

ABSTRAK

Penerapan Terapi Bermain Mewarnai Gambar Pada Anak Usia Prasekolah Yang Mengalami Kecemasan Hospitalisasi Di RSUD Batang

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Perasaan cemas merupakan dampak dari hospitalisasi yang dialami anak usia prasekolah. Cemas sering ditandai dengan rewel dan menangis. Dampak ini beresiko dapat mengganggu tumbuh kembang dan lamanya proses penyembuhan anak. Untuk mengurangi kecemasan pada anak dapat dilakukan terapi bermain. Studi kasus ini bertujuan untuk menggambarkan penerapan terapi bermain mewarnai gambar pada anak usia prasekolah dengan masalah kecemasan akibat hospitalisasi. Rancangan karya tulis ilmiah ini adalah studi kasus. Subjek studi kasus dua pasien anak usia prasekolah (3-6 tahun) yang dirawat di rumah sakit dengan masalah kecemasan. Studi kasus ini dilakukan asuhan keperawatan selama 3 hari dengan intervensi pemberian terapi bermain mewarnai gambar. Kecemasan diukur menggunakan *Spance Children's Anxiety Scale (SCAS)*. Hasil studi kasus ini menunjukkan kecemasan pada kasus 1 skor awal 27 (cemas sedang) turun menjadi 0 (tidak cemas) dan kasus 2 dari skor awal 28 (cemas sedang) turun menjadi 0 (tidak cemas). Kesimpulan studi kasus ini bahwa terapi bermain mewarnai gambar dapat menurunkan kecemasan anak usia prasekolah akibat hospitalisasi. Saran bagi perawat diharapkan dapat menerapkan terapi bermain mewarnai gambar dengan melibatkan keluarga sebagai salah satu intervensi dalam menurunkan kecemasan anak usia prasekolah akibat hospitalisasi.

Kata kunci : anak usia prasekolah, hospitalisasi, kecemasan, terapi bermain mewarnai gambar

ABSTRAC

The Play Therapy Coloring Pictures Application in Preschool-aged Children with Hospitalization Anxiety at Batang Hospital

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Feelings of anxiety are the impact of hospitalization experienced by preschoolers. Anxiety is often characterized by fussing and crying. It can disrupt growth and development and the length of the child's healing process. To reduce anxiety in children, play therapy can be given. This case study aims to describe the application of image coloring play therapy to preschool-aged children with anxiety problems due to hospitalization. The design of this scientific paper was a case study. The case study subjects were two preschool-aged children (3-6 years) who were hospitalized with anxiety problems. This case study was carried out in nursing care for 3 days with the intervention of providing play therapy by coloring pictures. The anxiety was measured using the Spance Children's Anxiety Scale (SCAS). The results of this case study showed that anxiety in case 1 initial score of 27 (moderately anxious) decreased to 0 (not anxious) and case 2's initial score of 28 (moderately anxious) decreased to 0 (not anxious). This case study concludes that playing therapy with coloring pictures can reduce the anxiety of preschoolers due to hospitalization. Therefore, the nurses are suggested to be able to apply picture coloring play therapy by involving the family as an intervention in reducing the anxiety of preschool-aged children due to hospitalization.

Keywords: *preschool-age children, hospitalization, anxiety, play therapy coloring pictures*