

## Literature Review: Relevance of Communication Anxiety in Early Childhood and Game Media

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### Abstract

Communication anxiety needs to be handled by the family from an early age because it can have an impact on the process of establishing a child's self-concept. This happens because children experience a phase of adaptation in a new environment, such as a school environment. The handling of children's communication anxiety is carried out by family communication and games. The purpose of this article is to describe the state of the art about children's communication anxiety and games using the literature review method in a scientific journal for two years (2022-2023). As a result, ten journals specifically discuss anxiety in early childhood and various media games, four journals in 2022 and eight journals in 2023. The game media used to reduce anxiety in early childhood are hand puppets, snake and ladders, puzzles, coloring and origami, and roleplaying. The game media is considered capable of overcoming the problem of child anxiety because the child world is playing so children can describe their emotions better.

Keywords: children, communication apprehension, family communication, game, self-concept

### Abstrak

Kecemasan komunikasi menjadi persoalan yang perlu ditangani pihak keluarga sejak anak berusia dini karena dapat berdampak pada proses pembentukan konsep diri anak. Hal ini terjadi karena anak harus melalui fase adaptasi di lingkungan baru, seperti lingkungan sekolah. Penanganan kecemasan komunikasi pada anak dapat dilakukan dengan komunikasi keluarga serta melalui media permainan. Penulisan artikel ini bertujuan untuk mendeskripsikan penelitian terdahulu terkait kecemasan komunikasi anak dan media permainan dengan menggunakan metode *literature review* pada jurnal ilmiah selama dua tahun terakhir (2022-2023). Hasil penelitian yang dilakukan menunjukkan terdapat sepuluh jurnal yang secara spesifik membahas tentang kecemasan pada anak usia dini dan ragam media permainan, empat jurnal pada tahun 2022 dan enam jurnal pada tahun 2023. Media permainan yang digunakan untuk penelitian dengan tujuan menurunkan kecemasan pada anak usia dini, yaitu: permainan boneka tangan, ulartangga, permainan puzzle, mewarnai dan origami serta permainan *roleplaying*. Permainan dianggap mampu mengatasi persoalan kecemasan anak karena notabene dunia anak adalah dunia bermain sehingga anak dapat mengurai emosinya dengan lebih baik.

Kata kunci: anak, kecemasan komunikasi, komunikasi keluarga, permainan

## Introduction

Children are individuals whose development is greatly influenced by their first environment, namely the family. The family plays a very important role, especially in forming the child's personality or self-concept and the character of the child (Setiardi & Mubarak, 2017). The interactions between family members are important to continue to be connected to each other psychologically and strengthen relationships between family members (Nindyasari & Herawati, 2018)

Education for children in the family sphere causes a sense of having life experiences by children from an emotional and social perspective based on their age development (Santoso, 2020). The variety of children's problems requires parents to continue to learn to educate in various ways, including the problem of communication anxiety experienced by children at an early age.

Communication anxiety, or what is called Communication, Appreciation is the feeling of anxiety that individuals feel when communicating with other people or when they are about to communicate with other people. Everyone's communication anxiety level is different, and some even have an impact on their communication actions (Muslimin & Maswan, 2021). The condition of anxiety experienced by each child is subjective and can cause psychological insecurity and physiological changes in children (Zulaikha, 2020).

Anxiety in children can appear in three phases, namely: the protest phase, the despair phase, and the rejection phase. The protest phase occurs when the child takes aggressive actions by shouting and rejecting the presence of strangers. The depressive phase occurs when the child is passive, uninterested in the presence of other people, and withdraws from other people. The reject phase is a child's denial of certain conditions; children in this phase begin to be interested in the new environment and build relationships with new people around them (Pulungan et al., 2017).

Anxiety experienced by children can be caused by external factors, including family factors that worry about children, socioeconomic issues, interaction problems at school, and the child's friend environment (Aniharyati & Ahmad, 2019). Setiap rentang usia anak memiliki proses perkembangan yang perlu diperhatikan oleh orangtuanya. At the age of 2-4 years, children are in the formation phase, where children learn life by imitating and playing roles (Zulaikha, 2020). At the age of 4-7 years, children are the initial phase of moral development in children, where children learn from what they see through interaction with their environment. The application of early childhood characters also takes place in the range of 4-7 years and has a long-term impact on their lives (Gunawan et al., 2016). In teaching character or values to children, fun daily activities are needed, including playing together, especially with their parents and family.

