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Research Article

EFFECTIVENESS OF ORIGAMI ON ANXIETY AMONG HOSPITALIZED CHILDREN ADMITTED AT SELECTED HOSPITAL

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ABSTRACT

Introduction: Children are free from anxiety and other hospital related stress and also they learn colours, numbers, sizes and shapes through play (i.e) by making Origami like paper boat, airplanes, fortune-teller etc., and the child enhance their creative skills and get diverted from their illness and parental separation. Diversional activity of making Origami is a range of voluntary and motivated activities which creates pleasure and enjoyments in children. Diversional activity is always associated with child's level of activity and also influences the children's higher functioning. This is also associated with cognitive development and socialization and always promotes learning and also incorporates several behavioural changes in children. Modern findings in Neuroscience suggest that play promotes flexibility of mind, which includes adaptive practices such as creating multiple ways to achieve a desired result or creative ways to improve or recognize a given situation (Hockenberry M., 2008). **Aim:** The aim of this narrative review is to find information on the effectiveness of origami on anxiety among hospitalized children. **Methodology:** Intervention-Origami. **Types of studies-** Quasi experimental study. **Types of participants-** Hospitalized School age children in the age group of 16-12 years. **Setting-** Sharda Hospital Greater Noida. **Outcome-** This narrative review result will appeared that Origami will be effective on Anxiety among hospitalized children.

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INTRODUCTION

(Aristotle and Plato) have reflected about the fundamental needs of play in a child's life. There are several benefits that have been explained by several theorist which have been described as play is a joyful, fun and enjoyable activity that helps in elevating the inner spirits and brightens the outlook on life. It also helps in expanding the self-expression, self-knowledge, self-actualization and self- efficacy (North Carolina Association for play therapy). Play helps in relieving the feelings of stress and boredom, and connects us to be with people in a positive way, and stimulates creative thinking and exploration, and regulates our emotions, and boosts our ego. In addition, play also allows us to practice skills and roles needed for survival. Fostering of learning and development are best achieved through play.

Children are free from anxiety and other hospital related stress and also they learn colours, numbers, sizes and shapes through play (i.e) by making Origami like paper boat, airplanes, fortune-teller etc., and the child enhance their creative skills and get diverted from their illness and parental separation. Diversional activity of making Origami is a range of voluntary and motivated activities which creates pleasure and enjoyments

in children. Diversional activity is always associated with child's level of activity and also influences the children's higher functioning. This is also associated with cognitive development and socialization and always promotes learning and also incorporates several behavioural changes in children. Modern findings in Neuroscience suggest that play promotes flexibility of mind, which includes adaptive practices such as creating multiple ways to achieve a desired result or creative ways to improve or recognize a given situation (Hockenberry M., 2008).

As nurses, when we create a stimulating environment, the children automatically move on to a higher level of functioning and thinking and improve their intellectual skill. Making handicrafts/ origami provides the child an opportunity to creative expression, diversion, and effective coping. In a hospital environment, a supervised and guided diversional program provides warmth, friendly and happy atmosphere which will help the child continue to grow and develop. In most of the super-speciality and multi-speciality hospitals, there is a specialist who coordinates the play as well as the diversional programmes.

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Kames B. 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 Behaviour and Psychosocial Problems checklist was used to evaluate psychosocial impact. The results of the study indicated that impact of hospitalization was mild on the most of the participants (n = 50; 66.0). He concluded that hospitalization is still have many psychosocial impact on children in oncology wards and identification of psychosocial risk factors based on the Child behaviour and psychosocial problems could be helpful in predicting child psychopathology and could help in decrease psychosocial problems related to hospitalization.

A study was conducted by Millet C, Lee.J.T(2010) in the hospitals of England to assess whether the implementation of English smoke-free legislation in July 2007 was associated with a reduction in hospital admissions for childhood asthma. Interrupted time series study using Hospital Episodes Statistics data from April 2002 to November 2010 was used. Sample consisted of all children, aged ≤14 years having an emergency hospital admission with a principle diagnosis of asthma. The study concluded that there were huge reductions in asthma admission rates among children from different age, gender, and socioeconomic status groups and among those residing in urban and rural locations.

