

HAND PUPPET PLAY THERAPY EFFECTIVELY REDUCES ANXIETY IN CHILDREN WITH ANEMIA AT HERMINA HOSPITAL, BEKASI

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Anemia, Preschool Children, Anxiety, Play Therapy, Hand Puppet	<i>Background: Preschool children are children aged between 3 and 6 years old. Anemia is a condition in which the hemoglobin level in red blood cells is lower than normal, preventing oxygen from being transported throughout the body. Anemia can be caused by several factors, including genetic factors, blood loss due to infection, and chronic diseases. Children with anemia who are undergoing treatment in hospitals tend to experience higher levels of anxiety. One effective non-pharmacological approach to help reduce anxiety in children is hand puppet therapy. Hand puppet therapy is a game played using hand puppets or finger puppets. Objective: To determine the effect of hand puppet therapy in reducing anxiety in An. S with anemia at Hermina Hospital Bekasi. Research method: This case study involved a 5-year-old girl as the respondent. The assessment results showed that the patient appeared tense, had poor eye contact, and was afraid of the nurse. The third nursing diagnosis established was anxiety. To address this condition, the nursing intervention provided was play therapy using hand puppets. Results: After conducting hand puppet play therapy for 3x24 hours with a frequency of once a day for 30 minutes, the anxiety in An. S was resolved, characterized by no tension, improved eye contact, and reduced fear of the nurse. Conclusion: Hand puppet play therapy has proven effective in reducing anxiety in children with anemia during hospitalization. Recommendation: It is hoped that in pediatric nursing care, efforts will be made to enhance children's comfort and cooperation during hospitalization.</i> <i>Keywords: Anemia; Preschool Children; Anxiety; Play Therapy, Hand Puppet.</i>
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