

## THE INFLUENCE OF THE IMPLEMENTATION OF STORYTELLING ON THE IMPACT OF HOSPITALIZATION ON PRESCHOOL-AGE CHILDREN AT MUHAMMAD SANI KARIMUN HOSPITAL

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### Abstract

**Introduction:** Children who are hospitalized are trying to adapt to the new environment in the hospital, being separated from their parents so that this condition can cause stress in the child. **Method:** The method used in this research is a pre-experimental design, Pretest and Posttest Without Control Group, using purposive sampling with a total of 30 respondents. Statistical tests in this study used Wilcoxon.

**Results:** The results of the research after storytelling had a p-value of  $0.000 < 0.005$ , which means that  $H_0$  was rejected and  $H_a$  was accepted, so it can be concluded that there is an influence between storytelling and inpatient stress in early childhood. **Conclusion:** It is hoped that surgery can be applied as a method to provide comfort to children of gestational age who are hospitalized so that they are not stressed.

**Keywords:** Hospitalization, Preschooler, Storytelling, Stress

### Introduction

Pre-school age children (3-6 years) are a development period where children experience increased physical activity with an immune system that is not yet stable and the body's immune system is not strong (Rusmariana, 2021). An unstable immune system and a body's immune system that is still not strong often cause children to become tired, so they easily fall ill. This requires them to undergo treatments in a hospital or a hospitalization process until their health status improves and they return home (Ahwaliana, 2022). WHO (World Health Organization) 2020 data shows that in South America approximately 4-12% of child patients experience stress during hospitalization, 3-6% of child patients in New Zealand, and 4-10% of child patients in Canada and New Zealand also experience signs of stress during hospitalization (Aulia Bintang, 2023).

Based on data from the Central Statistics Agency (BPS), the child hospitalization rate in the Riau Islands (Kelpri) in 2021 is around 5.78%. This figure is the lowest compared to other provinces in Indonesia (Central Statistics Agency, 2021). According to the 2023 Health Statistics Profile published by the Central Statistics Agency (BPS), the number of children

treated in hospitals in Tanjung Balai Karimun City in 2023 was 1,207. This data includes information about the health of children and toddlers in the southern region (Central Statistics Agency, 2023).

The stress of hospitalization in children is an unpleasant experience involving the interaction between a sick individual and a new environment (Rafika, 2020). To minimize the impact of the stress of complete hospitalization on children, Atraumatic Care needs to be applied. Implementation of Atraumatic Care in children who are hospitalized can reduce trauma to children due to invasive procedures and minimize stress in children during hospitalization. Nursing actions to overcome hospitalization stress can be carried out using non-pharmacological techniques and distraction methods such as pre-hospitalization preparation, emotional and psychological support, arts and crafts, music therapy, relaxation, and breathing techniques. Atraumatic care is an essential approach to improving the quality of health services, especially for vulnerable groups such as children and patients with special needs. By applying these principles, healthcare professionals can create more positive experiences, reduce the risk of trauma, and build better relationships with patients and their families. Distraction itself is a diversion of attention to a cell so that the patient focuses on not feeling the pain or what is currently being experienced. There are four types of distractions, namely visual, auditory, tactile, and intellectual (Dolok Saribu et al., 2021).

Based on a preliminary study conducted by researchers on 16 March 2024 at Muhammad Sani Karimun Regional Hospital, data on the prevalence of hospitalization in children during the last 3 months, namely February-April, was found to be 130 children, while pre-school age children (3-6 years) were 50. After the research carried out observations, there were 10 preschool-aged children (3-6 years) who showed stressful reactions to hospitalization, namely refusing to eat, having difficulty sleeping, being irritable, refusing the medical procedure for inserting an IV, crying, and wanting to go home, looking confused or uncomfortable, screaming, afraid of nurses and doctors, you always have to accompanied by his mother when receiving treatment. The research team received information that at Muhammad Sani Karimun Regional Hospital, play therapy had been carried out to divert attention from hospitalized children, such as coloring picture books and playing with puzzles. Apart from playing well to reduce stress in children at Muhammad Sani Regional Hospital, it usually only increases nurses' caring towards children.

