

**PENERAPAN TERAPI BERMAIN *PUZZLE* UNTUK MENURUNKAN TINGKAT
KECEMASAN AKIBAT HOSPITALISASI PADA ASUHAN KEPERAWATAN
ANAK USIA 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 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 *puzzle* 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 *Spence Children's Anxiety Scale (SCAS)*, dengan subjek dipilih berdasarkan 2 orang 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 kategori sedang menjadi ringan. Anak D mengalami penurunan skor dari 43 menjadi 30, sedangkan Anak B dari 45 menjadi 23, disertai perubahan perilaku seperti lebih tenang selama proses perawatan. **Kesimpulan:** Terapi bermain *puzzle* efektif menurunkan kecemasan hospitalisasi pada anak usia prasekolah. Masalah teratasi dan tujuan intervensi tercapai. **Saran:** Pihak rumah sakit disarankan untuk mendukung pelaksanaannya melalui penyediaan fasilitas bermain dan integrasi terapi bermain *puzzle* dalam asuhan keperawatan anak.

Kata kunci: Anak Prasekolah, Hospitalisasi, Kecemasan, Terapi Bermain *Puzzle*
Daftar Pustaka: 8 Buku (2007–2023), 24 Jurnal, 13 Artikel, 4 Sumber Online

***THE APPLICATION OF PUZZLE PLAY THERAPY TO REDUCE
HOSPITALIZATION-INDUCED ANXIETY IN NURSING CARE FOR
PRESCHOOL CHILDREN (AGES 3–6 YEARS) IN CANGKUANG WARD,
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ABSTRACT

Background: Preschool-aged children often undergo hospitalization due to various health conditions. In Indonesia, there are over 2.4 million cases of pediatric hospitalization annually, with 1,492 cases recorded at UOBK RSUD dr. Slamet Garut in 2024. Hospitalization may trigger anxiety in children as they are separated from their parents and placed in an unfamiliar environment, potentially affecting the healing process and their response to nursing interventions. **Objective:** To apply puzzle play therapy in nursing care to reduce hospitalization-induced anxiety in preschool-aged children. **Methods:** This study employed a descriptive qualitative design using a case study approach involving two preschool-aged children hospitalized in the Cangkuang Ward. The intervention consisted of puzzle play therapy conducted over three consecutive days, with each session lasting 15–30 minutes. Anxiety levels were measured using the Spence Children's Anxiety Scale (SCAS). Participants were selected based on the following criteria: aged 3–6 years, hospitalized for at least three days, in stable condition, cooperative, accompanied by a parent, and with an anxiety score >15. **Results:** After the intervention, both children experienced a reduction in anxiety levels from moderate to mild. Child D showed a decrease in anxiety score from 43 to 30, while Child B showed a decrease from 45 to 23. Behavioral changes included increased calmness during care. **Conclusion:** Puzzle play therapy is effective in reducing hospitalization-induced anxiety in preschool-aged children. The problem was resolved, and the intervention objectives were achieved. **Recommendation:** Puzzle play therapy has proven effective and should be supported through the provision of play facilities and integration into pediatric nursing care practices.

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

References: 8 Books (2007–2023), 24 Journals, 13 Articles, 4 Online Sources.