Play activities carried out by children affect their physical development, communication skills, conveying emotions, stimulating their creativity, and developing knowledge of new things around them. Playing for children is not only a routine activity but part of fulfilling basic needs to build character, attitude, and personality (Pratiwi, 2017). Social-emotional abilities of early childhood can be obtained through play activities and other activities that use game media. The abilities acquired include being proud of one's abilities, being independent, having the desire to share, the ability to help friends, being able to cooperate, compete positively, being able to control one's feelings, having the ability to take care of oneself and respect others (Afrianti, 2014).

Based on previous literature, education for early childhood is very important, especially from the first environment, namely the family. This means that parental assistance is very much needed, including in terms of accompanying children to overcome the communication anxiety they experience. This article is a literature review conducted by the author to analyze research related to communication anxiety in early childhood and game media for the last two years, namely, 2022 to 2023.

### Methods

The method used in writing this article is the method of literature review or literature research. Literature research is carried out systematically by collecting relevant literature to be well-documented and obtain appropriate evaluation results (Lyngdoh et al., 2021). Results Literature review is obtaining a complete picture of a problem or phenomenon, identifying gaps in research or mapping the development of research on a topic (Snyder, 2019). In identifying journals, the author selects journals based on criteria and then analyzes them in detail to determine the quality of the articles. When a journal uses qualitative methods, the researcher identifies and analyzes how to research design, respondents, how to collect data, and the conclusion of the research result (Nurmalita, 2019)

The article search process uses the Google Scholar journal provider database. Full-text articles that are the object of research come from accredited and non-accredited scientific journals for the last two years, from 2022 until 2023. The keywords used to search for literature are communication anxiety and media games for early childhood. This research aims to compare previous research that discusses the relevance between children's anxiety and game media. The research result is the basis for conducting further research that specifically discusses communication anxiety in children.

Based on the results of a literature review conducted by the author, there were ten research that were found to be related to early childhood communication anxiety and game media for two years (2022-2023). In 2022, there will be four research and in 2023, there will be two research. The first research was conducted by (Ginanjar et al., 2022) with a scientific background in Nursing. The research was entitled Hand Puppet Game on the anxiety of Children 4-6 years Old at the Palembang Muhammadiyah Hospital. This research was published in May 2022 in the Sinta 4-indexed Journal of Pediatric Nursing.

The second research was conducted by Habibi (2022), who has a scientific educational background. This research is entitled Handling Anxiety in Early Childhood through Play Therapy. The research was published in March 2022 in the Scientific Journal of Education Profession, and this journal was cited twice in Google Scholar. The third research was conducted by with a scientific background in Public Health. The title of the Research is Educational Play of Snakes and Ladders Able to Overcome Anxiety in Hospitalized Children. It was published in June 2022 in the Asclepius Public Health Journal, and this journal was cited nine by another journal in Google Scholar.

The fourth research was conducted by Puspitasari and Anggraeni (2022), with a scientific background in Children's Dental Health. The title of the Research is The Effect of Puzzle Games on the Anxiety Level of Preschool-age Children during Dental

and Oral Examinations with dental caries status in the Journal of Nursing Practice and Education.

There are two research that are the object of research in this article in 2023. In the first research in 2023 with the topic of early childhood communication anxiety and game media conducted by (Jannah & Dewi, 2023) with a scientific background in Nursing. The title of the Research is Application of Coloring and origami therapy to Preschool Children Who Experience Anxiety due to hospitalization in the Children's room of Jendral Ahmad Yani Metro Hospital and has been published for the September 2023 period in the Cendekia Muda Journal. This journal was cited twice in Google Scholar. The second research in 2023 will be conducted by Fitri, with a scientific background in Nursing. The title of the Research is Changes in the Anxiety Level of Children Who Receive Injection Immunizations after Playing Prima Games and has been published in the Muhammadiyah Journal of Nursing.

The seventh research is conducted by (Ningrum & Wanda, 2023) with a scientific background in Nursing. The title of the research is "Playing Therapeutic Puppet Play as an Intervention to Reduce Anxiety in Children During Hospitalization" and has been published for the Juni 2023 period in the Journal of Telenursing. Lestari, et.al conducted the eighth research with a scientific background in Health Science. The title of the research is "Sponge Art Paint as an intervention to Reduce Anxiety Levels Before Infusion in preschool children," and was published on August 2023 in the Jurnal Kesehatan dan Kebiadanan Nusantara.

