

**Penerapan Terapi Bermain Lilin Untuk Mengurangi Masalah Kecemasan  
Akibat Hospitalisasi pada Anak Usia Prasekolah Di Ruang Sekar Jagad  
RSUD Bendan Pekalongan.**

Indi Anggriadi, Siti Rofiqoh, M.Kep.,Ns.,Sp.Kep.An.

Program Studi Diploma Tiga Keperawatan Fakultas ilmu kesehatan universitas  
Muhammadiyah Pekajangan Pekalongan

**ABSTRAK**

Hospitalisasi adalah suatu keadaan darurat karena suatu alasan tertentu yang mengharuskan anak dirawat di rumah sakit. Kecemasan akibat hospitalisasi dapat menyebabkan berbagai tanda dan gejala seperti rasa takut, gelisah, dan gemetar, takikardi. Tujuan umum studi kasus ini adalah untuk menggambarkan asuhan keperawatan pada anak usia prasekolah dengan masalah kecemasan akibat hospitalisasi. Rancangan studi kasus yang digunakan adalah deskriptif dengan fokus studi dua anak usia prasekolah yang mengalami kecemasan akibat hospitalisasi. Studi kasus dilakukan selama empat hari dengan fokus intervensi melakukan penerapan terapi bermain lilin sehari sekali dengan lama waktu 30 – 90, Hasil studi kasus menunjukkan setelah dilakukan tindakan keperawatan selama 4 hari masalah kecemasan akibat hospitalisasi teratasi. Kesimpulan dari studi kasus ini adalah penerapan terapi bermain lilin efektif untuk mengurangi masalah kecemasan akibat hospitalisasi. Saran bagi tenaga kesehatan khususnya perawat diharapkan mampu mempertahankan tanggung jawabnya sebagai pemberi asuhan keperawatan yang baik dan mampu berkoordinasi dengan tenaga kesehatan yang lain dalam memberikan asuhan keperawatan khususnya pada anak usia prasekolah yang mengalami kecemasan akibat hospitalisasi.

**Kata kunci:** kecemasan, penerapan terapi bermain lilin, hospitalisasi

## **The Application Of Wax Play Therapy To Reduce Anxiety Problems Due To Hospitalization In Preschoolers In Sekar Jagad RSUD Bendan Pekalongan**

Indi anggriadi, Siti Rofiqoh, M.Kep., Ns., Sp.Kep.A Muhammadiyah's three nursing diploma study program at pekalongan

### **ABSTRACT**

Anxiety is an excessive feeling about the condition of anxiety, fear, worry about a real or perceived threat. Anxiety or anxiety is an assessment and emotional response to something dangerous. Anxiety due to hospitalization can cause various signs and symptoms such as fear, anxiety, and trembling, tachycardia. The general objective of this case study is to describe nursing care for preschoolers with anxiety problems due to hospitalization. The design of the case study used was descriptive with a focus on the study of two preschool children who were anxious about hospitalization. Case studies were carried out for four days with the focus of intervention on applying wax therapy once a day for 30 - 90 days. The results of the case studies showed that after nursing actions for 4 days anxiety problems due to hospitalization were resolved. The conclusion of this case study is the application of effective wax play therapy to reduce anxiety problems due to hospitalization. Suggestions for health workers, especially nurses, are expected to be able to maintain their responsibilities as providers of good nursing care and are able to coordinate with other health workers in providing nursing care, especially for preschoolers who experience anxiety due to hospitalization.

***Keywords:*** *Anxiety, application of play wax therapy, hospitalization*