PENERAPAN TERAPI BERMAIN MENYUSUN BALOK TERHADAP PENURUNAN TINGKAT KECEMASAN PADA ANAK USIA PRASEKOLAH (3-6 TAHUN) YANG MENGALAMI HOSPITALISASI DI RUANGAN CANGKUANG UOBK RSUD dr. SLAMET GARUT 2026

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ABSTRAK

Hospitalisasi pada anak usia prasekolah sering menimbulkan kecemasan akibat lingkungan rumah sakit yang asing, tindakan medis, serta perpisahan dengan keluarga. Kecemasan yang tidak ditangani dapat menghambat proses perawatan dan meningkatkan ketidakkooperatifan anak. Salah satu intervensi nonfarmakologis yang dapat diberikan adalah terapi bermain menyusun balok. Penelitian ini bertujuan menerapkan terapi bermain menyusun balok dalam menurunkan tingkat kecemasan pada anak usia prasekolah (3–6 tahun) yang mengalami hospitalisasi di Ruang Cangkuang UOBK RSUD dr. Slamet Garut Tahun. Penelitian menggunakan desain studi kasus deskriptif kualitatif dengan dua responden yang dipilih menggunakan teknik purposive sampling. Tingkat kecemasan diukur menggunakan *Spence Children's Anxiety Scale* (SCAS), kemudian diberikan terapi bermain menyusun balok selama tiga hari sesuai prosedur operasional. Hasil menunjukkan kedua responden mengalami penurunan tingkat kecemasan setelah intervensi. Responden I mengalami penurunan dari kategori kecemasan berat menjadi sedang, sedangkan responden II dari kecemasan berat menjadi ringan. Anak tampak lebih tenang, kooperatif, mampu berinteraksi dengan perawat, serta tidak lagi menangis saat tindakan keperawatan. Pada akhir evaluasi, masalah keperawatan ansietas pada kedua responden menunjukkan perbaikan. Pada Responden I masalah ansietas dinyatakan teratasi sehingga intervensi dihentikan, sedangkan pada Responden II masalah ansietas dinyatakan teratasi sebagian sehingga intervensi masih perlu dilanjutkan sesuai kondisi pasien. Sehingga terapi bermain menyusun balok dapat digunakan oleh perawat sebagai intervensi nonfarmakologis untuk membantu menurunkan ansietas pada anak usia prasekolah yang menjalani hospitalisasi, sesuai dengan kondisi dan kebutuhan pasien

Kata kunci:Asuhan keperawatan anak, anak usia prasekolah,kecemasan, menyusun balok, Hospitalisasi

IMPLEMENTATION OF BLOCK-BUILDING PLAY THERAPY IN NURSING CARE TO REDUCE ANXIETY LEVELS AMONG HOSPITALIZED PRESCHOOL CHILDREN (AGED 3–6 YEARS) AT THE CANGKUANG WARD UOBK dr. SLAMET GARUT REGIONAL GENERAL HOSPITAL 2026

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ABSTRACT

Hospitalization in preschool children often causes anxiety due to the unfamiliar hospital environment, medical procedures, and separation from their families. Untreated anxiety can hinder the nursing care process and increase children's uncooperative behavior. One non-pharmacological intervention that can be provided is block-building play therapy. This study aimed to implement block-building play therapy to reduce anxiety levels in preschool children (aged 3–6 years) undergoing hospitalization in the Cangkuang Ward, UOBK dr. Slamet Garut Regional General Hospital. This study employed a qualitative descriptive case study design involving two respondents selected through purposive sampling. Anxiety levels were measured using the Spence Children's Anxiety Scale (SCAS), followed by the implementation of block-building play therapy for three consecutive days in accordance with the standard operating procedure. The results showed that both respondents experienced a reduction in anxiety levels after the intervention. Respondent I demonstrated a decrease from severe to moderate anxiety, while Respondent II showed a decrease from severe to mild anxiety. The children appeared calmer, more cooperative, were able to interact with nurses, and no longer cried during nursing procedures. At the final evaluation, the nursing diagnosis of anxiety showed improvement in both respondents. In Respondent I, the anxiety problem was considered resolved and the intervention was discontinued, whereas in Respondent II, the anxiety problem was considered partially resolved, and the intervention was continued according to the patient's condition. Therefore, block-building play therapy can be used by nurses as a non-pharmacological nursing intervention to help reduce anxiety in preschool children undergoing hospitalization, in accordance with each patient's condition and individual needs

Keywords: *Anxiety, block-building play, pediatric nursing care, preschool children.Hospitalization*