

ABSTRACT

Annisa Nafisah (2023). Application of Coloring Play Therapy in Reducing Anxiety Due to Hospitalization in Preschool-aged Children at Arifin Achmad Hospital. Case Study Scientific Writing, Pekanbaru DIII Nursing Study Program, Department of Nursing, Riau Ministry of Health Health Polytechnic. Advisor (I) Ns. Hj. Rusherina, S.Pd, S.Kep., M.Kes, (II) Ns. Kurniawati, S.Kep., M.Kep

Hospitalization is a condition that triggers a child to need to stay in the hospital to become a patient through various treatments. During treatment at the hospital, children will definitely feel anxious, worried, and afraid. One form of overcoming anxiety in children as a diversion is coloring play therapy. Coloring pictures will be carried out as play therapy for preschool-aged children to reduce anxiety because it is considered a very basic play activity for the development of growth and development. The purpose of this study was to determine changes in anxiety after being given coloring play therapy in preschool-aged children undergoing hospitalization. This type of research is descriptive which was conducted on April 15-17 2023. The intervention provided was in the form of coloring play therapy. The subjects in this study were two preschool-age children who experienced anxiety. The initial anxiety score was 38 with moderate anxiety for both subjects. The results showed that subject I and subject II experienced a decrease in anxiety after receiving coloring play therapy in subject I with a score of 27 on mild anxiety while subject II with a score of 23 on mild anxiety. The conclusion is that coloring play therapy is suitable for preschool-aged children who experience anxiety while being hospitalized.

Keywords: Anxiety, Coloring Play Therapy, Hospitalitation