

# Aplikasi teori uncertainty in illness-mishel pada anak dengan masalah ansietas di zona kuning Instalalsi Gawat Darurat Anak RSUPN Ciptomangunkusumo = Application of uncertainty in illness-mishel theory in children with anxiety problems in the yellow zona of Pediatric Emergency Installation at Ciptomangunkusumo Hospital

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## Abstrak

Fenomena semi rawat inap di zona kuning IGD Anak RSUPN Ciptomangunkusumo sangat berpotensi menimbulkan situasi ketidakpastian baik dirasakan pasien anak maupun orang tua/wali yang mendampingi. Setelah diberikan asuhan keperawatan dengan pendekatan teori keperawatan yang relevan, Teori Uncertainty in Illness, ditemukan masalah keperawatan yang sering muncul adalah ansietas. Salah satu intervensi keperawatan berbasis bukti dalam mengatasi masalah ansietas adalah Terapi Musik. Penerapan terapi musik pada anak dengan masalah Ansietas ini bertujuan untuk mengidentifikasi efektivitas terapi musik terhadap ansietas anak dan orang tua/wali. Data yang didapatkan dianalisis secara kuantitatif dengan desain kuasi eksperimen, 2 kelompok uji pre dan post disertai kelompok kontrol, direalisasikan tanggal 04 April – 27 Mei 2022. Kriteria subjek penulisan meliputi (1) anak usia 6-18 tahun (2) anak memiliki fungsi pendengaran yang baik, (3) anak mampu berbicara, dan (4) tidak mengalami gangguan kejiwaan. Responden berjumlah 16 anak dan orang tua/walinya di kelompok kontrol dan 17 anak dan orang tua/walinya di kelompok intervensi. Hasil uji bivariat ditemukan tampak adanya perbedaan signifikan rerata skor ansietas anak pada pengukuran ke- 2 di kelompok kontrol dan kelompok intervensi (nilai  $p = 0,021$ ); dan terdapat perbedaan yang bermakna rerata skor ansietas anak sebelum dan setelah diberikan terapi musik di kelompok intervensi (nilai  $p=0,008$ ). Rekomendasi untuk penulis selanjutnya adalah perlu dilakukan uji klinik lebih lanjut mengenai intervensi keperawatan guna menyusun standar operasional terapi musik yang mampu menurunkan masalah ansietas anak dan orang tua/wali yang berbasis bukti ilmiah di ruang IGD Anak.

.....The phenomenon of semi-hospitalization in the yellow zone of emergency unit at Ciptomangunkusumo Hospital is probably become uncertainty situation that is noticed by both the pediatric patients and their parent/guardian. After being given care with the approach of relevant theories, the Theory of Uncertainty in Illness, it was found that the common nursing problem is anxiety. One of the evidence-based interventions in dealing with anxiety is Music Therapy. The application of music therapy to children aims to analyze music therapy effectiveness in children and their parents/guardians. The data obtained were analyzed quantitatively with a quasi-experimental design, two groups pre-test post-test with the control group intervention, realized on April 04 – May 27, 2022. Inclusion criteria of subjects include (1) children aged 6-18 years (2) children have good hearing, (3) they are able to speak, and (4) they do not have a mental disorder. Respondents found 16 children and their parents/guardians in the control group and 17 children and their parents/guardians in the intervention group. The results of the bivariate test showed a significant difference in the mean score of children's anxiety on the second measurement in the control group and the intervention group ( $p$  value = 0.021); and there was a significant difference in the mean score of children's anxiety before and after being given music therapy in the intervention group ( $p$  value = 0.008). The recommendation is further clinical trials are needed, in order to develop an operational standard of music

therapy that is able to reduce the anxiety problems of children and parents/guardians based on evidence based practice in the Pediatric's Emergency Room.