

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN DENGAN PENERAPAN TERAPI *STORYTELLING*
UNTUK MENGURANGI KECEMASAN HOSPITALISASI PADA AN.Z
(4 TAHUN) DENGAN LEUKEMIA LIMFOBLASTIK AKUT
DIRUANG ANAK KRONIS RSUP DR M.DJAMIL PADANG**



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**FAKULTAS KEPERAWATAN
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**Asuhan Keperawatan Dengan Penerapan Terapi *Storytelling* Untuk
Mengurangi Kecemasan Hospitalisasi Pada An.Z (4 Tahun)
Dengan Leukemia Limfoblastik Akut di Ruang
Anak Kronis RSUP Dr M.Djamil Padang**

ABSTRAK

Leukemia Limfoblastik Akut (LLA) merupakan kanker darah yang paling sering terjadi pada anak dan memerlukan perawatan jangka panjang. Hospitalisasi berulang dapat menimbulkan kecemasan, yang dapat dikurangi melalui terapi nonfarmakologis seperti *storytelling*. Terapi ini membantu meningkatkan kemampuan coping anak selama perawatan di rumah sakit. Karya ilmiah akhir ini menggunakan desain penelitian studi kasus. Instrumen yang digunakan adalah *Facial Image Scale* (FIS) dan *Spence Children's Anxiety Scale* (SCAS) *Preschool*. Studi kasus dilakukan pada An. Z usia 4 tahun dengan diagnosis medis LLA di Ruang Anak Kronis RSUP Dr. M. Djamil Padang. An. Z mengalami kecemasan hospitalisasi yang ditandai dengan perilaku tegang, takut, gelisah, rewel, dan sering menangis saat didekati tenaga kesehatan sehingga ditegakkan diagnosis keperawatan ansietas, diagnosis lainnya yaitu keletihan, risiko perdarahan, dan risiko infeksi dengan intervensi keperawatan yaitu reduksi ansietas dan *storytelling therapy*, manajemen energi, pencegahan infeksi, pencegahan perdarahan. Pemberian terapi *storytelling* menggunakan media buku cerita dilakukan selama 2 hari berturut-turut dengan durasi satu sesi 15-20 menit dengan pengukuran selama 3 hari. Hasil akhir menunjukkan penurunan tingkat kecemasan yang ditandai dengan skor FIS dari 5 menjadi 3 dan skor SCAS dari 78 (kecemasan berat) menjadi 42 (kecemasan sedang). Setelah dilakukan intervensi selama 2 hari, kecemasan hospitalisasi pada anak berkurang. Selanjutnya, terapi *storytelling* dapat direkomendasikan sebagai intervensi nonfarmakologis dalam mengurangi kecemasan hospitalisasi pada anak.

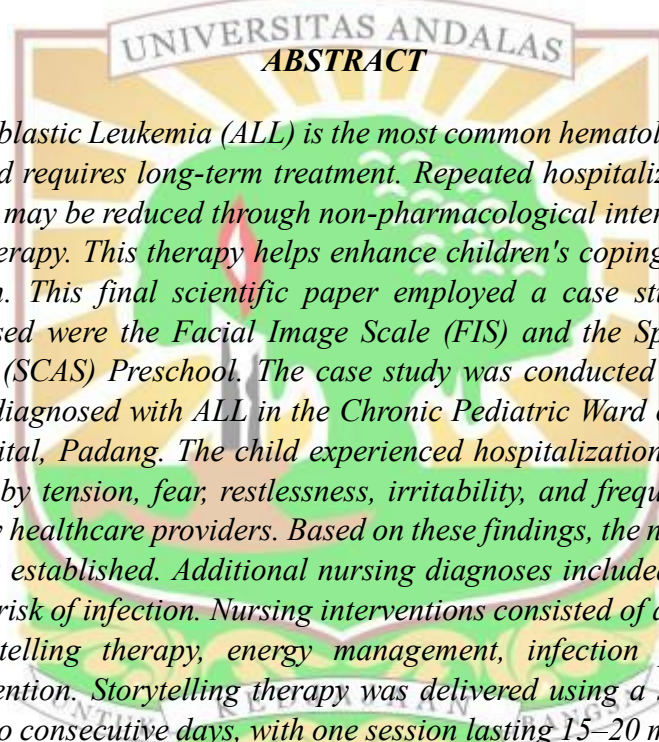
Kata Kunci : Leukemia Limfoblastik Akut, Ansietas, Hospitalisasi, Terapi Bercerita, Anak

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***Nursing Care Through the Implementation of Storytelling Therapy to Reduce
Hospitalization-Related Anxiety in a Four-Year-Old Child with Acute
Lymphoblastic Leukemia in the Chronic Pediatric Ward at
Dr. M. Djamil General Hospital, Padang***



Acute Lymphoblastic Leukemia (ALL) is the most common hematologic malignancy in children and requires long-term treatment. Repeated hospitalization can cause anxiety, which may be reduced through non-pharmacological interventions such as storytelling therapy. This therapy helps enhance children's coping abilities during hospitalization. This final scientific paper employed a case study design. The instruments used were the Facial Image Scale (FIS) and the Spence Children's Anxiety Scale (SCAS) Preschool. The case study was conducted on a 4-year-old child (An. Z) diagnosed with ALL in the Chronic Pediatric Ward of Dr. M. Djamil General Hospital, Padang. The child experienced hospitalization-related anxiety, characterized by tension, fear, restlessness, irritability, and frequent crying when approached by healthcare providers. Based on these findings, the nursing diagnosis of anxiety was established. Additional nursing diagnoses included fatigue, risk of bleeding, and risk of infection. Nursing interventions consisted of anxiety reduction through storytelling therapy, energy management, infection prevention, and bleeding prevention. Storytelling therapy was delivered using a storybook as the medium for two consecutive days, with one session lasting 15–20 minutes each day. Anxiety levels were assessed over a three-day period. The results demonstrated a reduction in anxiety levels, as indicated by a decrease in the FIS score from 5 to 3 and the SCAS score from 78 (severe anxiety) to 42 (moderate anxiety). Following the two-day intervention, the child's hospitalization-related anxiety decreased. Therefore, storytelling therapy can be recommended as a non-pharmacological intervention to reduce hospitalization anxiety in children.

Keyword : Acute Lymphoblastic Leukemia, Anxiety, Hospitalization, Storytelling Therapy, Children

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