

Effectiveness of Bibliotherapy in Reducing the Level of Anxiety among Hospitalised Children

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Abstract: ***Background:** Hospitalization and sickness are fearful experiences for children and their families. Bibliotherapy is one of the therapeutic approaches that uses story telling books, literature to help reduce anxiety among hospitalised children [1]. **Objectives:** To determine the effectiveness of bibliotherapy on reducing the level of anxiety among hospitalised children at Shri Mahant Indresh Hospital, Dehradun. **Material and Methods:** Quantitative approach with pre-experimental research design was used in this study. A total of 50 subjects with age group 9-12 years were selected by purposive sampling technique. Modified Spence Children Anxiety scale was used to assess anxiety level. Bibliotherapy was given for 20 minutes, one times a day, for 3 days. **Results:** The mean age of study participants was 11.58 ± 1.61 . The reduction in anxiety with a mean difference (MD) of 30.50 ± 8.31 was found significant at $p < 0.001$. Calculated 't' value is 8.91, which is greater than tabulated value 2.009 which was found significant $p < 0.001$. **Conclusion:** This study concludes that bibliotherapy is an effective method in reducing the level of anxiety among hospitalized children. It is cost effective and can be done any time. The hospitalized children also feel comfort while providing bibliotherapy.*

Keywords: Assess, Anxiety, Bibliotherapy, Effectiveness, Hospitalised children.

1. Introduction

Childhood is the most fun and memorable time in anyone's life. [2] It is the first stage of life which we enjoy in whatever way we like. Life of children is free from anxiety. When they become sick and get hospitalised, they feel stressed and anxious due to unfamiliar environment, medical procedures, hospital equipment's, and separation from parents and family. [3]

Globally, 1 in 13 children suffers from anxiety, that is around 4% of global population with a spread of between 2.5% and 6.5% of population per country [4]. In India, 1 in 7 Indians were affected by anxiety disorders of varying severity. (WHO, Sep 2021) [5]

There are many methods to reduce the anxiety of hospitalized children. [6] Bibliotherapy is one of the most effective methods among all for managing anxiety. [7] Bibliotherapy in its broader sense is the use of any written material for treating physical or emotional problems. [8] It is also called therapeutic reading. For example, reading material, comic books, biographies are some of the useful tools of bibliotherapy for pleasing a child. The children who are weak cannot participate in play activities which requires more energy. Hence, the researcher found a need of giving a diversion therapy known as bibliotherapy which gives them pleasure and it is special for the child who has limited energy to expend in play. [9]

The role of paediatric nurse is to improve the quality of physical as well as mental health of children. Bibliotherapy is one of the most effective tools for managing anxiety of hospitalized children. Paediatric nurse should use Bibliotherapy to help children enhance their mood and lessen negative emotions.

2. Material and Methods

Study design

The study was conducted at Shri Mahant Indresh Hospital, Patel Nagar, Dehradun, Uttarakhand from 31 August to 17th September 2022. Quantitative Research Approach with Pre experimental research design (one group pre-test post-test research design) was used. Non-probability purposive sampling technique was used for collecting the sample which comprised of 50 children in between 9 to 12 years of age.

Inclusion criteria:

1. Children who were admitted for at least a period of 7 day in selected hospital, Dehradun.
2. Both male and female children between the age group of 9-12 years were included.

Exclusion criteria:

- 1) Mentally retarded children.
- 2) Children having visual and auditory impairment.
- 3) Children who were not interested in listening the stories.

Tool Description

It includes Socio demographic variables and Modified Spence's Children's Anxiety Scale to assess the hospitalized anxiety among children aged 9-12 years.

Tool 1: Socio- demographic variables.

It includes child age, education, gender, mother's education, father's education, previous history of hospitalization, duration of hospitalization, play activity during hospitalization presence of caregiver.

Tool 2: Modified Spence Children's Anxiety Scale

[10] Modified Spence Children's Anxiety Scale was used to assess anxiety among hospitalized children aged 9-12 years in selected hospital of Dehradun. This tool was developed by

Dr. Susan H Spence, Ph. D., Professor Emeritus in Griffith University, Australia. Her research in the area of clinical psychology focuses on the causes, assessment and prevention of anxiety. This scale is widely used across the world and has been translated into over 20 languages.

