

ABSTRAK

PENGARUH TERAPI BERMAIN *PUZZLE* TERHADAP PENURUNAN KECEMASAN ANAK PRASEKOLAH (3-6 TAHUN) AKIBAT HOSPITALISASI DI RUANG EDELWEIS RSUD SYARIFAH AMBAMI RATO EBU BANGKALAN

Kurniatin Hasanah, Aida Novitasari, Sri Utami

Prodi Pendidikan Profesi Ners Program Sarjana Terapan Keperawatan
Poltekkes Kemenkes Surabaya
kurniatinhasanah10172001@gmail.com

Latar Belakang: Hospitalisasi suatu kondisi krisis bagi setiap anak yang dirawat dirumah sakit, pada umumnya anak yang menjalani perawatan di rumah sakit, sering kali dilarang untuk tidak banyak gerak dan memerlukan banyak istirahat sehingga dapat meningkatkan kecemasan pada anak, Salah satu alat alternatif untuk mengatasi kecemasan pada anak saat hospitalisasi anatara lain terapi bermain *puzzle* dengan menebrikan aktivitas menyenangkan sehingga anak tidak mudah bosan dalam bermain *puzzle*. Tujuan penelitian ini untuk menganalisis pengaruh terapi bermain *puzzle* terhadap Tingkat kecemasan pada anak usia prasekolah (3-6 tahun) akibat hospitalisasi.

Metode: Desain penelitian ini menggunakan *quasy experimental pretest-posttest with control design*. Teknik pengambilan sampel menggunakan Teknik *simple random sampling*. Sampel berjumlah 32 responden terbagi menjadi 16 responden kelompok intervensi dan 16 responden kelompok kontrol. Pengukuran Tingkat kecemasan dilakukan menggunakan kuesioner PASR (*Preschool Anxiety Scale Revised*). Analisa data uji statistic menggunakan *Mann-Whitney U Test* dengan ($\alpha < 0,05$).

Hasil: Hasil penelitian penggunaan terapi bermain *puzzle* terbukti memiliki pengaruh di dapatkan nilai $p \text{ value} = 0,003 < \alpha = 0,005$ terhadap penurunan kecemasan anak prasekolah (3-6 tahun) akibat hospitalisasi.

Kesimpulan: Ada pengaruh terapi bermain *puzzle* terhadap penurunan kecemasan anak prasekolah (3-6 tahun) akibat hospitalisasi di ruang Edelweis RSUD Syarifah Ambami Rato Ebu Bangkalan. Dari penelitian ini tenaga kesehatan dapat memberikan terapi bermain *puzzle* sebagai salah satu alternatif Upaya untuk menurunkan kecemasan anak prasekolah akibat hospitalisasi.

Kata Kunci: Terapi bermain *puzzle*, tingkat kecemasan, anak prasekolah

ABSTRACT

THE EFFECT OF PUZZLE PLAY THERAPY ON REDUCING ANXIETY IN PRESCHOOL CHILDREN (3-6 YEARS) DUE TO HOSPITALIZATION IN THE EDELWEIS ROOM OF THE HOSPITAL SYARIFAH AMBAMI RATO EBU BANGKALAN

Kurniatin Hasanah, Aida Novitasari, Sri Utami

Professional Education Study Program Ners Applied Undergraduate Program in Nursing

Poltekkes Kemenkes Surabaya

kurniatinhasanah10172001@gmail.com

Background: Hospitalization is a crisis condition for every child hospitalized, in general children who undergo treatment in the hospital, often forbidden to move much and require a lot of rest so as to increase anxiety in children, One alternative to overcome anxiety in children during hospitalization among others therapy playing *puzzles* By providing fun activities so that children are not easily bored in playing *puzzles*. The purpose of this study was to analyze the effect of puzzle play therap on anxiety levels in preschool-aged children (3-6 years) due to hospitalization.

Method: This research design uses *quasy experimental pretest-posttest with control design*. The sampling technique uses *simple random sampling technique*. The sample of 32 respondents was divided into 16 treatment group respondents and 16 control group respondents. Measurement of anxiety levels was carried out using the PASR (*Preschool Anxiety Scale Revised*) questionnaire. Analysis of statistical test data using *the Mann-Whitney U Test* with ($\alpha < 0.05$).

Results: The results of research on the use of puzzle play therapy proved to have an influence on getting $p \text{ value} = 0.003 < \alpha = 0.005$ on reducing anxiety in preschool children (3-6 years) due to hospitalization.

Conclusion: There is an effect of puzzle play therapy on reducing anxiety of preschool children (3-6 years) due to hospitalization in the Edelweis room of Syarifah Ambami Rato Ebu Base Hospital. From this study, health workers can provide puzzle play therapy as an alternative effort to reduce anxiety of preschool children due to hospitalization.

Keywords: Puzzle therapy, anxiety level, preschooler