

ABSTRACT

APPLICATION OF PUZZLE PLAYING THERAPY TO REDUCE ANXIETY LEVELS IN TODDLER AGE CHILDREN (1-3 YEARS) WHO EXPERIENCED HOSPITALIZATION AT Dr.MOEWARDI REGIONAL GENERAL HOSPITAL

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Background: Anxiety is a condition characterized by feelings of fear and signs of a hyperactive autonomic nervous system, fear can be a response to hospitalization in children. To reduce anxiety, children can be given play therapy. **Objective:** To determine the results of applying puzzle play therapy to reduce anxiety levels in children who are hospitalized. **Method:** The research design was carried out using a descriptive case study method for 2 child respondents who experienced anxiety. Anxiety was observed before and after puzzle playing therapy. The anxiety measurement scale was assessed using the FIS scale (Faces Image Scale). **Results:** The results of the study showed that after the puzzle playing therapy was given to both subjects, there was a decrease in anxiety levels from An. therapy got a score of 3 categories of mild anxiety, then after being given therapy the anxiety level dropped to a score of 1 category of very not anxious. **Conclusion:** After implementing puzzle play therapy, the results showed that puzzle play therapy could reduce anxiety levels in children who were hospitalized.

Keywords: toddler, anxiety, puzzle, hospitalization