

Application of Playing Puzzle Therapy for Pre-School Children (3-6 Years) to Reduce Anxiety Due to Hospitalization at Dr. Moewardi's Flamboyan Hospital

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ABSTRACT

*Anxiety is a reaction resulting from a different new situation to an uncertainty and insecurity, fear and anxiety are natural and normal. Anxiety and fear of hospitalization in the child if not addressed immediately will cause the child to refuse to be given nursing or treatment measures, so in the short term will affect the success of treatment, the duration of care, severe health conditions even death. Children's patients in flamboyan hospitals often cry, scream, worry, refuse, and beg to stop treatment when a room nurse or practitioner wants to perform treatment or treatment. That's why. Play therapy is carried out to help the child cope with unknown situations, the child becomes more secure and comfortable and familiar with health care so that it will be easier in the provision of nursing guardianship. One of the play therapies that kids can do is play puzzles. **The purpose** of this study is to find out the results of the application of pre-school puzzle therapy for children (3-6 years) to reduce anxiety due to hospitalization at Dr. Moewardi's Flamboyan Hospital. **The method** used is a descriptive method with a case study research design. **The results** of application before and after measured using PAS (Pre-School Fatigue) showed that both respondents experienced a decrease in the level of anxiety. A decrease in the level of anxiety in An. Ab is a score of 4 from very severe anxieties to 2 from moderate and An. Ak has a point of 3 from severe to 1 from mild.*

Keywords : *Anxiety, Puzzle Therapy, Pre School Kids*