

## Pengaruh Bermain Boneka Terapeutik Terhadap Ketakutan Anak Usia Prasekolah Selama Hospitalisasi Di RSUD Undata Provinsi Sulawesi Tengah

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### INTISARI

**Latar belakang:** Hospitalisasi merupakan kondisi anak sakit dan dirawat di rumah sakit yang dapat menimbulkan ketakutan pada anak. Ketakutan tersebut dapat menyulitkan proses pengobatan dan perawatan terhadap anak yang sakit selama hospitalisasi. Untuk itu diperlukan intervensi untuk mengurangi ketakutan yang ditimbulkan. Salah satu cara untuk menurunkan ketakutan anak selama hospitalisasi adalah dengan terapi bermain. Terapi bermain dapat dilakukan dengan menggunakan media boneka terapeutik.

**Tujuan:** Untuk mengetahui pengaruh bermain boneka terapeutik terhadap ketakutan anak usia prasekolah selama hospitalisasi di RSUD Undata Provinsi Sulawesi Tengah.

**Metode:** Penelitian ini merupakan penelitian *quasi experimental* dengan rancangan *pre-test-post-test control group design*, dilaksanakan pada tanggal 29 Desember 2018 - 12 Februari 2019. Teknik pengambilan sampel secara *purposive sampling*, jumlah sampel sebanyak 44 terdiri dari kelompok intervensi  $n = 22$ , kontrol  $n = 22$ . Pada kelompok intervensi diberi perlakuan terapi bermain dengan menggunakan boneka terapeutik sedangkan kelompok kontrol mendapatkan terapi bercerita. Alat ukur menggunakan kuesioner dan observasi ketakutan anak. Analisis data menggunakan *Mann Whitney test*, *Paired Wilcoxon*, *Spearman* dan regresi linier.

**Hasil:** Terdapat perbedaan signifikan ketakutan (kuesioner  $p < 0.001$  dan observasi  $p < 0,001$ ) kelompok intervensi (bermain boneka terapeutik) dibandingkan dengan kelompok kontrol (bercerita), dengan nilai *cohen* (d) ketakutan berdasarkan kuesioner  $d = 0,512$  dan observasi  $d = 0,502$  secara klinis berarti memiliki *effect size* sedang.

**Kesimpulan:** Terdapat pengaruh bermain boneka terapeutik terhadap ketakutan anak usia prasekolah berdasarkan kuesioner dan observasi selama hospitalisasi di RSUD Undata Provinsi Sulawesi Tengah. Hasil penelitian ini dapat menjadi bahan informasi bagi rumah sakit dan perawat mengenai terapi bermain dan media perawatan atraumatik yang dinilai lebih optimal bagi pasien anak usia prasekolah dalam mengatasi ketakutan pada anak selama hospitalisasi.

**Kata kunci:** anak prasekolah, ketakutan, hospitalisasi, boneka terapeutik

## The Effects of Playing a Therapeutic Doll On Children's Fear in Preschool Age During Hospitalization at Undata Hospital Province of Central Sulawesi

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### ABSTRACT

**Background:** Hospitalization is the condition of a sick child and being treated in a hospital which can cause fear in children. This fear can complicate the process of medication and treatment of sick children during hospitalization. For this reason, intervention is needed to reduce the fear caused. One way to reduce children's fears during hospitalization is by playing therapy. Playing therapy can be done using therapeutic doll media.

**Objective:** To determine the effect of playing therapeutic dolls on the fear of preschools children during hospitalization at the Undata Hospital in Central Sulawesi Province.

**Method:** This research is a quasi-experimental study with a pre-test-post-test control group design, carried out on 29 December 2018 - 12 February 2019. The sampling technique was purposive sampling, the number of samples was 44 consisting of intervention groups  $n = 22$ , controls  $n = 22$ . In the intervention group, treatment was given playing therapy using a therapeutic doll while the control group received storytelling therapy. Measuring instruments using questionnaires and child fears observation. Data analysis using Mann whitney test, Paired Wilcoxon, Spearman and linear regression.

**Results:** There was a significant difference in fear (questionnaire  $p < 0.001$  and observation  $p < 0.001$ ) intervention group (therapeutic doll) compared to the control group (storytelling), cohen value (d) fear based on questionnaire  $d = 0.512$  and observation  $d = 0.502$  clinically means it has a medium size effect.

**Conclusion:** There is the influence of playing therapeutic dolls on the fear of preschools children based on questionnaires and observations during hospitalization in the Hospital of Undata, Central Sulawesi Province. The results of this study are expected to be information material for hospitals and nurses regarding playing therapy and atraumatic care media which are considered more optimal for preschool children in overcoming fear in children during hospitalization.

**Keywords:** Preschool children, fear, hospitalization, therapeutic doll