

Parents' Roles in Overcoming the Impact of Hospitalization on Preschool Children

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Abstract—Hospitalization may cause children in crisis. Therefore, a parent's role is needed to minimize the impact of hospitalization. A preliminary study conducted by researchers through interviews with nurses showed that preschool children who were treated at hospital showed a less cooperative attitude when nursing actions were done. This study was aimed at determining the role of parents in overcoming the impact of hospitalization on pre-school children in Subang District Hospital. This study used Quantitative research design and descriptive approach involving 60 parents whose children were treated at Subang District Hospital. Accidental sampling technique and questionnaires were used in this study. The results indicated that 56% of children showed a negative impact on hospitalization and 74.0% of parents played a good role in children hospitalization. This study suggests that Subang district hospital needs to provide an education for parents in overcoming the impact of hospitalization on children. Moreover, aside from the parent's role, environment can also affect hospitalization negatively. Regarding this, the hospital can create an inpatient ward that is decorated with many colours and children's favourite cartoon images to reduce the negative effect of hospitalization.

Keywords: *impact of hospitalization, role of parents, preschool age*

I. INTRODUCTION

Hospital is a condition that requires someone to stay in the hospital, undergo therapy and treatment for a reason that is planned or an emergency condition. Staying in a hospital can be stressful for children and their families [1-3].

Preschool children will experience stress during hospitalization due to unfamiliar environment for children, stress experienced by children will cause many reactions, for example to diseases or self-problems of preschool children such as separation, not knowing the environment, loss of affection, body image will act like a regression i.e. loss of control, displacement, aggression (denying), withdrawal, protest behaviour, and being prone to experiencing fears when health care workers will take nursing action, pre-schoolers undergoing treatment while in hospital are strange things that can make pre-schoolers stressed [4,5].

Hospitalization causes a crisis in the lives of children. At the hospital, children's have to face an unfamiliar environment

and an unknown provider of care. Often children have to undergo procedures that cause pain, loss of independence and a variety of things that are not known. The child's interpretation of events and children's responses to experiences while in hospital will be assumed to be a bad experience, which will indirectly affect the child's level of development. At such times the child's feelings will be filled with a load of emotional like taste anxiety, fear, feelings of low self-esteem, feelings of anger, depression, feelings of not helpless dependence were exaggerated on the other, and not able to think with good [4].

Good nursing strategies to direct children and parents to impact positively hospitalization namely improving the relationship the parents with children, giving parents and children the opportunity to get information, and improve self-control and facilitate socialization [6]. The positive impact that others are able to increase the actual development of the child's coping skills and increase self-esteem [7]. Children are more confident in reducing anxiety during hospitalization and are more able to take care of themselves. Other actions that nurses can take are to encourage parents to provide information, prepare for repatriation and home care [8].

In line with this, active and co-operative roles of parents regarding children's health problems (especially preschool age children) are needed, including making medical decisions, participating in caring for sick family members, modifying the environment such as giving toys to children to create conditions at home Sick like at home [9]. The role of care is also an important role of parents related to child care in the hospital which basically has a goal to maintain the physical life of children, improve children's lives, facilitate children to develop abilities that are in line with the stages of development and the ability of parents and families in carrying out the role of care [10,11].

Badriadi research results, entitled The Relationship of Family Participation with Anxiety in Preschool Children Who Are Hospitalized in the Angrek Ward of the General Hospital in Bantul Senopati Yogyakarta Based on the results of the correlation between family participation and anxiety in preschool children using Spearman Rho correlation test obtained the results of the value of $r = -0.664$ with a significant value of $0,000 (<0.05)$ [12]. This means that the higher the

participation of the family the lower the anxiety level experienced by the child.

The area in the province of West Java that was made the place of research was the Subang District Hospital, the results of a preliminary study conducted by researchers through interviews with hospital nurses provided information that about 80% of preschool children treated showed a less cooperative attitude during nursing actions. Nurses have made various efforts to minimize the impact of hospitalization by providing care by minimizing pain. Another thing that is not less important is still found parents who do not fully support the efforts of nurses in dealing with acts of hospitalization in children ages preschool, this condition is shown by the behaviour of the parents that were not appropriate that is when children are fussy, parents soothe with scare children will be injected or visited by nurses. This does not calm the child but adds to the anxiety and fear of the child.

