

**PENGARUH *TOUCH AND TALK* TERHADAP KECEMASAN ANAK
PRASEKOLAH SAAT DILAKUKAN TINDAKAN INVASIF
DI RUMAH SAKIT UMUM DAERAH MAJALAYA**

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ABSTRAK

Diperkirakan 35 dari setiap 100 anak dirawat dirumah sakit dan 45% di antaranya mengalami gangguan kecemasan. Keadaan ini terjaln sebab anak berupaya buat menyesuaikan diri dengan area baru dan tindakan invasif yang dilakukan, Tindakan invasif menimbulkan nyeri saat dilakukan intervensi sehingga membuat anak merasa cemas, takut, dan merasa tidak nyaman. Intervensi *Touch and Talk* adalah salah satu terapi komunikasi verbal dan non verbal, melalui terapi ini diharapkan anak mampu tertawa dan bersosialisasi pada lingkungan barunya. Tujuan penelitian ini adalah untuk mengetahui pengaruh *touch and talk* terhadap kecemasan anak prasekolah saat dilakukan tindakan invasif. metode penelitian kuantitatif dengan metode *pre experiment* dengan desain *one-group pre-test post-test* dengan teknik sampel *purposive sampling* yaitu sebanyak 37 sampel, analisa univariat menggunakan distribusi frekuensi, uji normalitas menggunakan *shapiro wilk* dan analisa bivariat menggunakan *t test* berpasangan. Hasil penelitian didapatkan hampir seluruh anak usia prasekolah mempunyai kecemasan sedang sebanyak 86,5% sebelum diberikan terapi *touch and talk*, hampir seluruh anak usia prasekolah mempunyai kecemasan ringan sesudah diberikan terapi *touch and talk* sebanyak 86,5%. Analisa didapatkan bahwa terdapat pengaruh terapi *touch and talk* terhadap kecemasan anak prasekolah. Peneliti menyarankan kepada pihak Rumah Sakit untuk menganjurkan terapi *talk and touch* kepada setiap perawat ketika akan melakukan tindakan.

Kata kunci :Kecemasan, *Preschool*, *Touch and Talk*

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**THE INFLUENCE OF TOUCH AND TALK ON THE ANXIETY OF
PRESCHOOL CHILDREN DURING INVASIVE MEASURES AT THE
MAJALAYA REGIONAL GENERAL HOSPITAL**

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ABSTRACT

It is estimated that 35 out of every 100 children are hospitalized and 45% of them experience anxiety disorders. This situation occurs because the child is trying to adjust to the new area and the invasive action being carried out. The invasive action causes pain during the intervention, making the child feel anxious, afraid and uncomfortable. Touch and Talk intervention is a form of verbal and non-verbal communication therapy. Through storytelling therapy, it is hoped that children will be able to laugh and socialize in their new environment. The aim of this study was to determine the effect of touch and talking on children's anxiety when invasive procedures are performed. Quantitative research method using the Quasy Experiment method with One-Group Pre-test Post-test design with purposive sampling technique, namely 37 samples, univariate analysis using frequency distribution, and bivariate analysis using dependent t test. The research results showed that almost all warm-up age children had 86.5% severe anxiety before being given touch and talk therapy, almost all warm-up age children had mild anxiety after being given touch and talk therapy as much as 86.5%. The analysis obtained shows that there is an influence of touch and talk therapy on children's anxiety. Researchers advised the hospital to prevent therapy by talking and touching each nurse when carrying out the procedure.

Keywords: Anxiety, Preschool, Touch and Talk

Bibliography: Books (2018-2019)

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