

Conference Paper

Story Telling as Therapeutic Intervention Toward Anxiety Level: A Literature Review

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Abstract

Anxiety is one of the common psychological symptoms experienced by children while being treated in the hospital and can cause impairment in growth and development. Hospitalization is considered threatening and has traumatic effects, which can be mitigated using various therapies. Storytelling is one of the therapeutic intervention methods. The purpose of this literature review is to explore the effectiveness of storytelling among preschool children who undergo hospitalization. Literature research conducted on the five largest databases consists of PubMed, Google Scholar, CINAHL, Medline, and PsycINFO using keywords, "Story Telling," "Hospitalization," "Anxiety Level," "Preschool," and "Story Telling and Hospitalization." The combination of keywords searches to find more specific literature. We found 25 articles, and five articles are analyzed further. Storytelling is proven effective for reducing the impact of hospitalization, especially anxiety levels for preschool children. It provides a distraction effect and opportunity to develop imagination, opening children mind it and perception or feelings of fear. It is suggested that healthcare professionals implement this intervention to minimize the physical and psychological effects of hospitalization.

Keywords: Preschool Children, Hospitalization and Storytelling

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1. Introduction

A total of 3.21 % or more than 2500 children among 0-17 years in 2017 undergo hospitalization in Indonesia [1]. The impact of hospitalization can be controlled in various ways, for instance, preparation before children admission, reducing the effects of separation, minimizing and preventing physical injuries, maintaining activities that support development, supporting, and providing opportunities [2].

There are several types of playing therapy, and one of the effective methods is storytelling. This intervention is quite effective in attracting children attention and the art of telling stories using language, vocalization, physical movements, and specific

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signs to reveal elements of the invention to the listener [2]. In a hospital setting, it can be done by using replica hospital equipment or hand puppets to communicate with children feeling.

Storytelling has been used in community projects, health promotion and disease prevention, coping with sadness, and others [3]. The strategies of storytelling are a dynamic approach and consists of various technique and method. Based on these explanations, therefore, it is strongly needed to explore the effectiveness of storytelling among preschool children who undergo hospitalization.

2. Method

Literature search was obtained from the five largest databases in health sectors consisting of PubMed, Google Scholar, CINAHL, Medline, and PsycINFO using the keywords “Story Telling,” “Hospitalization,” “Anxiety Level,” “Preschool,” and “Story Telling and Hospitalization.” The keyword searches are also combined to obtain more specific results. Inclusion criteria include: 1) the article has a title and the content relevant to the purpose of the study, 2) the publication of the article is limited from 2015 to 2020, 3) Full text in English and Bahasa. Articles not included in the inclusion criteria are excluded. The process of finding literature is described in Figure 1 with the PRISMA flowchart approach [4]

