

ABSTRAK

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Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Pada Anak Pra Sekolah Dengan Ansietas Selama Hospitalisasi Menggunakan Terapi Bermain Puzzle Studi Kasus Di Ruang Kertawijaya RSUD Dr. Wahidin Sudiro Husodo Kota Mojokerto
Pembimbing : Siti Indatul Laili, S.Kep.Ns.,M.Kes

Kondisi krisis yang terjadi pada anak saat mendapatkan perawatan di rumah sakit yaitu hospitalisasi. Respon yang paling umum selama anak prasekolah menjalani hospitalisasi salah satunya adalah kecemasan. Tujuan dari asuhan keperawatan ini adalah untuk menganalisis penerapan intervensi asuhan keperawatan pada anak prasekolah dengan ansietas selama hospitalisasi menggunakan terapi bermain puzzle di ruang kertawijaya RSUD Dr. Wahidin Sudiro Husodo kota Mojokerto. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Subjek penelitian adalah anak usia prasekolah yang mengalami ansietas selama perawatan di rumah sakit. Intervensi yang digunakan adalah terapi bermain puzzle sebagai teknik distraksi untuk menurunkan kecemasan anak yang dilakukan 15 menit dalam sehari selama 3x24 jam. Hasil evaluasi menunjukkan adanya perubahan kondisi klien yang signifikan. Ibu klien melaporkan bahwa anak sudah kooperatif saat dilakukan tindakan injeksi, nafsu makan membaik dengan porsi makan yang dihabiskan meskipun masih memerlukan waktu, serta klien dapat tidur lebih lama dengan pendampingan. Secara objektif, kondisi umum klien tampak cukup baik, kontak mata membaik, klien tersenyum, bersedia bersalaman dengan perawat, serta kooperatif saat dilakukan tindakan injeksi. Tanda vital dalam batas relatif stabil dengan nadi 107 kali per menit dan respirasi 22 kali per menit. Masalah keperawatan ansietas dinyatakan teratasi. Teknik distraksi bermain puzzle ini efektif dalam menurunkan ansietas pada anak usia prasekolah selama hospitalisasi karena permainan ini melibatkan konsentrasi serta mengalihkan fokus anak dari stressor lingkungan rumah sakit ke aktivitas yang menyenangkan sehingga pikiran menjadi tenang dan ansietas dapat berkurang.

Kata Kunci: Ansietas, Anak Prasekolah, Hospitalisasi, Terapi Bermain Puzzle, Asuhan Keperawatan.

ABSTRACT

Name : Deva Novi Anawati
Study Program : Nursing Profession
Title : Analysis of Nursing Care for Preschool-Aged Children Experiencing Anxiety During Hospitalization Using Puzzle Play Therapy: A Case Study in the Kertawijaya Ward, Dr. Wahidin Sudiro Husodo Regional General Hospital, Mojokerto City
Supervisor : Siti Indatul Laili, S.Kep.Ns., M.Kes

The crisis condition that occurs in children while receiving care at home is hospitalization. The most common response when a child is called to undergo inpatient care is anxiety. The purpose of this nursing care is to determine the implementation of recommended nursing care interventions for children with anxiety during hospitalization using puzzle play therapy in the Kertawijaya Ward of Dr. Wahidin Sudiro Husodo Regional Hospital, Mojokerto City. The method used is a case study with a murder process approach that includes assessment, diagnosis of murder, planning, implementation, and evaluation. The research subjects were early childhood children who experienced anxiety during hospitalization. The intervention used was puzzle play therapy as a distraction technique to reduce children's anxiety which was carried out for 15 minutes a day for 3x24 hours. The evaluation results showed a significant change in the client's condition. The client's mother reported that the child was cooperative when undergoing injections, appetite increased with the portion of food consumed although it still took time, and the client was able to sleep longer with assistance. In terms of objectives, the client's general condition appeared quite good, eye contact improved, the client smiled, was willing to shake hands with the nurse, and was cooperative during the injection procedure. Vital signs were within relatively stable limits with a pulse of 107 beats per minute and a respiration of 22 breaths per minute. The anxiety well-being problem was declared resolved. This puzzle game distraction technique is effective in reducing anxiety in early childhood during hospitalization because this game involves concentration and shifts the child's focus from the stressors of the hospital environment to enjoyable activities so that the mind becomes calm and anxiety can be reduced.

Keywords: Anxiety, Preschool Children, Hospitalization, Puzzle Play Therapy, Nursing Care.