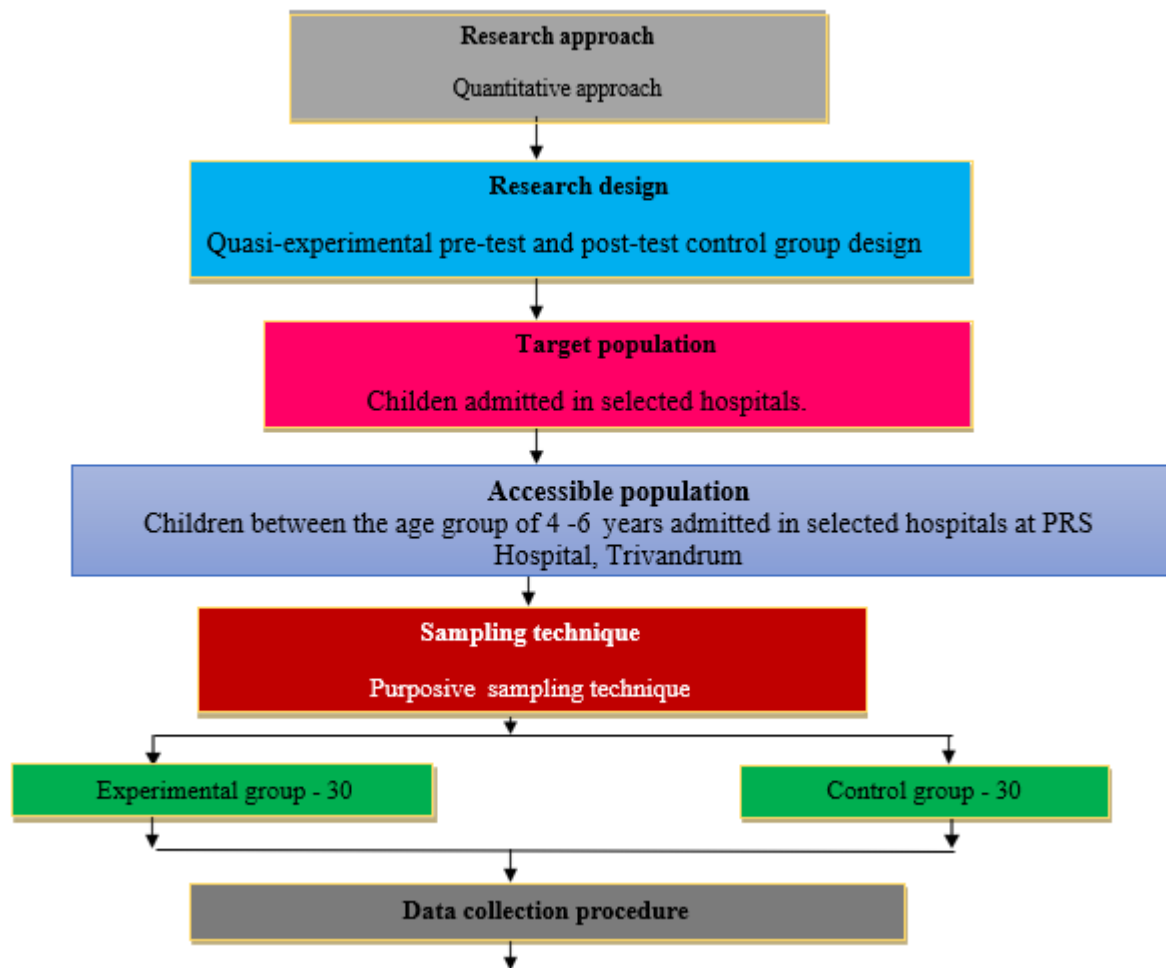
Paired t-test was used to compare the pre-test and post-test level of anxiety among hospitalized children.

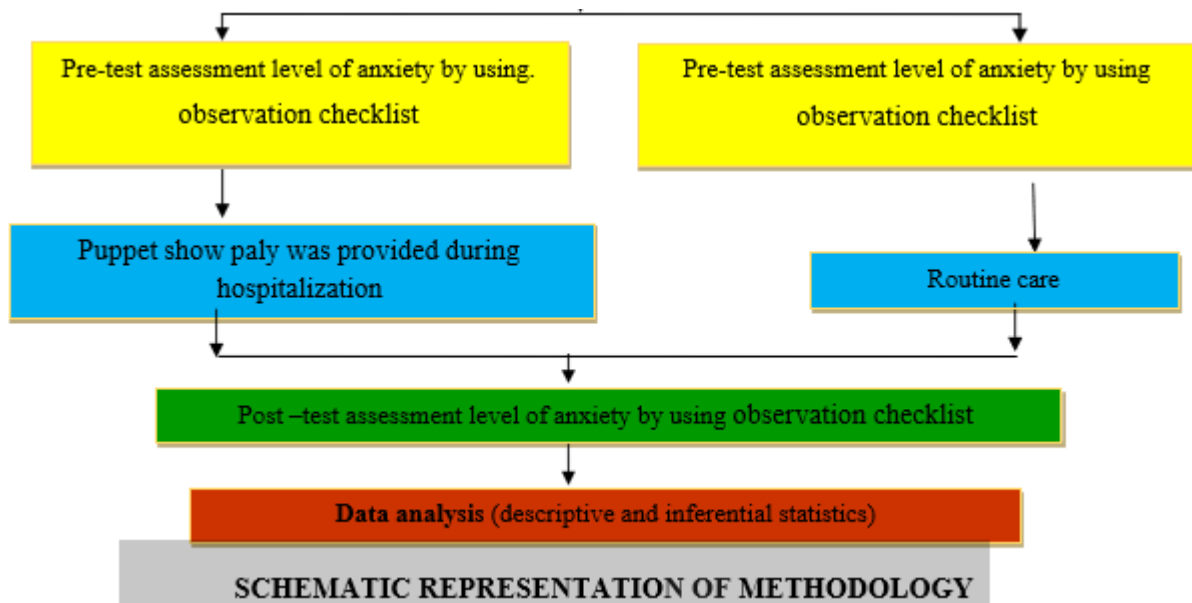
Unpaired t-test was used to compare post-test level of anxiety among hospitalized children in experimental group and control group.

Chi- square test was used to associate the pre-test level of anxiety with their selected demographic variables in experimental group and control group.

ETHICAL CONSIDERATION

The proposed study was conducted after the approval of the dissertation committee of Principal, College of nursing and Directors of selected hospital. The oral consent was obtained from the caretaker of hospitalized children before starting data collection. Assurance was given to the study subject that the anonymity of everyone would be maintained. This was done to maintain the moral and ethical as well as for the legal safety of the investigator.





SCHMATIC REPRESENTATION OF METHODOLOGY

OBSERVATION AND RESULTS

Research data must be processed and analyzed in an orderly fashion so that patterns and relationship can be discerned and validated, and hypotheses can be tested. Qualitative data analyzed through statistical analysis includes simple procedures as well as complex and sophisticated methods.

