

THE APPLICATION OF PUZZLE PLAY THERAPY TO REDUCE ANXIETY LEVELS IN PRESCHOOL-AGE CHILDREN DURING HOSPITALIZATION AT DR. SOEHADIPRIJONEGORO SRAGEN

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Background: Hospitalization anxiety experienced by preschool-age children causes an increase in anxiety due to actions that cause trauma, playing puzzles can explore the feelings that are being experienced. **Objective:** To find out the results of the implementation of puzzle play therapy on the level of hospitalization anxiety in preschool-age children at dr. Soehadi Prijonegoro Sragen. **Method:** This study used 2 respondents according to the inclusion and exclusion criteria, the method used pre test and post test, by providing puzzle play therapy for 2 days carried out 1 time a day in the afternoon. **Results:** Results of the implementation of a puzzle therapy game for hospitalization anxiety in preschool-age children on day 1 on An. F obtained a score of 25 in the Medium and An.N obtained a score of 33 in the weight category. On the 2nd day of An. F obtained a score of 15 in the light category and An. N obtained a score of 26 in the medium category. Where both patients before the application were at a severe and moderate anxiety score and experienced a decrease in anxiety scores to moderate and mild. **Conclusion:** Puzzle play therapy can reduce anxiety levels in children with hospitality.

Keywords: *Therapy, Puzzle, Anxiety, Hospitalion,Preschool*