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Judul : Asuhan Keperawatan pada Anak Prasekolah dengan Demam Tifoid yang Mengalami Ansietas Melalui Pemberian *Parental Holding Therapy* di RS Bhayangkara Brimob Polri

ABSTRAK

Latar Belakang: Demam tifoid masih menjadi 1,6% masalah kesehatan anak utama di Indonesia dan sering memerlukan rawat inap/hospitalisasi yang dapat menimbulkan ansietas akibat lingkungan asing serta prosedur medis. Pendekatan keperawatan holistik berbasis *family centered care* diperlukan, salah satunya melalui terapi dekapan orang tua dengan tujuan menurunkan tingkat kecemasan pada anak serta meningkatkan kenyamanan psikologis anak selama prosedur.

Metode: Karya Ilmiah Akhir Ners ini menggunakan metode studi kasus dengan pendekatan proses asuhan keperawatan meliputi pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi pada anak dengan demam tifoid yang mengalami ansietas di RS Bhayangkara Brimob Polri. Dengan Intervensi unggulan berupa terapi dekapan (*parental holding therapy*). Waktu penelitian selama 3 hari pada tanggal 28-30 Juli 2025.

Hasil: Pemberian terapi dekapan menunjukkan penurunan tingkat ansietas yang ditandai menurunnya frekuensi nadi 46x/menit dan napas 2x/menit, anak tidak tampak gelisah dan tegang, serta membaiknya kontak mata pada anak.

Kesimpulan: Terapi dekapan efektif sebagai intervensi keperawatan non farmakologis dalam menurunkan tingkat ansietas pada anak demam tifoid selama hospitalisasi. Penulis merekomendasikan terapi dekapan/*parental holding therapy* dapat diberikan pada anak usia bayi hingga prasekolah, terapi dekapan dapat dilakukan ketika anak merasa cemas dan gelisah terhadap prosedur tindakan di RS, perawat dapat memberikan terapi dekapan secara rutin sebagai intervensi non farmakologis unggulan.

Kata Kunci: Ansietas anak, asuhan keperawatan anak, demam tifoid, hospitalisasi, terapi dekapan.

Daftar Pustaka: 73 buah (2014-2025).

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Title : *Nursing Care for Preschool Children with Typhoid Fever Experiencing Anxiety Through Cuddling Therapy at the Bhayangkara Brimob Polri Hospital*

ABSTRACT

Background: Typhoid fever remains a major health problem for children in Indonesia, accounting for 1.6% of cases and often requiring hospitalization, which can trigger anxiety due to unfamiliar surroundings and medical procedures. A holistic, family-centered care approach is needed, including parent-centered cuddling therapy, to reduce children's anxiety and improve their psychological comfort during procedures.

Methods: This Nursing Final Scientific Paper uses a case study method with a nursing care process approach including assessment, diagnosis, planning, implementation, and evaluation in children with typhoid fever experiencing anxiety at the Bhayangkara Brimob Polri Hospital. With the leading intervention in the form of parental holding therapy. The study period was 3 days on July 28-30, 2025.

Results: The provision of cuddling therapy showed a decrease in anxiety levels, which was indicated by a decrease in pulse rate of 46 times/minute and breathing rate of 2 times/minute, the child did not appear restless and tense, and there was improvement in eye contact in the child.

Conclusion: Cuddle therapy is effective as a non-pharmacological nursing intervention in reducing anxiety levels in children with typhoid fever during hospitalization. The author recommends that parental holding therapy be given to children aged from infancy to preschool. Cuddle therapy can be carried out when children feel anxious and restless about procedures in the hospital. Nurses can provide cuddle therapy routinely as a superior non-pharmacological intervention.

Keywords: Child anxiety, child nursing care, cuddle therapy, hospitalization, typhoid fever.

References: 73 sources (2014-2025).