

## ABSTRAK

Kecemasan merupakan salah satu dampak dari hospitalisasi yang membuat anak prasekolah menjadi takut dan cemas sehingga dapat memperpanjang masa hari perawatan dan juga memperburuk kondisi anak. Intervensi yang dapat diberikan untuk mengurangi kecemasan pada anak prasekolah salah satunya dengan terapi bermain terapeutik (*puzzle*). Tujuan penelitian ini untuk melihat perbedaan terapi bermain terapeutik (*puzzle*) *peer play* dan *solitary play* terhadap kecemasan anak usia prasekolah selama hospitalisasi.

Penelitian ini menggunakan desain kuantitatif dengan pendekatan *quasy experiment Non equivalent control group design*. Penelitian dilakukan pada bulan April – Mei 2023. Lokasi penelitian berada di Ruang Rawat Anak RSUD Dr. H. Abdul Moeloek. Pengambilan responden penelitian menggunakan *purposive sampling* dengan Sampel yaitu anak usia prasekolah yang sedang menjalani rawat inap di Ruang Rawat Alamanda. Sampel penelitian sebanyak 64 anak yang terbagi kedalam kelompok intervensi dan kelompok kontrol. Instrumen pengumpulan data menggunakan kuesioner *spence children anxiety scale preschool (SCASP)* untuk mengetahui skor kecemasan anak usia prasekolah.

Hasil uji statistik *Paired T-test* diketahui bahwa ada perbedaan signifikan pemberian terapi bermain (*puzzle*) *solitary play* pada anak usia prasekolah yang menjalani hospitalisasi dengan nilai *p-value* 0,001. Selain itu terdapat perbedaan signifikan pemberian terapi bermain (*puzzle*) *peer play* pada anak usia prasekolah yang menjalani hospitalisasi dengan nilai *p-value* 0,001. Hasil uji statistik *Independent Samples Test* didapatkan bahwa ada perbedaan yang signifikan selisih rata-rata skor kecemasan anak prasekolah yang dirawat di rumah sakit sebelum dan sesudah diberikan permainan terapeutik (*puzzle*) pada kelompok *peer play* dan *solitary play* (*p-value* = 0,001). Berdasarkan penelitian ini dapat disimpulkan bahwa terapi bermain terapeutik (*puzzle*) pada kelompok intervensi (*peer play*) maupun kelompok kontrol (*solitary play*) dapat menurunkan kecemasan anak usia prasekolah selama hospitalisasi.

Implikasi keperawatan perlu adanya media bermain yang sesuai tumbuh kembang anak dan prinsip bermain di rumah sakit serta SOP khususnya di ruang anak mengenai prosedur terapi bermain terapeutik *peer play* dan *solitary play*. Terapi bermain terapeutik menjadi alternatif intervensi dari *atraumatic care* yang dapat digunakan oleh perawat anak untuk menurunkan kecemasan anak usia prasekolah dengan harapan kebutuhan bermain anak tetap dapat terpenuhi selama masa hospitalisasi.

Kata Kunci : Anak Prasekolah, Hospitalisasi, Kecemasan, *Peer Play*, *Solitary Play*, Terapi Bermain Terapeutik

## **ABSTRACT**

*Anxiety is one of the effects of hospitalization that makes preschoolers fearful and anxious so that they can extend the period of treatment and also worsen the child's condition. One of the interventions that can be given to reduce anxiety in preschool children is therapeutic play therapy (puzzle). The purpose of this study was to see the differences of peer play and solitary play therapeutic (puzzle) to anxiety children in preschooler during hospitalization.*

*This study uses a quantitative design with a quasy experimental approach. Non-equivalent control group design. The research was conducted in April - May 2023. The research location was in the Pediatric Room of RSUD Dr. H. Abdul Moeloek. Intake of research respondents using purposive sampling with the sample, namely preschool-age children who are undergoing hospitalization in the Alamanda Ward. The research sample consisted of 64 children divided into the intervention group and the control group. The data collection instrument used the Spence children anxiety scale preschool (SCASP) questionnaire to determine the anxiety score of preschool-aged children.*

*The results of the Paired T-test statistic show that there is a significant difference in the provision of solitary play therapy (puzzle) to preschool-age children undergoing hospitalization with a p-value of 0.001. In addition, there is a significant difference in giving peer play therapy (puzzle) to preschool-aged children undergoing hospitalization with a p-value of 0.001. The results of the Independent Samples Test statistical test found that there was a significant difference in the average difference in anxiety scores of preschoolers who were hospitalized before and after being given therapeutic games (puzzles) in peer play and solitary play groups (p-value = 0.001). Based on this study, it can be concluded that therapeutic play (puzzle) in the intervention group (peer play) and the control group (solitary play) can reduce the anxiety of preschool-aged children during hospitalization.*

*The nursing implication is that there is a need for play media that is suitable for child growth and development and the principles of play in hospitals and SOPs, especially in the children's room regarding therapeutic play procedures, peer play and solitary play. Therapeutic play therapy is an alternative intervention from atraumatic care that can be used by pediatric nurses to reduce anxiety in preschool children in the hope that children's play needs can still be fulfilled during the hospitalization period.*

*Keywords : Preschool Children, Hospitalization, Anxiety, Peer Play, Solitary Play, Therapeutic Play Therapy*