

**APPLICATION OF DISTRACTION WATCHING ANIMATION CARTOONS
TO REDUCE THE LEVEL OF ANXIETY DURING INJECTION IN
PRESCHOOL IN THE CHILDREN'S HCU ROOM OF CEMPAKA**

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ABSTRACT

Background : Anxiety experienced by preschool during hospitalization is an important problem, if not addressed can affect the growth and development process. Hospitalization can be a situation that is considered a crisis by the child. This situation arises because children are trying to adapt to a foreign environment, namely hospitals, so that they cause anxiety in children. One of the efforts to overcome anxiety can be done with distraction techniques, one of which is by watching animated cartoon films. **Objective**: to find out the results before and after the application of Distraction Watching Animated Cartoons in Reducing Anxiety Levels During Injection in Preschool in the Children's HCU Room of Dr. Moewardi Hospital Surakarta. **Methods**: This study was a case study using a descriptive method with purposive random sampling and using a HAR-S anxiety level measuring tool. **Results**: The results of the application of 2 respondents carried out for 1 time in 3 days with a duration of 10 minutes, showed the effect of reducing anxiety in children. **Conclusion**: There were differences and changes in anxiety levels in the respondents during the application of distractions watching animated cartoons in reducing anxiety levels during injection.

Keywords : Distraction, Anxiet_Level, Injection, preschool