

**APPLICATION OF HAND POOL PLAYING THERAPY TO REDUCE
ANXIETY DUE TO HOSPITALIZATION PRESCHOOL-AGE
CHILDREN AT RSUD dr. SOERATNO GEMOLONG**

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ABSTRACT

Background; Hospitalization is a condition in which a person experiences compulsion to be hospitalized and can make a child feel uncomfortable, threatened, which causes anxiety. The results of the Medical Record report in the pediatric inpatient room at RSUD dr. Soeratno Gemolong, the number of children treated in the preschool age children's ward, in terms of the last 6 months there were 465 patients, with preschool age as many as 103 patients with anxiety nursing problems of around 60%. Efforts to reduce anxiety can use hand puppet play therapy. Hand puppets are games that are played using hand puppets and make children imagine using storytelling techniques. **Objective:** Knowing the results of the implementation of hand puppet therapy on the level of anxiety due to hospitalization. **Methods:** Using a case study design, the subject was 2 preschool-age children who were cared for in the Children's Room of RSUD dr. Soeratno Gemolong. The measurement tool for anxiety uses the FIS and SCAS anxiety scales. The anxiety level of FIS and SCAS before the hand puppet therapy was performed, the two subjects were different. Subject 1 had a higher level of anxiety (FIS: severe anxiety and SCAS: severe anxiety) than subject 2 (FIS: moderate anxiety and SCAS: moderate anxiety). **Results ;** Hand puppet play therapy in preschool aged children (3-6 years) can reduce children's anxiety levels.

Keywords: School Age Children, Anxiety, Hand Puppet Therapy