

**APPLICATION OF CLAY PLAY THERAPY TO REDUCE THE FEAR OF
PRE-SCHOOL AGE CHILDREN (3-6 YEARS) EXPERIENCING
HOSPITALIZATION IN ANGGREK ROOM, RSUD dr. SOEHADI
PRIJONEGORO SRAGEN**

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ABSTRACT

Background: Children often face various challenges when undergoing hospitalization, such as refusing treatment and difficulty adjusting to new environments. However, play therapy has been shown to be effective in relieving their anxiety. One type of play therapy suitable for preschool-age children is clay play, as it can help develop motor skills without requiring a lot of energy. **Objective:** To determine the results of the application of clay play therapy on reducing the anxiety of pre-school children (3-6 years) who experience hospitalization at RSUD dr. Soehadi Prijonegoro Sragen. **Methods:** Descriptive application method with a case study approach and applying two patients with pre test and post test, application instrument with Hospital Anxiety Depression Scale (HADS). Providing clay play intervention for 2x24 hours. **Results:** An.A's anxiety score before plasticine play therapy was 15 scores included in the moderate weight category and An.N was 17 included in the severe case category. An.A's anxiety score after plasticine play therapy was 7 which was included in the normal category and An.N's anxiety score was 11 which was included in the moderate case category. N anxiety score of 11 is included in the moderate case category. **Conclusion:** The results of the application show that the intervention provided can reduce anxiety in preschool children who experience hospitalization.

Keywords: *Preschool_age_children, Clay, Hospitalization, Anxiety, play_therapy*