

**PENGARUH *ART DRAWING THERAPY* TERHADAP KECEMASAN  
AKIBAT HOSPITALISASI PADA ANAK USIA SEKOLAH DENGAN  
LEUKEMIA LIMFOBLASTIK AKUT**

**SKRIPSI**

Diajukan untuk memenuhi sebagian dari syarat memperoleh gelar  
Sarjana Keperawatan



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## ABSTRAK

### PENGARUH *ART DRAWING THERAPY* TERHADAP KECEMASAN AKIBAT HOSPITALISASI PADA ANAK USIA SEKOLAH DENGAN LEUKEMIA LIMFOBLASTIK AKUT

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**Pendahuluan:** Leukemia limfoblastik akut merupakan kanker darah yang sering terjadi pada anak. Hospitalisasi terkait pengobatan leukemia limfoblastik akut dapat menimbulkan kecemasan pada anak. *Art drawing therapy*, merupakan terapi non farmakologis yang berpotensi untuk mengatasi kecemasan pada anak. Penelitian ini bertujuan untuk mengetahui pengaruh *art drawing therapy* terhadap kecemasan akibat hospitalisasi pada anak usia sekolah dengan leukemia limfoblastik akut. **Metode:** Penelitian ini menggunakan desain *Pre-Eksperimental one-group pre-post test*. Sampel dipilih dengan menggunakan teknik total sampling, 20 anak usia sekolah dengan leukemia limfoblastik akut yang mengalami hospitalisasi. Tingkat kecemasan diukur menggunakan kuesioner kecemasan *Zung Self-Rating Anxiety Scale (ZSAS)* dan *Taylor Manifest Anxiety Scale (T-MAS)*. **Hasil dan Pembahasan:** Hasil penelitian menunjukkan terdapat penurunan tingkat kecemasan yang signifikan pada anak setelah intervensi *art drawing therapy* berdasarkan *uji paired sample t-test* diperoleh nilai  $p\text{-value}=0.001 < 0,05$ . *Art drawing therapy* membantu anak untuk mengekspresikan perasaan dan mengurangi kecemasan terkait hospitalisasi. **Simpulan:** Terdapat pengaruh yang signifikan *art drawing therapy* terhadap kecemasan pada anak usia sekolah dengan leukemia limfoblastik akut.

**Kata Kunci:** anak, hospitalisasi, kecemasan, leukemia limfoblastik akut.

**ABSTRACT**

**EFFECTS OF ART DRAWING THERAPY AGAINST OBESITY I'M  
HOSPITALIZED IN SCHOOL-AGE CHILDREN WITH MY  
LYMPHOBLASTIC LEUKEMIA**

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**Introduction:** Acute lymphoblastic leukemia is a blood cancer that is common in children. Hospitalization related to treatment of acute lymphoblastic leukemia can cause anxiety in children. Art drawing therapy, is a non-pharmacological therapy that has the potential to deal with anxiety in children. The study aims to determine the impact of art drawing therapy on hospitalization anxiety in school-age children with acute lymphoblastic leukemia. **Method:** This research uses a pre-experimental one-group pre-post test design. The sample was selected using the total sampling technique, 20 school-age children with acute lymphoblastic leukemia who were hospitalized. The level of anxiety is measured using the Zung Self-Rating Anxiety Scale (ZSAS) and the Tailor Manifest Anxiity Scale. (T-MAS). **Results and Discussion:** The results of the study showed a significant decrease in the level of anxiety in children after art drawing therapy interventions based on paired sample t-test obtained  $p\text{-value}=0.001 < 0.05$ . Art drawing therapy helps children to express feelings and reduce hospitalization-related anxiety. **Conclusion:** There is a significant influence of art drawing therapy on anxiety in school-age children with acute lymphoblastic leukemia.

**Keywords:** acute lymphoblastic leukemia, anxiety, child, hospitalization.

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