

**PENGARUH TERAPI BERMAIN ORIGAMI TERHADAP TINGKAT
KECEMASAN ANAK USIA PRA SEKOLAH AKIBAT HOSPITALISASI
DIRUANG RAWAT INAP ANAK (CEMPAKA)
RSUD WATES KULON PROGO**

Diana Aritiwi Sandy¹, Falasifah Ani Y², Khistina Dias Utami³

INTISARI

Latar Belakang : Berdasarkan Survey Ekonomi Nasional tahun 2010, angka kesakitan anak yang menjalani hospitalisasi sebesar 35 per 100 anak. Hospitalisasi dapat menyebabkan kecemasan pada anak, reaksi kecemasan ditunjukkan dengan cara menangis, takut, *agresive*, bingung, menolak untuk makan dan menolak tindakan invasif. Pelaksanaan perawatan anak tidak lepas dari pemberian terapi bermain sebagai upaya menurunkan kecemasan, merangsang pertumbuhan dan perkembangan anak selama menjalani perawatan di Rumah Sakit. Salah satu intervensi yang dianjurkan adalah terapi bermain origami.

Tujuan : Untuk mengetahui pengaruh terapi bermain origami terhadap tingkat kecemasan pada anak usia pra sekolah akibat hospitalisasi di ruang rawat inap anak (Cempaka) RSUD Wates Kulon Progo.

Metode : Jenis penelitian *quasi eksperimen* dengan rancangan “*one-group-before-after*” tanpa kelompok kontrol. Jumlah sampel yaitu 13 responden dengan menggunakan teknik *total sampling*. Pengumpulan data dilakukan sebelum dan setelah terapi bermain menggunakan instrumen HRS-A dianalisa dengan uji *wilcoxon signed rank test* dengan $\alpha = 0.05$.

Hasil : Analisa *wilcoxon signed rank test* menunjukkan signifikansi $p \text{ value} = 0.001 < \alpha = 0.05$. Ini berarti ada pengaruh pemberian terapi bermain origami terhadap tingkat kecemasan pada anak usia pra sekolah akibat hospitalisasi di ruang rawat inap anak (Cempaka) RSUD Wates Kulon Progo.

Kesimpulan : Terjadi penurunan tingkat kecemasan pada anak usia pra sekolah setelah diberi terapi bermain dengan sebelum diberi terapi bermain.

Kata kunci : terapi bermain, kecemasan, usia pra sekolah, hospitalisasi

¹Mahasiswa Program Studi Ilmu Keperawatan Stikes Jenderal Achamad Yani Yogyakarta

²Dosen Program Studi Ilmu Keperawatan Universitas Muhammadiyah Yogyakarta

³Dosen Program Studi Ilmu Keperawatan Stikes Jenderal Achmad Yani Yogyakarta.

THE IMPACT OF ORIGAMI PLAY THERAPY TO THE ANXIETY LEVEL OF PRESCHOOL CHILDREN DUE TO HOSPITALIZATION IN CHILDREN INPATIENT ROOM (CEMPAKA) AT WATES REGIONAL PUBLIC HOSPITAL KULON PROGO

Diana Aritiwi Sandy¹, Falasifah Ani Yuniarti², Khistina Dias Utami³

ABSTRACT

Background: Based on National Economy Survey in 2010, children morbidity rate for those who undergo hospitalization is 35 out of 100. Hospitalization causes anxiety to the children, which is shown by crying, being afraid, behaving aggressively, becoming confused, and refusing the meals also invasive action. The implementation of child treatment cannot be separated from provision of play therapy as an attempt to reduce the anxiety, stimulate children's growth and development during the treatment in hospital. One of the recommended interventions is origami play therapy.

Objective: To find out the impact of origami play therapy to the anxiety level of preschool children due to hospitalization in children inpatient room (Cempaka) at Wates Regional Public Hospital Kulon Progo.

Method: This research uses *quasi experiment* method with “one-group-before-after” plan and without control group. There are 13 respondents as the sampling that uses *total sampling* technique. The data gathering is conducted before and after the implementation of play therapy which uses HRS-A instrument and is analyzed with *wilcoxon signed rank test*, $\alpha = 0.05$.

Result: *Wilcoxon signed rank test* analysis shows the significance p value = 0.001 $< \alpha = 0.05$. It means there is an impact of providing origami play therapy to the anxiety level of preschool children due to hospitalization in children inpatient room (Cempaka) at Wates Regional Public Hospital Kulon Progo.

Conclusion: There is a decline in anxiety level of preschool children after and before the play therapy is given.

Key Words: play therapy, anxiety, preschool, hospitalization

⁽¹⁾Student of Nursing Science Study Program, Jenderal Achmad Yani Health Science Institute Yogyakarta

⁽²⁾Lecturer of Nursing Science Study Program, Muhammadiyah Yogyakarta University

⁽³⁾Lecturer of Nursing Science Study Program, Jenderal Achmad Yani Health Science Institute Yogyakarta