

**PENGARUH TERAPI BERMAIN TERHADAP TINGKAT
KECEMASAN PASIEN ANAK USIA PRASEKOLAH
PRE OPERATIF DENGAN GENERAL ANESTESI
DI RSUD DR. SOEDIRMAN KEBUMEN**

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ABSTRAK

Latar Belakang : Kecemasan pada anak yang mengalami hospitalisasi dapat mengakibatkan terhambat dan sulitnya proses pengobatan dan perawatan terhadap anak yang sakit, apalagi saat akan dilakukan pembedahan, dengan ini perlu adanya tindakan untuk mengalihkan kecemasan yang sedang dirasakan anak yaitu dengan melalui terapi bermain.

Tujuan : Mengetahui pengaruh terapi bermain terhadap tingkat kecemasan pasien anak usia pra sekolah pre operatif dengan general anestesi di RSUD Dr. Soedirman Kebumen.

Metode Penelitian: Jenis Penelitian penelitian pra eksperimen, dengan desain *One Group Pre Test And Post Tes Design*. Sampel penelitian sejumlah 29 responden dilakukan dengan teknik *consecutive sampling*, menggunakan instrument kecemasan SCAS-P (*Spence Children's Anxiety Scale Preschool*). Pengambilan data dilakukan di RSUD Dr. Soedirman Kebumen pada bulan Januari-Maret 2020.

Hasil : Hasil uji analisa data diolah dengan menggunakan uji *Wilcoxon Rank Test* pada *pre test* menunjukkan kecemasan sedang sejumlah 17 orang anak dengan prosentase sebanyak 58.6%, *post test* menunjukkan cemas sedang sebanyak 8 orang dengan prosentase 27,6%, terjadi penurunan pada cemas berat dan terjadi peningkatan pada cemas ringan sejumlah 21 orang (72,4%). Hasil uji *Wilcoxon Rank Test* diketahui tingkat signifikansi $p=0,000$ ($p<0,05$). Kesimpulannya ada pengaruh terapi bermain terhadap tingkat kecemasan anak usia prasekolah pre operatif dengan general anestesi di RSUD Dr. Soedirman Kebumen.

Kesimpulan : Pemberian terapi bermain berpengaruh terhadap penurunan tingkat kecemasan pada anak usia prasekolah pre operatif dengan general anestesi di RSUD Dr. Soedirman Kebumen

Kata Kunci : Terapi Bermain, Kecemasan, Pra Sekolah, General Anestesi.

Keterangan :

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**THE EFFECT OF PLAY THERAPY ON THE ANXIETY LEVEL OF
ANXIETY PATIENTS OF AGE OPERATIVE PRESCHOOLS WITH
GENERAL ANESTHESIA
IN RSUD DR. SOEDIRMAN KEBUMEN**

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ABSTRACT

Background : Anxiety in children undergoing hospitalization can result in obstruction and difficulty in the process of treatment and care for sick children, especially when surgery will be done, with this it is necessary to take action to divert the anxiety being felt by the child that is through play therapy.

Objective: To determine the effect of play therapy on the level of anxiety of preoperative pre-school age children with general anesthesia at Dr. Sudirman Kebumen.

Methods: This type of research is pre-experimental research, with the design of One Group Pre Test and Post Test Design. The research sample of 29 respondents was conducted by consecutive sampling technique, using the SCAS-P (Spence Children's Anxiety Scale Preschool) anxiety instrument. Data was collected at the Dr. Sudirman Kebumen in January-March 2020.

Results: The results of the data analysis test were processed using the Wilcoxon Rank Test in the pre-test showing moderate anxiety of 17 children with a percentage of 58.6%, post-test showing moderate anxiety of 8 people with a percentage of 27.6%, a decrease in severe anxiety and there was an increase in mild anxiety by 21 people (72.4%). The Wilcoxon Rank Test results revealed a significance level of $p = 0,000$ ($p < 0.05$). In conclusion, there is an effect of play therapy on the level of anxiety of preoperative preschoolers with general anesthesia at RSUD Dr. Sudirman Kebumen.

Conclusion: The provision of play therapy has an effect on reducing the level of anxiety in pre-operative preschoolers with general anesthesia at RSUD Dr. Sudirman Kebumen

Keywords: Play Therapy, Anxiety, Pre-School, General Anesthesia.

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