



**PROGRAM STUDI KEPERAWATAN
FAKULTAS ILMU-ILMU KESEHATAN
UNIVERSITAS ESA UNGGUL**

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**PENGARUH TERAPI BERMAIN : *HOSPITAL STORY* TERHADAP PENURUNAN
STRESS HOSPITALISASI PADA ANAK USIA 6 SAMPAI 12 TAHUN DI RS AN-NISA
TANGERANG TAHUN 2018**

xvii + vii bab + 98 halaman + 10 tabel + 5 skema + 14 lampiran

ABSTRAK

Di Indonesia diperkirakan 35 per 1000 anak menjalani hospitalisasi. Perawatan anak sakit selama dirawat sakit atau hospitalisasi menimbulkan krisis dan kecemasan tersendiri bagi anak dan keluarganya. Berdasarkan data Survei Kesehatan Nasional jumlah anak usia prasekolah di Indonesia sebesar 20,72% dari jumlah total penduduk Indonesia, berdasarkan data tersebut diperkirakan 35 per 100 anak menjalani hospitalisasi dan 45% diantaranya mengalami kecemasan. Penelitian ini bertujuan untuk mengidentifikasi pengaruh terapi bermain : *Hospital story* hospitalisasi pada anak di RS AN-NISA Tangerang. Metode penelitian *pre-eksperimen* dengan *pre—post design with one group*. Besar sampel yaitu anak usia 6-12 tahun sebanyak 44 responden dengan teknik *nonprobability sampling* jenis *quota sampling*. Hasil uji hipotesis *paired sample t-test* pada tingkat kemaknaan ($\alpha = 0,05$) menunjukkan bahwa nilai p -value = $0,000 < \alpha$, yaitu $0,000 < 0,05$ maka H_0 ditolak dan H_a diterima artinya bahwa ada pengaruh terapi bermain : *hospital story* terhadap penurunan stress hospitalisasi pada anak usia 6 sampai 12 tahun. Simpulan diperoleh ada perbedaan yang bermakna antara tingkat stress sebelum dan sesudah diberikan *Hospital story*. Disarankan instirusi pelayanan kesehatan perlu menerapkan kebijakan baru tentang *Hospital story* sebagai teknik modalitas untuk menurunkan stress hospitalisasi anak.

Kata Kunci : Stres hospitalisasi, *Hospital story*
Daftar pustaka : 27 (2004 – 2014)



NURSING STUDY PROGRAMS
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**EFFECT OF PLAYING THERAPY : HOSPITAL STORY ON THE DECREASE OF
HOSPITALIZATION STRESS IN CHILDREN AGES 6 TO 12 YEARS IN AN-NISA
TANGERANG HOSPITAL IN 2018**

xvii + vii capter + 99 page + 10 tabel + 5 schemes + 14 appendices

ABSTRACT

In Indonesia it is estimated that 35 per 1000 children undergo hospitalization. The care of a sick child during treatment for sickness or hospitalization causes its own crisis and anxiety for the child and his family. Based on data from the National Health Survey the number of preschool children in Indonesia is 20.72% of the total population of Indonesia, based on these data it is estimated that 35 per 100 children undergo hospitalization and 45% experience anxiety. This study aims to identify the effect of therapeutic play: Hospital story hospitalization for children at the AN-NISA Hospital in Tangerang. Pre-experimental research method with pre-post design with one group. The sample size is children aged 6-12 years as many as 44 respondents with nonprobability sampling technique of quota sampling type. The results of the paired sample t-test hypothesis at the level of significance ($\alpha = 0.05$) indicate that the value of p -value = $0,000 < \alpha$, that is $0,000 < 0,05$, so H_0 is rejected and H_a accepted means that there is influence of play therapy: hospital story to reduce stress hospitalization in children aged 6 to 12 years. The conclusions obtained were significant differences between stress levels before and after being given Hospital story. It is suggested that health service institutions need to apply a new policy about Hospital story as a modality technique to reduce the stress of child hospitalization.

Keywords: Hospitalization stress, Hospital story
References : 27 (2004 - 2014)