

PENERAPAN TERAPI BERMAIN MEWARNAI UNTUK MENURUNKAN KECEMASAN ANAK PRASEKOLAH SAAT HOSPITALISASI DI RUMAH SAKIT PANEMBAHAN SENOPATI BANTUL

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INTISARI

Latar Belakang: Anak prasekolah (3–6 tahun) mengalami perkembangan pesat dan rentan terhadap kecemasan saat hospitalisasi. Data WHO (2020) mencatat 152 juta anak dirawat di rumah sakit, dengan 45% di Indonesia mengalami kecemasan. Hospitalisasi yang tidak ditangani dengan baik dapat berdampak pada kesehatan mental dan perkembangan anak. Salah satu intervensi efektif untuk mengurangi kecemasan adalah terapi bermain, seperti mewarnai gambar, yang terbukti meningkatkan kenyamanan dan mempercepat pemulihan anak selama perawatan.

Tujuan: Mengetahui penerapan terapi bermain mewarnai terhadap tingkat kecemasan anak prasekolah saat hospitalisasi di Rumah Sakit Panembahan Senopati Bantul.

Metode: Menggunakan metode studi kasus dengan teknik pengumpulan data observasi dan wawancara. Sampel yang digunakan yaitu sebanyak 1 pasien anak yang mengalami hospitalisasi. Intervensi ini diterapkan sebanyak 3 hari, dan dalam satu hari dilakukan sebanyak 1 kali pertemuan dan dilakukan selama 10-20 menit.

Hasil: Setelah dilakukan penerapan terapi bermain mewarnai sebanyak 3x selama 3x24 jam asuhan keperawatan didapatkan adanya penurunan tingkat kecemasan pasien dari hari pertama yaitu skor 25 kecemasan sedang hingga hari terakhir asuhan keperawatan yaitu skor 13 tidak ada kecemasan.

Kesimpulan: Terapi bermain mewarnai terbukti efektif untuk menurunkan tingkat kecemasan anak prasekolah saat hospitalisasi.

Kata Kunci: Anak Prasekolah, Hospitalisasi, Kecemasan, Terapi Bermain Mewarnai

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***APPLICATION OF COLORING PLAY THERAPY TO REDUCE ANXIETY
IN PRESCHOOL CHILDREN DURING HOSPITALIZATION AT
PANEMBAHAN SENOPATI HOSPITAL, BANTUL***

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ABSTRACT

Background: Preschool children (3-6 years) experience rapid development and are vulnerable to anxiety during hospitalization. WHO (2020) recorded 152 million children hospitalized, with 45% in Indonesia experiencing anxiety. Hospitalization that is not handled properly can have an impact on children's mental health and development. One effective intervention to reduce anxiety is play therapy, such as coloring pictures, which is proven to increase comfort and accelerate children's recovery during treatment.

Objective: To determine the application of coloring play therapy to the anxiety level of preschool children during hospitalization at Panembahan Senopati Hospital, Bantul.

Methods: Using a case study method with observation and interview data collection techniques. The sample used was as many as 1 pediatric patient who was hospitalized. This intervention is applied for 3 days, and in one day 1 meeting is carried out and carried out for 10-20 minutes.

Results: After the application of coloring play therapy for 3 times for 3x24 hours of nursing care, there was a decrease in the patient's anxiety level from the first day, which was a score of 25 for moderate anxiety to the last day of nursing care, which was a score of 13 with no anxiety.

Conclusion: Coloring play therapy has been proven to be effective in lowering the level of preschoolers during hospitalization.

Keywords: Preschoolers, Hospitalization, Anxiety, Coloring Play Therapy

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