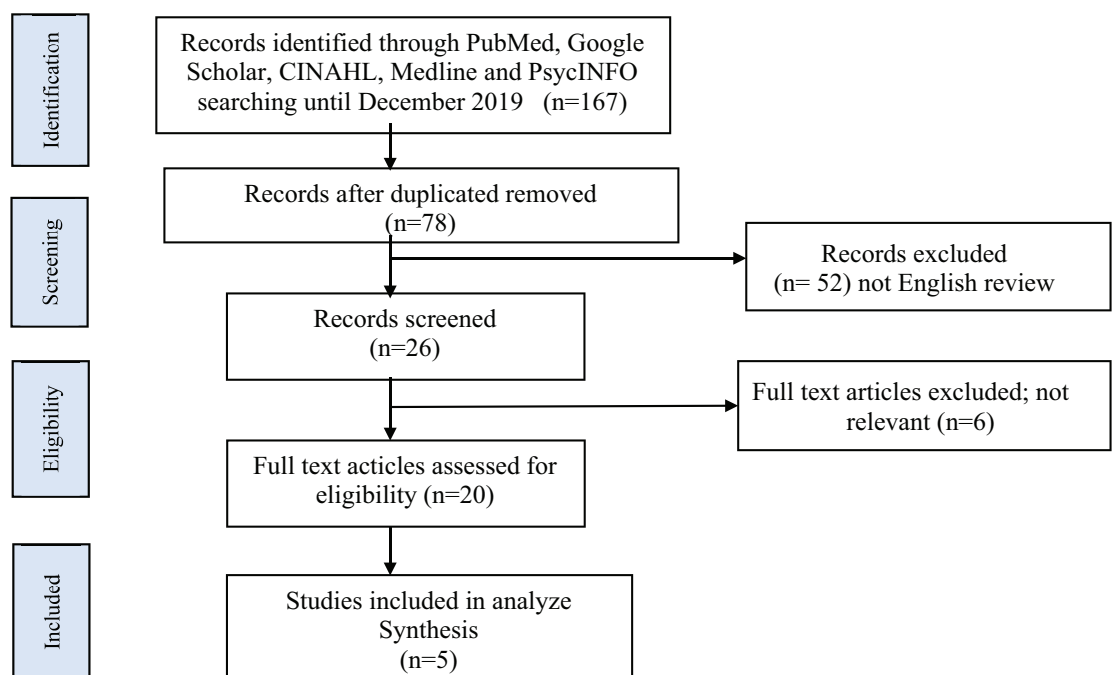


Figure 1: Review Article Process with PRISMA

3. Results

TABLE 1: Summary of Research Results

No	Title and Author	Sample	Method	Results	Conclusion
1	<i>Pengaruh Terapi Bermain Mendongeng dengan Penurunan Tingkat Kecemasan pada Anak Usia Pra Sekolah Akibat Hospitalisasi.</i> (Pawiliyah P, Marlenis L, 2019).	a. All preschool children who were treated in the Melati pediatric Ward at Dr. Sobirin Lubuklinggau in July-August 2018	a. Design: Pre-experiment with one-group pre-post test design	a. Most of the respondents were female, with a total is 13 (65%) and the age duration between 5-6 years old 11 (55.5%).	a. Storytelling reduce level anxiety and the initial symptoms from 2-3 to 2-1 symptom
		b. A total of 20 preschool children agreed to participate in this study using the accidental sampling technique	b. Instrument: HARS Cronbach's Alpha 0.793	b. Before therapy session, most respondents, 17 (65%), showed severe anxiety and after therapy reduce to moderate anxiety with 12 (60%)	b. Storytelling therapy has a powerful effect on toddler and preschool children
			c. Storytelling conducting in preschool children 10 minutes every morning for three days by read out loud interesting fairy tales	c. The results showed that the mean reduction in anxiety was 10.5 with Wilcoxon Test (p-value <0.005)	c. This activity is a distraction from their anxious feelings towards the invasive procedure
				d. There is a significant difference anxiety level before and after storytelling	d. Children who still in severe anxiety related to the new experience in the hospital or traumatized by healthcare professionals in primary care facilities
2	<i>Pengaruh Terapi Dongeng Terhadap Penurunan Tingkat Kecemasan Pada Anak Usia Prasekolah Di Ruang Irna Iii A Rsud Kota Mataram</i> (Putra, A. A. (2019)	a. The respondents were all preschool children who experienced anxiety in Irna III A RSUD Kota Mataram in one month period in July 2018	a. Design: Quasi-experimental with Pre Test-Post Test with control design	a. From two groups before therapy showed severe anxiety in control group 8 (53%) and intervention group 11(73%)	Using narrative stimulation increases endorphin release reframing to control their negative thoughts by changing view into a positive direction

No	Title and Author	Sample	Method	Results	Conclusion
		b. Thirty preschool children divided into the two groups with the same number in control and intervention	b. Instrument: PAS (Preschool Anxiety Scale) with accepted reliability and validity in recent research	b. After the storytelling, a decreased level described in the intervention group with 2 (67%) respondents showed moderate anxiety and severe in control group 9 (60%)	
			c. Storytelling was performed for 15 minutes before bedtime, and the anxiety level measured before and after therapy	c. Analysis using the Wilcoxon Test showed significant statistical result $p = 0.000$	
3	<i>The effect of storytelling on anxiety and behavioral disorders in children undergoing surgery: a randomized controlled trial</i> Sekhavatpour, Z., Khanjani, N., Reyhani, T., Ghaffari, S., Dastoorpoor, M. (2019)	a. Children with surgery of adeno-tonsillectomy in 2015 in Dezful (Iran) in 2015 from 4-8 years old are recruited in this study	a. Design: Randomized controlled trial (RCT) used the table of random numbers	a. The results revealed that there is no statistically significant difference between demographic variables (age, sex, birth date, birth order, child's literacy, the educational level and occupation of parents, family income, health insurance status, living place, number of family members, and the child's psychological support) between treatment and control groups.	a. Factors that influence the differences result in every children based on intelligence, social class, attachment style, and parents anxiety
		b. The scores of pathometer > 6 are excluded in this study. This test to measure dishonesty among children	b. Instrument: RCMAS (Revised Children's Manifest Anxiety Scale) with Cronbach's alpha 0.7 and Behavioral Disorder Questionnaire a tool made by the researcher with Cronbach's alpha 0.87 and ICC=0.93	b. After therapy, the mean scores of physiological anxiety, social concerns/concentration total anxiety, and behavioral disturbances are decreased significantly statistically	b. This program should be implemented in pre-operative intervention by healthcare professionals to increase familiarity with the hospital environment and toward behavior change to the operating theater, and decrease stress, fear, or anxiety

