

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN KEPERAWATAN
PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN
Skripsi, Juni 2023

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**PENGARUH TERAPI BERMAIN *COLORING CLAY* TERHADAP
PENURUNAN KECEMASAN HOSPITALISASI PADA ANAK PRA
SEKOLAH DI RUANG RAWAT BEDAH ANAK RSUD DR. H. ABDUL
MOELOEK TAHUN 2023**

xvi, 76 halaman, 9 tabel, 4 gambar, 9 lampiran

ABSTRAK

Berdasarkan data WHO (*World Health Organization*) tahun 2018 87% anak di hospitalisasi di berbagai wilayah mengalami kecemasan. Data Survei Kesehatan Nasional (SUSENAS) tahun 2014 didapatkan 35 per 100 anak menjalani hospitalisasi, 45% diantaranya mengalami kecemasan. Hasil survei peneliti 7 dari 10 orang anak usia 3-6 tahun yang di hospitalisasi dan akan menjalani pembedahan mengalami kecemasan. Salah satu pengobatan nonfarmakologi untuk anak adalah teknik distraksi melalui terapi bermain. Penelitian ini bertujuan untuk mengetahui pengaruh terapi bermain *coloring clay* terhadap penurunan kecemasan hospitalisasi pada anak pra sekolah di ruang rawat bedah anak RSUD Dr H. Abdul Moeloek tahun 2023. Jenis penelitian ini menggunakan penelitian kuantitatif. Metode penelitian ini menggunakan metode *pra eksperimen*, dengan menggunakan rancangan *one group pretest-posttest*. Jumlah sampel dalam penelitian ini sebanyak 45 responden. Pengukuran kecemasan menggunakan lembar observasi MYPAS. Hasil rata-rata kecemasan sebelum diberikan intervensi 2,96 dan sesudah diberikan intervensi 2,04. Hasil uji statistic menggunakan uji *Wilcoxon* didapatkan nilai *p-value* 0.000 maka $(0.000)\alpha(<0,05)$ Ho di tolak dan Ha di terima artinya bahwa ada pengaruh terapi bermain *coloring clay* terhadap penurunan kecemasan hospitalisasi. Peneliti menyarankan terapi bermain *coloring clay* dapat dilakukan pada anak pra sekolah yang mengalami kecemasan hospitalisasi di ruang rawat bedah anak.

Kata kunci : Terapi bermain, prasekolah, kecemasan, hospitalisasi
Referensi : 39 (2004-2022)

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Thesis, June 2023

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THE EFFECT OF COLORING CLAY PLAY THERAPY ON REDUCING HOSPITALIZATION ANXIETY IN PRE-SCHOOL CHILDREN IN CHILD SURGERY ROOM DR. H. ABDUL MOELOEK, 2023

xvi , 76 pages, 9 tables, 4 pictures, 9 attachments

ABSTRACT

Based on WHO (World Health Organization) data in 2018, 87% of children hospitalized in various regions experience anxiety. Data from the 2014 National Health Survey (SUSENAS) found that 35 per 100 children underwent hospitalization, 45% of whom experienced anxiety. The results of a survey by researchers show that 7 out of 10 children aged 3-6 years who are hospitalized and will undergo rehabilitation experience anxiety. One of the non-pharmacological treatments for children is the technique of distraction through play therapy. This study aims to determine the effect of coloring clay play therapy on reducing hospitalization anxiety in pre-school children in the pediatric surgery ward of Dr H. Abdul Moeloek Hospital in 2023. This type of research used quantitative research. This research method used the pre-experimental method, using a one group pretest-posttest design. The number of samples in this study were 45 respondents. Anxiety using the MYPAS observation sheet. The average result of anxiety before being given the intervention was 2.96 and after being given the intervention was 2.04. The results of statistical tests using the Wilcoxon test obtained a p-value of 0.000, so $(0.000)\alpha(<0.05)$ H_0 was rejected and H_a was accepted, meaning that there was an effect of coloring clay play therapy on reducing hospitalization anxiety. Researchers suggest that playing coloring clay therapy can be carried out in pre-school children who experience anxiety about being hospitalized in a pediatric surgical ward.

Keywords : Play therapy, preschool, anxiety, hospitalization.

Reference:39 (2004-2022)