

Pengaruh terapi bermain all tangled up terhadap kecemasan anak usia sekolah selama hospitalisasi di RSUD Syekh Yusuf Kabupaten Gowa Propinsi Sulawesi Selatan = The effect of playing therapy called all tangled up on anxiety of school aged children while hospitalized at Syekh Yusuf Regional Hospital of Gowa Province of South Sulawesi

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Abstrak

Salah satu terapi yang digunakan untuk menurunkan kecemasan pada anak usia sekolah selama hospitalisasi adalah dengan melakukan terapi bermain all tangled up. Penelitian ini bertujuan mengetahui pengaruh terapi bermain terhadap kecemasan anak usia sekolah selama hospitalisasi di RSUD Syekh Yusuf Kabupaten Gowa Propinsi Sulawesi Selatan. Desain penelitian quasi experimental pre-post test with control group. Sampel berjumlah 68 orang yang meliputi 34 orang kelompok intervensi dan 34 orang kelompok kontrol. Hasil penelitian menunjukkan penurunan skor tingkat kecemasan pada anak usia sekolah lebih tinggi pada kelompok intervensi dibandingkan kelompok kontrol ($p \text{ value} < 0.05$). Terapi bermain all tangled up direkomendasikan diterapkan sebagai terapi keperawatan merawat klien anak usia sekolah yang mengalami kecemasan selama hospitalisasi.

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One of therapies to decrease anxiety of school-aged children while hospitalized is by playing therapy called all tangled up. The aim of this study was to know influence of playing therapy called all tangled up to school-aged children while hospitalized at Syekh Yusuf Regional Hospital of Gowa, province of South Sulawesi. This study used a Quasi-experimental design with pre-post test and control group. A number of 68 samples including 34 people the intervention group and 34 the control group. The results showed the decrease in the anxiety score of school-aged children in the intervention group was higher than in the control group ($p \text{ value} < 0.05$). Playing therapy called all tangled up is recommended as a therapy applied in the advanced nursing care for school-aged children clients with anxiety while hospitalized.