This chapter deals with the data analysis and interpretation of the data collected from the anxiety among hospitalized children. The interpretation of tabulated data can bring to light the real meaning of findings of the study. In this study the data was analyzed based on the objectives and hypotheses of the study using descriptive and inferential statistics.

PRESENTATION OF DATA

This chapter is divided into four sections,

Section-I: Frequency and percentage distribution of hospitalized children according to the demographic variables in experimental and control group.

Section-II: Frequency and percentage distribution of pretest and posttest level of anxiety among hospitalized children in experimental group and control group.

Section- III: Comparison of the pretest and posttest level of anxiety among hospitalized children in experimental group and control group.

Comparison of the posttest level of anxiety among hospitalized children in experimental group and control group.

Section – IV: Association of pretest level of anxiety among hospitalized children with their selected demographic variables in experimental group.

Association of pretest level of anxiety among hospitalized children with their selected demographic variables in control group.

SECTION –I

Frequency and percentage distribution of hospitalized children according to the demographic variables in experimental and control group.

(N=60)

S.No	Demographic Variables	Experimental Group (n=30)		Control Group (n =30)	
		(f)	(%)	(f)	(%)
1.	Age				
	a) 4 years	9	30	11	36.66
	b) 5 years	12	40	8	26.67
	c) 6 years	9	30	11	36.66
2.	Gender				
	a) Male	14	46.67	15	50
	b) Female	16	53.33	15	50
3.	Religion				
	a) Hindu	12	40	14	46.67
	b) Christian	17	56.67	16	53.33
	c) Muslim	1	3.33	0	0
4.	Education status of father				
	a) Primary	14	46.67	16	53.33
	b) Higher secondary	10	33.33	9	30
	c) Graduate & above	6	20	5	16.67
5.	Education status of mother				
	a) Primary	18	60	16	53.33
	b) Higher secondary	8	26.67	12	40
	c) Graduate & above	4	13.33	2	6.67
6.	Fathers Occupation				

	a) Coolie	19	63.33	24	80
	b) Business	4	13.33	2	6.67
	c) Private employee	5	16.67	3	10
	d) Government employee	2	6.67	1	3.33
7.	Mothers Occupation				
	a) home maker	17	56.67	15	50
	b) Coolie	5	16.67	4	13.33
	c) Private employee	7	23.33	8	26.67
	d) Government employee	1	3.33	3	10
8.	Family income				
	a) ≤ ₹ 5,000	8	26.67	6	20
	b) ₹ 5,001- 9,999	11	36.66	10	33.33
	c) ₹ 10,000-14,999	7	23.33	11	36.66
	d) ≥₹ 15,000	4	13.33	3	10
9.	Presence of caregiver with child				
	a) Mother	19	63.33	23	76.67
	b) Father	5	16.67	2	6.67
	c) Grandparents	6	20	5	16.66
10	Birth order of the child				
	a) First child	14	46.67	17	56.67
	b) Second child	16	53.33	13	43.33

	c) Third child	0	0	0	0
11	Area of residence				
	a) Urban	17	56.67	16	53.33
	b) Rural	13	43.33	14	46.67
12	Number of siblings				
	a) One	30	100	30	100
	b) Two	0	0	0	0
	c) More than two	0	0	0	0
13	Duration of hospitalization				
	a) 1 -3 days	9	30	10	33.33
	b) 3 – 5 days	7	23.33	9	30
	c) 5 – 7 days	14	46.67	11	36.67

The above table shows that the demographic variables among hospitalized children regarding the age majority 40 % of them were between 5 years in the experimental group, whereas 36.66% of them were between 4 years & 6 years in the control group.

According to gender majority 53.33% were female in experimental group whereas majority 50 % were both male & female in control group.

Regarding religion in experimental group majority 56.67% were Christian and 53.33% were Christian in control group.

According to education status of father, majority 46.67 % were primary school education in experimental group, whereas majority 53.33 % were primary school education in control group.

According to education status of mother, majority 60 % were primary school education in experimental group, whereas majority 53.33 % were primary school education in control group.

With regards to father's occupation, majority 63.33 % were coolie in experimental group and whereas majority 80 % were coolie in control group.

With regards to mother's occupation, majority 56.67 % were home maker in experimental group and whereas majority 50 % were coolie in control group.

Regarding family income in experimental group majority 36.66% were having between ₹ 5,001- 9,999 per month and 36.66% were having between ₹ 5,001- 9,999 per month in control group.

With regards to presence of caregiver with child, majority 63.33 % were mother in experimental group and whereas majority 76.67 % were mother in control group.

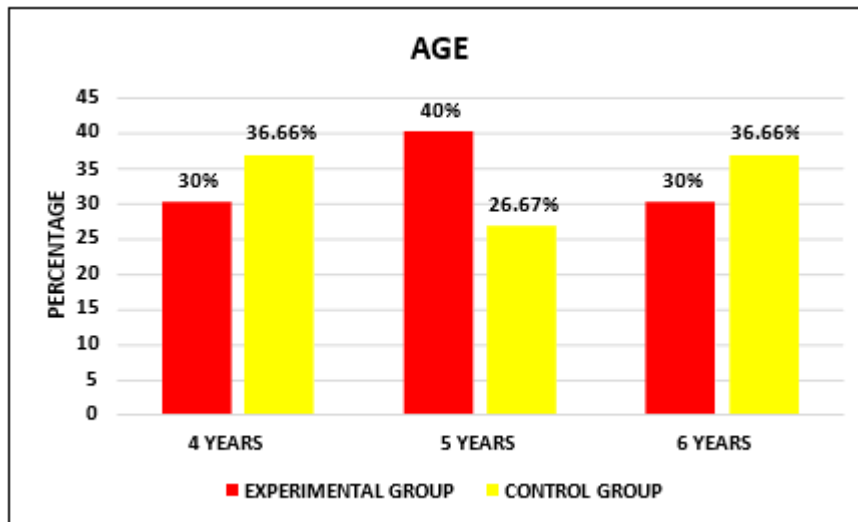
According to birth order of the child, majority 53.33 % were second child in experimental group and whereas majority 56.67 % were first child in control group.

