

# **THE DYNAMICS OF PSYCHOLOGICAL REACTIONS OF CHILDREN WITH CHRONIC NEPHROPATHOLOGY BEFORE AND AFTER THE PSYCHOLOGICAL AND MEDICAL INTERVENTION**

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## **Abstract**

The purpose of this study is to explore the influence of hospitalization in children with chronic illness . The dynamics of psychological reactions, the quality of life, the level of anxiety , the anger the children feel while dealing with these illness. It also aims to outline the feedbacks of the children with chronic illness based on variables such as age, gender, number of admissions, degree of difficulty and health care by relatives. The participants in this study are 30 patients between the age of (6 – 14 years old), 15 of them are included in the experimental group and 15 in the control group, the subjects are chronic patients hospitalized at Tirana University Hospital Center, respectively admitted at nephrology unit and patient of dialysis. This study have three instruments which measure lifestyle, children's anxiety and their anger: The Anger Expression Scale for Children (AESC); (STAIC) State - trait Anxiety Inventory for Children is a self - reporting instrument of anxiety experienced by children; (PedsQL) Pediatric Quality of Life Inventory (Renal Disease module). This modul contains information about the general fatigue of the patients ,the kidney deseases ,the way the children deal with these problem, the relationship they have with their peers, about their concerns, how they feel about their physical appearance and the communication with the others. Also there is administered a questionnaire designed to identify the personal data of the patient , and the correlation of these variables with how the children experience the chronic illnesses. Then it proceeds with the psychological intervention. The psychological intervention is being applied to the experimental group of 15 patients diagnosed with chronic nephropathologies. The therapy aims to focus on specific factors which influence on the manifestations of behavioral and psychological complications in children with chronic diseases, and on the development of therapy based on the attitude of the child and the family dynamics. From the study it will be expected that the patients who received psychological services, will improve their level of anxiety and their psychological reactions, will increase their self-esteem, improving relationships with peers, increasing productivity, expressing emotions in a constructive way, exploring the hidden skills or talents, encouraging the children and helping them developing these skills .

**Keywords:** *chronic disease, psychological dynamics, quality of life, anxiety, anger*