

Pengaruh cognitive behavior play therapy terhadap ansietas dan kemampuan mengatasi ansietas pada anak usia sekolah dengan thalasemia di Rumah Sakit Umum Sumedang = The effect of cognitive behavior play therapy for reducing anxiety and uncreasing ability to cope with anxiety in schoolage children with thalassemia

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Abstrak

Ansietas merupakan masalah psikososial yang dialami oleh anak dengan thalasemia, dan berdampak terhadap fungsi emosional anak. 56,52% anak usia sekolah dengan thalasemia di Rumah Sakit Sumedang mengalami masalah fungsi

emosional. Penelitian ini bertujuan untuk mengetahui pengaruh Cognitive Behavior Play Therapy terhadap ansietas dan kemampuan mengatasi ansietas. Desain penelitian menggunakan Quasi experimental pre-post test non equivalent control group, jumlah sampel 42 orang kelompok intervensi dan 43 orang kelompok kontrol dengan consecutive sampling. Analisis data menggunakan uji t test. Hasil penelitian menunjukkan bahwa ansietas klien yang mendapat cognitive behavior play therapy menurun lebih besar secara bermakna dari ansietas berat

menjadi tidak ansietas jika dibandingkan dengan kelompok yang tidak mendapatkan cognitive behavior play therapy. Kemampuan mengatasi ansietas klien yang mendapat cognitive behavior play therapy meningkat lebih tinggi secara bermakna dari kemampuan cukup menjadi kemampuan baik jika dibandingkan dengan kelompok yang tidak mendapatkan cognitive behavior play therapy. Faktor yang berkontribusi terhadap kemampuan mengatasi ansietas adalah usia dan lama sakit. Cognitive Behavior Play Therapy direkomendasikan untuk diberikan pada anak dengan masalah psikososial akibat penyakit fisik sebagai terapi spesialis.

.....Anxiety is a psychosocial problems experienced by children with thalassemia.

Anxiety affects child's emotional function and 56,52% of school-age children with thalasemia who is admitted in Sumedang General Hospital experienced poor emotional function. The aims of this study is to determine the effect of Cognitive Behavior Play Therapy (CBPT) for reducing anxiety and uncreasing ability to

cope with anxiety. This study used Quasi-experimental research design with prepost-test non-equivalent control group. Number of sample was 85 school-age children, taken by consecutive sampling technique and devided into two groups (42 children in intervention group and 43 children in control group). Data analysis used t test. The results showed that anxiety level in patient who received CBPT were significantly decreased from severe to less anxiety compared to those who did not receive CBPT.

Ability to cope with anxiety in patient who received CBPT was significantly increase better than the group who did not receive CBPT. Factors that contribute to the ability to cope with anxiety are age and period of illness. This research suggests for implementing CBPT in children with psychosocial problems due to physical illness as a specialist therapy.