

PENGARUH TERAPI AUDIO VISUAL TERHADAP PENURUNAN TINGKAT KECEMASAN ANAK USIA *PRESCHOOL* YANG DILAKUKAN PEMASANGAN INFUS DI UGD RSUD WATES

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INTISARI

Latar Belakang: Kecemasan akibat dari hospitalisasi dapat menjadi situasi yang dianggap krisis oleh anak. Pada usia preschool pengalaman terhadap cedera tubuh atau nyeri merupakan stresor yang harus ditangani, karena dalam masa preschool daya imajinasi mereka cukup tinggi. Audio visual yang di minati anak-anak usia preschool adalah kartun. Audio visual sebagai teknik distraksi untuk melepas hormon endorphin yang dapat mentransmisikan nyeri tidak sampai ke otak.

Tujuan Penelitian: Mengetahui pengaruh audio visual terhadap penurunan tingkat kecemasan pada anak usia preschool yang dilakukan prosedur pemasangan infus di UGD RSUD Wates.

Metode Penelitian: Penelitian ini merupakan penelitian *Pre experimental* dengan jenis *pretest and posttest one group design*. Uji statistik menggunakan uji *Marginal Homogeneity* hipotesis komparatif kategorik berpasangan prinsip $2 \times (>2)$ dengan tingkat kemaknaan $\alpha=0,05$. Sampel diambil dengan menggunakan teknik *purposive sampling* dengan responden sebanyak 9 orang. Setiap responden dinilai tingkat kecemasan sebelum pemberian terapi dan saat dilakukan terapi audio visual.

Hasil Penelitian: hasil analisis statistik menggunakan uji *Marginal Homogeneity* menunjukkan *p value* sebesar 0,005. Artinya ada pengaruh terapi audio visual terhadap penurunan tingkat kecemasan pada anak usia preschool yang dilakukan pemasangan infus di UGD RSUD Wates.

Kesimpulan: Terapi audio visual berpengaruh terhadap penurunan tingkat kecemasan pada anak usia preschool yang dilakukan pemasangan infus di UGD RSUD Wates.

Kata Kunci: Terapi audio visual, kecemasan, pemasangan infus

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THE INFLUENCE OF AUDIO VISUAL THERAPY IN REDUCING ANXIETY LEVEL IN PRESCHOOL-AGED CHILDREN UPON ATTACHMENT OF IV SYRINGE AT WATES GENERAL HOSPITAL EMERGENCY ROOM

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ABSTRACT

Background: Anxiety due to hospitalization can be something that is considered critical by children. In preschool age, the experience of having an injury or pain is a stressor that must be handled carefully, because during preschool age, children's imagination is high. Audio visual materials that are close to preschool children are cartoons. Audio visual materials can provide a distraction technique so that endorphin hormone is released, which may cause the transmission of pain to fail from reaching the brain.

Research Objective: To determine the influence of audio visual material in reducing preschool children's anxiety level upon attachment of IV syringe procedures at Wates Hospital Emergency Room.

Research Method: This research is a pre-experimental research which uses a pre-test and post-test one group design. The statistical test was conducted using a marginal homogeneity test with paired categorical comparative hypothesis, the significance level = $\alpha=0.005$. The samples were selected using a purposive sampling technique with 9 people involved as respondents. Each respondent was assessed in anxiety level before therapy and during audio visual therapy.

Research Results: The results of statistics analysis using a marginal homogeneity test showed a p-value = 0.005. This means that there is an influence of audio visual therapy in reducing the anxiety level of preschool children upon attachment of IV syringe procedures at Wates General Hospital Emergency Room.

Conclusion: Audio visual therapy has an influence in reducing the anxiety level of preschool children upon attachment of IV syringe procedures at Wates General Hospital Emergency Room.

Keywords: audio visual therapy, anxiety, IV syringe attachment

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