

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

**Latar belakang:** Hospitalisasi baik jangka pendek maupun panjang merupakan hal yang traumatis dan mengganggu bagi anak usia prasekolah. Pada saat hospitalisasi anak mendapatkan tindakan invasif yang menyebabkan kecemasan dan nyeri. Terapi bermain boneka simulasi terapeutik merupakan salah satu media perawatan atraumatik sebagai alternatif solusi untuk meminimalkan kecemasan dan nyeri anak.

**Tujuan penelitian:** Mengetahui perbedaan kecemasan dan nyeri yang menyertai pelaksanaan tindakan invasif anak usia prasekolah pada kelompok intervensi dan kelompok kontrol.

**Metode:** Metode penelitian menggunakan *Quasi Experiment-posttest 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-April 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:** Skor kecemasan (M=2,00 vs 3,00) dan nyeri (M=3,00 vs 4,00) kelompok intervensi lebih rendah dibandingkan kelompok kontrol. Rerata kecemasan (2,00 vs 2,60) dan nyeri (3,10 vs 3,80) kelompok intervensi lebih rendah dibandingkan kelompok kontrol.

**Kesimpulan:** Ada pengaruh terapi bermain dengan boneka simulasi terapeutik terhadap kecemasan dan nyeri yang menyertai pelaksanaan tindakan invasif anak usia prasekolah di RSUP DR Sardjito pada kelompok intervensi dibandingkan kontrol ( $p < 0,05$ ).

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

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

**Background:** Hospitalization both in short or long term manner is a traumatic treatment for children in preschool age. During the hospitalization children receive invasive procedure that often followed by anxiety and pain. Play therapy is one of the possible methods to mediate anxiety and pain occur during the children treatment.

**Research Objective:** Identify the disparity of anxiety and pain level occurs during the invasive procedure between children in controlled and interfered group.

**Methodology:** This research utilized Quasi Experiment-posttest only control group design with purposive sampling. The research was conducted in Ruang Melati 1,2,3,4 and Cendana 4 of RSUP DR Sardjito, on November 2014 until April 2015. There were two different groups; treatment (n=30) and control group (n=30). The study uses FAS and WBS as instrument.

**Result:** The interfered group anxiety (M=2,00 vs 3,00) and pain score (M=3,00 vs 4,00) are lower compared to controlled group, similarly in anxiety mean level (2,00 vs 2,60) and pain mean level (3,10 vs 3,80).

**Conclusion:** Play therapy retains influence to both anxiety and pain level that occurs during the invasive procedure to children in pre-school age in RSUP DR Sardjito between the interfered and controlled group ( $p < 0,05$ ).

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

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