

PENERAPAN *EVIDENCE BASED NURSING* TERAPI DISTRAKSI AUDIOVISUAL MENONTON VIDEO KARTUN TERHADAP PENURUNAN TINGKAT KECEMASAN AKIBAT HOSPITALISASI PADA ANAK USIA PRASEKOLAH

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Abstrak

Kecemasan pada anak prasekolah akibat hospitalisasi merupakan kondisi tidak terpenuhinya kebutuhan emosional secara maksimal. Tujuan penulisan karya ilmiah ini untuk memberikan gambaran asuhan keperawatan pada pasien anak prasekolah yang mengalami kecemasan akibat hospitalisasi dan penerapan terapi distraksi audiovisual menonton video kartun untuk mengatasi masalah kecemasan. Terapi distraksi audiovisual merupakan proses mengalihkan perhatian yang mengganggu ke stimulus lain melalui media video dan audio yang lebih menarik perhatian. Jumlah responden yang terlibat dalam penelitian ini berjumlah 2 orang yang masing-masing diberikan intervensi yang sama. Pengukuran skor ansietas menggunakan kuesioner Hamilton Anxiety Rating Scale (HARS). Terapi distraksi audiovisual menonton video kartun dilakukan sebanyak satu kali dalam sehari selama 10–15 menit bersamaan dengan pemberian tindakan lain. Implementasi dilakukan selama tiga hari dan didapatkan adanya pengaruh terapi distraksi audiovisual menonton video kartun terhadap penurunan tingkat kecemasan hospitalisasi pada anak prasekolah.

Kata kunci: Audiovisual, Distraksi, Hospitalisasi, Kecemasan, Prasekolah

***APPLICATION OF EVIDENCE BASED NURSING THERAPY
AUDIOVISUAL DISTRACTION WATCHING CARTOON VIDEOS
TO REDUCE THE LEVEL OF ANXIETY LEVELS DUE TO
HOSPITALIZATION IN PRESCHOOL AGE CHILDREN***

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Abstract

Anxiety in preschool children due to hospitalization is a condition of not fulfilling emotional needs to the fullest. The purpose of writing this scientific paper is to provide an overview of nursing care for preschool children who experience anxiety due to hospitalization and the application of audiovisual distraction therapy watching cartoon videos to overcome anxiety problems. Audiovisual distraction therapy is a process of diverting distracting attention to other stimuli through more attention-grabbing video and audio media. The number of respondents involved in this study amounted to 2 people, each of whom was given the same intervention. Anxiety scores were measured using the Hamilton Anxiety Rating Scale (HARS) questionnaire. Audiovisual distraction therapy is watching cartoon videos once a day for 10–20 minutes along with other measures. The implementation was carried out for three days and it was found that there was an effect of audiovisual distraction therapy watching cartoon videos on reducing the level of hospitalization anxiety in preschool children.

Keywords: *Anxiety, Audiovisual, Distraction, Hospitalization , Preschool*