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Mely Berlyana Huta Haeen

Asuhan Keperawatan pada Anak Dengan Kecemasan Akibat Tindakan Invasif Melalui Terapi Bermain Plastisin di Ruang Anggrek Rsud Arifin Achmad Provinsi Riau

XXXIX + 39 Halaman + 12 Tabel + 9 Lampiran

ABSTRAK

Kecemasan merupakan salah satu dampak yang sering dialami anak prasekolah selama menjalani tindakan invasif di rumah sakit, dengan prevalensi 95%. Kecemasan dapat menurunkan efektivitas terapi, sehingga diperlukan intervensi yang tepat, salah satunya terapi bermain plastisin. Tujuan studi kasus ini adalah menggambarkan asuhan keperawatan pada anak dengan kecemasan sebelum tindakan invasif melalui penerapan terapi bermain plastisin. Metode penelitian: Desain penelitian menggunakan studi kasus. Data dikumpulkan melalui wawancara dan observasi kuesioner FIS (*Fasial Image Scale*). Intervensi dilakukan pada 24 hingga 25 Juli 2025 di ruangan anggrek RSUD Arifin Achmad Provinsi Riau dengan Jumlah Responden sebanyak 2 orang.

Hasil: Tingkat kecemasan pada anak usia prasekolah saat tindakan injeksi sebelum dilakukan terapi bermain plastisin adalah sedang dan berat. Tingkat kecemasan pada anak usia prasekolah sebelum tindakan invasif setelah dilakukan terapi bermain plastisin adalah ringan dan sedang. Terdapat perbedaan penurunan tingkat kecemasan pada pasien anak usia prasekolah sebelum dan sesudah dilakukan intervensi terapi bermain plastisin. Kesimpulan: Terdapat perbedaan hasil sebelum dan sesudah dilakukan intervensi terapi bermain plastisin terhadap tingkat kecemasan pada anak usia prasekolah sebelum tindakan invasif

Kata Kunci: *Fasial Image Scale*, Kecemasan, Pra-Sekolah, Tindakan Invasive

Daftar Bacaan: 17 (2016 – 2025)

**PROFESSIONAL NURSE PROGRAM, FACULTY OF NURSING
PAYUNG NEGERI PEKANBARU INSTITUTE OF HEALTH SCIENCE**

Evidence Based Practice, 24 July 2025

Mely Berlyana Huta Haeen

***Nursing Care for Children with Anxiety Due to Invasive Procedures through
Plasticine Therapy in the Anggrek Ward of Arifin Achmad Regional Hospital,
Riau Province***

XXXIX + 39 + 12 Tables + 9 appendixes

ABSTRACT

Anxiety is one of the most common effects experienced by preschool children undergoing invasive procedures in hospitals, with a prevalence of 95%. Anxiety can reduce the effectiveness of therapy, so appropriate intervention is needed, one of which is play therapy using plasticine. The purpose of this case study is to describe nursing care for children with anxiety before invasive procedures through the application of play therapy using plasticine. Research method: The study design used a case study. Data were collected through interviews and observations using the FIS (Facial Image Scale) questionnaire. The intervention was conducted from July 24 to 25, 2025, in the orchid room of Arifin Achmad Provincial General Hospital, Riau, with a total of 2 respondents.

Results: The anxiety levels of preschool-aged children during injection procedures before the implementation of play therapy with modeling clay were moderate to severe. The anxiety levels of preschool-aged children before invasive procedures after the implementation of play therapy with modeling clay were mild to moderate. There was a significant decrease in anxiety levels in preschool-aged children before and after the play therapy intervention. Conclusion: There was a significant difference in anxiety levels in preschool-aged children before and after the play therapy intervention prior to invasive procedures.

Keywords : Anxiety, FIS, Invasive Procedures, Preschool,
References : 17 (2016 – 2025)