



Journal Homepage: - [www.journalijar.com](http://www.journalijar.com)

## INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/10554

DOI URL: <http://dx.doi.org/10.21474/IJAR01/10554>



### RESEARCH ARTICLE

#### A STUDY TO ASSESS THE EFFECTIVENESS OF ORIGAMI ON LEVEL OF ANXIETY AMONG HOSPITALIZED SCHOOL AGE CHILDREN IN MASONIC HOSPITAL

Blessly Pramila S.P and Dr. T. Puvana

#### Manuscript Info

##### Manuscript History

Received: 20 December 2019

Final Accepted: 22 January 2020

Published: February 2020

##### Key words:-

Anxiety, Origami, Hospitalized Children

#### Abstract

**Statement of Problem:** A study to assess the effectiveness of origami on level of anxiety among hospitalized school age children in masonic hospital.

##### Objectives:

1. To assess level of anxiety among hospitalized children in experimental group and control group.
2. To provide origami among hospitalized children in experimental group.
3. To assess the effectiveness of origami on level of anxiety among hospitalized children in experimental group.
4. To compare the level of anxiety in experimental group and control group.
5. To find out association between the level of anxiety among hospitalized children in selected demographic variables.

**Methodology:** The study was quasi-experimental study with an evaluative approach. The study was conducted in masonic hospital. Data collection period was one month. Population was hospitalized school age children. Samples were children admitted in pediatric ward aged between 6-12 years. Purposive sampling technique was used. Sample size was 60 (30) children in each experimental and control group. The tools used for data collection were demographic variables and hamilton anxiety rating scale

**Result:** The calculated paired 't' value for experimental group is 14.125 and control group is 0.13, this shows there is a effectiveness of origami on level of anxiety among hospitalized children.

**Conclusion:** The study shows there is a significant reduction in level of anxiety in experimental group after origami.

Copy Right, IJAR, 2020,. All rights reserved.

#### Introduction:-

##### Statement of problem:

A study to assess the effectiveness of origami on level of anxiety among hospitalized school age children in masonic hospital

##### Objectives:-

1. To assess level of anxiety among hospitalized children in experimental group and control group

2. To provide origami among hospitalized children in experimental group
3. To assess the effectiveness of origami on level of anxiety among hospitalized children in experimental group
4. To compare the level of anxiety in experimental group and control group
5. To find out association between the level of anxiety among hospitalized children in Selected demographic variables.

#### Research hypotheses:

1. H1 – there is a significant difference between the pretest and post test level of anxiety among hospitalized children in experimental group and control group.
2. H2 – there is a significant association in the pretest level of anxiety among hospitalized children in experimental group with selected demographic variables.

#### Data collection procedure:

Formal permission was obtained from general manager of masonic hospital to conduct the study. The study was carried out for the period of 11. 02. 2019 to 13.03.2019. The investigator introduced self to the child and the family and also explained the purpose of conducting the study. A good rapport was created with the child and the family and then got their oral consent.

The demographic variables were collected with the help of interview questionnaire the responses were documented. After that investigator has done the pretest assessment of hospital anxiety using the hamilton anxiety rating scale for hospitalized school age children. Before introducing origami, the investigator had explained about origami to the children of experimental group. Then the investigator made the child to sit comfortable on the bed and ensured that the child is free from pain, hunger, and sleep. The child was encouraged to make toys of his/her preferences for the next three consecutive days, as per the child interest. On the third day post test was conducted at the end of the day using the hamilton anxiety rating scale. For the control group children (30), the post test was conducted on the third day, after the routine play in the ward like watching television, children playing with during the post test. The post test observations were made at the end of the day and the investigator see that the child is free from pain, hunger and sleep during the time of observation. After completing everything, the investigator extended her thanks toward the participants and the care giver for their full cooperation. For each child it takes about 15-30 minutes for making toys. There were no dropouts of children from the pretest group during the post test. Using the same anxiety rating scale, level of anxiety was identified.

**Table. 2:-** Frequency and percentage distribution of samples in experimental and Control group according to level of anxiety during hospitalization.

