PENERAPAN TERAPI BERMAIN *STORYTELLING* DALAM MENURUNKAN KECEMASAN AKIBAT HOSPITALISASI PADA ASUHAN KEPERAWATAN ANAK USIA PRASEKOLAH (3-6 TAHUN) DIRUANG CANGKUANG UOBK RSUD dr. SLAMET GARUT 2026

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ABSTRAK

Hospitalisasi pada anak usia prasekolah sering menimbulkan ansietas akibat perubahan lingkungan, tindakan medis, dan perpisahan sementara dengan orang tua. Ansietas yang tidak ditangani dapat menghambat proses perawatan dan penyembuhan anak. Salah satu intervensi nonfarmakologis yang sesuai dengan tahap perkembangan anak adalah terapi bermain *storytelling*. Penelitian ini bertujuan untuk menerapkan terapi bermain *storytelling* dalam asuhan keperawatan pada anak usia prasekolah dengan ansietas akibat hospitalisasi di Ruang Cangkuang UOBK RSUD dr. Slamet Garut. Penelitian ini menggunakan desain studi kasus kualitatif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Instrumen penelitian yang digunakan yaitu format pengkajian keperawatan anak, lembar observasi, dokumentasi rekam medis, dan *Preschool Anxiety Scale* (PAS) untuk mengukur tingkat ansietas. Subjek penelitian terdiri atas dua anak usia prasekolah, yaitu responden pertama dengan diagnosis medis *bronchopneumonia* dan responden kedua dengan diagnosis medis *typhoid fever*. Terapi bermain *storytelling* diberikan selama tiga hari berturut-turut dengan durasi 10–15 menit menggunakan media buku cerita. Kedua responden mengalami ansietas akibat hospitalisasi. Setelah diberikan terapi bermain *storytelling* selama tiga hari, skor PAS pada responden pertama menurun dari 31 menjadi 15, sedangkan pada responden kedua menurun dari 30 menjadi 15. Kedua responden juga tampak lebih tenang, lebih kooperatif, serta lebih mudah beradaptasi dengan lingkungan rumah sakit, sehingga masalah kecemasan teratasi. Terapi bermain *storytelling* efektif menurunkan ansietas pada anak usia prasekolah selama hospitalisasi. Terapi bermain *storytelling* diharapkan menjadi salah satu intervensi nonfarmakologis dalam asuhan keperawatan anak.

Kata Kunci: anak usia prasekolah, ansietas, asuhan keperawatan anak, hospitalisasi, terapi bermain *storytelling*.

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THE IMPLEMENTATION OF STORYTELLING PLAY THERAPY TO REDUCE HOSPITALIZATION-RELATED ANXIETY IN NURSING CARE FOR PRESCHOOL CHILDREN (AGED 3–6 YEARS) AT CANGKUANG WARD, UOBK RSUD dr. SLAMET GARUT, 2026

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ABSTRACT

Hospitalization in preschool children often causes anxiety due to environmental changes, medical procedures, and temporary separation from their parents. Untreated anxiety may interfere with the child's treatment and recovery process. One non-pharmacological intervention that is appropriate for the developmental stage of preschool children is storytelling play therapy. This study aimed to implement storytelling play therapy as part of nursing care for preschool children experiencing hospitalization-related anxiety in the Cangkuang Ward of UOBK RSUD dr. Slamet Garut. This study employed a qualitative case study design using the nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The research instruments consisted of a pediatric nursing assessment form, observation sheets, medical record documentation, and the Preschool Anxiety Scale (PAS) to assess anxiety levels. The participants were two preschool children: the first respondent was diagnosed with bronchopneumonia, while the second respondent was diagnosed with typhoid fever. Storytelling play therapy was administered for three consecutive days, with each session lasting 10–15 minutes using a storybook as the intervention medium. Both respondents experienced hospitalization-related anxiety. Following the intervention, the PAS score of the first respondent decreased from 31 to 15, while the second respondent's score decreased from 30 to 15. Both respondents also appeared calmer, more cooperative, and better adapted to the hospital environment, indicating that their anxiety levels decreased to the non-anxious category based on the Preschool Anxiety Scale (PAS). In conclusion, storytelling play therapy was effective in reducing hospitalization-related anxiety among preschool children and can be recommended as a non-pharmacological intervention in pediatric nursing care.

Keywords: anxiety, hospitalization, nursing care, preschool children, storytelling play therapy.

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