

# Pengaruh permainan terapeutik terhadap kecemasan, kehilangan kontrol, dan ketakutan anak prasekolah selama dirawat di RSUD Dr. H. Abdul Moeloek Propinsi Lampung = The impact of therapeutic play toward preschool anxiety, lost of control, and fears during Hospitalization in Dr. H. Abdul Moeloek in the Lampung Province

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## Abstrak

Permainan terapeutik merupakan salah satu intervensi keperawatan yang diberikan pada anak yang dirawat di rumah sakit (hospitalisasi). Hospitalisasi menimbulkan stress bagi anak yang merupakan gangguan terhadap terpenuhinya kebutuhan emosional anak, yang perlu penanganan sedini mungkin karena akan berdampak pada tahap pertumbuhan dan perkembangan anak. Perawat dibutuhkan peranannya dalam mengatasi respon hospitalisasi ini. Tujuan penelitian ini adalah mengidentifikasi pengaruh permainan terapeutik terhadap kecemasan, kehilangan kontrol, dan ketakutan anak prasekolah selama dirawat di rumah sakit. Penelitian ini menggunakan desain kuasi - eksperimen, dengan pretest-posttest non-equivalent control group design bertujuan untuk mengidentifikasi perbedaan kecemasan, kehilangan kontrol, dan ketakutan pada anak prasekolah sebelum dan setelah dilakukan permainan terapeutik selama dirawat di rumah sakit pada kelompok intervensi dan kelompok kontrol. Populasi penelitian ini adalah semua anak prasekolah yang dirawat di RSUD Dr. H. Abdul Moeloek Propinsi Lampung. Jumlah sampel 60 anak (30 anak kelompok intervensi dan 30 kelompok kontrol). Analisis pengaruh permainan terapeutik terhadap kecemasan, kehilangan kontrol, dan ketakutan anak prasekolah selama dirawat menggunakan uji t independent.

.....Therapeutic play was one of the nursing intervention for children whom stayed in the hospital. Hospitalization caused stress for children. It is a disturbance of fulfilling children emotional needs which should be handled as early as possible because it might influence children's growth and development. Nursing care lays an important role to overcome this problems. The purpose of this study was to identify the impact of therapeutic play toward anxiety, loss of control, and fears of pre school children during hospitalization. This study employed a quasi experiment design with pretest posttest non-equivalent control group design. The purpose of the study was to identify the differences between anxiety, lost of control, and fears for pre school children before and after therapeutic play in the intervention and control group. Population of this study were all pre school children which were cared at RSUD Dr. H. Abdul Moeloek in the Lampung Province. The sampel of this study was 60 children (30 of them were in to intervention group and 30 of them were control group). Independent t-test was employed to analyze the impact of giving therapeutic play toward anxiety, lost of control, and fears for pre school children. Result of this study indicated that there were differences on the average of anxiety reduction in the intervention and control group ( $p = 0.002$ ). There were also differences on average reduction of lost of control in the intervention and control group ( $p = 0.001$ ). This study also found that there were differences on average reduction of fears in the intervention and control group ( $p = 0.009$ ). It means that therapeutic play has an impact on reduction of anxiety, lost of control, and fears among pre school children at hospital. From this study, it is recommended that an hospital is required to plan a structured therapeutic play program which was supported by hospital leader, especially

at Dr. H. Abdul Moeloek hospital in Lampung children.