

IMPLEMENTASI TERAPI BERMAIN MENGGAMBAR UNTUK MENURUNKAN KECEMASAN AKIBAT HOSPITALISASI PADA ANAK PRASEKOLAH DI RUANG ANAK RSPAU Dr. SUHARDI HARDJOLUKITO YOGYAKARTA

Dina Ayomi Rahmadani¹, Atik Badiah²
Jurusan Keperawatan Poltekkes Kemenkes Yoyakarta
Jl. Tata Bumi No. 3 Banyuraden , Gamping, Sleman, Yogyakarta, 55293
Email: dinaayomi667@gmail.com

ABSTRAK

Latar belakang: Kelemahan pada anak usia prasekolah yaitu memiliki imunitas yang lebih rendah dari orang dewasa sehingga menyebabkan rentan terkena infeksi dan cedera sehingga anak harus menjalani perawatan di rumah sakit. Dampak hospitalisasi akan menimbulkan reaksi psikologis berupa kecemasan. Kecemasan menyebabkan anak menjadi tidak kooperatif dan sulit diajak bekerjasama dengan petugas kesehatan. Berdasarkan data RSPAU Dr. Suhardi Hardjolukito selama 3 bulan didapatkan data rata-rata 52 pasien anak prasekolah perbulannya mengalami kecemasan terutama anak yang baru pertama kali dirawat. Penatalaksanaan kecemasan dapat dilakukan secara farmakologi dan nonfarmakologi. Terapi non farmakologi dapat dilakukan dengan terapi bermain menggambar dalam menurunkan kecemasan akibat hospitalisasi.

Tujuan: Untuk mengetahui Implementasi terapi bermain menggambar dalam menurunkan kecemasan akibat hospitalisasi.

Metode: Menggunakan metode studi kasus dengan perbandingan 2 responden dan merupakan pengambilan data mengenai Implementasi terapi bermain menggambar dalam menurunkan kecemasan akibat hospitalisasi yang dilaksanakan pada bulan Februari 2024 di RSPAU Dr. Suhardi Hardjolukito.

Hasil: Hasil penelitian ini menunjukkan kecemasan akibat hospitalisasi menurun setelah dilakukan terapi bermain menggambar 3x8jam berturut-turut. Saat pengkajian kedua klien didapatkan kecemasan pada tingkat sedang, setelah diberikan, kecemasan kedua klien menurun menjadi kecemasan tingkat ringan.

Kesimpulan: Setelah dilakukan terapi bermain menggambar pada anak usia prasekolah yang mengalami kecemasan akibat hospitalisasi, terapi bermain menggambar terbukti efektif dalam mengurangi kecemasan akibat hospitalisasi.

Kata kunci: terapi bermain, kecemasan, usia prasekolah

-
1. Mahasiswa Diploma Tiga Keperawatan Poltekkes Kemenkes Yogyakarta
 2. Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

**IMPLEMENTATION OF DRAWING PLAY THERAPY TO
REDUCE ANXIETY DUE TO HOSPITALIZATION IN
PRE-SCHOOL CHILDREN IN THE CHILDREN'S
ROOM RSPAU DR. SUHARDI
HARDJOLUKITO
YOGYAKARTA**

Dina Ayomi Rahmadani¹, Atik Badiah²
Nursing Department, Health Polytechnic , Ministry of Health, Yogyakarta
Jl. Tata Bumi No. 3 Banyuraden , Gamping, Sleman, Yogyakarta, 55293
Email: dinaayomi667@gmail.com

ABSTRACT

Background: Background: The weakness of preschool children is that they have lower immunity than adults, making them susceptible to infections and injuries so that children have to undergo treatment in hospital. The impact of hospitalization will cause psychological reactions in the form of anxiety. Anxiety causes children to become uncooperative and difficult to collaborate with health workers. Based on data from RSPAU Dr. Suhardi Hardjolukito, for 3 months, obtained data that an average of 52 preschool child patients per month experienced anxiety, especially children who were being treated for the first time. Management of anxiety can be done pharmacologically and non-pharmacologically. Non-pharmacological therapy can be done with drawing play therapy to reduce anxiety due to hospitalization.

Objective: To determine the implementation of drawing play therapy in reducing anxiety due to hospitalization.

Method: Using the case study method with a comparison of 2 respondents and collecting data regarding the implementation of drawing play therapy in reducing anxiety due to hospitalization which was carried out in February 2024 at RSPAU Dr. Suhardi Hardjolukito.

Results: The results of this study show that anxiety due to hospitalization decreased after playing drawing therapy for 3 x 8 hours in a row. During the assessment of the two clients, it was found that anxiety was at a moderate level. After administration, both clients' anxiety decreased to a mild level of anxiety.

Conclusion: After carrying out drawing play therapy on preschool children who experienced anxiety due to hospitalization, drawing play therapy was proven to be effective in reducing anxiety due to hospitalization.

Key words: play therapy, anxiety, preschool age

-
1. D-III Nursing Student at the Yogyakarta Ministry of Health Health Polytechnic
 2. Lecturer at the Nursing Department, Health Polytechnic , Ministry of Health, Yogyakarta