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THE INFLUENCE OF BIBLIOTHERAPY ON HOSPITALIZATION ANXIETY LEVELS IN PRESCHOOL CHILDREN : A LITERATUR REVIEW

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ABSTRACT

Background: Hospitalization can lead to increased anxiety levels in preschool children. Anxiety in preschool children undergoing hospitalization is caused by the environment and healthcare providers. Hospitalization anxiety can be minimized through play, including reading storybooks. The use of books as a therapeutic medium is referred to as bibliotherapy. Objective: The aim of this study is to determine the effect of bibliotherapy on hospitalization anxiety among preschool children. Method: The method used in this study is a literature review. Academic articles were searched online from 2010 to 2023 using the PICO (Population, Intervention, Comparative, Outcome) framework. Five relevant articles were selected after screening. Result: The results of this study indicate that bibliotherapy is effective in reducing hospitalization anxiety levels among preschool children. Conclusion: Based on a literature review of 5 journals on the impact of bibliotherapy on hospitalization anxiety levels in preschool children, it can be concluded that bibliotherapy is effective in reducing hospitalization anxiety levels in preschool children.

Keywords: Anxiety, Bibliotherapy, Hospitalization

Introduction

Preschool children represent the early childhood period between the ages of 3-6 years (Murni, 2017). Preschool children have weaker immunity compared to adults, making them more susceptible to infections. They are also prone to falls and injuries, often resulting in hospitalizations (Ginanjar, 2020). Preschool children have an immune system that is still developing, making them more vulnerable to infections and diseases (Mansur & Andalas, 2019). Additionally, preschool children tend to be more active and frequently interact with people around them, including at playgrounds, schools, and with friends (Susanto, 2021). Frequent contact with others in these environments increases the risk of contracting illnesses and infections. According to data from the United Nations Children's Fund (UNICEF), the number of preschool children in the three largest countries in the world reached 148 million in 2017, with 57 million children being hospitalized each year (UNICEF, 2017). In Indonesia, an estimated 35 out of every 1,000 children are hospitalized (Ginanjar, 2020).

Anxiety during hospitalization is caused by various factors, one of which is the child's aversion to the hospital environment. These factors include noisy hospital rooms, hot environments, inadequate play facilities, and bland and unappetizing hospital food (Ginanjar, 2020). The more anxious a child is, the more their healing process is disrupted, and their immune response decreases. If a child's fears during hospitalization can be addressed, the child is expected to be more cooperative and feel more comfortable, leading to faster healing and shorter hospital stays (Handajani & Yunita, 2019).

One technique that can be used to reduce anxiety is listening to music, as well as storytelling with pictures, also known as bibliotherapy. Picture stories are presented to prevent boredom and can be enhanced with humor and entertainment (Apriza, 2017). The use of books as a therapeutic medium is called bibliotherapy. Bibliotherapy involves using age-appropriate books in therapeutic activities, usually followed by discussions of life topics relevant to the current situation (Hulyatuzzahroh & Musafiri, 2023).

Bibliotherapy and guided imagery significantly reduce anxiety during hospitalization in preschool children (Oktiawati et al., 2023). Research on the impact of bibliotherapy on reducing children's anxiety during hospitalization is also supported by Apriza's study, which found a meaningful relationship between the influence of bibliotherapy with picture books and the level of anxiety caused by hospitalization in preschool children (Apriza, 2017). According to research by Yuan et al., bibliotherapy is significantly more effective in mental therapy for children during hospitalization compared to children and adolescents in the control group (Yuan et al., 2018).

Bibliotherapy based on psychological treatments of proven efficacy may provide a more accessible source of psychological help.^{24,25} It uses a self-help book to guide and encourage the patients to challenge unhelpful thoughts and behaviors, resulting in improved self-management, rather than just providing information. Bibliotherapy reduces both the impact of stigma (as it is possible to access it without the knowledge of others) and the time burden associated with visiting a clinic. In addition, the main advantages are its ease of use, low cost, low staffing demands, and greater privacy (Yuan, 2018).

