

## Metode bimbingan imajinasi rekaman audio untuk menurunkan stres hospitalisasi pada anak usia sekolah di rumah sakit di kota Palu / Fitria Masulili, Allenidekania, Sutanto Priyo Hastono

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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, diberikan 3 kali selama 2 hari (6 sesi @ 15 menit)). 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.

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Audio Recorded Guided Imagery Method to Reduce Stress Hospitalisazation in School Age Children in Palu

Hospital. 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. Quasi-experimental 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, three times a day for two days (one session equal to 15 minutes).

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.