Scoring of tool

In the scale maximum scoring was 3, and minimum score was 0. The total score of tool is 60. A score between 0-15 will indicate Normal Anxiety, 16-30 is Mild anxiety, 31-45 will be Moderate anxiety and 46-60 will indicate Severe anxiety.

Statistical Analysis

The data were presented as mean and standard deviation. Paired 't' test were performed to find the significant mean difference between the pre and post-test level of assessment.

3. Results of the Study

The study was included a total of 50 hospitalized children with age ranging between 9-12 years. The mean age of study participants was 11.58 ± 1.614 . Frequency and percentage distribution of demographic variables among hospitalized children is shown in Table 1.

Table 1: Frequency and Percentage distribution of demographic variables among hospitalized children, N= 50

S. No.	Demographic variables	Categories	Frequency	Percentage
1.	Age (in years)	9-10	15	30.0
		11-12	18	36.0
		13-14	17	34.0
2.	Education	IV standard	3	6.0
		V standard	12	24.0
		VI standard	18	36.0
		VII standard	17	34.0
3.	Gender	Male	30	60.0
		Female	20	40.0
4.	Type of family	Nuclear family	28	56.0
		Joint family	12	24.0
		Extended family	6	12.0
		Single parent	4	8.0
5.	Mother's Education	No formal education	7	14.0
		Primary	10	20.0
		Secondary	18	36.0
		Graduation	10	20.0
		PG and above	5	10.0
6.	Father's Education	No formal education	4	8.0
		Primary	6	12.0
		Secondary	8	16.0
		Graduation	22	44.0
		PG and above	10	20.0
7.	Duration of Hospitalization	7-15 days	33	66.0
		15 days or more	17	34.0
8.	History of hospitalization	Yes	17	34.0
		No	33	66.0
9.	Presence of caregiver	Father	11	22.0
		Mother	29	58.0
		Grandparent	7	14.0
		Other	3	6.0
10.	Play activity of child during hospitalization	Playing board games	11	22.0
		Playing video games on mobile	25	50.0
		Drawing/ Painting	9	18.0
		Other activities	5	10.0

Table 1 shows that the mean age of hospitalized children was 11.58 years and the majority of 36% children belonged to 11-12 years. In education status, the majority of 36% children were 6th standard educated. In gender, the majority of 60% children were male and 40% children were female in study. Most of the children (56%) belong to nuclear family. Mother's educational status of 36% children was up to

secondary level and father's education of 44% children was graduation. Among all research subjects, 66% children were hospitalized from last 7-15 days and a similar percentage of children had no history of hospitalization. Around 58% children had mother as a caregiver during hospitalization. A half percentage of children play video game on mobile during their hospital stay.

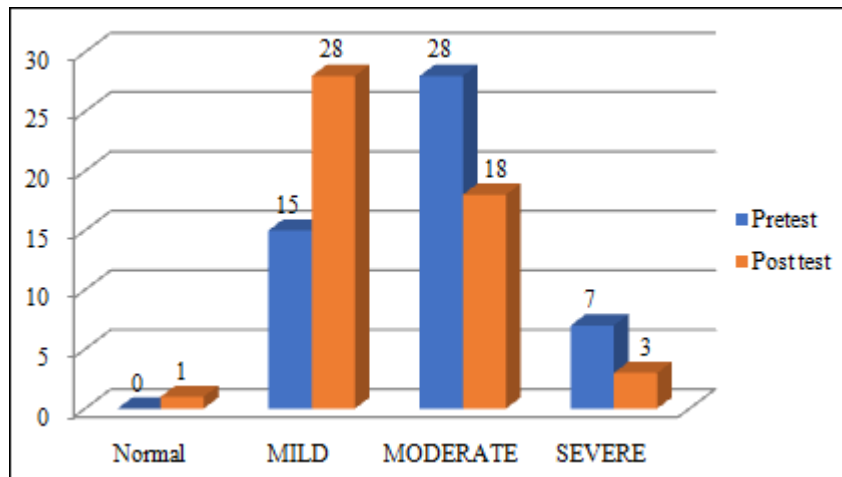


Figure 1: Pre and post-test level of anxiety among hospitalized children

Figure No.1. shows that in the pre-test, majority of children, 28 (56%) had moderate anxiety level, 15 (30%) children had mild anxiety level and 7 (14%) children had severe anxiety. Followed by three days of bibliotherapy, majority of children 28 (56%) had mild anxiety level, 18 (36%) had moderate anxiety level, 3 (6%) children had severe anxiety level and 1 (2%) child was found normal in the post-test.

