

PERSETUJUAN PEMBIMBING

Skripsi yang berjudul:
**Efektivitas Terapi Bermain Mewarnai dan Menyusun Puzzle Terhadap
Tingkat Kecemasan Anak Usia Prasekolah (3-6 Tahun) Akibat
Hospitalisasi di RSIA Sitti Khadijah Kota Gorontalo**

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Hari/Tanggal : Rabu, 03 November 2021
Waktu : 15.00 WITA

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ABSTRAK

Fatma Lasanudin. 2021. Efektivitas Terapi Bermain Mewarnai dan Menyusun Puzzle Terhadap Tingkat Kecemasan Anak Usia Prasekolah (3-6 Tahun) Akibat Hospitalisasi di RSIA Sitti Khadijah Kota Gorontalo. Skripsi, Program Studi Ilmu Keperawatan, Fakultas Olahraga dan Kesehatan, Universitas Negeri Gorontalo. Pembimbing I dr. Sri A. Ibrahim, M.Kes dan Pembimbing II Ns. Jamal Bahua, S.Kep, M. Kep.

Hospitalisasi adalah masuknya individu ke rumah sakit sebagai pasien karena berbagai alasan seperti pemeriksaan fisik, prosedur operasi, dan perawatan medis. Hospitalisasi dapat menjadi stressor bagi anak sehingga menimbulkan kecemasan. Untuk menurunkan kecemasan anak dibutuhkan pemberian terapi bermain. Terapi bermain merupakan salah satu cara untuk mengatasi kecemasan anak, contoh terapi bermain yaitu mewarnai dan *puzzle*. Penelitian ini bertujuan untuk mengetahui efektivitas antara terapi bermain mewarnai dan menyusun *puzzle* terhadap tingkat kecemasan anak usia prasekolah (3-6 tahun) akibat hospitalisasi di RSIA Sitti Khadijah Kota Gorontalo. Penelitian ini menggunakan desain *Quasi Experimental* rancangan *Non Equivalent Control Group Design, Purposive Sampling*, sampel 32 responden dibagi menjadi 2 kelompok yaitu mewarnai dan *puzzle*, kuisioner *Preschool Anxiety Scale*. Analisis data *Dependen T-Test* dan *Independent T-Test*. Hasil penelitian menunjukkan terdapat perbedaan yang signifikan antara sebelum dan sesudah diberikan terapi mewarnai dan menyusun *puzzle* nilai *p-Value* 0,001 ($P < 0,05$) dan *p-Value* 0,000 ($P < 0,05$). Uji perbedaan efektivitas *mean rank* mewarnai 51,8 dan *puzzle* 49,1. Kesimpulan dari penelitian ini didapatkan bahwa terapi bermain mewarnai lebih efektif dalam menurunkan kecemasan akibat hospitalisasi di RSIA Sitti Khadijah Kota Gorontalo. Berdasarkan penelitian ini diharapkan perawat dapat memberikan terapi bermain mewarnai dan *puzzle* untuk menurunkan kecemasan anak usia prasekolah akibat hospitalisasi.

Kata Kunci : Kecemasan, Terapi Bermain, Mewarnai, Puzzle

Daftar Pustaka : 45 (2012-2021)

ABSTRACT

Fatma Lasanudin. 2021. *The Effectiveness of Coloring and Playing Puzzle as Therapy towards Anxiety Level of Preschoolers (3-6 Years) Due to Hospitalization at RSIA Sitti Khadijah Kota Gorontalo.* Undergraduate Thesis. Study Program of Nursing, Faculty of Sports and Health, State University of Gorontalo. **The principal supervisor is dr. Sri A. Ibrahim, M.Kes. and the co-supervisor is Ns. Jamal Bahua, S.Kep., M.Kep.**

Hospitalization is when an individual is admitted to a hospital as a patient due to various reasons such as diagnostic examination, surgical procedure, medical treatment, medication, and physical condition monitoring. Hospitalization can be a stressor for child, which can lead to anxiety. Therefore, one way to reduce anxiety during hospitalization is through play therapy. Play therapy is one of the ways to deal with anxiety during inpatient, and the therapy can be in the form of coloring and playing puzzle. The research aims to find out the effectiveness of coloring and playing puzzle as therapy towards the anxiety level of preschoolers (3-6 years) due to hospitalization at RSIA Sitti Khadijah Kota Gorontalo. The research applies quasi experimental design with non-equivalent control group design. The research samples are 32 respondents, determined by employing purposive sampling, that are divided into two groups which are coloring and playing puzzle. The research instrument uses Preschool Anxiety Scale questionnaire. The data analysis applies Dependent T-Test and Independent T-Test. The research findings denote that there is a significant difference before and after application of coloring therapy with p value = 0,001 ($P < 0,05$). Also, there is a significant difference before and after application of playing puzzle therapy with p value = 0,000 ($P < 0,05$), and the effectiveness difference test indicate that p-value is 0,004 ($P < 0,05$), meaning that there is a significant difference between the two groups. In conclusion, coloring therapy is more effective in reducing anxiety because of hospitalization at RSIA Sitti Khadijah Kota Gorontalo. As a recommendation, the nurses are expected to apply coloring and playing puzzle therapy to reduce anxiety in preschoolers during hospitalization.

Keywords : Anxiety, Play Therapy, Coloring, Playing Puzzle
References : 45 (2012-2021)