Regarding area of residence, majority 56.67 % were from urban area in experimental group and whereas

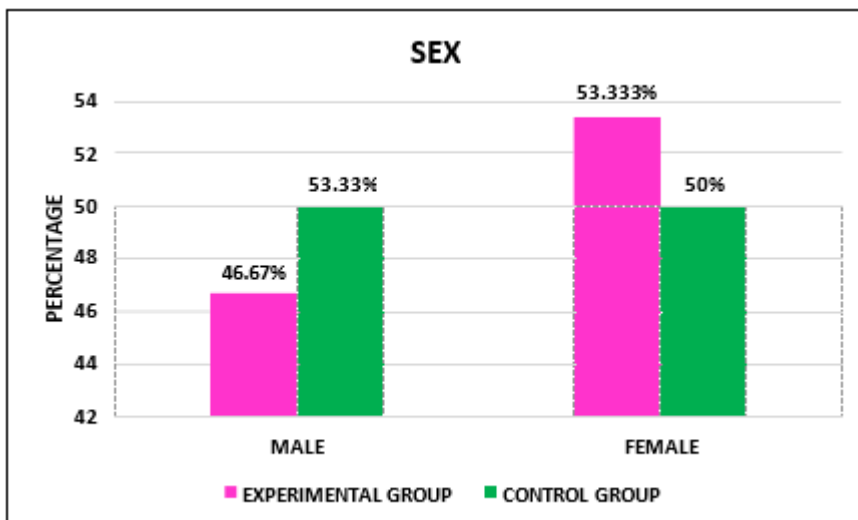
majority 53.33 % were from urban area in control group.

With regards to number of siblings, 100% were having one sibling in both experimental and control group.

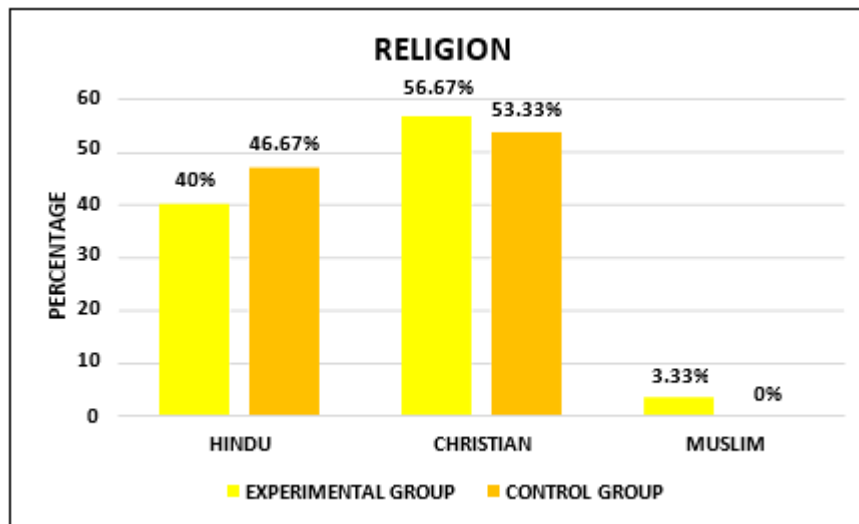
According to duration of hospitalization, majority 46.67% werestaying 5- 7 days in experimental group whereas majority 36.67% were staying 5- 7 days in control group.



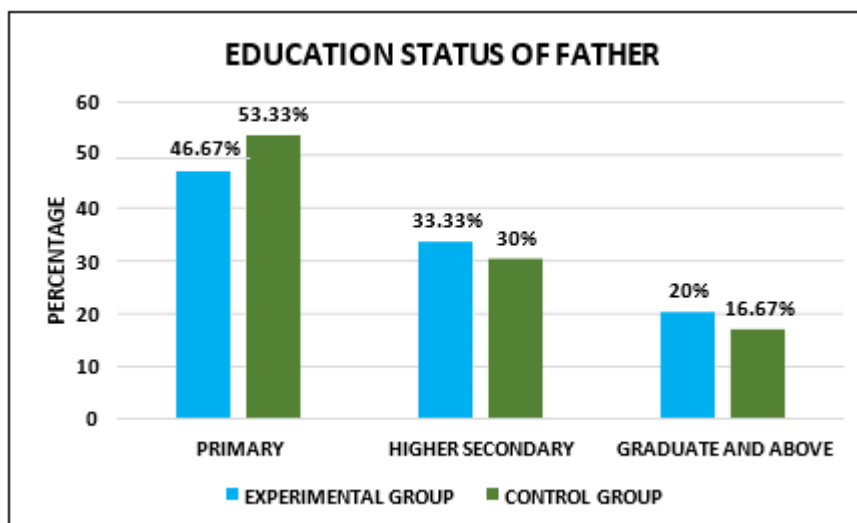
Percentage distribution of hospitalized children according to age



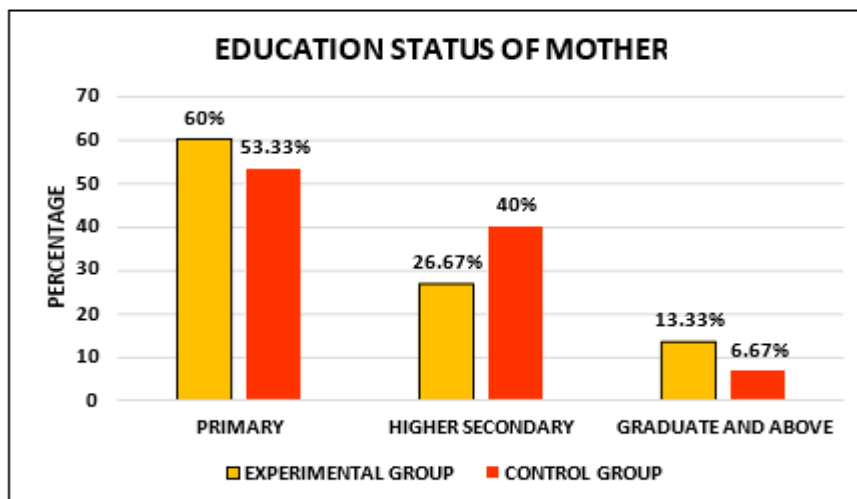
Percentage distribution of hospitalized children according to sex



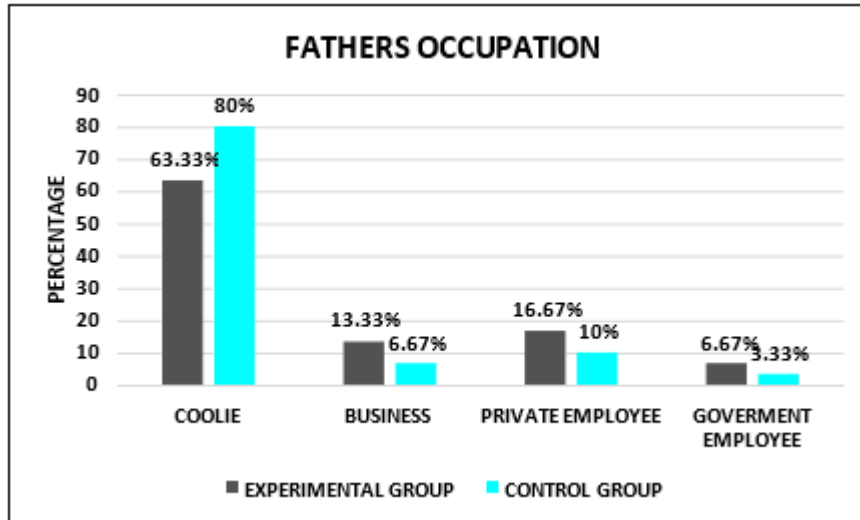
Percentage distribution of hospitalized children according to religion



