

PENERAPAN TERAPI *STORY TELLING* DENGAN *POP UP BOOK* TERHADAP PENURUNAN TINGKAT KECEMASAN PADA ANAK SAAT HOSPITALISASI DI RSUD NYI AGENG SERANG

Yasmine Okta Vania Davita¹, Atik Badi'ah², Agus Sarwo Prayogi³

^{1,2,3}Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
email : yasmineokta1210@gmail.com

ABSTRAK

Latar belakang : Hospitalisasi merupakan proses dimana anak harus menjalani perawatan dan pengobatan di rumah sakit hingga kondisinya pulih dan dapat kembali ke rumah. Selama proses hospitalisasi anak berpotensi mengalami stress dan trauma. Kecemasan dan ketakutan adalah dampak dari proses hospitalisasi. Sehingga, diperlukan terapi bermain salah satunya terapi *story telling* untuk menurunkan tingkat kecemasan pada anak saat hospitalisasi. **Tujuan :** Penelitian untuk mengetahui penerapan terapi *story telling* dengan *pop up book* terhadap penurunan tingkat kecemasan pada anak saat hospitalisasi. **Metode :** Jenis penelitian studi kasus dengan subjek penelitian berjumlah 2 anak yang mengalami kecemasan saat hospitalisasi di Ruang Anak RSUD Nyi Ageng Serang. **Hasil :** Penerapan terapi *story telling* dengan *pop up book* pada anak yang mengalami kecemasan saat hospitalisasi dapat menurunkan tingkat kecemasan ditandai dengan ibu klien mengatakan anak lebih ceria dan lebih tenang, ibu klien mengatakan anak sudah jarang menangis dan mau berinteraksi dengan orang baru terutama perawat, perilaku gelisah, tegang, rewel, dan menangis tampak menurun, anak tampak kooperatif, frekuensi nadi dan skala FIS menurun pada klien pertama dari 3 (cemas ringan) menjadi 1 (tidak cemas) dan klien kedua dari 5 (cemas berat) menjadi 3 (cemas ringan). **Kesimpulan :** Penerapan terapi *story telling* dengan *pop up book* pada anak saat hospitalisasi dapat menurunkan tingkat kecemasan.

Kata kunci : *story telling*, *pop up book*, kecemasan, hospitalisasi

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

**IMPLEMENTATION OF STORY TELLING WITH POP UP BOOK
THERAPY TO REDUCE ANXIETY LEVELS IN CHILDREN DURING
HOSPITALIZATION AT NYI AGENG SERANG HOSPITAL**

Yasmine Okta Vania Davita¹, Atik Badi'ah², Agus Sarwo Prayogi³

^{1,2,3}The Nursing Department, Poltekkes Kemenkes Yogyakarta
Tatabumi St. No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
e-mail : yasmineokta1210@gmail.com

ABSTRACT

Background : Hospitalization is a process in which a child must undergo care and treatment at a hospital until their condition improves and they can return home. During the hospitalization process, children are at risk of experiencing stress and trauma. Anxiety and fear are common impacts of hospitalization. Therefore, play therapy, such as storytelling therapy, is needed to help reduce anxiety levels in children during hospitalization. **Objective :** This study is aimed determine the implementation of pop up book story telling therapy to reduce anxiety levels in children during hospitalization. **Method :** This research was case study with the research subjects amounting to two children who experienced anxiety during hospitalization in the Children's Room of Nyi Ageng Serang Hospital. **Result :** The implementation of storytelling with pop up book therapy for children experiencing anxiety during hospitalization can help reduce anxiety levels. This is indicated by the child's mother reporting that the child appeared more cheerful and calmer. The mother also noted that the child cried less frequently and was willing to interact with new people, especially the nurses. Signs of restlessness, tension, fussiness, and crying were observed to decrease. The child appeared more cooperative, and there was a reduction in heart rate frequency and FIS (Facial Image Scale) scale decreased in the first client from 3 (moderate distress) to 1 (no distress) and in the second client from 5 (very distress) to 3 (moderate distress). **Conclusion :** The implementation of storytelling with pop up book therapy in children during hospitalization can reduce anxiety levels.

Keywords : story telling, pop up book, anxiety, hospitalization

1. Student of The Nursing Department, Poltekkes Kemenkes Yogyakarta
2. Lecturer of The Nursing Department, Poltekkes Kemenkes Yogyakarta
3. Lecturer of The Nursing Department, Poltekkes Kemenkes Yogyakarta