



**CASE STUDY OF PLAY THERAPY USING HAND PUPPETS
TO IMPROVE LANGUAGE SKILLS IN CHILDREN**

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Keywords:

Hand Puppets,
Language Skill, Play
Therapy

ABSTRACT

Objective: The purpose of this case study is to carry out nursing care for children and to see the effectiveness of the play therapy approach that uses hand puppets for language skills problems. Method: The method used is descriptive qualitative with a case study approach. as well as pre-test intervention and post-test intervention. This nursing care was carried out for three days using terami intervention playing with hand puppets. The subject of this case study is a child who has a speech delay. With data collection techniques including interviews, observation, physical examination and documentation. Result: The results of the case study at the review stage found that An.R language skills were just beginning to develop with a diagnosis of verbal communication disorder related to environmental barriers characterized by not wanting to socialize and communicate with people, showing inappropriate responses. Interventions and implementations used to improve language skills and verbal communication disorders are Play Therapy Using Hand Puppets to Improve Language Skills in Children. Conclusion: During the intervention at four meetings, there was a slight increase in the client's language skills from starting to develop to developing as expected with a value of filling out the questionnaire on the first day of 47.5 and on the fourth day filling out the questionnaire again with a value of 53.5. As well as this case study has reached the target achievements planned by the researchers, namely increased language skills, increased speaking ability and increased suitability of facial/body expressions.

INTRODUCTION

Children are individuals who have and have an existence that represents their own soul, and have the right to grow and develop according to their individual rhythms that are optimally aged 3-6 years or are referred to as pre-school age (Ananda, 2019). In guiding children, especially early childhood, it is very necessary to develop effective communication because from this effective communication, the education that parents want to teach or apply

to children can be achieved (Iriana J, 2019) However, some data shows that the incidence of children with speech delays is quite high. The prevalence of delays in the development of language and speech in children aged 1.5 - 4 years is 19%. The delay in this disruption seems to be increasing rapidly (Iswati, N., & Rizkiana, 2019). In 2020 the prevalence of speech and language delays has been reported in a wide range. A recent Cochrane review concluded prevalence data on speech delays,

language delays, and combined delays in preschool and school-age children (Halimah, 2022). For preschool children 2 to 4.5 years of age, studies assessing combined speech and language delays report prevalence rates ranging from 5% to 8%, and studies of language delays from 2.3% to 19%. In 2019 speech and language delays in preschool children have shown various levels, from 0% to 100%, with most being between 40% to 60% (Suprati, E., & Tri, 2023). The prevalence of delays in language development in Indonesia has never been studied extensively. Data from the Department of Medical Rehabilitation (RSCM) in 2016, out of 1125 visits to pediatric patients, 10.13% of children were diagnosed with speech and language delays (As-sajjidah, 2002). Research conducted by Triharti (2023) found a prevalence of language delay of 9.3% of 214 children under three years of age (Budianti, E., Kartini, R. D., Putri H, S., Indrawati, Y., & Daisiu, 2023). Speech and language disorders that are not treated appropriately after passing through a critical period will cause impaired reading skills, verbal skills, behavior, psychosocial adjustments, and poor academic abilities (Irza Widya Anindayanti, Herdy Juniawan, 2022). Early identification and intervention is needed to prevent these disturbances and obstacles from occurring by playing hand puppets. The results of Ni Luh Prihanjani's research with the title "Application of the storytelling method Assisted by Hand Puppet Media to Improve the Speaking Skills of Children Aged 5-6" (2016) found several differences in Ni Luh Prihanjani et al's research with the author's research that is confident in the subject and research object. With the author's research using puppet media can develop language skills in children while Ni Luh Prihanjani's research improves children's speaking skills. However, in the research variables both use hand puppet media. Playing is a medium for psychotherapy or treatment of children known as play therapy (Puspasari, 2018). Through play, children can express whatever they want. Meanwhile, playing with hand puppets is one of the learning media whose use is familiar (Regina, 2023). Because this media is

very practical and interesting when applied. By applying the role-playing method with the help of hand puppet media, children will feel interested in being directly involved because this hand puppet media is interesting, funny and has a variety of character traits (Matheus, 2018). The purpose of this study is to explore the nursing care approach by implementing play therapy using hand puppets to improve language skills in children and to describe the level of language skills in children before and after play therapy using hand puppets to improve language skills in children.

METHOD

The research design uses a qualitative descriptive method with a case study approach to nursing care that analyzes communication skills in pre-school children. The subject of this case study is a child who has a speech delay. With data collection techniques including interviews, observation, physical examination and documentation. This case study was studied for 4 days from 14 June 2023 to 17 June 2023 in Cikawung, Cibereum District, Tasikmalaya.

RESULT

A client named An.R, 5 years old, comes from Cikawung, Cibereum District, Tasikmalaya City, who has a speech delay problem.