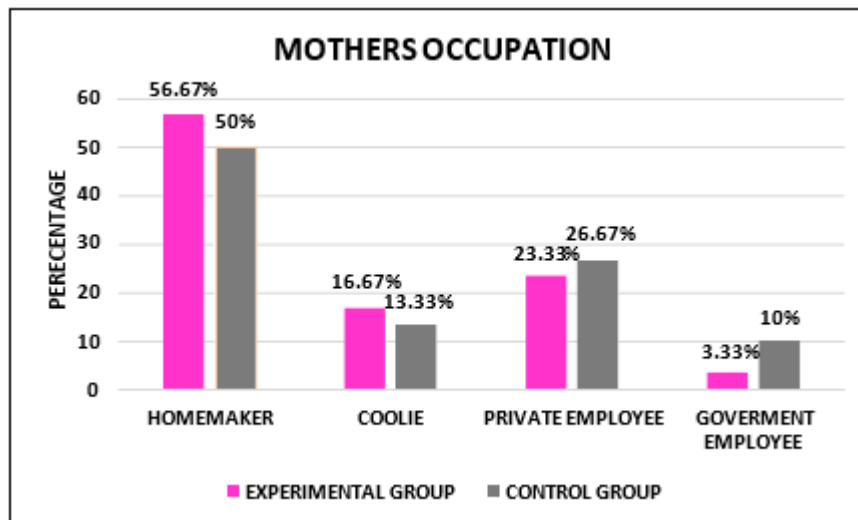
Percentage distribution of hospitalized children according to education status of father



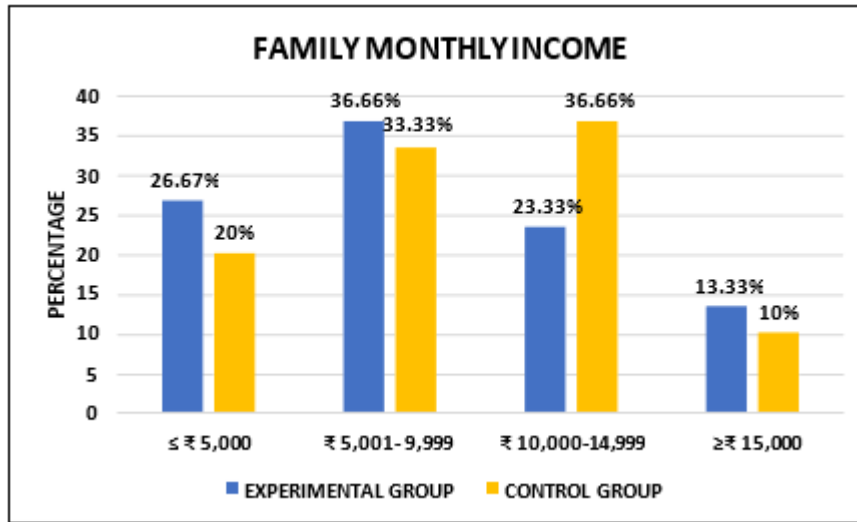
Percentage distribution of hospitalized children according to education status of mother



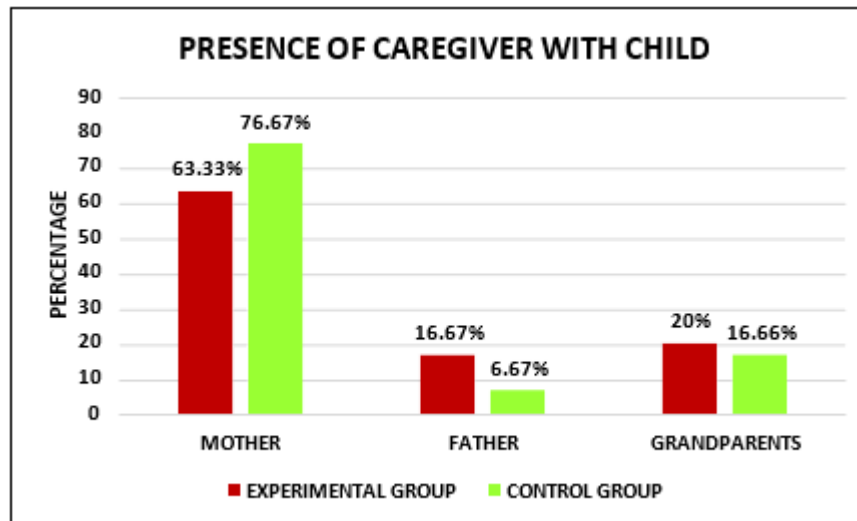
Percentage distribution of hospitalized children according to fathers occupation



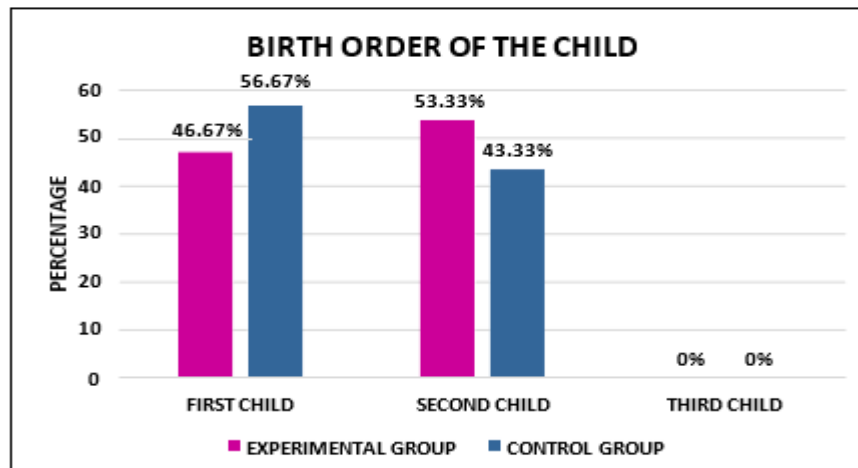
Percentage distribution of hospitalized children according to mothers occupation



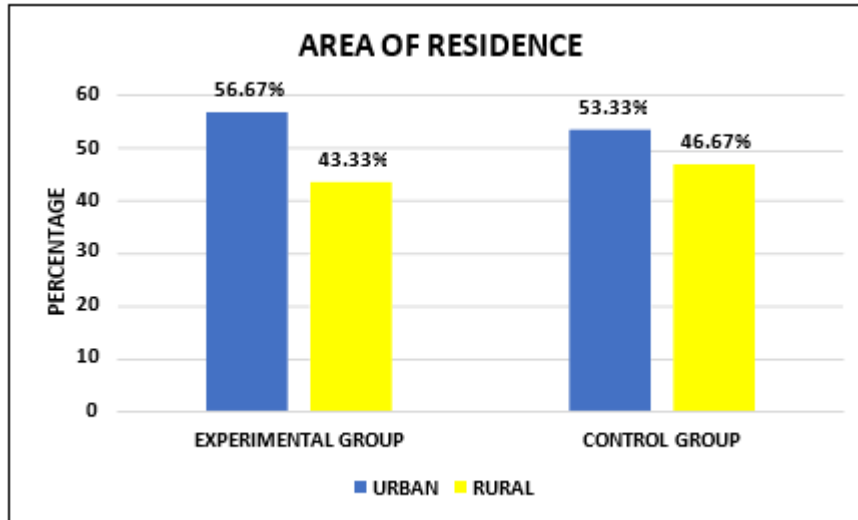
Percentage distribution of hospitalized children according to family monthly income



