

Health Polytechnic Ministry Of Health Bandung
Bogor Nursing DIII Study Program

Muhamad Fahri Adzaky
NIM. P17320321025

Implementation of Play Therapy Using POP IT Tools to Reduce Anxiety in Pre-School Children Undergoing Hospitalization at Cibinong Regional Hospital

i-x- 58 pages, V Chapter, 4 Tables, 4 Appendices

ABSTRACT

Preschool children are children aged 3-6 years. In the socialization aspect, pre-school children have started to do activities outside the home by playing with their peers. When playing outside the home, children's activities are often uncontrolled so they are vulnerable to falls and injuries. If the illness cannot be handled by themselves, parents usually take their child to the hospital. Hospitalization is a condition where the child is required to stay in the hospital while being treated. Children will experience several things that make them uncomfortable, such as feeling uncomfortable in the hospital environment, being separated from their parents, losing their freedom. One way to reduce anxiety in children is with pop it play therapy. The aim of implementing pop it play therapy is to divert the child's concentration which was previously focused on anxiety and fear due to the pain the child feels. This research method is descriptive with a purposive sampling case study design (interviews and observations). The results of this case study show that after 2 meetings the 3 respondents experienced anxiety. The average level of anxiety was moderate and decreased after the intervention of playing pop it with the average level of mild anxiety occurring. The conclusion is that playing pop it can have a good effect on reducing anxiety in preschool children undergoing hospitalization. The recommendation is that it is hoped that this pop it game can be used as an alternative intervention to reduce anxiety in children undergoing hospitalization.

Keywords: Playing Pop it, Preschool Children, Anxiety, Hospitalization

Bibliography: 19 Sources