

## ABSTRACT

### THE EFFECT OF PLAYING THERAPY ON BEDREST COMPLIANCE IN PRESCHOOL CHILDREN WITH TYPHOID FEVER

A Pre-Experimental Study in Pediatric Infectious Wards,  
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Playing therapy is a psychoanalytical technique used by professionals to assist children in understanding their feeling, mind, and motivation. This is because playing is one of adaptive activities to the disease in children with typhoid fever who need to have rest in a longer period. The principle is that the playing needs less energy, short, simple, and not violating the therapy.

The purpose of this study was to identify the effect of playing therapy on bedrest compliance in preschool children with typhoid fever treated in Pediatric Infectious Wards, Dr Soetomo Hospital, Surabaya. This study used pre-experimental pre- and post-test design. The population was all children with typhoid fever treated in Pediatric Infectious Wards. Sample size was 10 individuals, taken using purposive sampling. The independent variable was playing therapy, and the dependent variable was bedrest compliance. Data were collected using observation and analyzed by means of SPSS with Wilcoxon Sign Rank Test at significance level of  $p \leq 0.05$ .

Results showed that there was a change in level of compliance from moderate (70%) before therapy to sufficient (60%) after therapy, with significance level of  $p = 0.004$ . Thus, it is apparent that playing therapy has significant influence on bedrest compliance in preschool children with typhoid fever, so that it can be provided for children who are undergoing hospitalization.

**Keywords:** *playing therapy, compliance, bedrest, typhoid fever, preschool*