

THE APPLICATION OF LEGO PLAY THERAPY IN REDUCING ANXIETY LEVELS IN PRESCHOOL CHILDREN DURING HOSPITALIZATION AT RSUD DR. MOEWARDI

Fajar Nur Halimah, Maryatun
fajar.students@aiska-university.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Preschool-aged children are children aged 3-6 years old, who have a lower immune system than adults, making them vulnerable to health problems such as infections, falls, and injuries, requiring hospital care. Children who undergo hospitalization will experience discomfort in the form of anxiety. Based on this condition, anxiety management is necessary for preschool-aged children, taking into account their development, through play therapy. Lego play therapy is an educational game that plays a role in a child's intelligence, creativity, and fine motor skills.* **Objective:** *To determine the results of implementing the effectiveness of lego play therapy in reducing anxiety levels in preschool-aged children during hospitalization at Dr. Moewardi Hospital Surakarta.* **Method:** *Descriptive application, case study research design Pretest Posttest One Group Design, sample of 2 respondents, Zung-Selft Rating Anxiety Scale questionnaire research instrument, application using Lego play therapy.* **Results:** *After carrying out Lego play therapy 2 times in 2 days The child experienced a change in An. A score anxiety 8 become 1, and and An.F score anxiety 20 become 1.* **Conclusion:** *Lego play therapy can reduce the anxiety level of preschool-aged children during hospitalization at RSUD Dr. Moewardi Surakarta.*

Keywords : *Lego Play Therapy, Hospitalization, Anxiety, Children*