The ninth research was conducted by Suprapti and Lestari, with a scientific background in Health Science. The title of the research is "Effectiveness of Hand Puppy Play Therapy for Reducing Anxiety Levels in Pre-Age Children Schools After Pandemic Covid 19" and was published on 2023 in the Jurnal Ilmu Keperawatan dan Kebidanan. The tenth Research in 2023 analyzed in this literature review is an article with the title "Archery Game Model to Reduce Anxiety in Children 12-14 Years at The Gold Generation Archery Club" (Pranata, 2023).

### **Findings**

Based on the theory above, ten existing studies in 2022-2023 refer to the Situational Communication Apprehension (CA) type of communication anxiety. This is because all existing research shows that the anxiety felt by children is caused by situations of medical treatment or hospitalization, such as dental treatment, injections, and hospitalization due to certain diseases. When examined in terms of communication, anxiety does not only occur because of having to deal with certain situations but can also be caused by having to speak in public, meet new people, and suddenly appear due to various communication contexts.

The findings of this research are relevant to the concept of child anxiety discussed in Ginanjar's Research et al. that children react in the form of attitudes when they are faced with a new situation, namely the hospital environment where children already have framing knowledge about doctors, hospitals and medical procedures. The literature review in this study found that regarding the concept of anxiety it shows that children react in the form of attitudes when faced with new situations, namely the hospital environment where children already have framing knowledge about doctors, hospitals, and medical procedures.

Apart from that, anxiety in children can also be caused by a lack of love and attention from parents. Excessive anxiety in children will hurt their growth and development (Habibi, 2022). Professional therapists can treat children's anxiety that has a traumatic impact through play therapy that is appropriate to the child's age range. Children's anxiety is defined as a cognitive response to children's attitudes in the form of shame, fear, and avoidance of certain places. However, anxiety in children can be reduced with non-pharmacological therapy, namely by playing with snakes and ladders (Padila et al., 2022).

Other findings also show that children's anxiety can also arise because of the perception that the hospital treatment process is a punishment for the child's attitude. The role of parents is very important in accompanying children's anxiety through two-way communication, which makes children calm and comfortable (Pulungan et al., 2017). Games can also affect children's anxiety, and consuming sweet foods/drinks is also vulnerable to dental caries. Apart from that, children have a high interest in various visual and audio-visual media. Various forms of media products can divert children's attention according to their age range because the abilities of children at each age are different. Adults use distraction techniques to divert children's attention from anxiety in facing new situations, which often make children feel uncomfortable. When a child is distracted by the media around him, he will not focus too much on his discomfort, including his inner anxiety (Rahmawati, 2020). The impact of anxiety on children is characterized by children having difficulty sleeping, crying frequently, and withdrawing from the presence of other people. If we look at McCroskey's communication theory, anxiety can occur if situational anxiety arises because of a certain situation.

Table 1. Ten articles were chosen and reported (in 2022 and 2023)

No	Title, Year	Author,	Research Location	Sample Size	Measurement Instrument	Finding
1	Hand Puppet Game on the anxiety of children 4-6 years old at the Palembang Muhammadiyah Hospital (Ginanjari, Ardianty, & Apriani, 2022)	RS Muhammadiyah Palembang	Children 4-6 years (35 responden)	Pre-Experimental design, One Group pretest Using Hand Puppet Play Media	The child's anxiety level decreased from 50,63 (severe anxiety) to 31.37 (mild anxiety)	
2	Handling Anxiety in Early Childhood through play therapy (Habibi, 2022)	Indonesian article (no year information)	Seven previous research linking children's anxiety and play therapy	Qualitative research with comparison analysis and <i>literature review</i>	Play therapy reduces anxiety in early childhood	

Table 1. Ten articles were chosen and reported (in 2022 and 2023) (continue)