Previous research conducted by (Rianthi et al., 2022) showed that there was a significant influence between anxiety levels before and after being given storytelling to preschool children. This research is in line with research conducted by (Afriliani et al., 2023) that there is an

influence of storytelling therapy on anxiety in children due to hospitalization. Before being given fairy tale therapy, 5 (31.3%) children's anxiety was in the severe category. After being given the Kancil fairy tale therapy, 7 (43.8%) children were at a normal level.

Based on the background that has been presented, the researcher will carry out research with the title "The Influence of Storytelling Implementation on the Impact of Hospitalization on Preschool Age Children at Muhammad Sani Karimun Regional Hospital". This research aims to find out whether there is an influence of the application of storytelling on the impact of hospitalization on preschool children at Muhammad Sani Karimun Regional Hospital.

## Methods

This research uses a pre-experimental design, Without a Control Group. Carry out pretelst and posttelst. The treatment is only given to intelligence groups with samples taken non-randomly. The research population was all preschool age children (3-6 years) who were hospitalized totaling 50 people at Muhammad Sani Karimun Regional Hospital in April. The sampling technique in this research used purposive sampling with 30 pediatric patients where sampling was carried out by inclusion criteria.

This research was carried out at Muhammad Sani Regional Hospital which is located on Jl. Soelkarno - Hatta No.1, Harjosari Village, Telbing District, Karimun Regency, Riau Islands Province. Researchers chose this location because it meets research requirements and allows for ongoing data collection. This research was conducted June 17 – July 29, 2024, and the research lasted for four weeks. In the research preparation stage, which begins in April 2024, the research team carries out preliminary studies and literature studies before preparing a research proposal. The implementation phase begins with collecting data by observing the impact of hospitalization, developing questionnaires, and conducting nursing research intelligence. The author provides a questionnaire sheet which will be filled out by the parents of the selected children

In this study, the measuring instrument used was the Perceived Stress Scale (PSS), which means it is standard. The extent to which the results of research remain consistent, even after it has been carried out repeatedly on the subject and under the same conditions, is known as research reality. Reliability in research. For the instrument used in this research, a Cronbach's Alpha value of around 0.70 or more is considered sufficient to show good internal consistency in measuring stress in pre-school age children, generally showing high reliability results (Rukminingsih et al., 2020). The tool used in this research is a research instrument in the form of an observation sheet with a Pelrceliveld Stress Scale (PSS) scale consisting of 10 questions, each question is divided into five responses: 0= Never, 1= Very rarely, 2= Rarely, 3= Seldom, 4= Very frequent for

measuring the level of stress in children. This research has been carried out in electronic testing at Awal Bros University with Number: 0072/UAB1.20/SR/KELPK/06.24.

## Results

**Tabel 1. Characteristics of Respondents The Effect of Implementing Storytelling on the Impact of Hospitalization for Preschool-Age Children (3-6 Years) Based on Age at RSUD Muhammad Sani Karimun Year 2024**

Characteristics of Respondents	Frequensi	%
Age		
3 year	10	33.3
4 year	8	26.7
5 year	7	23.3
6 year	5	16.7
<b>Total</b>	<b>30</b>	<b>100.0</b>

Based on table 1, explains the characteristics of respondents based on age, with most respondents being 3 years old (33.3%).

**Table 2. Characteristics of Respondents' Influence of the Implementation of Storytelling on the Impact of Hospitalization of Preschool-Age Children Based on Gender at RSUD Muhammad Sani Karimun Year 2024**

Characteristics of Respondents'	Frequensi	%
Gender		
a. Male	12	40.0
b. Female	18	60.00
<b>Total</b>	<b>30</b>	<b>100.0</b>

Based on table 2, explains the characteristics of respondents based on gender, with most respondents being female (60.0%).

