

ABSTRAK

ANALISIS PENGARUH FILM KARTUN TERHADAP ANSIETAS ANAK USIA 6–12 TAHUN SAAT Sirkumsisi SEBAGAI UPAYA DISTRAKSI DI PRAKTIK KHITAN MANDIRI

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Kecemasan anak pada saat sirkumsisi jika tidak dikelola dengan baik maka proses sunat tidak “kooperatif” dan anak akan menangis, memberontak dan menolak untuk melanjutkan proses sunat. Oleh karena itu dapat dilakukan penatalaksanaan non farmakologi salah satunya dengan teknik distraksi menonton film kartun. Tujuan dari penelitian ini untuk mengetahui pengaruh distraksi film kartun terhadap ansietas anak pada waktu sirkumsisi dengan usia 6-12 tahun ditempat praktik mandiri.

Penelitian ini menggunakan desain penelitian *Pre experimental design* dengan bentuk design *pretest-posttest one group design*, dengan tidak ada kelompok perbandingan (*control*). Dengan tehnik *purposive sampling* didapatkan sampel sebanyak 19 responden. Variabel independen distraksi menonton film kartun dan variabel dependen kecemasan anak saat akan sirkumsisi diukur menggunakan kuesioner *State Anxiety Inventory (S-AI) form-Y*. Digunakan uji statistik *Paired sample T-test* untuk mengetahui pengaruh kedua variabel.

Hasil penelitian dari 19 responden didapat kategori nilai sebelum pemberian teknik distraksi menonton film kartun sebanyak 14 responden (73,7%) mengalami kecemasan sedang dan 5 responden (26,3%) mengalami kecemasan ringan. Dan Hasil kategorisasi nilai setelah pemberian distraksi sebagian besar mengalami penurunan kecemasan dari sedang menjadi ringan, yaitu sebanyak 16 responden (73,7%) dan kecemasan sedang 3 responden (15,7%).

Analisis menggunakan uji statistik *Paired Sample t-Test* didapatkan hasil p (Sig.(2-tailed)) = 0,000 yang berarti nilai $p < 0,05$ maka H_0 ditolak dan H_1 diterima yang menunjukkan terdapat pengaruh yang signifikan antara nilai kecemasan sebelum dan setelah dilakukan pemberian teknik distraksi pada anak yang akan dilakukan sirkumsisi di praktik khitan mandiri. Dengan memberikan pemahaman lebih dalam kepada tenaga medis, orang tua, dan anak-anak mengenai peran teknik distraksi dalam mengelola kecemasan, diharapkan dapat meningkatkan dukungan dan kenyamanan selama prosedur sirkumsisi.

Kata kunci : Distraksi, Kecemasan anak, Sirkumsisi

ABSTRACT

ANALYSIS OF THE INFLUENCE OF CARTOON FILM ON THE ANXIETY OF CHILDREN AGED 6–12 YEARS DURING CIRCUMCISION AS A DISTRACTION EFFORT IN INDEPENDENT CIRCUMSTANCE PRACTICE

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If the child's anxiety during circumcision is not managed well, the circumcision process will not be "cooperative" and the child will cry, rebel and refuse to continue the circumcision process. Therefore, non-pharmacological management can be carried out, one of which is the distraction technique of watching cartoon films. The aim of this research was to determine the effect of cartoon film distraction on children's anxiety during circumcision aged 6-12 years in independent practice settings.

This research uses a pre-experimental design research design with a pretest-posttest one group design, with no comparison (control) group. Using purposive sampling technique, a sample of 19 respondents was obtained. The independent variable was the distraction of watching cartoons and the dependent variable was the child's anxiety during circumcision was measured using the State Anxiety Inventory (S-AI) form-Y questionnaire. The paired sample T-test statistical test was used to determine the influence of the two variables.

The results of the study from 19 respondents obtained the value category before the provision of distraction techniques watching cartoons as many as 14 respondents (73.7%) experienced moderate anxiety and 5 respondents (26.3%) experienced mild anxiety. And the results of the value categorization after the provision of distraction mostly experienced a decrease in anxiety from moderate to mild, namely as many as 16 respondents (73.7%) and moderate anxiety 3 respondents (15.7%).

Analysis using the Paired Sample t-Test statistical test resulted in p (Sig. (2-tailed)) = 0.000, which means the p value < 0.05, so H_0 is rejected and H_1 is accepted, which shows that there is a significant influence between anxiety values before and after it is carried out. providing distraction techniques to children who will undergo circumcision in independent circumcision practice. By providing medical personnel, parents and children with a deeper understanding of the role of distraction techniques in managing anxiety, it is hoped that they can increase support and comfort during circumcision procedures.

Keywords: Child anxiety, Circumcision, Distraction