

## Gambaran kecemasan anak prasekolah yang menjalani perawatan di ruang perawatan berfasilitas ruang bermain dan di ruang tanpa fasilitas ruang bermain = The description of anxiety preschool age children during hospitalization at ward with playroom and without playroom

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Abstrak

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Kecemasan merupakan reaksi yang sering terjadi selama hospitalisasi, dan dapat berakibat kepada penurunan kondisi, lamanya adaptasi dan gangguan pertumbuhan dan perkembangan anak. Gangguan pertumbuhan dan perkembangan akibat kecemasan dapat diminimalkan apabila perawat memberikan intervensi yang tepat pada anak dengan kecemasan. Penelitian ini bertujuan untuk mengidentifikasi gambaran kecemasan anak prasekolah yang dirawat di bangsal berfasilitas dan tanpa fasilitas ruang bermain. Penelitian ini menggunakan metodologi deskriptif dengan pendekatan potong lintang pada 100 anak prasekolah. Pemilihan sampel menggunakan purposive sampling. Data dikumpulkan menggunakan lembar check list observasi kecemasan anak. Data dianalisis secara univariat. Hasil menunjukkan rata-rata skor kecemasan anak pada bangsal berfasilitas ruang bermain 29,70 dengan SD 6,609 sedangkan tanpa fasilitas ruang bermain 36,24 dengan SD 6,760. Kesimpulan penelitian ini adalah rata-rata skor kecemasan anak di bangsal berfasilitas ruang bermain lebih rendah daripada yang tidak mempunyai fasilitas ruang bermain. Hasil penelitian ini merekomendasikan bahwa perlunya fasilitas ruang bermain di bangsal perawatan anak untuk menurunkan kecemasan hospitalisasi.

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**ABSTRACT**

Anxiety is a reaction that often occurs in children during hospitalization, this condition can be caused by a decrease of conditions, duration of adaptation, growth and development disorders. The growth and development disorder caused by anxiety can be minimized, if the nurse gave correct intervention to children with anxiety. This study aimed to identify the description of anxiety among preschool-age children during hospitalization at ward with playroom and without playroom facility. This study was a descriptive approach research, applied a cross sectional method, and involved 100 of preschool-age children. Sampling method was used purposive sampling. Data was collected by using observed anxiety check list. The data was analyzed by using univariate method. The result showed that mean anxiety score in ward with playroom was 29.70 with SD 6.609, while in ward without playroom was 36.24 with SD 6.760. The study concluded that mean anxiety score of children in ward with playroom was lower than without playroom. The result of this study recommended that the importance of playroom in pediatric ward to decrease hospitalization anxiety.