

ABSTRACT

APPLICATION OF PUZZLE PLAY THERAPY TO PRESCHOOL CHILDREN (3-6 YEARS) WHO EXPERIENCE ANXIETY DUE TO HOSPITALIZATION IN THE SHOFA WARD IN RS PKU MUHAMMADIYAH KARANGANYAR

Cheli Dwi Astuti Pramudita¹, Maryatun²
Faculty Of Healthy Sciences University Of 'Aisyiyah Surakarta
Chelipramudita2001@gmail.com

Background: Anxiety is a condition characterized by feelings of fear and a sign of a hyperactive autonomic nervous system, from fear can be a response to the consequences of hospitalization in children, to reduce children's anxiety, play therapy can be given. **Objective:** To find out the results of applying puzzle play therapy to reducing anxiety due to hospitalization. **Methods:** The application was carried out using a case study descriptive method to 3 respondents of preschool children who experienced anxiety. Anxiety was observed before and after the puzzle play therapy. **Results:** Based on the results of the implementation that puzzle play therapy could reduce the anxiety level of children who were hospitalized. **Conclusion:** Puzzle play therapy that can help reduce anxiety levels used as a technique to reduce anxiety in preschool children due to hospitalization.

Keywords: preschool children, anxiety, hospitalization, puzzle play therapy

