

## **ABSTRAK**

### **Penerapan Terapi Bermain Puzzle Pada Anak Usia Prasekolah Yang Mengalami Kecemasan Akibat Hospitalisasi di Ruang Mawar RSUD kraton**

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Hospitalisasi adalah proses untuk beberapa alasan anak perlu dirawat di rumah sakit sampai anak kembali kerumah. Dampak hospitalisasi pada anak menyebabkan kecemasan. Tujuan studi kasus ini adalah menggambarkan pemberian asuhan keperawatan penerapan terapi bermain puzzle untuk menurunkan kecemasan anak selama hospitalisasi. Rancangan studi kasus ini adalah penelitian deskriptif dengan subjek studi dua pasien anak prasekolah yang mengalami kecemasan akibat hospitalisasi. Alat ukur yang digunakan adalah FAS. Studi kasus dilakukan selama 3 hari dengan fokus intervensi penerapan terapi bermain puzzle. Hasil studi kasus menunjukkan kasus 1 skor FAS pengkajian 4 turun menjadi 1. Sedangkan kasus 2 skor FAS pengkajian 4 turun menjadi 2. Simpulan dari studi kasus adalah penerapan terapi bermain puzzle dapat menurunkan skor kecemasan anak usia prasekolah akibat hospitalisasi. Saran untuk perawat diharapkan mampu menerapkan terapi bermain puzzle sebagai salah satu intervensi untuk menurunkan kecemasan.

**Kata kunci** :Hospitalisasi, Terapi Bermain Puzzle, Kecemasan

## **ABSTRACT**

### **The Application of Puzzle Play Therapy in Preschool Children Who Experience Anxiety Due to Hospitalization in The Mawar Room of RSUD Kraton**

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*Hospitalization is a process for which the child needs to be treated in a hospital for several reasons until the child returns home. The impact of hospitalization on children causes anxiety. The purpose of this case study is to describe the nursing care application of puzzle play therapy to reduce children's anxiety during hospitalization. The design of this case study is a descriptive study with the study subjects of two preschool children who experienced anxiety due to hospitalization. The measuring tool used is FAS. The case study was conducted for 3 days with an intervention focus on the application of puzzle play therapy. The results of the case study show that in case 1 the FAS score of study 4 decreased to 1. While in case 2 the FAS score of study 4 decreased to 2. The conclusion from the case study is that the application of puzzle play therapy can reduce the anxiety score of preschool age children due to hospitalization. Suggestions for nurses are expected to be able to apply puzzle play therapy as one of the interventions to reduce anxiety.*

*Keywords: emergency; hospitalization; puzzle playing therapy*