This is a challenge for a nurse to facilitate the child so that the child feels safe and comfortable during treatment so that the child will be more cooperative in accepting nursing actions. The possible way to do this is to build cooperation with parents in communication and nursing actions.

In Indonesia, research on the role of parents in overcoming hospitalization has been carried out. However, in Subang District Hospital has never been used as a place of research on this matter. Based on this, it is important to conduct research on the role of parents in overcoming the impact of hospitalization on preschool- aged children, bearing in mind that the role of parents in the child's development at this time will affect the child's future.

In addition, based on preliminary information obtained by researchers based on a preliminary study at the Subang District Hospital which is a referral hospital it is known that in 2018 as many as 6,209 preschool age children had been treated at the hospital. Meanwhile, the number of children with chronic diseases in Subang District Hospital during the last 3 months of January totalled 159 children with an average of 53 children per month. Based on the results of a preliminary study conducted at Children's Room in Hospital Subang, that the rate of hospitalization is common in children ages preschool than babies, toddler or school age.

In connection with the background and conditions of the problems mentioned above, to find out the extent of the role of parents in overcoming hospitalization in preschool children in Subang District Hospital, the authors deem it necessary to conduct research on "The Role of Parents in Overcoming the Impact of Hospitalization in Preschool Children (3 -6 years) at the Subang District Hospital".

II. RESEARCH METHODS

The research design used in this study is quantitative with a descriptive approach. Respondent in this study represented 60 parents of children ages preschool and are being treated in hospitals Subang district. Questionnaire consisting of respondent's biodata for questionnaire A, and 25 questions for questionnaire B was modified from the Parental Participation questionnaire that was used for research conducted by Abdul Baki, Researchers analyse data with univariate analysis. Before

the researchers conducted a univariate analysis, the researchers conducted the Kolmogorov-Smirnov data normality test.

III. RESULTS

A. Impact of Hospitalization

The impact of hospitalization on preschool children in Subang District Hospital is presented in the following table:

TABLE I. IMPACT OF HOSPITALIZATION IN CHILDREN

Impact of Hospitalization	Amount	Percentage (%)
Positive	23	44
Negative	37	56
Total	60	100

Source: Primary data, 2019

Research results in table 1, shows that the frequency distribution of the impact of hospitalization on children in hospitals shows that almost all showed a negative impact of 37 people (56%).

B. The Role of Parents in Overcoming the Impact of Hospitalization

The role of parents in overcoming the impact of hospitalization in Subang District Hospital is presented in the following table:

TABLE II. FREQUENCY' DISTRIBUTION OF THE ROLE OF PARENTS IN OVERCOMING THE IMPACT OF HOSPITALIZATION

Parental Participation	Amount	Percentage (%)
Well	45	74.0
Not good	15	26.0
Total	60	100

Source: Primary data, 2019

Based on table 2, as many as 74,0 % of parents have a good role.

IV. DISCUSSION

A. Impact Hospitalization

Based on the results of statistical tests obtained the most data that in the category of negative hospitalization impact amounted to 37 respondents (56%). It shows that preschool children who are experiencing hospitalization in Subang District Hospital 56% lead to the negative impact of hospitalization.

Hospitalization in a time long with unidentified efficient environment can lead to changes in emotional and intellectual development of children. Depression and withdrawal often occur after a long period of hospitalization. Many children will experience emotional decline after hospitalization. Several studies have shown that children who are hospitalized can experience disturbances to sleep and eat, regressive behaviours such as urinating in bed, hyperactivity, aggressive behaviour, irritability, terror at night [6].

So it is necessary to do a number of things to avoid the negative impact of hospitalization on children, namely one of

which can involve the role of parents in every nursing intervention and establish good communication between patients, parents and nurses. And it is necessary to provide information or health information about a child's illness or condition to answer the child's questions and reduce anxiety in the parents themselves. And the need to build a comfortable environment for children to improve patient comfort and reduce the negative impact of hospitalization by: inpatient rooms decorated with many colours and children's favourite cartoon drawings.

