ABSTRACT

THE EFFECT OF COLORING PLAY ON THE ANXIETY LEVEL OF PRESCHOOL CHILDREN DURING HOSPITALIZATION

*(Pre-Experimental One Group Pretest – Posttest Design
at Gotong Royong Hosptal)*

Rizka Nur Indah Ristyawati
202302051

Hospitalization was planned or emergency process that requires children to stay in the hospital, undergo treatment, eventually return home. When undergoing hospitalization, children are prohibited from moving a lot and resting, disappointment can increase anxiety. Phenomena found at Gotong Royong Hospital was in experience anxiety during hospitalization. Which one provide a relaxing effect for reducing anxiety in children was coloring play. This study was identify the effect of coloring play on the anxiety level of preschool children during hospitalization. This study used a Pre-Experimental One Group Pretest-Posttest Design. The sampling technique used consecutive sampling technique. The study population was children aged 3-6 years in the pediatric room of Gotong Royong Hospital who met the inclusion criteria with a sample of 75 respondents. The data collection instrument used questionnaire of anxiety levels in preschool children during hospitalization. Coloring play done once a day for 3 days. Data analysis using Wilcoxon test. The results showed that 52% of respondents experienced a severe level of anxiety and after coloring play was obtained a decrease to 85.3% of respondents experienced a mild level of anxiety. Wilcoxon test with a significant level of $\alpha=0.05$. The price of $\rho<\alpha$, obtained the price of $\rho=0.000$. Then H1 accepted. That be interpreted there was an effect of coloring play to reduce anxiety levels in preschool-age during hospitalization at Gotong Royong Hospital. The results of this study are expected to provide coloring play to be used as an intervention in overcoming the anxiety of preschool-age children during hospitalization.

Keywords: Anxiety, Preschool Children, Hospitalization

ABSTRAK

**PENGARUH *COLORING PLAY* TERHADAP TINGKAT KECEMASAN
ANAK USIA PRASEKOLAH SAAT HOSPITALISASI**

**(*Pre-Experimental One Group Pretest – Posttest Design*
Di Rumah Sakit Gotong Royong)**

<u>**Rizka Nur Indah Ristyawati**</u>
202302051

Hospitalisasi merupakan proses terencana atau darurat, hingga mengharuskan anak tinggal di Rumah Sakit, menjalani perawatan sampai pulang ke rumah. Saat hospitalisasi anak dilarang banyak bergerak dan beristirahat, sehingga dapat meningkatkan kecemasan. Fenomena yang ditemukan di RS Gotong Royong terdapat anak mengalami kecemasan selama hospitalisasi. Salah satu upaya untuk mengurangi kecemasan pada anak dapat diberikan *coloring play* karena dapat memberikan efek rileks. Tujuan penelitian ini untuk mengidentifikasi Pengaruh *Coloring Play* Terhadap Tingkat Kecemasan Anak Usia Prasekolah Saat Hospitalisasi. Penelitian ini menggunakan rancangan *Pre-Experimental One Group Pretest–Posttest Design*. Teknik pengambilan sampling menggunakan teknik *consecutive sampling*. Populasi penelitian semua pasien anak prasekolah dengan usia 3-6 tahun di rawat inap anak RS Gotong Royong yang memenuhi kriteria inklusi dengan jumlah sampel 75 responden. Instrument pengumpulan data menggunakan kuesioner tingkat kecemasan pada anak usia prasekolah saat hospitalisasi. *Coloring play* dilakukan sehari sekali selama 3 hari. Analisis data menggunakan uji statistic Wilcoxon. Hasil penelitian didapatkan sebelum diberikan terapi 52% responden mengalami tingkat kecemasan berat dan setelah dilakukan *coloring play* didapatkan penurunan menjadi 85,3% respoden mengalami tingkat kecemasan ringan. Uji Wilcoxon dengan tingkat signifikan $\alpha=0,05$. Harga $\rho<\alpha$, didapatkan harga $\rho=0,000$. Maka H_1 diterima. berartikan ada pengaruh *coloring play* menurunkan tingkat kecemasan pada anak usia prasekolah saat hospitalisasi di RS Gotong Royong Surabaya. Dari hasil penelitian ini diharapkan dapat memberikan *coloring play* dijadikan sebagai intervensi dalam mengatasi kecemasan pasien anak usia prasekolah saat hospitalisasi.

Kata Kunci : Kecemasan, Anak Usia Prasekolah, Hospitalisasi