

**PENGARUH TERAPI BERMAIN BONEKA SIMULASI TERAPEUTIK  
TERHADAP KECEMASAN DAN NYERI ANAK USIA SEKOLAH YANG  
MENJALANI HOSPITALISASI DI RSUP DR SARDJITO**

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INTISARI**

**Latar belakang:** Hospitalisasi jangka panjang maupun pendek dapat menimbulkan stres. Tindakan invasif merupakan sumber nyata stres hospitalisasi anak usia sekolah. Tindakan invasif selain menimbulkan kecemasan juga menimbulkan nyeri. Kecemasan dan nyeri apabila tidak ditangani dapat menghambat penyembuhan, menambah hari rawat dan mengganggu perkembangan.

**Tujuan penelitian:** Mengetahui apakah terdapat perbedaan kecemasan dan nyeri yang menyertai pelaksanaan tindakan invasif anak usia sekolah di RSUP Dr Sardjito antara kelompok intervensi dan kelompok kontrol.

**Metode:** *Quasi Experimental-post test only control group design* dengan *purposive sampling*. Penelitian dilakukan di Ruang Melati 1, 2, 3, 4 dan Cendana 4 RSUP Dr Sardjito, pada November 2014-Februari 2015. Responden dibagi dalam kelompok intervensi (n=30) menerima terapi bermain boneka simulasi terapeutik dan kelompok kontrol (n=30) tidak diberikan terapi. Instrumen menggunakan *FAS* dan *WBS*.

**Hasil:** Terdapat perbedaan bermakna kecemasan dan nyeri pada kedua kelompok ( $p<0,05$ ). Skor kecemasan dan nyeri kelompok intervensi lebih rendah dibandingkan kelompok kontrol, ( $M=1,00$ vs $2,00$ ) dan ( $M=1,50$ vs $3,00$ ). Rerata kecemasan dan nyeri kelompok intervensi lebih rendah dibandingkan kelompok kontrol, ( $1,43$ vs $2,07$ ) dan ( $1,83$ vs $2,63$ ).

**Kesimpulan:** Ada pengaruh terapi bermain boneka simulasi terapeutik terhadap kecemasan dan nyeri yang menyertai pelaksanaan tindakan invasif anak usia sekolah di RSUP DR Sardjito pada kelompok intervensi dibandingkan dengan kelompok kontrol.

**Kata kunci:** *play therapy*, boneka simulasi terapeutik, anak usia sekolah, kecemasan, nyeri

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**THE EFFECT OF PLAY THERAPY WITH THERAPEUTIC DOLL  
SIMULATION TO ANXIETY AND PAIN DURING HOSPITALIZATION  
OF SCHOOL-AGE CHILDREN AT DR. SARDJITO HOSPITAL**

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**ABSTRACT**

**Background:** Stress can be caused by the invasive care during long term and/or short term hospitalization. It happens among the hospitalized school-age children. It causes anxiety and pain. Both of them can inhibit and slow down the healing processes.

**Objective:** To identify how play therapy with therapeutic doll simulation affects anxiety and pain during school-age children's hospitalization at Dr. Sardjito hospital.

**Method:** The study used Quasy Experimental-post test only control group design with purposive sampling. The study was conducted in Melati 1, 2, 3, 4, and Cendana 4 room of Dr. Sardjito hospital. The respondents were divided into two groups. They were treatment group (n=30) and control group (n=30). The instruments in this study were FAS and WBS.

**Results:** There was significant difference in anxiety and pain in both groups ( $p < 0,05$ ). Anxiety and pain score in treatment group was lower than the anxiety and pain in control group, (M=1,00 vs 2,00) and (M=1,50 vs 3,00).

**Conclusion:** Play therapy with therapeutic doll simulation affect the anxiety and pain that come with invasive care during the hospitalization of school-age children at Dr. Sardjito Hospital.

**Keywords:** play therapy, therapeutic doll simulation, school-age children, anxiety, pain.

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