Table 2: Effectiveness of bibliotherapy on level of anxiety among hospitalized children, N=50

Variable	Pretest (Mean ± SD)	Posttest (Mean ± SD)	Paired t test	DF	p-value
Anxiety level	34.82 ± 8.410	30.50 ± 8.316	8.918	49	0.001

Table 2 shows that there was statistically significant difference between pre-test and post-test level of anxiety level with t value =8.918 at p=0.001. Hence, the null hypothesis was rejected and it shows that bibliotherapy is effective in reducing anxiety among hospitalised children.

4. Discussion

The main aim of this study was to determine the effectiveness of bibliotherapy in reducing the level of anxiety among hospitalized children. Result showed a significant reduction in anxiety with 't'= 8.91 at p=0.001 following 3 days of bibliotherapy as measured by Modified spence's children anxiety scale. In the pre-test, majority of children, 28 (56%) had moderate anxiety level, 15 (30%) children had mild anxiety level and 7 (14%) children had severe anxiety. Followed by three days of bibliotherapy, majority of children 28 (56%) had mild anxiety level, 18 (36%) had moderate anxiety level, 3 (6%) children had severe anxiety level and 1 (2%) child was found normal in the post-test. It was concluded that bibliotherapy was effective in reducing the level of anxiety among hospitalised children.

[11] A pre-experimental study was conducted in Bagalkot, India with one group pretest post-test design to evaluate the effectiveness of bibliotherapy in reducing the level of anxiety among hospitalized children was found consistent with the current study. Fifty subjects were selected by purposive sampling technique. Hamilton anxiety rating scale was used to collect data from the subjects. Results revealed that during pretest the majority of children 23 (46%) had

extremely severe anxiety, 22 (44%) of them had moderate to severe anxiety, and 05 (10%) had mild to moderate severity anxiety level. Post-test reveals that, majority of children 41 (82%) had mild severity anxiety, 09 (18%) of hospitalized children had mild to moderate severe anxiety.

A similar study was conducted in Kanyakumari, Tamilnadu among 60 hospitalized children with age group 9-12 years, to evaluate the effectiveness of bibliotherapy in reduction of anxiety. Modified Spence Children's Anxiety Scale was used. Bibliotherapy was given for twenty minutes two times a day for two days in the experimental group. Intervention was not given for control group. Results revealed that in the pre-test Experimental group 0 (0%) had No anxiety, 19 (63.34%) had Mild anxiety, 11 (36.66%) had Moderate anxiety. In Control group, 0 (0%) had No anxiety, 22 (73.34%) had Mild anxiety, 8 (26.66%) had Moderate anxiety. Post-test reveals that during post-test, 17 (56.67%) had No anxiety, 11 (36.67%) had Mild anxiety, 2 (6.66%) had Moderate anxiety. In Control group, 0 (0%) had No Anxiety, 12 (40%) had Mild Anxiety, 18 (60%) had Moderate anxiety. Hence it is concluded that bibliotherapy was effective in reducing the level of anxiety among hospitalised children.

A study conducted in Chennai, Tamilnadu among hospitalized children with age group 6-12 years, to evaluate the effectiveness of bibliotherapy in reducing the level of anxiety, was found consistent with the current study. Results shows a significant reduction of anxiety with 't'= 26.14 at p≤0.05. It shows that bibliotherapy was effective in improving the level of anxiety.

5. Conclusion

The result of present study highlights that bibliotherapy is effective in reducing the level of anxiety among hospitalized children. Bibliotherapy is a cost-effective method which gives pleasure and it is special for the child who has limited energy to expend in play. Paediatric nurse should use Bibliotherapy to help children enhance their mood and lessen negative emotions.

Conflict of interest: Non declared

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