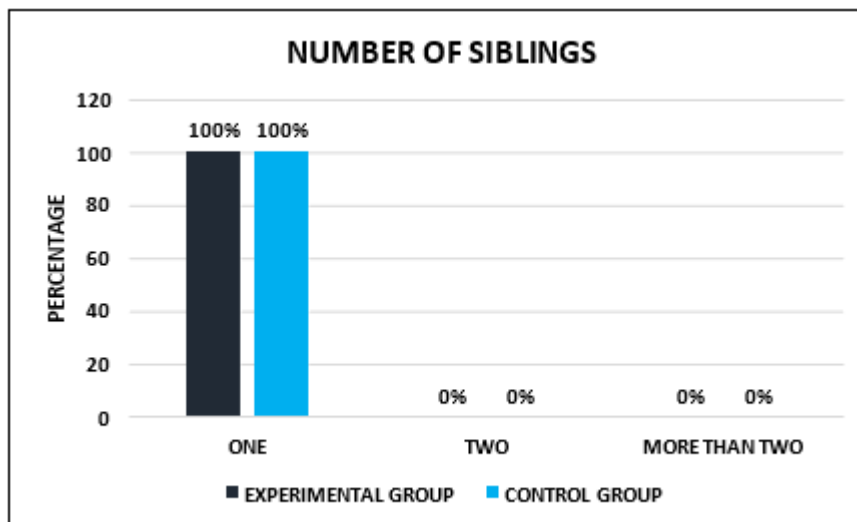
Percentage distribution of hospitalized children according to presence of caregiver with child



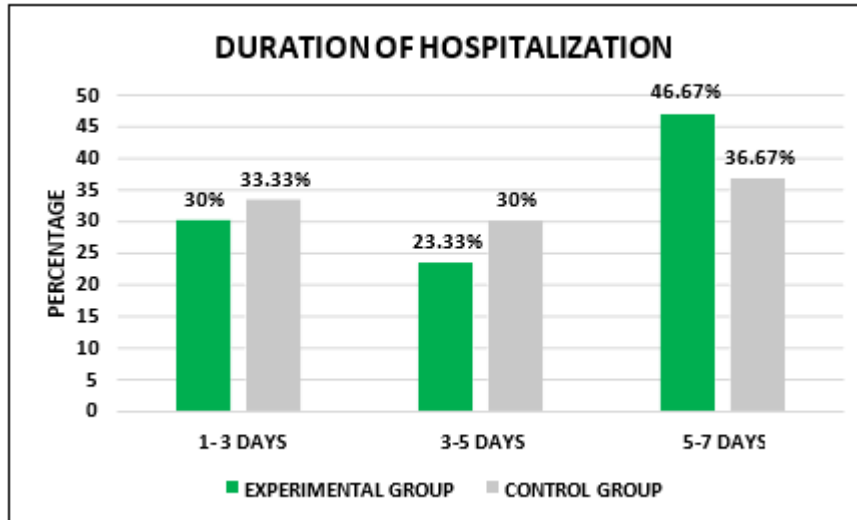
Percentage distribution of hospitalized children according to birth order of the child



Percentage distribution of hospitalized children according to area of residence



Percentage distribution of hospitalized children according to number of siblings



Percentage distribution of hospitalized children according to duration of hospitalization

SECTION - II

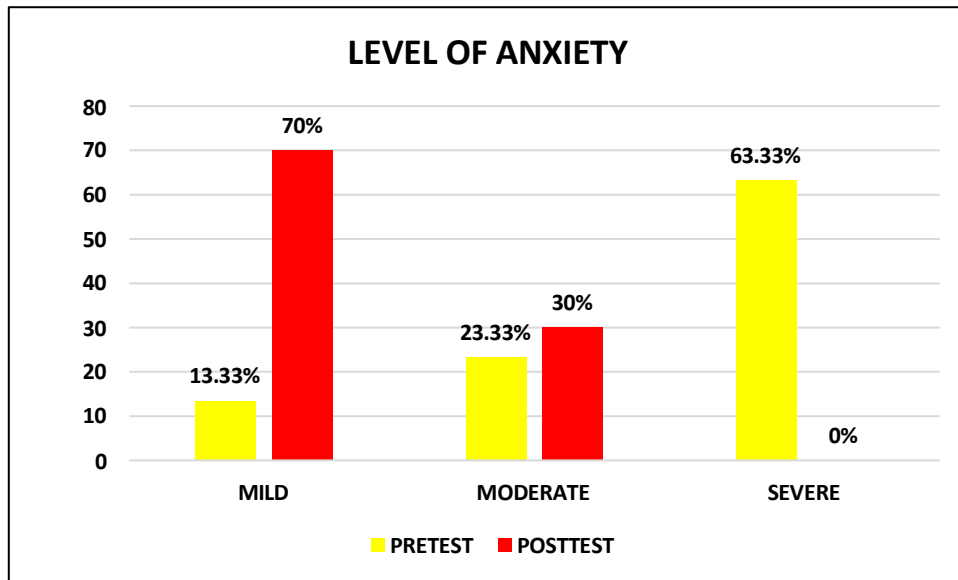
Frequency and percentage distribution of pretest and posttest level of anxiety among hospitalized children in experimental group.

(n=30)

LEVEL OF ANXIETY	Experimental group			
	Pretest		Post test	
	f	%	f	%
Mild	4	13.33	21	70
Moderate	7	23.33	9	30
Severe	19	63.33	0	0

The above table predicts that in pretest, majority 19(63.33%) of hospitalized children had severe level of anxiety, 7(23.33%) of hospitalized children had moderate level of anxiety and 4 (13.33%) of hospitalized children had mild level of anxiety and in posttest majority 21(70%) of hospitalized children had mild level of anxiety, 9(30%) of hospitalized children had moderate level of anxiety in experimental group.

