

PENERAPAN TERAPI BERMAIN PLASTISIN AKIBAT HOSPITALISASI DENGAN MASALAH KECEMASAN PADA ANAK USIA PRASEKOLAH DI RSUD WONOSARI

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ABSTRAK

Latar Belakang: Anak usia prasekolah mengalami kecemasan akibat hospitalisasi dikarenakan selama menjalani proses perawatan di rumah sakit terjadi perlukaan pada bagian tubuhnya, terutama untuk anak yang baru pertama kali dirawat. Anak akan menerima semua prosedur atau tindakan keperawatan yang dapat menimbulkan nyeri, sehingga hal itu dianggap ancaman bagi anak. Stressor yang dialami anak akan menimbulkan dampak yang besar pada psikologis dan tumbuh kembangnya. Terapi bermain dilakukan untuk menurunkan kecemasan akibat hospitalisasi.

Tujuan: Mengetahui implementasi terapi bermain plastisin untuk mengurangi kecemasan akibat hospitalisasi pada anak usia prasekolah yang sedang dirawat di Ruang Dahlia RSUD Wonosari.

Metode: Desain penelitian studi kasus, bersifat deskriptif dengan perbandingan 2 responden anak.

Hasil: Setelah dilakukan penerapan terapi bermain selama 3 kali pertemuan menunjukkan penurunan tingkat kecemasan dengan hasil pasien 1 An. P menurun dari skala 4 (cemas sedang ringan) menjadi 0 (tidak cemas), sedangkan pasien 2 An. A menurun dari skala 2 (cemas ringan) menjadi 0 (tidak cemas).

Kesimpulan: Penerapan terapi bermain plastisin dapat menurunkan kecemasan pada anak yang mengalami kecemasan akibat hospitalisasi.

Kata kunci: terapi bermain, plastisin, usia prasekolah, kecemasan, hospitalisasi

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**IMPLEMENTATION OF PLASTICINE PLAY THERAPY TO
REDUCE HOSPITALIZATION-INDUCED ANXIETY
IN PRESCHOOL CHILDREN AT WONOSARI
REGIONAL GENERAL HOSPITAL**

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ABSTRACT

Background: *Preschool children often experience anxiety during hospitalization due to injuries or invasive procedures, especially those who are hospitalized for the first time. They undergo various nursing interventions, some of which are painful, and perceive them as threats. These stressors can significantly affect their well-being and psychological development. Play therapy using plasticine is one of the interventions aimed at reducing anxiety due to hospitalization.*

Objective: *To determine the application of plasticine play therapy in reducing anxiety due to hospitalization in preschool children treated in the Dahlia room of Wonosari Hospital.*

Method: *A descriptive case study design was used involving two child respondents. Each received plasticine play therapy for three sessions. Anxiety levels were measured before and after the intervention.*

Results: *After three sessions of play therapy, both participants showed a significant decrease in anxiety. Patient 1 (An. P.) anxiety score decreased from 4 (mild to moderate anxiety) to 0 (no anxiety), while Patient 2 (An. A.) score decreased from 2 (mild anxiety) to 0 (no anxiety).*

Conclusion: *The application of plasticine play therapy is effective in reducing anxiety due to hospitalization in preschool children.*

Keywords: *play therapy, plasticine, preschool age, anxiety, hospitalization*

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