

Thesis Title The Effect of Applied - Bibliotherapy on
 Separation Anxiety from The Caregiver
 in Hospitalized Preschooler.

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Date of Graduation 15 December B.E. 2532 (1989)

Abstract

Illness, hospitalization and separation constitutes a major life crisis of preschool children. The child has to cope with not only physical illness but also the stressful event. Applied - bibliotherapy is one of psychotherapeutic measures that may reduce the child's stress. It links the three stages in psychotherapy, i.e., identification, catharsis and insight. The purpose of this study was to investigate the effect of applied - bibliotherapy on separation anxiety from the caregiver in hospitalized preschoolers. Sample was composed of 38 preschool children with 3-6 years of age who attended at the Pediatric Department of Siriraj and Vajira Hospitals. Subjects were randomly assigned into experimental and control groups. There were 19 children in each group and each pair was matched by age and sex. The experimental group received applied - bibliotherapy whereas the control group did not receive. The instruments for collecting data included demographic questionnaire and separation anxiety behavioral observing form.

Data were analyzed by using analysis of covariance and t-test. The results were as follow.

1. The separation anxiety scores of the children in the experimental group were statistically lower than those in the control group. ($p < .001$)

2. The separation anxiety scores of the experimental group in the pre - test were statistically higher than those in the post-test. ($p < .001$)

3. The separation anxiety scores of the control group in the pre - test were statistically lower than those in the post - test. ($p < .05$)

On the basis of this study, the researcher suggests that applied-bibliotherapy should be used in preschool children who first admitted in the hospital in order to reduce their separation anxiety and help them to gain positive experience. This comic book should be publicated to be used for all hospitalized children. It was recommended for further study that follow up of the effect of applied - bibliotherapy on preschool children's behavioral change post hospitalization should be investigated. Similar studies should be conducted in children with depressive leukemia and other chronic illness.