

**THE APPLICATION OF PLAY THERAPY COLORING PICTURES WITH
COLOR SAND TO THE ANXIETY OF HOSPITALIZATION IN
PRESCHOOL CHILDREN 3-5 YEARS AT PANDANG
ARANG BOYOLALI HOSPITAL**

Aulia Bintang Kusuma Wardani
wardaniaulia08@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Hospitalization or inpatient care has an impact on anxiety in children. Anxiety or a condition of excessive fear caused by certain situations often occurs in almost every child who is hospitalized or hospitalized. Play activity therapy is a good activity to deal with anxiety in children who experience hospitalization, so that it can accelerate the healing process of pain in children. **Purpose:** Determine changes in anxiety levels in preschool aged 3-5 years at RSUD Pandan Arang Boyolali hospital. **Methods:** This study used a descriptive design on two male respondents which was conducted from 4 to 6 July 2023 at Pandan Arang Boyolali Hospital with each respondent being given intervention for 3 consecutive days. The instrument used was the Spence Children Anxiety Scale SCAS observation sheet to measure the level of anxiety before and after giving therapy. **Results:** Before the two respondents were put into action, the level of anxiety was moderate (first respondent scored 18; second respondent scored 20), and after the two respondents were put into action, the level of anxiety was mild (first respondent scored 12; second respondent scored 13). **Conclusion:** The application of play therapy to coloring pictures with color sand is able to reduce anxiety levels in preschool aged 3-5 years at Pandan Arang Boyolali Hospital.

Keywords: preschool, hospitalization, anxiety, play therapy preschoolers