

THE EFFECT OF TRADITIONAL CONGKLAK PLAY THERAPY ON PREOPERATIVE ANXIETY LEVELS IN PEDIATRIC PATIENTS AT KANJURUHAN HOSPITAL MALANG

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ABSTRACT

Introduction: Preoperative anxiety is commonly experienced by children due to fear of surgical procedures and the unfamiliar hospital environment. This condition may hinder children's cooperation during medical procedures. One of the non-pharmacological interventions that can be used to reduce anxiety is the traditional congklak play therapy, which is enjoyable and easy to implement. **Objective:** To determine the effect of traditional congklak play therapy on the level of preoperative anxiety among pediatric patients at Kanjuruhan Hospital, Malang. **Methods:** This study employed a quasi-experimental design with a two-group pretest–posttest approach. The sample consisted of 54 children aged 6–12 years who were scheduled for surgery, comprising 27 children in the intervention group and 27 in the control group, selected using purposive sampling. The instrument used was the Modified Yale Preoperative Anxiety Scale (mYPAS). Data were analyzed using Wilcoxon signed-rank and Mann–Whitney tests. **Results:** There was a significant reduction in anxiety levels in the intervention group after being given traditional congklak play therapy ($p = 0.001$), while no significant change was observed in the control group ($p = 0.871$). The Mann–Whitney test also indicated a significant difference in posttest anxiety levels between the two groups ($p = 0.001$). **Conclusion:** Traditional congklak play therapy has a significant effect on reducing preoperative anxiety in children. This activity can serve as an effective and culturally appropriate non-pharmacological intervention to help children feel calmer and more comfortable before undergoing surgery.

Keywords: play therapy, congklak, anxiety, children, preoperative