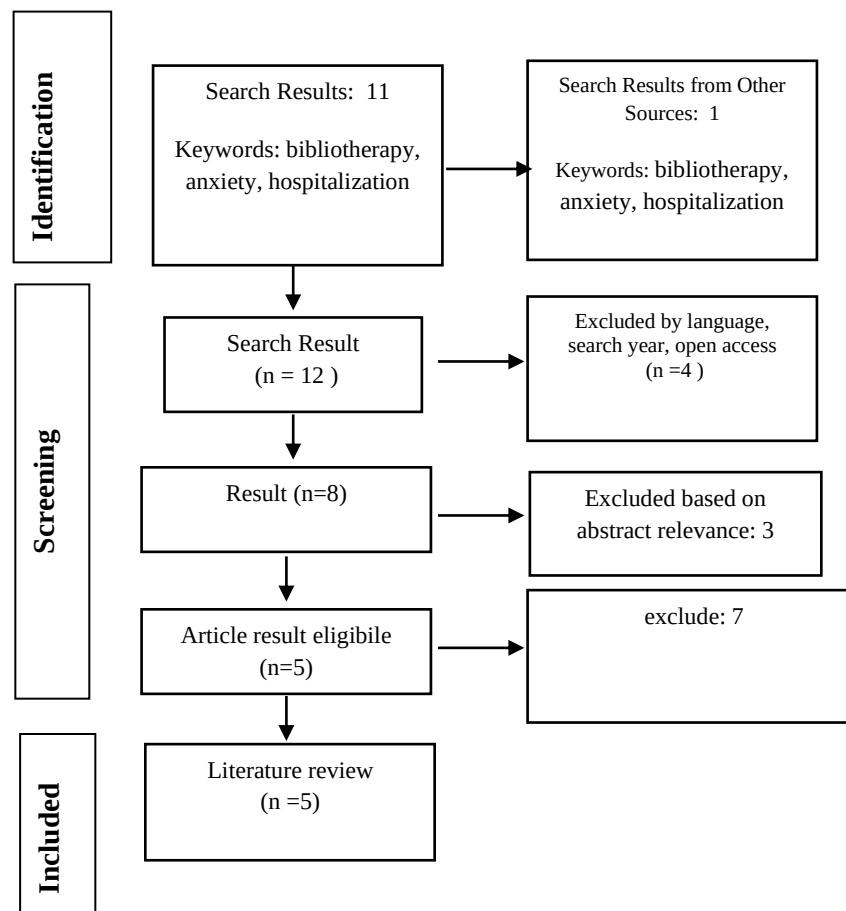
All this suggests that bibliotherapy may be effective in preschool children with depression and/or anxiety problems. Nonetheless, few meta-analyses have focused solely on the effects of bibliotherapy on depression and anxiety disorders in preschool children. Therefore, we conducted a conventional meta-analysis to compare the effectiveness and acceptability of bibliotherapy alone for depression and anxiety disorders in preschool children.

Method

This research utilizes a method involving the collection, analysis, and synthesis of literature relevant to the research topic, to generate new and useful conclusions. The journals used in this study are those that discuss the topic with keywords including bibliotherapy, anxiety, and hospitalization academic journal searches were conducted through online databases including Google Scholar from 2017-2024.

Several references related to the role of education were obtained from journal searches on Google Scholar, yielding 5 articles using the keywords bibliotherapy, anxiety and hospitalization. Below is the journal search process that supports this review:

Figure 1. Literature Review Process



Literature Search Results

Below are the selected journals analyzed by the researcher in this literature review study:

Table 1. Details of Primary Selected Journals for Literature Review

No	Author/ Year	Research Title	Journal Name	Research Objectives	Research Method	Research Result
1	Safril Matua Harahap, Rina Junarti (2021)	The Influence of Bibliotherapy Using Longer Picture Books on Anxiety Levels of Children Aged 3-6 Years During Hospitalization	Journal of Medical Nursing Research	His study aims to determine the effect of bibliotherapy using longer picture books on anxiety levels of children aged 3-6 years during hospitalization.	pre experimental dengan one group pretest posttest desain	The results of the study showed that the average observation score before using bibliotherapy with a longer picture book was 39.16 with a standard deviation of 10.805, while the average observation score after using bibliotherapy with a longer picture book was 23.71 with a standard deviation of 9.819. The bivariate test yielded a statistical significance with a p-value of 0.000, indicating a decrease in anxiety with bibliotherapy intervention.
2	Marwan Riki Ginanjar, Miranti Florencia Iswari, dan Noftalina (2020)	The Influence of Bibliotherapy on Hospitalization Anxiety of Preschool Children at Muhammadiyah Hospital Palembang	Journal Masker Medika	The aim of this study is to determine the effect of bibliotherapy on hospitalization anxiety among preschool children at Muhammadiyah Hospital Palembang.	Pre-experiment with a One Group Pretest-Posttest Design	The study found that there was a difference in anxiety levels before and after bibliotherapy intervention among preschool children at Muhammadiyah Hospital Palembang.
3	Maita Sarah, Rizki Cinta Dame Manik (2019)	The Influence of Bibliotherapy on Anxiety Levels in Preschool Children	Journal UI Medan	This study aims to determine the influence of bibliotherapy on anxiety levels in preschool children undergoing	A quasi-experimental study with a pre-post test design approach.	The results of the study showed that before the therapy, the mean anxiety level was 39.07 with a standard deviation of 25.20 and a standard error of 1.579. After the

