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## The effect of occupational therapy on anxiety levels of hospitalized children

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**Objective:** The purpose of this study is to examine the effect of occupational therapy on the child's anxiety of state in hospitalized children.

**Method:** The study was conducted with the participation of 95 children between the ages of 9-16 who lived in the child clinic of University Hospital in November-December 2016. The research is planned semi-experimental. Children accepting to participate in the survey were pre-tested with the State Anxiety Inventory. After the data were collected, a practice therapy was performed. After all the work was done, the state anxiety inventory was reapplied as the final test. Data were analyzed in the SPSS 18 program.

**Results:** The mean age of the children participating in the study was  $11.49 \pm 1.91$ , 45.3% were male and 54.7% were female children and the length of hospital stay was  $5.21 \pm 4.34$  days. The medical diagnostic distributions of the children participating in the study were examined. Children are in the clinic with 18.9% respiratory, 15.8% endocrine, 10.5% nephrology and 14.7% liver diseases. While 17.9% of the children have a player besides, 82.1% of the children do not have any players. The averages of the children's anxiety pre-test scores were measured as  $50.88 \pm 11.63$ , and 86.3% of the children reported a score above the cut-off point and found that they had high anxiety. State anxiety post-test was performed after the occupational therapy with children. In the post test, the state anxiety scores of the children were measured as  $30.71 \pm 7.02$  and it was seen that the children reported the score on the scale cut point of 9.5% and 90.5% of the majority of the children reported the low anxiety score. In the study, children were asked how they feel about their work with the last test, and 10.5% of the children had a pleasant time, 9.5% had a toy, 23.2% had fun, 14.7% had self confidence, 12.6% had focus, 14.7% said that the colors attracted interest and 14.7% said they would present the flower bouquet.

**Conclusion:** It has been found that children who spend time at the hospital have a high level of the state anxiety, that occupational therapy has a positive effect on the level of state anxiety, reduced anxiety, and provide children with amusing in-bed time spans. According to the results of the research, it is suggested that easy tasks can be applied in clinics to reduce children's anxieties and it is suggested that the study is applied with different research designs in larger groups.

### Biography

Mürside ZENGİN is student of PhD program from İnönü University Institute of Health Science. She had worked as a nurse in Kahta between 2013-2016. She has been working as a Research Assistant at Nursing Department in Adıyaman University School of Health-Turkey.

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