Percentage distribution of pretest and posttest level of anxiety among hospitalized children in experimental group

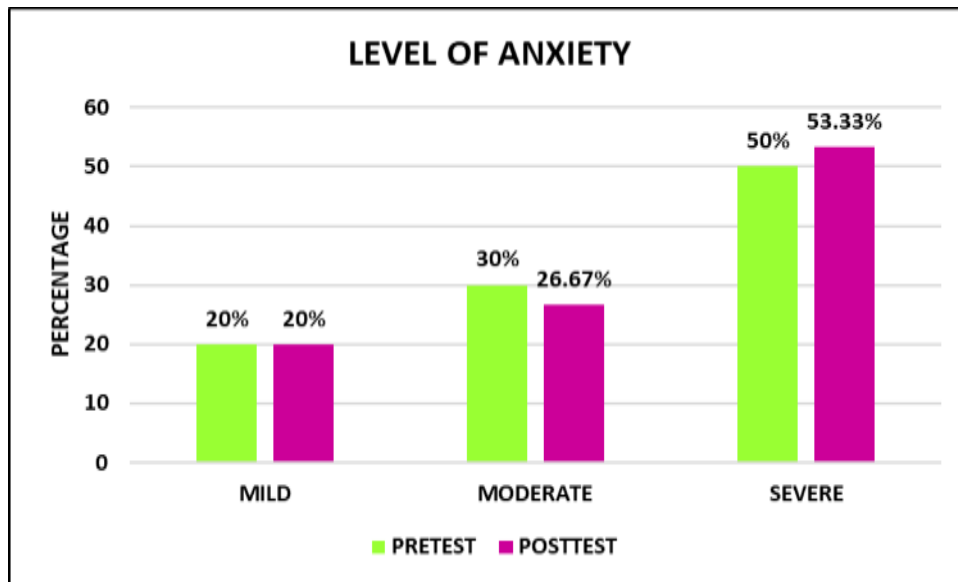


Frequency and percentage distribution of pretest and posttest level of anxiety among hospitalized children in control group.

(n=30)

LEVEL OF ANXIETY	Control group			
	Pre test		Post test	
	f	%	f	%
Mild	6	20	6	20
Moderate	9	30	8	26.67
Severe	15	50	16	53.33

This table predicts that in pretest, majority 15(50%) of hospitalized children had severe level of anxiety, 9(30%) of hospitalized children had moderate level of anxiety, 6 (20%) of hospitalized children had mild level of anxiety and in post test majority 16(53.33%) of hospitalized children had severe level of anxiety, 8(26.67%) of hospitalized children had moderate level of anxiety and 6 (20%) of hospitalized children had mild level of anxiety in control group.



Percentage distribution of pretest and posttest level of anxiety among hospitalized children in control group

Section - III

Comparison of the pretest and posttest level of anxiety among hospitalized children in experimental group.

(n=30)

S.No	Experimental group	Mean	Standard deviation	Mean difference	Paired 't' Value
1	Pre test	73.7	13.79	26.17	24.17
2	Post test	47.53	12.88		*

*Significant at <0.005 level

Table value 2.04

To evaluate the effectiveness of Puppet show on anxiety among hospitalized children in experimental group, the null hypothesis was stated as follows,

H1: There will be a significant difference between the pre test and post test level of anxiety among hospitalized children in experimental and control group, The hypothesis was tested by “t” test method

The hypothesis was tested by “t” test method

This table summarizes that in the mean post test level of anxiety 47.53 which was lesser than the mean pre test score 73.7 in experimental group. The obtained “t” value 24.17* was highly significant at p<0.005 level. The mean difference was 26.17 is a true difference and has occurred by chance.

The above findings fail to support the null hypothesis. Hence the researcher accepts the research

hypothesis. This proves that because of Puppet show in experimental group had decrease the level of anxiety among hospitalized children in experimental group.

Comparison of the pretest and posttest level of anxiety among hospitalized children in control group.

(n=30)

S.No	Control group	Mean	Standard deviation	Mean difference	Paired 't' Value
1	Pre test	62	18.43	0.9	1.59 # NS
2	Post test	62.9	18.93		

Non- Significant at <0.005 level

Table value 2.04

To evaluate the effectiveness of Puppet show on anxiety among hospitalized children in experimental group, the null hypothesis was stated as follows,

H1: There will be a significant difference between the pre test and post test level of anxiety among hospitalized children in experimental and control group, The hypothesis was tested by “t” test method

The above findings summarize that in the mean post test score of anxiety 62.9 which was greater than the mean pre test score 62 in control group. The obtained “t” value 1.59 # was non-significant at p<0.005 level. The mean difference was 0.9 is a mild difference and has not occurred by chance.

Comparison of the posttest level of anxiety among hospitalized children in experimental group and control group.

(n=60)

S.No	Group	Mean	SD	Mean difference	“t” Value
1	Experimental group	47.53	12.88	15.37	3.66
2	Control group	62.9	18.93		

*Significant at 0.005 level

Table value 2.00

To compare the mean post test score of anxiety among hospitalized children in experimental and control group, the null hypothesis was stated as follows,

H1: There will be a significant difference in the post test level of anxiety among hospitalized children in experimental and control group.

This table summarizes that in experimental group the mean posttest level of anxiety 47.53 was lesser than the mean posttest level of anxiety scores 62.9 in control group. The obtained “t” value 3.66 was significant at $p < 0.05$ level. This indicates the mean difference of 15.37 is a true difference and has occurred by chance. This proves that because of Puppet show in experimental group had decrease the level of anxiety among hospitalized children in experimental group.

SECTION – IV:

Association of pretest level of anxiety among hospitalized children with their selected demographic variables in experimental group.

(n=30)

S.No	Demographic Variables	EXPERIMENTAL GROUP						
		LEVEL OF ANXIETY						
		MILD	MODERATE	SEVERE	Total	X ²	df	P value
1.	Age							
	a) 4 years	1	1	7	9			
	b) 5 years	2	5	5	12	4.53	4	9.49
	c) 6 years	1	1	7	9			#
2.	Gender							
	a) Male	2	2	10	14	1.21	2	5.99
	b) Female	2	5	9	16			#
3.	Religion							
	a) Hindu	1	3	8	12			
	b) Christian	3	4	10	17	11.15	4	9.49
	c) Muslim	0	0	1	1			*
4.	Education status of father							
	a) Primary	2	2	10	14	2.37	4	9.49
	b) Higher secondary	1	4	5	10			#
	c) Graduate & above	1	1	4	6			
5.	Education status of mother							
	a) Primary	2	4	12	18			
	b) Higher secondary	1	2	5	8	0.65	4	9.49

	c) Graduate & above	1	1	2	4			#
6.	Fathers Occupation							
	a) Coolie	1	4	14	19			
	b) Business	1	1	2	4	15.65	6	12.59
	c) Private employee	1	2	2	5			*
	d) Government employee	1	0	1	2			
7.	Mothers Occupation							
	a) Home maker	2	15	10	17			
	b) Coolie	1	1	3	5	1.46	6	12.59
	c) Private employee	1	1	5	7			#
	d) Government employee	0	0	1	1			
8.	Family income							
	a) ≤ ₹ 5,000	1	1	6	8			
	b) ₹ 5,001- 9,999	1	4	6	11	2.51	6	12.59
	c) ₹ 10,000-14,999	1	1	5	7			#
	d) ≥ ₹ 15,000	1	1	2	4			
9.	Presence of caregiver with child							
	a) Mother	2	4	13	19			
	b) Father	1	2	2	5	1.61	4	9.49
	c) Grandparents	1	1	4	6			#

10	Birth order of the child							
	a) First child	2	5	7	14			
	b) Second child	2	2	12	16			
	c) Third child	0	0	0	0	2.48	4	9.49 #
11	Area of residence							
	a) Urban	3	4	10	17			5.99 #
	b) Rural	1	3	9	13	0.67	2	
12	Number of siblings							
	a) One	4	7	19	30			
	b) Two	0	0	0	0			
	c) More than two	0	0	0	0	0	4	9.49 #
13	Duration of hospitalization							
	a) 1 -3 days	1	2	6	9			
	b) 3 – 5 days	1	1	5	7			
	c) 5 – 7 days	2	4	8	14	0.63	4	9.49 #

Non-significant at 0.05 level

* Significant at 0.05 level

To find out the association between the pretest level of anxiety among hospitalized children with their selected demographic variables in experimental group, the hypothesis was stated as follows.

