

IMPLEMENTATION OF PLAY THERAPY USING A POP-UP BOOK TO REDUCE ANXIETY LEVEL IN HOSPITALIZED CHILDREN WITH FEBRILE SEIZURES IN THE ARIMBI WARD OF NGUDI WALUYO WLINGI REGIONAL HOSPITAL

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ABSTRACT

Background: Febrile seizures are a common neurological disorder in children aged 6 months to 5 years and often lead to hospitalization. The hospitalization process can cause anxiety in children due to the unfamiliar environment, medical procedures, and temporary separation from the home environment. Untreated anxiety can hinder the treatment and healing process. One non-pharmacological intervention that can be used to reduce anxiety in children is play therapy using pop-up books. **Research Objective:** To analyze the application of play therapy with pop-up books to reduce anxiety levels in children hospitalized with febrile seizures in the Arimbi Ward of Ngudi Waluyo Wlingi Regional Hospital. **Research Method:** The method used is a case study with a death process approach in a child of gestational age who experienced febrile seizures and anxiety during hospitalization. Anxiety levels were measured using the modified Hamilton Anxiety Rating Scale (HARS) for children during the three days of the intervention. **Results:** The results showed a decrease in anxiety scores from 24 (moderate anxiety) on the first day to 18 (mild anxiety) on the second day and 11 (very mild anxiety) on the third day. Children appeared calmer, more cooperative, able to interact with nurses, and showed better adaptation to the hospital environment. **Conclusion:** The application of play therapy using pop-up books has been proven effective in helping reduce anxiety levels in children undergoing treatment for febrile seizures.

Keywords: play therapy, pop-up book, anxiety, hospitalization, febrile seizure, children.