PENERAPAN TERAPI BERMAIN MEWARNAI UNTUK MENURUNKAN KECEMASAN HOSPITALISASI DALAM ASUHAN KEPERAWATAN ANAK USIA PRASEKOLAH (3-6 TAHUN) DI RUANGAN CANGKUANG UOBK RSUD DR. SLAMET GARUT

BUNGA AURA LESTARI

221FK06134

ABSTRAK

Latar Belakang: Hospitalisasi pada anak usia prasekolah sering menimbulkan ansietas akibat lingkungan rumah sakit yang asing, tindakan medis, serta perpisahan dengan orang tua. Ansietas yang tidak ditangani dapat menghambat kerja sama anak selama perawatan dan memperlambat proses penyembuhan. Tujuan: Melaksanakan asuhan keperawatan dengan penerapan terapi bermain mewarnai untuk menurunkan kecemasan hospitalisasi pada anak usia prasekolah (3–6 tahun) di Ruangan Cangkuang UOBK RSUD dr. Slamet Garut. Metode: Penelitian menggunakan metode deskriptif kualitatif dengan pendekatan studi kasus. Instrumen penelitian meliputi format asuhan keperawatan dan *Spence Children's Anxiety Scale* (SCAS) untuk mengukur tingkat ansietas. Subjek penelitian terdiri atas dua anak usia prasekolah yang mengalami ansietas akibat hospitalisasi. Intervensi berupa terapi bermain mewarnai diberikan selama 15–20 menit setiap hari selama tiga hari berturut-turut. Hasil: Pasien pertama mengalami penurunan skor SCAS dari 38 menjadi 19 sehingga masalah ansietas dinyatakan teratasi. Pasien kedua mengalami penurunan skor SCAS dari 40 menjadi 22 sehingga masalah ansietas dinyatakan teratasi sebagian. Setelah intervensi kedua pasien tampak lebih tenang, tidak menangis, lebih kooperatif saat tindakan keperawatan dan medis, serta mampu beradaptasi dengan lingkungan rumah sakit. Kesimpulan: Penerapan terapi bermain mewarnai efektif membantu menurunkan tingkat ansietas hospitalisasi pada anak usia prasekolah sebagai bagian dari asuhan keperawatan. Saran: Terapi bermain mewarnai dapat dijadikan sebagai intervensi nonfarmakologis yang diterapkan secara rutin oleh perawat di ruang rawat inap anak untuk membantu mengurangi ansietas selama hospitalisasi.

Kata kunci: Anak Prasekolah, Ansietas, Asuhan Keperawatan, Hospitalisasi, Terapi Bermain Mewarnai

THE APPLICATION OF COLORING PLAY THERAPY TO REDUCE HOSPITALIZATION ANXIETY IN NURSING CARE OF PRESCHOOL-AGED CHILDREN (3–6 YEARS) IN CANGKUANG WARD AT UOBK DR. SLAMET GARUT REGIONAL GENERAL HOSPITAL

BUNGA AURA LESTARI

221FK06134

ABSTRACT

Background: Hospitalization in preschool-aged children frequently causes anxiety due to an unfamiliar hospital environment, medical procedures, and separation from parents. Unmanaged anxiety can hinder the child's cooperation during treatment and delay the recovery process. Objective: To deliver nursing care applying coloring play therapy to reduce hospitalization anxiety in preschool-aged children (3–6 years) in the Cangkuang Ward at UOBK Dr. Slamet Garut Regional General Hospital. Methods: This study used a qualitative descriptive method with a case study approach. The research instruments included nursing care assessment formats and the Spence Children's Anxiety Scale (SCAS) to measure anxiety levels. The subjects consisted of two preschool-aged children experiencing hospitalization anxiety. The coloring play therapy intervention was administered for 15–20 minutes daily across three consecutive days. Results: The first patient showed a decrease in the SCAS score from 38 to 19, resolving the anxiety issue. The second patient showed a decrease in the SCAS score from 40 to 22, partially resolving the anxiety issue. Following the intervention, both patients appeared calmer, stopped crying, were more cooperative during nursing and medical procedures, and adapted better to the hospital environment. Conclusion: The application of coloring play therapy effectively helps reduce hospitalization anxiety levels in preschool-aged children as part of nursing care. Recommendations: Coloring play therapy can serve as a routine non-pharmacological intervention implemented by pediatric nurses to help alleviate anxiety during hospitalization.

Keywords: Preschool Children, Anxiety, Nursing Care, Hospitalization, Coloring Play Therapy.