

APPLICATION OF PLASTICIN PLAY THERAPY TO REDUCING ANXIETY OF PRE-SCHOOL AGE (3-6 YEARS) HOSPITALIZED IN THE FLAMBOYAN ROOM 9 RSUD Dr. MOEWARDI

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ABSTRACT

Background: Children often show challenges in dealing with hospitalization, such as rejection of treatment and difficulty adapting to the hospital environment, but play therapy can reduce their anxiety. One form of play therapy suitable for preschoolers is playing plasticine, which helps in the development of motor skills without requiring much energy. ***Purpose:*** To find out the results of the implementation of plasticin play therapy against the decrease in anxiety of preschoolers (3-6 years old) who experienced hospitalization at Dr. Moewardi Hospital in Surakarta. ***Method :*** Descriptive application method using case study approach and applying two patients with a pretest and post test, instrumental application with Hospital Anxiety Depression Scale (HADS). 1x24 hours of plasticine playing intervention. ***Results:*** An.Cn. 15 plasticine playing therapy was included in the moderate case category and An.Mh as much as 18 were included in the severe case category. An.Cn. plasticin play therapy score of 7 which is included in the normal category and An anxiety score. Mh of 12 falls into the category of moderate cases. ***Conclusion:*** The results of the implementation show that the intervention given can reduce anxiety in preschoolers who are hospitalized.

Keywords: *Preschool-aged Children, Anxiety, Plastic Play Therapy*