No	Title, Author, Year	Research Location	Sample Size	Measurement Instrument	Finding
3	Educational Play of Snakes and Ladders Able to Overcome Anxiety in Hospitalized Children (Padila et al., 2022)	Hospitals in Indonesia	15 children	Experiment method with one group, Pre-Post Test Design Tools: data observation sheet HARS (Hamilton Anxiety Rating Scale)	The results of the study showed that the child's anxiety level changed from 19.13 before playing snakes and ladders (moderate anxiety category) to 14.20 (mild anxiety) when the child had finished playing snakes and ladders. The number of respondents with moderate anxiety was 11 people (73.34%), and after playing the game, it fell to 6 children (40%).
4	The Effect of Puzzle Games on the anxiety level of preschool-age children during dental and oral examinations with dental caries status (Puspitasari & Anggraeni, 2022)	TK PGRI Purwareja	40 children: 5-6 years, female, 35 children 3-4 years, male, 5 children	Quantitative Methods with Quasy Eksperiment Non Equivalent Control Group, One Group Prepost Test Observation sheet: FIS (Facial Image Scale)	Puzzle games have an effect on children's anxiety levels with a p-value of 0.000 <0.05
5	Application of coloring and origami therapy to preschool children who experience anxiety due to hospitalization in the children's room of Jendral Ahmad Yani Metro Hospital (Jannah, & Dewi, 2023)	RSUD Jendral Ahmad Yani Metro Hospital	2 children (3-6 years)	Quantitative Methods with measuring instrument anxiety scale PAS (Preschool Anxyetas Scale), FIS (Facial Image Scale) and SCAS (Spence Childrens Anxyetas Scale)	The research results showed that research subject 1 had a higher level of anxiety than research subject 2 because he was 1 year younger than subject 2. After coloring therapy, research subject 1's anxiety level became moderate, and research subject 2's anxiety level became light.

Table 1. Ten articles were chosen and reported (in 2022 and 2023) (continue)

No	Title, Author, Year	Research Location	Sample Size	Measurement Instrument	Finding
6	Changes in the Anxiety Level of Children who receive injection immunizations after playing prima games (Fitri Pujiastuti, & Retnowati, 2023)	Puskesmas Pembantu (Pustu) Desa Mulyoarjo Kecamatan Lawang	4 children	Qualitative Research with Case study method, Questioner : Modified Yale Preoperative Anxiety Scale (MYPAS) include: Activity, statement, emotion, curiosity, the role of parents	The four research subjects felt anxious when they were about to undergo medical treatment. Three research subjects had their anxiety levels drop to mild levels (36 points) and moderate levels (64 and 76 points).
7	Playing Therapeutic Puppet Play as an Intervention to Reduce Anxiety in Children During Hospitalization (Ningrum & Wanda, 2023)	Penelitian dilakukan di beberapa negara: Brazil, Australia, India, Turki, Indonesia	11 articles yang menunjukkan puppet play efektif mengurangi kecemasan anak (partisipan 3-12 years) Article from 2012 until 2023	Systematic Review in Google Scholar, Science Direct, Scopus, Proquest data based. PiCO clinical inquiry approach strategy.	The entire Article shows a decrease in anxiety in children during hospitalization when children do Puppet Play.
8	Sponge Art Paint as an intervention to reduce anxiety levels before infusion in preschool children (Lestari, et.al, 2023)	RS Pantj Wilasa Citarum Semarang	40 responden (3-6 tahun)	Quasy Experimental Nonequivalent Control Group Design. Anxiety measuring instrument used Visual Analog Scale for Anxiety (VAS-A).	Sponge Art Paint is an alternative play to reduce the anxiety of preschool children when they are initially hospitalized
9	Effectiveness of Hand Puppet Play Therapy for Reducing Anxiety Levels in Pre Age Children Schools After Pandemic Covid 19 (Suprapti & Lestari, 2023)	There is no specific information about the research location, but this location in Indonesia	20 responden (3-4 years 16 children; 5-6 years 4 children)	Quasy Experimental Nonequivalent Control Group Design, Prepost Test, Total Sampling Methods	When children play with hand puppets, their level of anxiety about the impact of pandemic Covid decreases with a value of 0.008. The number of children with severe and moderate anxiety decreased from 8 to 5 after playing therapy and no children experienced severe anxiety.

Table 1. Ten articles were chosen and reported (in 2022 and 2023) (continue)

No	Title, Author, Year	Research Location	Sample Size	Measurement Instrument	Finding
10	Archery Game Model to Reduce Anxiety in Children 12-14 Years at The Gold Generation Archery Club (Pranata, 2023)	Cibubur, Bogor	10 children	ADDIE Methods (Analisis, Design, Pengembangan Model, Pelaksanaan, Evaluasi)	Archery games can reduce children's anxiety and the impact is that children are more confident, able to focus, concentrate, increase their ability to work together and have calm when facing things.

**Descriptive Definition of Anxiety Based on Previous Research**

The viewpoint taken by ten studies in 2022 and 2023 is related to anxiety. Based on the literature review that has been carried out, anxiety is a person's internal feeling. Anxiety is considered a feeling within a person in the form of discomfort and feeling threatened by something.