A cross-sectional study was conducted by Silva.D.R, Viana.V.P. (2009) in the emergency room of a tertiary care University Hospital at Portugal. The main aim of the study was to evaluate the prevalence of respiratory symptoms as the motive for emergency room visits by paediatric patients. The investigators have reviewed the total number of emergency room visits per day. Children who presented with at least one respiratory symptom were included in the study. The results indicate that during the study period, there were 37,059 emergency room visits, of which 11,953 (32.3%) were motivated by respiratory symptoms. The prevalence of emergency room visits due to respiratory symptoms was 38.9% among children. In children, the rates of hospitalization and mortality were 11.9% and 0.3%, respectively. From this study, it was found out that, a high prevalence of respiratory symptoms as the motive for emergency room visits by paediatric patients.

METERIAL AND METHOD

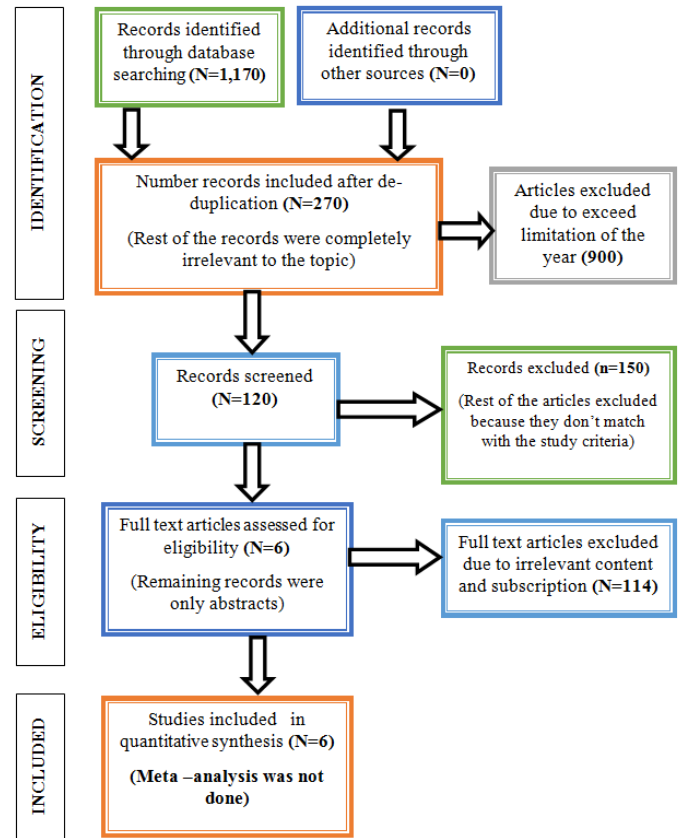


Figure 1 Prisma flow diagram of narrative review

Findings

The findings of the study are supported by previous articles and revealed that the pre-test mean score of the experimental group will be 33.2 and that of control group will be 31.75 and will showed that before implementing therapy both of the group were having equal level of hospitalized anxiety. The post-test mean score of experimental group will be 28.9 and that of control group will be 30.9. To assess the effectiveness of hospitalized anxiety by the post-test level hospitalized anxiety score in experimental and control group. The t test value will be 6.61, df=38, table value of 2.02 and $p < 0.05$, so it will be highly significant.

The association between level of hospitalized anxiety and demographic variables will be tested by Chi-square test and there will be no association between level of hospitalized anxiety and demographic variables except for age and caretaker of the child during hospitalization.

DISCUSSION

The association between level of hospitalized anxiety and demographic variables will be tested by Chi-square test and there will be no association between level of hospitalized anxiety and demographic variables except for age and caretaker of the child during hospitalization.

CONCLUSION

From the result of the study, it will be concluded that administering Origami among hospitalized children will be effective in reducing the level of hospitalized anxiety.

Therefore the investigator should know that more importance should be given for play therapy to reduce the level of hospitalized anxiety among school age children. Origami helps children to adapt better to unpleasant situations, especially during hospitalization. This healthy adaptation promotes quick recovery from their illness.

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