No	Title and Author	Sample	Method	Results	Conclusion
			c. In the treatment group, an animated illustrated story read by the researcher for 30 minutes at the night before surgery used Mental fitness protocol of Powell and the control group only usual routine care in the hospital		
4	<i>The Effectiveness of Storytelling on Separation Anxiety in Hospitalized Children with Chronic Diseases</i> (Shafiee, S. M., Gharibvand, S. S., & Hemmatipour, A. 2018)	a. Population in this research are all children 4-7 years old admitted in Ahvaz Golestan and Shafa hospitals because of chronic disease and were anxiety based on Spence's preschool scale	a. Design: Clinical trial study using random sampling	a. Based on two studied groups, demographic variables showed no significant differences. The mean age is 4.5 years old, and the male population are higher than female	a. The use of storytelling therapy can change the language and literature tales of life among children and make new opportunities for behavior and relationships
		b. The total of 40 hospitalized children was divided equally into two groups; treatment and control	b. Instrument: Spence preschool anxiety scale (PAS) with Cronbach's alpha was 0.715.	b. From the treatment group, there was a significant difference in the mean separation anxiety before, after the and one month later	b. This therapy can be used for children with chronic disease because multiple hospitalizations to prevent permanent and irreversible mental effects
			c. In the treatment group, storytelling was done in a four-session for at least 20 minutes on different days, and in the control group, respondents only received routine care		

No	Title and Author	Sample	Method	Results	Conclusion
5	<i>Effectiveness of the Puppet Show and Storytelling Methods on Children's Behavioral Problems</i> (Aminimanesh, A., Ghazavi, Z., & Mehrabi, T, 2019)	a. Seventy-five respondents were divided into three groups from selected kindergartens in Isfahan, Iran, using random cluster sampling.	a. Design: Quasi-Experimental study using a pretest-posttest design	a. Among the three groups, there were no significant differences in the demographic variables	In this study, children are engaged using a new manner and expression through active participation through role-play and question-answer session to improved their behavior
		b. Three groups consist of in puppet show, storytelling, and a control group	b. Instrument: Preschool Children Behavior Problem Questionnaire (SPCBPQ) with reliability coefficient at 0.64, and Cronbach's alpha coefficient was 0.89, 0.80, and 0.70 for three domain consist aggression, inattention, and childish behavior, and withdrawal and anxiety	b. In the treatment group, the mean variation in behavioral problem both in a puppet show and storytelling were significantly higher than the control group and one month after therapy ($p < 0.001$)	
			c. Storytelling was done weekly on seven sessions at a one-hour duration using paintings.	c. The puppet show and storytelling were significantly reducing aggression, withdrawal, and anxiety ($p < 0.001$)	

4. Discussion

A total of five articles [5–9] included in this review discussed the effect storytelling therapy among inpatient children showed a significant effect in reducing anxiety and psychological problems related to hospitalization effects. Before treatment was conducted research [4.5.6] mentioned that the level of anxiety on severe or moderate and after the session reduced to moderate or mild. Several factors were contributed, including the adaptation of the new hospital environment and approach from healthcare professionals (nurses, doctors, and other health workers). By playing give impact to stimulate the function of sensory, motoric, and intellectual and social development [10]. From this intervention, children experienced distraction, relaxation, and reframing from

their disease. Thus stress, fear, anxiety are more controlled. The results [11] found that children who accept narrative stories experienced pain are less need pharmacotherapy to reduce pain because endocrine release increased, therefore decreased the requirement for medication. Stories are vary from animated illustration [7] or about lies, aggression, inattention, withdrawal, bad temper discipline, social behavior and etiquette [9].

Storytelling can be a complementary therapeutic implemented as a nursing intervention in the clinical situation with various methods, sessions, techniques, or combined with other therapy. The goal is to give repeated effect on the scheduled morning routine. The result can be last for an extended period, even after one month [7, 8]. The implications in nursing, especially for pediatric nurses, to observe attention growth and development while still provide the children the need for play.

5. Conclusion

The results provide clear and robust evidence that storytelling play therapy is effective in reducing hospitalization stress along with the psychological symptoms. A traumatic care is urgently needed to enhance the family-centered care approach and involve parents as their guardian in their children care.

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