

IMPLEMENTASI TERAPI BERMAIN *ACTION FIGURE* DALAM MENGURANGI TINGKAT KECEMASAN ANAK PRASEKOLAH AKIBAT HOSPITALISASI DI BANGSAL DAHLIA RSUD WONOSARI

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ABSTRAK

Latar Belakang: Perawatan di rumah sakit dapat menimbulkan kecemasan pada anak karena anak kehilangan lingkungannya yang aman, menyenangkan dan penuh kasih sayang. Anak usia pra sekolah yang mengalami kecemasan hospitalisasi bisa menimbulkan respon kecemasan. Stressor yang dialami anak selama dirawat di rumah sakit banyak yang memberikan dampak negatif sehingga mengganggu tumbuh kembang anak. Terapi bermain merupakan salah satu metode untuk mengurangi dampak dari kecemasan hospitalisasi.

Tujuan: Mengetahui implementasi terapi bermain *action figure* untuk mengurangi tingkat kecemasan anak usia pra-sekolah (3-6 tahun) yang sedang menjalani rawat inap di bangsal Dahlia RSUD Wonosari melalui proses asuhan keperawatan.

Metode: Karya Tulis Ilmiah ini bersifat deskriptif dengan desain penelitian studi kasus meliputi pengkajian keperawatan, diagnosa keperawatan, intervensi keperawatan, implementasi keperawatan, dan evaluasi keperawatan.

Hasil: Rata-rata anak usia pra sekolah yang rentang mengalami kecemasan yaitu pada rentang usia 4 sampai 5 tahun. Setelah dilakukan terapi bermain *action figure* selama 3 kali pertemuan didapatkan hasil pada kasus 1 terjadi perubahan skala kecemasan dari skala FIS 4 menjadi skala 1, sedangkan pada kasus 2 dari skala 4 menjadi 2.

Kesimpulan: Terapi bermain *action figure* efektif untuk menurunkan kecemasan anak usia prasekolah akibat hospitalisasi

Kata Kunci: terapi bermain, kecemasan, anak usia prasekolah, hospitalisasi

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IMPLEMENTATION OF ACTION FIGURE PLAYING THERAPY IN REDUCING THE LEVEL OF ANXIETY IN PRESCHOOL CHILDREN DUE TO HOSPITALIZATION IN THE DAHLIA WARD, WONOSARI HOSPITAL

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ABSTRACT

Background: Hospital treatment can cause anxiety in children because children lose their safe, fun and loving environment. Pre-school aged children who experience hospitalization anxiety can cause an anxiety response. Many of the stressors experienced by children while being treated in hospital have a negative impact. Disrupting the child's growth and development. Play therapy is one method to reduce the impact of hospitalization anxiety.

Objective: To determine the implementation of action figure play therapy to reduce the anxiety level of pre-school age children (3-6 years) who are undergoing inpatient treatment at the Dahlia ward at Wonosari Regional Hospital through the nursing care process.

Method: This scientific paper is descriptive in nature with a case study research design including nursing assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation.

Result: The average age range for pre-school children who experience anxiety is 4 to 5 years old. After carrying out action figure playing therapy for 3 meetings, the result showed that in case 1 there was a change in anxiety scale from FIS scale 4 to scale 1, while in case 2 from scale 4 to 2.

Conclusion: Action figure playing therapy is effective in reducing anxiety in pre-school children due to hospitalization.

Keywords: play therapy, anxiety, preschool children, hospitalization

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