ABSTRAK

PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Studi Kasus, September 2026

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Asuhan Keperawatan Anak Dengan Masalah Ansietas Melalui Penerapan Terapi Bermain Puzzle Pada Kecemasan Diruang Thalasemia Rsud Arifin Achmad Provinsi Riau
vi + halaman+ tabel + lampiran

ABSTRAK

Anak dengan thalasemia mayor membutuhkan transfusi darah berulang dalam jangka panjang. Prosedur transfusi, terutama pemasangan akses intravena dan penggunaan jarum, dapat menjadi stimulus yang menimbulkan ketakutan dan kecemasan pada anak usia prasekolah. Kecemasan dapat ditunjukkan melalui menangis, gelisah, tegang, takut terhadap jarum, sulit berkonsentrasi, serta kurang kooperatif selama tindakan. Terapi bermain puzzle dapat digunakan sebagai teknik distraksi yang sesuai dengan tahap perkembangan anak untuk mengalihkan perhatian dari stimulus medis yang menimbulkan kecemasan. Tujuan penerapan ini adalah mendeskripsikan asuhan keperawatan pada anak dengan thalasemia mayor yang mengalami ansietas selama menjalani transfusi darah melalui penerapan terapi bermain puzzle. Metode yang digunakan adalah studi kasus dengan pendekatan asuhan keperawatan berbasis evidence-based practice pada satu pasien, yaitu An. Qr, perempuan usia 5 tahun, dengan diagnosis medis thalasemia mayor yang menjalani transfusi darah kedua di Ruang Thalasemia RSUD Arifin Achmad Provinsi Riau. Tingkat kecemasan dinilai menggunakan Facial Image Scale (FACE) sebelum dan sesudah intervensi. Terapi bermain puzzle diberikan selama kurang lebih 10–15 menit dengan melibatkan ibu sebagai pendamping. Hasil pengkajian menunjukkan anak takut terhadap jarum, tampak gelisah, tegang, menangis/merengek, memegang erat tangan ibu, dan kurang kooperatif. Skor FACE awal adalah 4 dan frekuensi nadi 112 kali/menit. Setelah intervensi, skor FACE menurun menjadi 2 dan frekuensi nadi menjadi 96 kali/menit. Anak tampak lebih tenang, tidak menangis, mampu berkonsentrasi pada puzzle, gelisah berkurang, dan lebih kooperatif. Penerapan terapi bermain puzzle menunjukkan perubahan positif pada respons kecemasan anak dan dapat digunakan sebagai intervensi keperawatan nonfarmakologis pendukung selama tindakan medis pada anak dengan thalasemia.

Kata kunci: *Anak, Ansietas, Thalasemia Mayor, Transfusi Darah, Terapi bermain puzzle, Facial Image Scale.*

ABSTRACT

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Nursing Care for a Child with Anxiety: Application of Puzzle Play Therapy in the Thalassemia Unit of Arifin Achmad Regional General Hospital, Riau Province
vii + pages + table+ appendices

ABSTRACT

Children with thalassemia major require repeated blood transfusions over a long period. Transfusion procedures, particularly intravenous access and needle-related procedures, may become frightening stimuli that trigger anxiety in preschool children. Anxiety may be manifested by crying, restlessness, tension, fear of needles, difficulty concentrating, and reduced cooperation during medical procedures. Puzzle play therapy can be used as a developmentally appropriate distraction technique to divert children's attention from medical stimuli that cause anxiety. This application aimed to describe nursing care for a child with thalassemia major experiencing anxiety during blood transfusion through puzzle play therapy. A case study with an evidence-based nursing approach was conducted in one patient, An. Qr, a 5-year-old girl diagnosed with thalassemia major who was undergoing her second blood transfusion in the Thalassemia Unit of Arifin Achmad Regional General Hospital, Riau Province. Anxiety was assessed using the Facial Image Scale (FACE) before and after the intervention. Puzzle play therapy was provided for approximately 10–15 minutes with the mother involved as a companion. The initial assessment showed fear of needles, restlessness, tension, crying/whining, tightly holding the mother's hand, and reduced cooperation. The initial FACE score was 4 and pulse rate was 112 beats/minute. After the intervention, the FACE score decreased to 2 and pulse rate decreased to 96 beats/minute. The child appeared calmer, stopped crying, was able to concentrate on the puzzle, showed reduced restlessness, and became more cooperative. Puzzle play therapy demonstrated a positive change in the child's anxiety responses and may be used as a supportive non-pharmacological nursing intervention during medical procedures in children with thalassemia.

Keywords: *Children, Anxiety, Thalassemia major, Blood transfusion, Puzzle play therapy, Facial Image Scale*