		Undergoing Hospitalization at Malahayati Islamic Hospital in Medan City in 2019		hospitalization at Malahayati Islamic Hospital in Medan.		bibliotherapy was administered, the mean anxiety level decreased to 25.20 with a standard deviation of 25.20 and a standard error of 7.68. This indicates that there is a significant difference in reducing the anxiety levels of preschool children undergoing hospitalization at Malahayati Islamic Hospital in Medan in 2019 before and after bibliotherapy.
4	Apriza (2017)	The Influence of Bibliotherapy with Picture Storybooks on Anxiety Levels Due to Hospitalization Effects in Preschool Children	Journal of Early Childhood Education	This research is aimed at identifying the effect of Bibliotherapy by using storybooks on the anxiety level of hospitalization effect on preschool children in children's room.	Quasi-Experimental with One Group pre-test and post-test design	The results of the study show a significant difference in the average anxiety levels of preschool children before and after administering bibliotherapy with picture storybooks.
5	Kili Astriyani dan Selvia David Richard (2020)	Bibliotherapy Strategies: An Experimental Study to Reduce Inpatient Stress in Preschool Children	STRADA Scientific Journal of Health	His study aims to prove the effect of bibliotherapy on hospitalization stress in pre school children who are treated in the Karunia Room of Kediri Baptist Hospital.	Pre-Experiment Design with a one-group pre-post test design	The results of the study indicate a significant change in the average inpatient stress scores before and after bibliotherapy. Therefore, bibliotherapy can significantly reduce inpatient stress by 7.67, with a p-value of $0.000 < 0.05$.

Discussion

Based on the findings of 5 literature sources regarding the influence of bibliotherapy on the anxiety levels of preschool children undergoing hospitalization, it was found that bibliotherapy can reduce the hospitalization anxiety levels in preschool children. Bibliotherapy is a process that uses reading materials and books as tools to help individuals understand, contemplate, and overcome social and emotional issues. Through reading, individuals can immerse themselves in the world of characters in the book and gain more comprehensive knowledge. This therapy helps individuals manage emotional turmoil related to life issues. Several sources also state that bibliotherapy involves reading age-appropriate books followed by discussions on relevant life topics and issues. From various definitions above, we can conclude that bibliotherapy is a therapeutic process that uses reading materials to assist clients in making personal changes in their thoughts, feelings, and behaviors (Hulyatuzzahroh & Musafiri, 2023).

Hospitalization anxiety is influenced by several factors such as age, previous hospitalization experiences, and family support. The predominant anxiety characteristic in preschool-aged children is fear of bodily injury (threat to body integrity) due to their limited understanding of body integrity (Potter & Perry, 2016). This is supported by Ginanjar et al.'s research (2020) which suggests that bibliotherapy can reduce anxiety in children; children can express their feelings through such activities, including through picture storybooks or illustrated books.

In a study by Apriza (2017), it was concluded that hospitalization anxiety can be minimized by providing play therapy as preparation for medical procedures or nursing actions. This study aligns with research by Sarah & Rizki (2019), highlighting the significant impact of anxiety on children and suggesting techniques such as play therapy, including Bibliotherapy using picture storybooks. With pictures, children can easily explore the story, thus entertaining and engaging them happily.

In this activity, children are taught coping mechanisms to manage anxiety, such as distraction techniques or redirecting their attention to activities they enjoy. Storytelling holds significant importance in reducing hospitalization-induced anxiety in preschool-aged children. Storytelling is an effective method to reduce anxiety in children and is crucial for their mental and emotional well-being. This is supported by the research of Astarani & David (2020), which indicates an average anxiety reduction of 7.67 before and after bibliotherapy with a p-value of 0.000. Bibliotherapy has a significant impact on reducing the anxiety levels of hospitalized children. The research findings demonstrate that bibliotherapy can help reduce anxiety levels in children undergoing hospitalization by assisting them in identifying and expressing their feelings, facilitated by a comfortable relationship between nurses and children.

The five journals above regarding the influence of bibliotherapy on the hospitalization anxiety levels of preschool children consistently show that bibliotherapy can affect the level of hospitalization anxiety in preschool children. They all conclude that bibliotherapy can reduce anxiety in children and help them express their feelings, facilitated by a comfortable relationship between nurses and children.

Conclusion

Based on a literature review of 5 journals regarding the impact of bibliotherapy on hospitalization anxiety levels in preschool children, it can be concluded that bibliotherapy is effective in reducing hospitalization anxiety levels in preschool children. This is because children aged 3-6 years undergo physical, cognitive, and emotional development, often experiencing increased levels of anxiety. During periods of anxiety, the amygdala in the middle part of the brain is highly active compared to the temporal cortex in the right

hemisphere. Reading books can stabilize the amygdala when a person focuses on reading. As a result, stress and anxiety decrease, focus increases, and the temporal cortex in the right hemisphere can function normally, reducing stress and alleviating fears. Therefore, hospitalization anxiety can be managed effectively through bibliotherapy.

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