

ABSTRAK

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Penerapan Terapi Bermain Mewarnai Gambar Pada Anak Usia Prasekolah Yang Mengalami Kecemasan Akibat Hospitalisasi Di Ruang Ayyub 3 Rs Roemani Muhammadiyah Semarang

Latar Belakang: Anak usia prasekolah yang mengalami kecemasan selama hospitalisasi seringkali menunjukkan perilaku tidak kooperatif, hal ini membuat kondisi menjadi lebih buruk. Salah satu upaya menurunkan kecemasan yaitu terapi bermain. Terapi bermain mewarnai gambar memberikan dampak positif seperti merasa rileks karena dapat mengalihkan perhatian suatu objek yang membuat kecemasan.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran penerapan terapi bermain mewarnai gambar pada anak usia prasekolah yang mengalami kecemasan akibat hospitalisasi di ruang Ayyub 3 RS Roemani Muhammadiyah Semarang.

Metode: Penelitian ini menggunakan metode studi kasus *Evidence Based Practice* (EBP) PubMed, Portal Garuda, dan Google Scholar dengan artikel penerapan terapi bermain mewarnai gambar pada anak usia prasekolah yang mengalami kecemasan akibat hospitalisasi. Menggunakan 1 responden yang diteliti dengan masalah keperawatan ansietas. Implementasi yang dilakukan yaitu tindakan terapi bermain mewarnai gambar dan dilakukan pre-post test tingkat kecemasan menggunakan skala *Face Image Scale* (FIS). Intervensi terapi bermain mewarnai gambar dilakukan selama 3 hari berturut-turut dalam waktu 30 menit. Peneliti mengamati adanya penurunan tingkat kecemasan sebelum dan sesudah diberikan intervensi.

Hasil: Hasil penelitian ini menunjukkan bahwa penerapan terapi bermain mewarnai gambar pada an.K yaitu terdapat penurunan skor kecemasan pada anak dengan menunjukkan skala kecemasan sebelum dilakukan terapi bermain mewarnai gambar didapatkan skor 3 dan setelah dilakukan terapi bermain mewarnai gambar didapatkan skor 1.

Simpulan: Penerapan terapi bermain mewarnai gambar pada anak usia prasekolah yang dilakukan peneliti efektif menurunkan kecemasan akibat hospitalisasi di ruang Ayyub 3 RS Roemani Muhammadiyah Semarang.

Kata Kunci: Anak usia prasekolah; Hospitalisasi; Kecemasan; Terapi Bermain Mewarnai Gambar

ABSTRACT

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Implementation of Coloring Picture Play Therapy in Preschool Children Experiencing Anxiety Due to Hospitalization in Ayyub Room 3, Roemani Muhammadiyah Hospital, Semarang

Background: Preschool children who are anxious during hospitalization are more likely to demonstrate uncooperative behavior, which exacerbates the situation. One way to reduce anxiety is play therapy. Coloring picture play therapy has positive effects, such as helping individuals feel more relaxed by shifting their focus away from anxiety-causing objects.

Objective: The result of this study is to portray coloring picture play therapy in preschool children experiencing anxiety due to hospitalization in Ayyub Room 3, Roemani Muhammadiyah Hospital, Semarang.

Methods: This study uses the Evidence-Based Practice (EBP) approach, utilizing resources like PubMed, Garuda Portal, and Google Scholar. It involves a case study of an article on applying coloring picture play therapy to preschool children experiencing anxiety due to hospitalization. The study involved one respondent with anxiety-related nursing problems. A therapeutic activity was conducted where participants engaged in coloring pictures. To assess the impact of this activity, a test was given before and after the coloring session to measure changes in anxiety levels. This test used the Face Image Scale (FIS), which is a tool for evaluating anxiety by showing images of faces with different expressions. The coloring picture play therapy was conducted for three consecutive days, with each session lasting 30 minutes. A decrease in anxiety levels was observed by the researchers before and after the intervention.

Results: The results of this study show that coloring picture play therapy led to a decrease in anxiety in children. Before the therapy, the average anxiety score was 3. After the therapy, the score dropped to 1, indicating a significant reduction in anxiety.

Conclusion: The implementation of coloring picture play therapy is effective to reduce anxiety during hospitalization in preschool children.

Keywords: Preschool children, Hospitalization, Anxiety, Play therapy, Coloring picture