H2: There will be a significant association between the pre test level of anxiety among hospitalized children with their selected demographic variables in experimental group.

The above table predicts that there is statistically significant association with the level of anxiety among hospitalized children such as religion and father’s occupation.

Association of pretest level of anxiety among hospitalized children with their selected demographic variables in control group.

(n=30)

S.No	Demographic Variables	CONTROL GROUP									
		LEVEL OF ANXIETY									
		MILD	MODERATE	SEVERE	Total	X ²	df	P value			

1.	Age							
	a) 4 years	3	2	6	11			
	b) 5 years	1	5	2	8			
	c) 6 years	2	2	7	11	3.01	4	9.49 #
2.	Gender							
	a) Male	2	6	7	15	1.73	2	5.99 #
	b) Female	4	3	8	15			
3.	Religion							
	a) Hindu	2	6	6	14			
	b) Christian	4	3	9	16			9.49 #
	c) Muslim	0	0	0	0	2.14	4	
4.	Education status of father							
	a) Primary	3	5	8	16	0.44	4	9.49 #
	b) Higher secondary	2	2	5	9			
	c) Graduate & above	1	2	2	5			
5.	Education status of mother							
	a) Primary	2	6	8	16		4	9.49 #
	b) Higher secondary	3	3	6	6			
	c) Graduate & above	1	0	1	2	2.5		
6.	Fathers Occupation							
	a) Coolie	5	7	12	24			
	b) Business	0	1	1	2			
	c) Private employee	1	1	1	3	13.01	6	12.59
	d) Government employee	0	0	1	1			*
7.	Mothers Occupation							
	a) Home maker	3	5	7	15			
	b) Coolie	1	1	2	4			
	c) Private employee	1	2	5	8	1.15	6	12.59 #
	d) Government employee	1	1	1	3			

8.	Family income							
		3	1	2	6			
a)	≤ ₹ 5,000	1	1	8	10			
b)	₹ 5,001- 9,999	1	6	4	11	18.73	6	12.59
c)	₹ 10,000-14,999	1	1	1	3			*
d)	≥₹ 15,000							
9.	Presence of caregiver with child							
		4	7	12	23			
a)	Mother	1	0	1	2			9.49 #
b)	Father	1	2	2	5	1.86	4	
c)	Grandparents							
10	Birth order of the child							
		5	3	9	17			
a)	First child	1	6	6	13			
b)	Second child					3.80	4	9.49

	c) Third child	0	0	0	0			#
11	Area of residence	4	2	10	16			5.99 #
	a) Urban	2	7	5	14			
	b) Rural					5.00	2	
12	Number of siblings	6	9	15	30			
	a) One	0	0	0	0			
	b) Two	0	0	0	0	0	4	9.49 #
	c) More than two							
13	Duration of hospitalization	2	2	6	10			
	a) 1 -3 days	2	2	5	9			
	b) 3 – 5 days	2	5	4	11	1.99	4	9.49 #
	c) 5 – 7 days							

Non-significant at 0.05 level

* Significant at 0.05 level

To find out the association between the pretest level of anxiety among hospitalized children with their selected demographic variables in control group, the hypothesis was stated as follows.

H2: There will be a significant association between the pre test level of anxiety among hospitalized children with their selected demographic variables in control group.

The above table predicts that there is statistically significant association with the level of anxiety among hospitalized children such as father’s occupation and family income.

DISCUSSIONS

The present study was aimed to assess the effectiveness of Puppet show on anxiety among hospitalized children in selected hospitals at Trivandrum.

The study had the following objectives.

To assess the effectiveness of Puppet show on anxiety among hospitalized children in experimental group.

To find out the association between the pretest level of anxiety among hospitalized children with their selected demographic variables in experimental and control group

Distribution of demographic variables among hospitalized children in experimental and control group:

Regarding the age majority 40 % of them were between 5 years in the experimental group, whereas 36.66% of them were between 4 years & 6 years in the control group. According to gender majority 53.33% were female in experimental group whereas majority 50 % were both male & female in control group. Regarding religion in experimental group majority 56.67% were Christian and 53.33% were Christian in control group. According to education status of father, majority 46.67 % were primary school education in experimental group, whereas majority 53.33 % were primary school education in control

group. According to education status of mother, majority 60 % were primary school education in experimental group, whereas majority 53.33 % were primary school education in control group.

With regards to father's occupation , majority 63.33 % were coolie in experimental group and whereas majority 80 % were coolie in control group. With regards to mother's occupation , majority 56.67 % were home maker in experimental group and whereas majority 50 % were coolie in control group. Regarding family income in experimental group majority 36.66% were having between ₹ 5,001- 9,999 per month and 36.66% were having between ₹ 5,001- 9,999 per month in control group. With regards to presence of caregiver with child, majority 63.33 % were mother in experimental group and whereas majority 76.67 % were mother in control group. According to birth order of the child, majority 53.33 % were second child in experimental group and whereas majority 56.67 % were first child in control group. Regarding area of residence, majority 56.67 % were from urban area in experimental group and whereas majority 53.33 % were from urban area in control group. With regards to number of siblings, 100% were having one sibling in both experimental and control group. According to duration of hospitalization, majority 46.67% were staying 5- 7 days in experimental group whereas majority 36.67% were staying 5- 7 days in control group.

The first objective of the study was to assess the effectiveness of Puppet show on anxiety among hospitalized children.

The mean post-test level of anxiety 47.53 which was lesser than the mean pre-test score 73.7 in experimental group. The obtained "t" value 24.17* was highly significant at $p < 0.005$ level.

The mean difference was 26.17 is a true difference and has occurred by chance. The above findings fail to support the null hypothesis. Hence the researcher accepts the research hypothesis. This proves that because of Puppet show in experimental group had decrease the level of anxiety among hospitalized children in experimental group.

In control group the mean post test score of anxiety 62.9 which was greater than the mean pre test score 62 in control group. The obtained "t" value 1.59 # was non-significant at $p < 0.005$ level. The mean difference was 0.9 is a mild difference and has not occurred by chance.