The view of comfort theory in nursing namely: nursing, comfort, environment [13]. Nursing is described as a process of assessing patient comfort needs, developing, implementing appropriate nursing interventions and evaluating patient comfort after nursing interventions. Assessments can be goals such as observation of wound healing by asking whether the patient feels comfortable. Health is considered optimal if comfort can be felt by the patient, family or community. Patients are considered as individuals, families, institutions or communities who need health care. The environment is every aspect of the patient's environment, family or community that can be manipulated by nurses or others to increase the level of patient comfort.

Results of the study, there is a significant relationships children's room conditions, the attitude of nurses with room facilities dan anxiety level as a result of hospitalization of children ages preschool [14]. Results of the study of Chen, The role of parents cope with the impact of hospitalization in preschool children, explains that the form of participation of parents for children admitted to hospital is to establish collaboration between parents and the health professions and the presence of the parents who can give a sense of comfortable on children [15]. The collaboration of parents and health professionals realized with the involvement of parents in the care, provide support emotionally to the child, joined engaged in actions that are simple, explain to the child about the condition of the child and meet the needs of children during treatment.

B. The Role of Parents to Address Impact Hospitalization

The role of parents in overcoming the impact of hospitalization on children in the Subang District Hospital that most respondents were 74, 0 % of respondents had a good role.

Parents play an active role in the care of children by means of parents living together for 24 hours (rooming in). Parents do not leave children in the same time so that a minimum of one of the father or mother in turn can assist children [16].

If you do not allow rooming-in, the parents still can see the child at any time with the intention of maintaining contact between them. Parents can stay around the ward so they can see [16].

Parents prepare the child psychologically for the procedure to be performed and provide psychological support for the child. In addition, parents also provide motivation and strengthen children and explain that the actions that will be accepted to help the healing of children [16].

Parents accompany when the child does an action or procedure that causes pain. If they cannot hold back and even cry when they see it, they are offered to parents to entrust to nurses [16]. When the child will be hospitalized, parents should be able to prepare and facilitate the child during the care of [16].

The nurse as an optimal service provider can involve parents in the process of caring for the principle of Family Centered Care nursing. Starting from approaching parents, providing information about a child's illness or condition to answer children's questions and reduce anxiety in the parents themselves. Another action is to help various ways to support the child during treatment.

Nurses in child care rooms should foster better relations with parents and children. All information about the child's condition can be conveyed from the child in the hospital to go home so it does not cause anxiety in parents. The implementation of care should involve parents so that children feel comfortable next to their parents.

People older consists of father and mother each have roles and functions. The mother is a woman, most families have roles as health leaders and care givers. Mothers act as a primary source in providing comfort and assistance during illness [9].

Parents are able to protect their children. This is in accordance with the opinion of Mubarok that the role of parents is as caregivers, educators, supporters, supervisors and counsellors [16].

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Research conducted by Badriadi, in Bantul Yogyakarta states that the higher the participation of the family the lower the anxiety level experienced by children [12].

Based on the results of the study indicators of the role of parents in meeting personal hygienic needs, more than half of respondents as many as 41 people 68.3% of parents mostly have a good role in meeting personal hygiene needs, this is in line with the opinion Mubarok, , that Parents play a role as caring for children in accordance with health behaviours that teach children the behaviour of clean and healthy living, bathing, brushing teeth, washing hands before and after eating and giving instructions on eating healthy foods [16].

V. CONCLUSIONS AND SUGGESTIONS

Based on the results of research that has been done at the Subang District Hospital it can be concluded that as many as 56% of respondents have a negative impact on hospitalization,

74.0% of respondents have a good role in dealing with the impact of hospitalization on pre-school children. What influences the role of parents in overcoming the effects of hospitalization is the involvement of parents in care during hospitalization, providing psychological support for children, social support and stress, and facilitating children.

A. Implications

Based on the conclusions of the above research, this study has implications that will be used primarily for the Subang District Hospital as a material consideration for implementing policies related to prevention and assessment of the impact of hospitalization on preschool children.

B. Recommendations

Based on the research summarized above, the following recommendations are made: 1) It is expected to be a reference to educate parents in overcoming the impact of hospitalization on children; 2) Room nurses perform nursing actions with the concept of minimizing pain or the principle of atraumatic care; 3) The hospital creates an inpatient ward environment decorated with many children's favourite colours and cartoon drawings.

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