

SKRIPSI

PENGARUH DISTRAKSI *VIRTUAL REALITY* (VR) MELALUI VIDEO ANIMASI KARTUN TERHADAP KECEMASAN DAN NYERI ANAK SAAT PROSEDUR PEMASANGAN INFUS DI RUANG RAWAT INAP ANAK RUMAH SAKIT DR. REKSODIWIRYO KOTA PADANG



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**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2025**

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MARET 2025

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ABSTRAK

Pemasangan infus merupakan prosedur invasif yang sering menimbulkan kecemasan dan rasa nyeri pada anak. Diperlukan distraksi untuk mengalihkan perhatian anak salah satunya distraksi *virtual reality* (VR). Tujuan penelitian ini adalah untuk mengukur pengaruh distraksi *virtual reality* (VR) melalui video animasi kartun terhadap kecemasan dan nyeri pada anak yang mendapat prosedur pemasangan infus di ruang rawat inap anak Rumah Sakit dr. Reksodiwiryo Kota Padang. Desain penelitian yang digunakan adalah kuasi-eksperimen rancangan *two group design pretest-posttest* dan *posttest only control design*, sampel berjumlah 44 anak yang diperoleh 22 anak kelompok intervensi dan 22 anak kelompok kontrol. Teknik pengambilan sampel *purposive sampling*. Instrumen yang digunakan skala ukur *Face Image Scale* (FIS) untuk mengukur kecemasan dan skala *Wong Baker Faces Pain Scale* (WBFPS) untuk mengukur nyeri anak. Sebanyak 82% anak mengalami perubahan kecemasan setelah diberikan VR. Pada kelompok kontrol memiliki skala nyeri yang lebih tinggi dibanding kelompok intervensi. Hasil analisis uji *wilcoxon* menunjukkan $p=0,000$ ($p<0,05$), distraksi VR berpengaruh terhadap kecemasan dan nyeri anak saat prosedur pemasangan infus. VR dapat diterapkan sebagai intervensi nonfarmakologi di ruang rawat inap saat tindakan pemasangan infus pada anak.

Kata Kunci : Anak, Kecemasan, Nyeri, Pemasangan Infus, *Virtual Reality*
Daftar Pustaka : 167 (2003-2025)

FACULTY OF NURSING
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MARCH 2025

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*THE EFFECT OF VIRTUAL REALITY (VR) DISTRACTION THROUGH
ANIMATION CARTOON VIDEO ON CHILDREN'S ANXIETY AND PAIN
DURING INTRAVENOUS CANNULATION PROCEDURE IN THE CHILDREN'S
INPATIENT ROOM OF DR. REKSODIWIRYO HOSPITAL, PADANG CITY*

ABSTRACT

Intravenous cannulation is an invasive procedure that often causes anxiety and pain in children. Distraction is needed to divert children's attention, one of which is virtual reality (VR) distraction. The purpose of this study was to measure the effect of virtual reality (VR) distraction through animated cartoon videos on anxiety and pain in children who underwent infusion procedures in the pediatric inpatient room of Dr. Reksodiwiryo Hospital, Padang City. The research design used was a quasi-experimental two-group design pretest-posttest and posttest only control design, a sample of 44 children obtained 22 children in the intervention group and 22 children in the control group. The sampling technique was purposive sampling. The instruments used were the Face Image Scale (FIS) to measure anxiety and the Wong Baker Faces Pain Scale (WBFPS) to measure children's pain. As many as 82% of children experienced changes in anxiety after being given VR. The control group had a higher pain scale than the intervention group. The results of the Wilcoxon test analysis showed $p = 0.000$ ($p < 0.05$), VR distraction had an effect on children's anxiety and pain during the infusion procedure. VR can be applied as a non-pharmacological intervention in the inpatient ward during IV administration in children.

*Keywords : Anxiety, Children, Intravenous Cannulation, Pain, Virtual Reality
References : 167 (2003-2025)*