

**PENERAPAN TERAPI BERMAIN MEWARNAI DALAM
MENURUNKAN KECEMASAN AKIBAT HOSPITALISASI PADA
ASUHAN KEPERAWATAN ANAK PRASEKOLAH (3–6 TAHUN) DI
RUANG CANGKUANG UOBK RSUD dr. SLAMET GARUT**

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ABSTRAK

Latar Belakang: Anak usia prasekolah sering menjalani rawat inap akibat kondisi kesehatan tertentu. Di Indonesia terdapat lebih dari 2,4 juta kasus rawat inap anak setiap tahun, dengan 1.492 kasus tercatat di UOBK RSUD dr. Slamet Garut pada 2024. Hospitalisasi dapat menimbulkan kecemasan karena anak berpisah dari orang tua dan berada di lingkungan asing yang berdampak pada proses penyembuhan dan respons terhadap tindakan keperawatan. **Tujuan:** Menerapkan terapi bermain mewarnai dalam asuhan keperawatan untuk menurunkan kecemasan hospitalisasi pada anak prasekolah. **Metode:** Penelitian ini menggunakan desain deskriptif kualitatif dengan pendekatan studi kasus pada dua anak prasekolah yang dirawat di Ruang Cangkuang. Intervensi dilakukan selama tiga hari berturut-turut, masing-masing 15–30 menit per sesi. Pengukuran kecemasan menggunakan SCAS, dengan subjek dipilih berdasarkan kriteria usia 3–6 tahun, dirawat minimal tiga hari, kondisi stabil, kooperatif, didampingi orang tua, dan skor kecemasan >15. **Hasil:** Setelah intervensi, kedua anak mengalami penurunan kecemasan dari sedang menjadi ringan. Klien 1 turun dari skor 39 ke 25, dan klien 2 dari 42 ke 29, disertai respons positif seperti lebih tenang, kooperatif, dan aktif. **Kesimpulan:** Terapi bermain mewarnai efektif menurunkan kecemasan hospitalisasi, masalah teratasi, dan tujuan intervensi tercapai. **Saran:** Terapi bermain mewarnai terbukti efektif menurunkan kecemasan hospitalisasi pada anak prasekolah. Oleh karena itu, pihak rumah sakit disarankan untuk mendukung pelaksanaannya melalui penyediaan fasilitas bermain dan integrasi terapi ini dalam asuhan keperawatan anak.

Kata kunci: Anak Prasekolah, Hospitalisasi, Kecemasan, Terapi Bermain Mewarnai.
Daftar Pustaka: 17 Buku (2007–2023), 52 Jurnal, 13 Artikel, 4 Sumber Online

**THE IMPLEMENTATION OF COLORING PLAY THERAPY TO REDUCE
HOSPITALIZATION ANXIETY IN PRESCHOOL CHILDREN (AGES 3–6)
IN THE CANGKUANG WARD OF RSUD dr. SLAMET GARUT**

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ABSTRACT

Background: Preschool-aged children often require hospitalization due to certain health conditions. In Indonesia, there are over 2.4 million pediatric inpatient cases annually, with 1,492 cases recorded at UOBK RSUD dr. Slamet Garut in 2024. Hospitalization can cause anxiety as children are separated from their parents and placed in unfamiliar environments, affecting both recovery and response to nursing care.. **Objective:** To apply coloring play therapy in nursing care to reduce hospitalization anxiety in preschool-aged children. **Method:** This study used a descriptive qualitative design with a case study approach on two preschool-aged children hospitalized in Ruang Cangkuang. The intervention was conducted for three consecutive days, 15–30 minutes per session. Anxiety levels were measured using the SCAS, with subjects selected based on inclusion criteria: aged 3–6 years, hospitalized for at least three days, in stable condition, cooperative, accompanied by parents, and having an anxiety score above 15. **Results:** After the intervention, both children experienced a decrease in anxiety from moderate to mild. Client 1's score dropped from 39 to 25, and Client 2's from 42 to 29, accompanied by positive behavioral responses such as increased calmness, cooperation, and activity. **Conclusion:** Coloring play therapy reduced hospitalization anxiety, the problem was resolved, and the intervention goals were achieved. **Recommendation:** Coloring play therapy reduced hospitalization anxiety, the problem was resolved, and the intervention goals were achieved.

Keywords: Anxiety, Coloring Play Therapy, Hospitalization, Preschool Children

References: 17 Books (2007–2023), 52 Journals, 13 Articles, 4 Online Sources.