**Table 3. Frequency Distribution of Stress Scale for Preschool Children (3-6 years) Before Storytelling Play Therapy at Muhammad Sani Karimun Regional Hospital Year**

**2024**

Variabel	Stres Scala	Frequensi	%
<i>Pretest</i>	Mild Stress	9	30.0
	Moderate Stress	12	40.0
	Severe Stress	9	30.0
<b>Total</b>		<b>30</b>	<b>100</b>

Based on the results of observations carried out by researchers, it can be seen that before the storytelling experience was carried out, the average number of children undergoing hospitalization was 9 people experiencing mild stress (30.3%), 12 moderate stress (40.0%), and 9 severe stress. People (30.0 %). This can be seen in Table 3 above.

**Table 4. Frequency Distribution of Stress Scale for Preschool Children (3-6 Years) After Storytelling Play Therapy at Muhammad Sani Karimun Hospital Year 2024**

Variabel	Stres Scala	Frequensi	%
<i>Posttest</i>	Moderate Stress	16	53.3
	Severe Stress	14	46.7
<b>Total</b>		<b>30</b>	<b>100</b>

Based on the results of observations carried out by researchers, it can be seen that after the storytelling experience was carried out, it was found that the stress scale decreased in mild stress or as many as 16 people (53.3%) and in moderate stress as many as 14 people (46.7%). This can be seen in Table 4 above.

## Bivariat

### a) Uji Wilcoxon

**Table 5. Wilcoxon Test for Stress Scale for Preschool Children (3-6 Years) Before and After Storytelling Play Therapy at Muhammad Sani Karimun Regional Hospital Year 2024**

Variabel	Frekuensi (n)	Min	Max	Mean	Std. Dviation	P-value
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<b>Pretest</b>	30	7	35	20.27	8.682	0.000
<b>Tingkat stres</b>	30	5	20	12.77	3.919	
<b>Posttest</b>						

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Based on the results of the data tabulation, it shows that the mean value before (pretest), was found to be a mean value of 20.27 and after the storytelling (posttest), the mean value was found to be 12.77. The results of further analysis obtained a p-value of  $0.000 < 0.005$ , which means that  $H_0$  was rejected and  $H_a$  was accepted, so it can be concluded that there is an influence between storytelling at hospitalization stress in preschool-aged children. This can be seen in Table 5 above.

## Discussion

Based on the results of research conducted by the research team, it is known that the results of the analysis show that most of the pre-school children (3-6 years) who were hospitalized at Muhammad Sani Karimun Regional Hospital experienced stress-. During the hospitalization process, children must receive treatment that makes them feel afraid, such as injection processes and taking medication regularly. The impact of stress due to hospitalization in pre-school-aged children is that it can become an obstacle to the recovery process or treatment in the hospital. The child becomes uncooperative with safety officers and refuses to take action. Children can also experience difficulty sleeping due to internal stress and the worst thing is that it can cause trauma to the child after being released from the hospital (Hockelnbelrry and Wilson, 2023).

This is by research conducted by Puspita and Erika (2023), with the research title "Application of Story Telling Therapy to Reduce Hospitalization Anxiety of Preschool Children in the Anggrek Room at RSUD Dr. Soehadi Prijonegoro Sragen". The research results showed that there was an effect of storytelling therapy in reducing anxiety levels in patients with hospitalization anxiety. The results of both respondents showed a decrease in anxiety levels after doing storytelling therapy every 20 minutes for 3 days. In An. to mild symptoms with a total of 26. Based on this data, two respondents experienced a decrease in their level of hospitalization anxiety.

From the theory that has been explained and from the research results obtained, it can be concluded that stress in children can arise because of the child's perception of the pain felt from the injection process, and the bitter taste of taking medicine.

### **Stress Level of Preschool Age Children (3-6 years) Seltellah done Telly Playing Storytelling**

Based on the results of research conducted by researchers, it is known that the results of the analysis show that the majority of preschool-age children (3-6 years) who underwent hospitalization at Muhammad Sani Karimun District Hospital experienced a decrease in stress levels after being given storytelling therapy, as many as 16 people (53.3%) had mild stress, moderate stress 14 people (46.7%). Reducing stress in children undergoing hospitalization can occur because the child's attention is diverted from the pain or unpleasantness in the hospital by doing 15 minutes of storytelling on the first day of being hospitalized. Storytelling (storytelling) is one of the therapeutic play techniques of storytelling or storytelling in conveying the contents of feelings, thoughts, or a story to children with fictional topics that educate orally to divert children's attention to other things (Rianthi et al., 2022).

