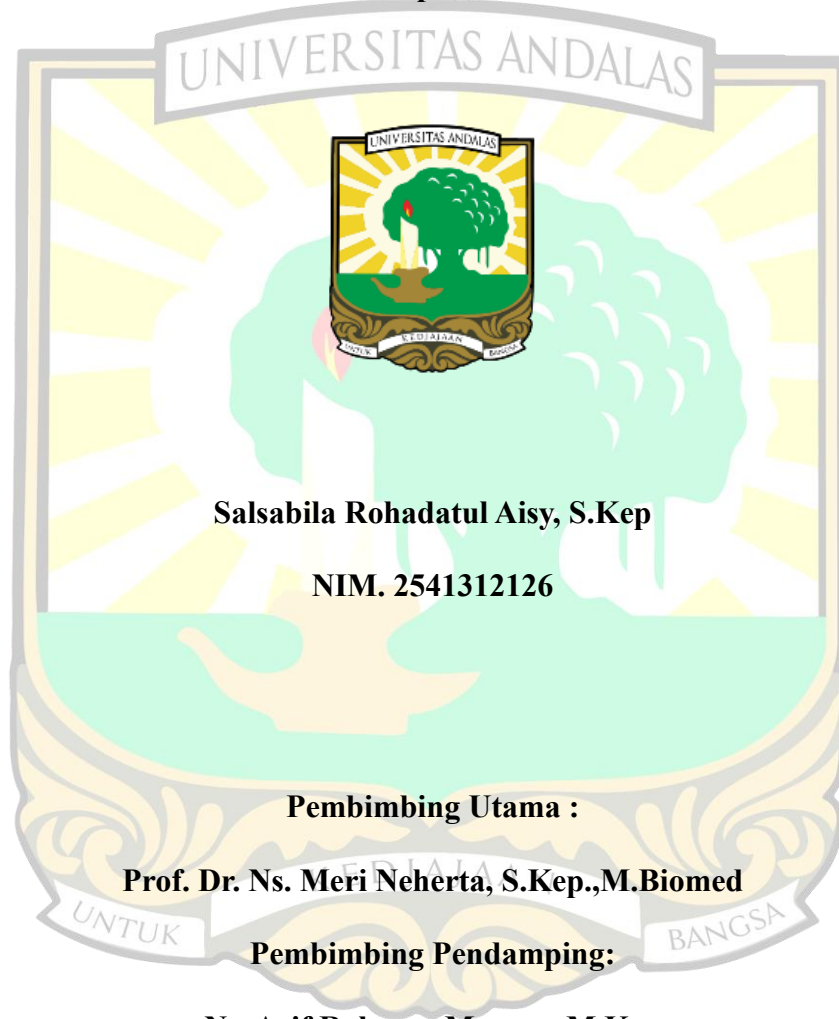


KARYA ILMIAH AKHIR

ASUHAN KEPERAWATAN PADA AN. A YANG MENDERITA *CHRONIC KIDNEY DISEASE (CKD) STAGE V* DENGAN PEMBERIAN TERAPI MEWARNAI MANDALA UNTUK MENURUNKAN KECEMASAN DI RUANG RAWAT INAP ANAK AKUT RSUP DR.M. DJAMIL PADANG

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**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
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2026**

**FAKULTAS KEPERAWATAN
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KARYA ILMIAH AKHIR
MEI, 2026**

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ASUHAN KEPERAWATAN PADA ANAK YANG MENDERITA *CHRONIC KIDNEY DISEASE (CKD) STAGE V* DENGAN PEMBERIAN TERAPI MEWARNAI MANDALA UNTUK MENURUNKAN KECEMASAN DI RUANG RAWAT INAP ANAK AKUT RSUP DR.M.DJAMIL PADANG

ABSTRAK

Hospitalisasi dan tindakan medis pada anak *Chronic Kidney Disease (CKD)* Stage V sering kali memicu kecemasan. Berdasarkan *Theory of Comfort* Katharine Kolcaba, kondisi ini menimbulkan ketidaknyamanan psikospiritual akibat rasa takut dan ketidakpastian. Penelitian ini bertujuan memberikan asuhan keperawatan penurunan kecemasan melalui terapi mewarnai mandala di RSUP Dr. M. Djamil Padang. Subjek penelitian adalah anak laki-laki berusia 7 tahun dengan diagnosis CKD G5A3 on HD ec SN resisten steroid. Saat pengkajian awal, anak tampak gelisah, tegang, cemas menghadapi tindakan, TD 141/86 mmHg, nadi 102 x/menit, serta skor *State Trait Anxiety Inventory (STAI)* sebesar 66 yang mengindikasikan kecemasan berat. Intervensi reduksi ansietas dilakukan melalui pemberian terapi mewarnai mandala selama 6 hari dengan frekuensi satu kali sehari selama 30 menit per sesi. Hasil evaluasi pasca-intervensi menunjukkan penurunan skor STAI secara signifikan menjadi 30, yang tergolong ke dalam kategori kecemasan ringan. Penelitian ini merekomendasikan terapi mewarnai mandala sebagai intervensi non-farmakologis yang efektif untuk mengurangi tingkat ansietas pada anak CKD yang menjalani hospitalisasi dan hemodialisis.

Kata Kunci : *Chronic Kidney Disease (CKD)*, Kecemasan, Terapi Mewarnai

Referensi : 24 (1983-2026)

**FACULTY OF NURSING
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FINAL SCIENTIFIC REPORT
MEI, 2026**

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**NURSING CARE FOR CHILD A WITH STAGE V CHRONIC KIDNEY
DISEASE THROUGH THE IMPLEMENTATION OF COLORING
THERAPY TO REDUCE ANXIETY AND PAIN LEVELS IN THE ACUTE
PEDIATRIC INPATIENT WARD AT RSUP DR M DJAMIL PADANG**

ABSTRACT

Hospitalization and medical procedures often trigger anxiety in children with Stage V Chronic Kidney Disease (CKD). Based on Katharine Kolcaba's Theory of Comfort, this situation gives rise to psychospiritual discomfort stemming from fear and uncertainty. This study aimed to provide nursing care to reduce anxiety through mandala coloring therapy at Dr. M. Djamil General Hospital, Padang. The subject was a 7-year-old boy diagnosed with CKD Stage G5A3 (requiring hemodialysis) secondary to steroid-resistant nephrotic syndrome. During the initial assessment, the child appeared restless, tense, and anxious about the procedures; his vital signs showed a blood pressure of 141/86 mmHg and a pulse of 102 beats per minute, while his State-Trait Anxiety Inventory (STAI) score was 66, indicating severe anxiety. An anxiety-reduction intervention was implemented using mandala coloring therapy over a six-day period, administered once daily for 30 minutes per session. Post-intervention evaluation showed a significant decrease in the STAI score to 30, placing the child in the mild anxiety category. This study recommends mandala coloring therapy as an effective non-pharmacological intervention for reducing anxiety levels in children with CKD undergoing hospitalization and hemodialysis.

Keyword : Chronic Kidney Disease (CKD), Anxiety, Coloring Therapy, Pain Level

Reference : 24 (1983-2026)