Apart from that, children's anxiety is an internal communication that can arise from various behaviors, for example refusing to eat, having difficulty sleeping, crying often, withdrawing, having low self-esteem, and feeling excessively afraid. Other things can also be influenced by external factors, for example separation and perceived environmental differences.

Ten previous studies started the concept of anxiety from two main bases, namely viewing anxiety as a result of external factors and anxiety as self-communication. The following is a summary chart of the concept of anxiety as a result of research in 2022-2023.

<b>Children's Anxiety</b>	
<p><b>Intrapersonal Communication</b></p> <p>Can appear in the form of:</p> <ul style="list-style-type: none"> <li>• Refusing to eat</li> <li>• Hard to sleep</li> <li>• Often cries</li> <li>• Withdraw</li> <li>• Not confident</li> <li>• Excessive fear</li> </ul>	<p><b>Extrapersonal Communication</b></p> <ul style="list-style-type: none"> <li>• Stressor</li> <li>• New environment</li> <li>• Social transformation,</li> <li>• Meeting foreigners</li> <li>• Separated from parents</li> <li>• Reaction to helplessness and uncertainty</li> <li>• The body's response to certain events</li> </ul>

Figure 1. Anxiety concept chart



## Discussion

Based on the theory above, six studies in 2022-2023 refer to the Situational Communication Apprehension (CA) type of communication anxiety. This is because all existing research shows that the anxiety felt by children is caused by situations of medical care or hospitalization, such as dental care, injections, and hospitalization due to certain diseases. Apart from that, anxiety does not only arise from having to face certain situations, it also arises from having to speak in public, meeting new people, and appears suddenly due to various communication contexts.

According to Ginanjar et al. (2022), anxiety in children is measured by indicators of the characteristics of anxiety, the child's withdrawn attitude, the child's anger and the frustration experienced by the child. The way researchers get data on children's anxiety is by comparing children's reactions before and after playing with children's dolls through parents who are with the children. The research results of Ginanjar et al. (2022) show that children's reactions to new environments impact changes in attitudes, such as not wanting to communicate, being afraid and crying. This shows that new and scary environments make children's anxiety higher in certain situations.

The attitude shown by a person is a form of liking or disliking something. The emergence of attitudes is caused by certain stimuli, such as situations that can influence a person's emotions. A person's response to the situation they face varies, it can be positive or negative based on the cognitive components they have, such as the knowledge or information they have and a person's readiness to face new situations (Maharani et al., 2023). The research results of Maharani Karmiyati and Wiyasari (2023) show that children react in the form of attitudes when faced with a new situation, namely a hospital environment where children already have framing knowledge about doctors. Hospitals and medical procedures.

Apart from that, the results of the literature review also show that anxiety is a condition where children feel various emotions due to certain pressures. This happens due to a lack of love and attention from parents. In line with Habibi's (2022) research, excessive anxiety in children will hurt their growth and development, and child professional therapists can handle children's anxiety that has a traumatic impact through play therapy that is appropriate to the child's age range.

The discussion of children's anxiety is defined as a cognitive response to children's attitudes in the form of shame, fear, and even avoiding certain places. According to Padila et al. (2022) state that anxious children have a high risk of contracting the virus. Anxiety in children can be reduced with non-pharmacological therapy, namely by playing with snakes and ladders. In contrast to the research results of Pulungan et al. (2017), children's anxiety can also arise because of the perception that the hospital treatment process is a punishment for the child's attitude. The role of parents is very important in accompanying children's anxiety through two-way communication which makes children calm and comfortable (Pulungan et al. (2017)

In addition, various forms of media products can divert children's attention according to their age range because the abilities of children at each age are different. Adults use distraction techniques to divert children's attention from anxiety in facing new situations, which often make children feel uncomfortable. When a child is distracted by the media around him, he will not focus too much on his discomfort, including his inner anxiety (Rahmawati, 2020).

The research results of Fitri, Pujiastuti, and Retnowati (2023) show that the cause of children's anxiety problems is social changes due to dealing with other people and new environmental situations. The attitudes shown by children are related to rebellion, showing uncooperative attitudes and giving rise to aggressive behavior. In line with Jannah and Dewi (2023) that, the background impact of anxiety on children is characterized by children having difficulty sleeping, crying often, and withdrawing from the presence of other people. This includes situational anxiety, which is anxiety that arises because of a certain situation.

Ningrum and Wanda (2023) define anxiety as the body's reaction to discomfort in different situations. When a child is anxious, his anxiety can be intervened and reduced with a game, namely Hand Puppets. Finger puppet play media can be useful for honing children's creative ideas, increasing self-confidence and improving language skills. Children will also be able to concentrate better and practice telling stories. This is in line with Fadliyah, Susanto, and Rukanah (2021) that children experience language development and actively create new vocabulary through telling stories and using game media.