This research is supported by research from (Dwi Rianthi, 2022) which states that listening to stories is also a distraction from the pain experienced by children. With information, nurses can also change the child's mechanical coping from maladaptive to adaptive, reducing the stress of hospitalization, so that the child can accept the actions programmed to speed up the healing process. It can be concluded that the child experienced a decrease in stress after doing storytelling for 15 minutes. The level of stress experienced by each child while undergoing hospitalization varies, by carrying out storytelling it is hoped that there will be a reduction in the child's stress so that the treatment process can run well.

This research is research that compares pre- and post-pre-school stress levels in preschool-aged children undergoing hospitalization and finds out that there is a decrease in stress levels after storytelling is carried out. This research was carried out by providing treatment for 15 minutes on the first day the child was hospitalized. Based on the results of research carried out in Table 4.4 from 30 research respondents, it is known that the value of decreasing stress levels before storytelling was carried out was 20.27 and the influence of stress levels after storytelling was carried out was 12.77, so the average decrease in stress levels regarding the influence of storytelling was found to have decreased. From the results of the bivariate test using the Wilcoxon test, a p-value of 0.000 was obtained, so  $H_0$  was rejected and  $H_a$  was accepted. This shows that there is an influence between storytelling on the hospitalization stress of preschool-aged children.

The research results show that there has been a decrease in stress in preschool-aged children at Muhammad Sani Karimun Regional Hospital, namely that 53.3% (16 people) showed mild stress and as many as 46.7% (14 people) showed mild stress and as many as

46.7% (14 people) had stress during middle school after storytelling was carried out. This proves that storytelling can help reduce stress in preschool-aged children. By doing storytelling, children feel entertained and connected to the characters they meet, which in turn can reduce feelings of loneliness and increase their sense of happiness. Storytelling helps children feel more comfortable with situations they may experience during treatment. Positive storytelling experiences create good memories during the treatment period, helping children remember their time in the hospital more positively. The presence of researchers who tell stories with great attention and empathy can create supportive relationships, provide a sense of security, and increase children's emotional involvement.

This goes hand in hand with research (Rianthi, 2022). Reducing the anxiety of children undergoing hospitalization can be done with play therapy, relaxation, music therapy, physical activity, and storytelling. Storytelling (storytelling) is an effective technique in diverting children's attention from anxious situations, with storytelling a specific message can be conveyed to children and children can engage in more cooperative behavior. Storytelling is not just a communication tool, but also a strategic intervention that can influence the way people think, feel, and act. By designing stories that are relevant, emotional, and purposeful, storytelling can be an effective means of creating positive change in a variety of contexts. From the research results and related theories that have been presented, it can be seen that storytelling influences reducing stress in preschool-aged children. Research itself admits that pre-school-age children who are hospitalized with stress need therapy, especially in the form of distraction such as storytelling.

## **Conclusion**

Based on the research results and discussion descriptions in the previous chapters, it has been explained and it can be concluded that the influence of the application of storytelling on the impact of hospitalization in preschool children at Muhammad Sani Karimun Regional Hospital. After the research was carried out, there was a difference between the stress scale values before the storytelling play therapy was carried out and the Stress scale value after playing storytelling therapy (p-value: 0.000). It can be concluded that there is an influence between storytelling and the impact of hospitalization in preschool children at Muhammad Sani Karimun Regional Hospital in 2024.

## **Author Contributions**

The author is responsible for the design and development of the research concept. This author also led the process of data collection, primary data analysis, and preparation of the initial draft of the manuscript. The author contributed to the preparation of research



methodology, data processing, and review of relevant literature. The authors were involved in the overall supervision of the study, including the determination of the final objectives, validation of the results, and final editing of the manuscript. The author also focuses on data visualization and graphical presentation in the manuscript and is responsible for technical and format checks by journal guidelines. The author provides additional contributions in the form of constructive suggestions regarding the context and implications of research findings. These authors also perform a final review before submission of the manuscript to the journal.

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