

**FAKULTAS ILMU KESEHATAN
PROGRAM STUDI D III KEPERAWATAN
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
KARYA TULIS ILMIAH, Mei 2019**

ABSTRAK

**IVAN ADITHYA PRATAMA
NIM : E1614401026**

**ASUHAN KEPERAWATAN DENGAN TERAPI BERMAIN (MEWARNAI)
PADA ANAK USIA 4-6 TAHUN (*PRASEKOLAH*) UNTUK
MENGURANGI STRES HOSPITALISASI**

11 bagian + 51 halaman + 8 tabel + 3 lampiran

Hospitalisasi adalah yaitu merupakan proses perawatan yang dilakukan di rumah sakit dan dapat menimbulkan trauma juga stres pada anak yang baru mengalami perawatan di rumah sakit. Dampak Hospitalisasi pada anak akan berbeda beda sesuai dengan usia dan pengalaman sakit atau di rawat di rumah sakit, support system, serta keterampilan coping dalam menangani stres. Salah satu cara untuk mengurangi dampak kecemasan hospitalisasi yang di alami anak selama menjalani perawatan yaitu dengan terapi bermain mewarnai. Tujuan asuhan keperawatan ini untuk mengetahui penurunan tingkat kecemasan pada anak usia 4-6 tahun. Rancangan studi kasus ini menggunakan model deskriptif. Metode pengumpulan data ini menggunakan metode wawancara dan skala *Visual Affective Scale* (VFAS). Hasil penelitian menunjukkan terdapat penurunan tingkat kecemasan pada 2 responden setelah dilakukan tindakan terapi bermain mewarnai pada anak usia 6 tahun yang mengalami stres hospitalisasi di Ruang Melati 5 RSUD. Dr Soekardjo Kota Tasikmalaya.

Kesimpulan : diperloeh hasil penurunan tingkat kecemasan setelah dilakukan terapi bermain mewarnai pada anak dengan stres hospitalisasi di ruang 5 RSUD. Dr Soekardjo Kota Tasikmalaya.

Kata Kunci : Hospitalisasi, Kecemasan ,Terapi bermain (mewarnai)

Daftar Pustaka : 15 (2003–2015) .

UMTAS

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ABSTRACT

**IVAN ADITHYA PRATAMA
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**NURSING CARE WITH PLAYING THERAPY (INSTALLING) IN
CHILDREN OF 4-6 YEARS (PRASECOLAH) TO REDUCE STRESS
HOSPITALIZATION**

11 parts + 51 pages + 8 tables + 3 attachments

When the child is in the hospital, the child will experience hospitalization, namely a situation where the child is being treated in the hospital. Anxiety due to hospitalization that occurs in preschool children is a condition that risks disrupting its growth and will affect the healing process. One effort to reduce the anxiety level of children aged 4-6 years (preschool) who experience stress hospitalization is by using coloring therapy. The purpose of nursing care is to determine changes in the decrease in anxiety levels in children aged 4-6 years (preschool). The subjects of this case study were children aged 4-6 years (preschool). The design of this case study uses descriptive research types. Descriptive research aims to see an overview of phenomena that occur within a particular population. The method of collecting data in this study uses 2 methods, namely: 1) interview by asking directly to the patient's guardian, 2) using a VFAS scale (Visual Face Affective Scale), which is an anxiety level scale for children aged 4-6 years. The stage of implementation of therapy is given to children who are stressed hospitalization in the Hospital of Dr. Soekardjo Hospital in Tasikmalaya as much as 1x in 3 days each therapy is 30 minutes long. Based on the results of nursing care on 29 April-04 May 2019, the results of a decrease in anxiety levels were significant in 2 days at An.A, from anxiety levels according to VFAS A3 (A0-10) to A0 and at An. - A10) becomes A3. Thus, it can be seen that coloring therapy is effective in reducing the stress of hospitalization for children aged 4-6 years (preschool) and this therapy can be a means of approaching children which is useful to speed up the healing process while in the hospital.

Keywords: Children, stressed hospitalization, play therapy (coloring)

Bibliography: 15 (2003–2015).