Figure 1. The results of measuring the development of language skills before and after Play therapy was carried out using hand puppets as media

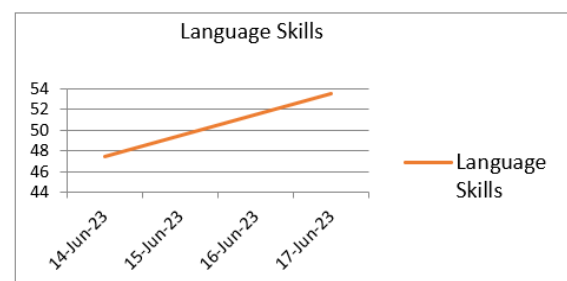


Figure 1 shows that there was a slight change from the first day before the

intervention was carried out with after the play therapy intervention using hand puppet media to improve communication and language skills in children. The value of filling out the questionnaire on the first day was 47.5 and on the fourth day another questionnaire was filled out with a value of 53.5.

DISCUSSION

Disorders that often appear at pre-school age, one of which is language delay disorder (Speech Delay) is a cognitive disorder that occurs in children which interferes with the child's ability to speak. Apart from that, this also hinders everything related to the production of words and language in children, for example writing and reading. This is influenced by the lack of trust, the lack of concern for parents, and the absence of peers in their environment and the large amount of consumption or use of smartphones (gadgets) which reduces social interaction and forms their personality, which tends to be introverted, quiet, and individual (Ananda, 2019)

From filling out the questionnaire conducted by researchers for clients, it was found that language skills in An.R were Beginning to Develop (MB) with a value of 47.5. An.R has less value in communicating verbally, constructing complex sentences, conveying words to express ideas to others and being unable to continue a story that has been heard.

On this problem the diagnosis that can be taken from the 2017 PPNI Indonesian Nursing Diagnostics Standard book is verbal communication disorder related to environmental barriers characterized by not wanting to socialize and communicate with people, showing inappropriate responses.

The intervention used by researchers in this case study was using communication promotion interventions with codes in the 2017 PPNI Indonesian Nursing Intervention Standards, namely I.13492 and using modifications to alternative communication methods using play therapy using hand puppet media.

Nursing outcomes are the goals or results obtained after nursing actions are given based on a predetermined plan which includes

perceptions, behavior and family or community conditions in response to nursing interventions. Nursing outcomes indicate the status of nursing diagnoses after nursing interventions are carried out. Nursing outcomes have three main components, namely labels, expectations and outcome criteria (Koerniawan, 2020). To the achievement targets carried out by the researchers, additional targets were added, namely increased language skills, increased speaking ability and increased suitability of facial/body expressions.

Nursing implementation is an action or implementation process that is carried out in accordance with nursing interventions that have been determined according to the needs and conditions of the patient (Tarigan, R., & Handiyani, 2019). In the implementation carried out by the author always refers to all the plans that have been prepared.

In this implementation there are procedures carried out for clients for improvement, repair, and maintenance of clients with speech delay with a focus on language skills issues in An.R using communication promotion interventions with codes in the 2017 PPNI Indonesian Nursing Intervention Standards namely I.13492 and using modifications on alternative communication methods using play therapy using hand puppet media.

Implementation of nursing care for four meetings with the promotion of communication and assisted by the client's family in its implementation. During the four meetings the researcher monitored the speed, pressure, quantity, volume, and diction of speech, monitored cognitive, anatomical, and physiological progress related to speech (memory, hearing, and language skills), repeated what the patient said, adjusted the style of communication with needs, using alternative communication methods of play therapy using hand puppet media, modifying the environment to minimize assistance and teach patients and families cognitive, anatomical, and physiological processes related to speech abilities. In carrying out the researcher adjusts to the conditions and

circumstances of the client in carrying out his nursing care.(J, 2019)

During the intervention there was a slight change in An.S from the first day before the intervention was carried out with after the play therapy intervention using hand puppet media to improve communication and language skills in children. The value of filling out the questionnaire on the first day was 47.5 and on the fourth day another questionnaire was filled out with a value of 53.5. From the researcher's assessment, this was obtained because there was already trust between the client's parents, the nurse and the client, and there was already a sizable contribution from the parents so that their children could improve their language skills, which originally the client's parents thought this was not a problem.

From the results of observations made by researchers that the success of applying the role playing method assisted by hand puppet media is influenced by activities that are fun for children so that children become motivated to take part in learning activities. The application of playing methods using hand puppet media makes playing activities more enjoyable for children and the class atmosphere becomes more lively. The results obtained through the application of the play method are that children can answer questions, and children are able to retell what has been conveyed in play therapy activities.

Research conducted by Kan (J, 2019) said that judging from the age of preschool children (5-6 years) before being given play therapy, the level of language skills was still lacking. This can be seen from the child's ability to speak spoken language, especially speaking ability, has not met expectations so it still needs to be improved. This can also be seen from the level of achievement of children's language development, which is assessed as underdeveloped by 2 children, 5 children are starting to develop, 1 person is developing as expected.

The influence of puppets explained by (Iswati, N., & Rizkiana, 2019) in his research that the presence of hand puppets therapy can help children to reduce children's emotional tension. Through hand puppets indirectly

children will learn about speaking skills without realizing it. Hand puppets are easier for children to understand and understand, so that when children do this hand puppet therapy, children understand the situation they are facing.

CONCLUSION

During the four-time intervention intervention, there was a slight increase in the client's language skills, from starting to develop to developing as expected. As well as this case study has reached the target achievements planned by the researchers, namely increased language skills, increased speaking ability and increased suitability of facial/body expressions

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