

## Pengaruh metode bimbingan imajinasi rekaman audio pada anak usia sekolah terhadap stres hospitalisasi di Rumah Sakit di Kota Palu = The effect of audio-recorded guided imagery method on school age children against stress of hospitalization at hospital in Palu city

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### Abstrak

Hospitalisasi merupakan suatu kondisi seseorang karena sakit dan masuk rumah sakit. Tujuan penelitian mengetahui pengaruh metode bimbingan imajinasi rekaman audio terhadap stres hospitalisasi pada anak usia sekolah di Rumah Sakit di Kota Palu. Desain penelitian quasi eksperimental dengan pre and post test design with control group. Sampel yaitu anak usia 7-12 tahun sebanyak 26 responden kelompok intervensi dan 26 responden kelompok kontrol. Intervensi yaitu metode bimbingan imajinasi rekaman audio.

Hasil penelitian menunjukkan ada perbedaan yang signifikan rerata skor stres hospitalisasi setelah intervensi ( $p = 0,004$ ). Tidak ada kontribusi variabel confounding. Berdasarkan hasil penelitian ini, bimbingan imajinasi rekaman audio dapat diterapkan pada asuhan keperawatan anak sakit di rumah sakit.

.....Hospitalization is a condition of a person because of illness and hospital admission. Research objectives determine the influence of audio recorded guided imagery method to stress of hospitalization in school-age children in hospital in Palu. Quasiexperimental research design with pre and post test design with control group. The sample of children aged 7-12 years were 26 respondents intervention group and 26 control group respondents. Intervention is the method of audio recorded guided imagery.

The results showed the significant difference mean stress score of hospitalization after the intervention ( $P = 0.004$ ). No contribution of confounding variables. Based on these results, audio recorded guided imagery intervention can be applied to care the sick pediatric in hospital.