Level of Anxiety	Experimental group (N=30)				Control group ( N=30)			
	Pretest		Post test		Pretest		Post test	
	F	%	F	%	F	%	F	%
No anxiety	0	0	4	13.3	0	0	0	0
Mild anxiety	3	10	21	70.4	3	10	4	13.3
Moderate anxiety	22	73.4	4	13.3	25	83.4	22	73.4
Severe anxiety	4	13.3	0	0	2	6.6	1	3.3
Very severe anxiety	1	3.3	0	0	0	0	0	0
TOTAL	30	100	30	100	30	100	30	100

The above table shows the frequency and percentage distribution of samples according to the level of anxiety. In experimental group, pre-test showed that 3(10%) children had mild anxiety

Level 22 (73.4%) children had moderate anxiety level 4(13.4%) had severe anxiety level 1(3.3%) children had very severe anxiety level and in posttest, 4(13.4%) had no anxiety level, 21(70%) had mild anxiety level 4 (13.4%) had moderate level of anxiety and none of them had severe and

Very severe level of anxiety. In control group, pretest shows 3(10%) children had mild anxiety level 25(83.4%) had moderate level of anxiety and 2(6.6%) had severe anxiety level and in

Posttest, 4(13.4%) had mild anxiety level and 1(3.4%) experienced severe anxiety level. None of the children had very severe anxiety and no anxiety.

**Table 3:-** Effectiveness and comparison of anxiety scores in experimental Group with control group n=60.

Study	Pre test		Post test		df	t value
	Mean	SD	Mean	SD		
Experimental Group	5.13	2.46	2.26	1.17	58	14.125*
Control group	5	2.15	4.83	2.06		0.13

Significant\*

The above table 3 shows that the effectiveness of origami on level of anxiety in experimental group and control group. The pretest mean of experimental group was 5.13 and control group was 5 respectively. To determine the reduction in hospitalized anxiety, pretest score comparison

Was done. The difference was statistically highly different, because the calculated 't' value (14.125) was higher than the table value (2.05), df=58, at  $p < 0.05$ . This shows that after receiving origami, experimental group had significantly greater reduction in level of anxiety compared to control group. So the research hypothesis being supported.

#### Major findings of the study:

The findings of the study revealed that the pretest mean score of the experimental group was 5.13 and that of control group was 5 and it showed that before implementing therapy both of the group were having equal level of hospitalized anxiety. The post test mean score of experimental group was 2.26 and that of control group was 4.83. To assess the effectiveness of hospitalized anxiety by the posttest level of anxiety score in experimental and control group. The association between level of anxiety among hospitalized children and demographic variables were tested by Chi- square test and found that there was association between level of anxiety and demographic variables except for gender of the child.

#### Conclusion:-

From the result of the study, it was concluded administering origami among hospitalized children were very effective in reducing the level of anxiety. Therefore investigator felt that more importance given to the play therapy

to reduce the level of anxiety among hospitalized school age children. Origami helps better to adapt unpleasant situation, especially during hospitalization. This healthy adaptation promotes quick recovery from their illness.

**Bibliography:-**

1. Arvind, r.(2004). Critical care in paediatrics. (1<sup>st</sup> ed.) New delhi:jaypee brothers medical publishers (p) ltd.
2. Basavanthappa, bt. (2003).nursing research. (1<sup>st</sup> ed.) New delhi: jaypee brothers medical publishers (pvt) ltd.
3. Gupta. (1990). Fundamentals of mathematical statistics. (1<sup>st</sup> ed.)New delhi: sultan chand publications.
4. Hungler, f. (2001). Nursing research principles and methods. (5<sup>th</sup> ed.) Philadelphia: jb lippincott publication.
5. Lippincott. (2009). Manual of nursing practice. (1<sup>st</sup> ed.) New delhi. Published jp lippincott.
6. Wongs. (2001). Wong's essentials of paediatric nursing. (2<sup>nd</sup> ed.) Missouri: mosby publications.