The second objective was to find out the association between the pre test level of anxiety among hospitalized children with their selected demographic variables in experimental and control group.

The chi square test was calculated to find out the association between the pre test level of anxiety among hospitalized children with their selected demographic variables in experimental group. There is statistically significant association with the level of anxiety among hospitalized children with their selected demographic variables like religion and father's occupation which is significant at 0.05 level, whereas other demographic variables are not significant at 0.05 level. Therefore, the researcher partially rejects the null hypothesis and accepts the research hypothesis.

The chi square test was calculated to find out the association between the pretest level of anxiety among hospitalized children with their selected demographic variables in control group. There is statistically significant association with the level of anxiety among hospitalized children with their selected demographic variables like father's occupation and family income, which is significant at 0.05 level, whereas other demographic variables are not significant at 0.05 level. Therefore, the researcher partially rejects the null hypothesis and accepts the research hypot

SUMMARY

The research design used in this study was quasi experimental pre test post test control group design. According to the Selection criteria the children were selected for the study. 60 samples were selected as per inclusion criteria and by using purposive sampling technique. The tool was given to the experts for content validity and was validated by five experts. Reliability was tested by test t test method. Pre-test was conducted using Behavioral observational checklist for anxiety among hospitalized children in both experimental and control group. The post test assessment was conducted for both groups using the same assessment scale. No intervention was provided for the control group samples. Both descriptive and inferential statistics were used to analyses of the data. Chi square test was used to find out the association between the anxiety among hospitalized children with their selected demographic variables.

Major findings of the study

The study predicts that in pretest, majority 19(63.33%) of hospitalized children had severe level of anxiety, 7(23.33%) of hospitalized children had moderate level of anxiety and 4 (13.33%) of hospitalized children had mild level of anxiety and in posttest majority 21(70%) of hospitalized children had mild level of anxiety, 9(30%) of hospitalized children had moderate level of anxiety in experimental group.

In control group the pretest, majority 15(50%) of hospitalized children had severe level of anxiety, 9(30%) of hospitalized children had moderate level of anxiety, 6 (20%) of hospitalized children had mild level of anxiety and in post test majority 16(53.33%) of hospitalized children had severe level of anxiety, 8(26.67%) of hospitalized children had moderate level of anxiety and 6 (20%) of hospitalized children had mild level of anxiety in control group.

The mean post-test level of anxiety 47.53 which was lesser than the mean pre-test score 73.7 in experimental group. The obtained “t” value 24.17* was highly significant at $p < 0.005$ level. The mean difference was 26.17 is a true difference and has occurred by chance. The above findings fail to support the null hypothesis. Hence the researcher accepts the research hypothesis. This proves that because of Puppet show in experimental group had decrease the level of anxiety among hospitalized children in experimental group.

In control group the mean post test score of anxiety 62.9 which was greater than the mean pre test score 62 in control group. The obtained “t” value 1.59 # was non- significant at $p < 0.005$ level. The mean difference was 0.9 is a mild difference and has not occurred by chance.

The chi square test was calculated to find out the association between the pre test level of anxiety among hospitalized children with their selected demographic variables in experimental group. There is statistically significant association with the level of anxiety among hospitalized children with their selected demographic variables like religion and father’s occupation which is significant at 0.05 level, whereas other demographic variables are not significant at 0.05 level.

The chi square test was calculated to find out the association between the pre test level of anxiety among hospitalized children with their selected demographic variables in control group. There is statistically significant association with the level of anxiety among hospitalized children with their selected demographic variables like father’s occupation and family income which is significant at 0.05 level, where as other demographic variables are not significant at 0.05 level.

CONCLUSION

The study was done to assess the effectiveness of Puppet show on anxiety among hospitalized children

in selected hospitals at Trivandrum district. Based on statistical findings, The study results summarizes that the mean post-test level of anxiety 47.53 which was lesser than the mean pre-test scores 73.7 in experimental group. The obtained “t” value 24.17* was highly significant at $p < 0.005$ level. The mean difference was 26.17 is a true difference and has occurred by chance. The above findings fail to support the null hypothesis. Hence the researcher accepts the research hypothesis. This proves that because of Puppet show in experimental group had decrease the level of anxiety among hospitalized children in experimental group.

NURSING IMPLICATIONS

The findings of the study have the following implications in the various areas of Nursing service, Nursing education, Nursing administration and Nursing research.

NURSING PRACTICE

Nursing personnel is in the best position to provide Puppet Show to children who is admitted in the hospital.

These results will help the nursing personnel to assess the anxiety level among hospitalized children.

It will indicate the necessity of using puppet show as diversion and helping the child cope up so that the memory of hospitalization will be a pleasant one.

The puppet show can be used by the nurse to implement the services to the pediatric ward.

Nurse should have adequate knowledge regarding different indoor play activity and its importance in hospitalized children and nurses should play a critical role in helping the child and the family to cope effectively with hospitalization through play activities like making handicrafts, puppet shows, art therapy etc.

NURSING EDUCATION

Nurse Educators can provide, in service education to the health personnel’s regarding alternative systems of therapies it can meet the needs of the health care system.

Nurse educators can conduct Seminars, Workshop, Conferences, Symposium, Demonstration and Micro teaching programme regarding Puppet show in relieving anxiety.

Nursing educators can encourage the students to bring out various innovative and creative ideas pertaining management of anxiety among hospitalized children.

Several implications can be drawn from the present study for nursing education.

Nursing curriculum should provide an opportunity to plan, and conduct play activities in a variety of setting like family, community, industry, hospital, schools and other health care agencies.

NURSING ADMINISTRATION

Nursing administrators can organize in-service education and can conduct conference regarding the benefits and techniques of Puppet show.

The nurse administrator can organize the demonstration classes of play therapy among child health nurses.

Nurse administrators must be assertive enough to discuss with hospital management in formulating policies regarding Puppet show for children’s admitted in hospital. They can utilize the study for better quality care.

Nurse administrator can take part in developing protocols related to play therapy.

NURSING RESEARCH

The study findings can be a baseline for further studies to build upon for improving the body of knowledge in nursing.

The findings of the study serve as a basis for the nursing professionals and the students to conduct further studies in different aspects of play activities in hospitalized children.

The findings of the study can be disseminated through conferences, seminars and journals which make the application of the research findings to be effectively used in practice.

Helps the Nursing researchers to focus and develop an insight on comprehensive alternative therapy.

RECOMMENDATIONS

A study can be replicated in larger sample to generalize the findings.

Similar study can be conducted among different age groups.

A comparison study with Play and drawing or playing and music can be done to determine the effect of these Puppet show in the level of anxiety.

A prospective study can be conducted to identify the associated social factors related to anxiety among hospitalized children.

The study can be done following a particular type of surgery, invasive procedures.

A comparative study can be conducted among rural children and urban children's hospital anxiety.

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