Children's anxiety is also caused by external factors such as an uncomfortable new environment, not seeing their parents for a certain period of time, and meeting the medical team which is considered scary. This is because children do not yet have a complete understanding and still have an imagination based on the stories of the people around them (Dwitantya et al., 2016). According to Suprpti and Lestari (2023), anxiety is a natural thing, but if an attitude appears that shows excessive fear, it needs to be addressed immediately. However, anxiety often becomes unavoidable. Anxiety is a force within a child that causes the child to behave in a certain way. This can be seen in the form of statements, appearance, and even the child's self-defense. Changes in the new environment for children can cause children to feel pressure or limitations in the attitudes shown (Kaluas et al., 2015)

This is like entering school, which requires adjustment or adaptation. The adaptation period can be seen in terms of social interactions and managing children's emotions, so efforts are needed to continue to improve children's social skills. Children who previously felt safe at home with the protection of their parents are now starting to enter a new environment, namely school, where there are various challenges and negotiation processes experienced by children (Ningsih, 2015).

Based on the literature review that has been analyzed, it was found that the children's anxiety studied was taken from the perspective of anxiety in the form of feelings and only had an impact on the child's attitude. The anxiety that existed in nine studies from 2022 to 2023 was described in the situation of children facing the process of being hospitalized or treated in hospitals in various regions. New and different situations cause anxious reactions and can make children uncomfortable and helpless. This is motivated by the great anxiety that children may feel and can be sharpened with various sports, one of which is archery. Research conducted by Pranata (2023) actually sees anxiety in children as a feeling of anxiety that needs to be overcome, namely with sports activities, which will then react in the child's brain and have an impact on reducing the anxiety felt.

Types of communication anxiety According to McCroskey, anxiety in communication is divided into four types, namely: (1) Traitlike CA, which is a form of anxiety tendency that is relatively stable and prolonged when a person is found in various communication contexts. (2) Context-based CA is communication anxiety that

can arise when someone has to speak in public. (3) Audience-based CA, is communication anxiety that is felt when someone suddenly communicates with a certain person without considering the time or context. (4) Situational CA, is anxiety in communication related to situations when someone receives unusual attention from other people (Arnantika et al., 2013).

Children's abilities in terms of cognition, affection, and behavior will increase through observations of the environment. This is what will shape the child's perception of something, and the process of forming the child's identity is demonstrated by a strong sense of self-confidence so that the child is able to protect themselves and control themselves when they are in various situations. This will also have an impact on the interpersonal communication skills demonstrated by children in their development phase (Pratiwi et al., 2021; Mardiana et al., 2021). Overall, the anxiety experienced by children due to hospitalization and the importance of play media for children. Even though the game media used in these six studies varied, such as coloring, origami, mazes, and puzzles, the conclusion of the research findings remained the same, namely that there were changes in children's anxiety levels before and after playing related to games.

## **Conclusion and Recommendation**

### **Conclusion**

Research with the theme of child anxiety and game media has been carried out several times by previous researchers where the background used was nursing science, and the situation was in the condition of the child being treated or hospitalized. Overall, there is no communication anxiety theory used in previous research, and there is no specific discussion of communication anxiety in the research findings. The research results in two years, 2022-2023, state the same thing: the use of play media in various forms has an impact on reducing anxiety in children in hospitalization situations. How to measure the level of anxiety of children is also carried out with the same pattern, namely before and after the child plays to see how the attitude is shown. Games are considered capable of overcoming the problem of children's anxiety because, in fact, the world of children is the world of play so that children can parse their emotions better, and at the same time, children will experience distraction from situations that make them uncomfortable. Previous research has discussed the impact of children's anxiety, namely not wanting to be separated from their parents but not examining the role of the family in accompanying children in certain situations. From the findings of this literature review, specific research on communication anxiety can be carried out in further research because no researchers have done so.

### **Recommendation**

Further research can be carried out using the scientific point of view of communication, namely discussing communication anxiety associated with the role of the family in helping children in various situations. The situations discussed can also be more diverse and not only discussed when the child is in the process of treatment or hospitalization. Family communication is an interesting matter to discuss in future research by taking perspectives, such as: the role of fathers and mothers in overcoming

communication anxiety in children. It approaches to communication between fathers and mothers in educating children in a new environment.

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