

Analysis of Caring Nurses on Anxiety Levels of Mothers whose Children are Hospitalized at RSUD Dr.M.Zain Painan

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ABSTRACT

Anxiety is an emotional response that can occur in mothers whose children are hospitalized. This is caused by Caring nurses who are less pleasant. Research in New York, 50 thousand parents whose children are hospitalized, 30% feel severe anxiety. In Indonesia 39.6% of mothers experienced an increase in blood pressure and behavioral distress. Data from RSUD M. Zein Painan the number of children treated in inpatient rooms from March to May 2021 is 140 children, interviews with mothers whose children are treated in children's rooms, 7 out of 8 parents feel anxious when their children are hospitalized. The purpose of this study was to determine the relationship between caring nurses and the level of anxiety of mothers whose children were hospitalized at Dr. M. Zein Painan.

The type of research is descriptive analytic, cross sectional study design. The study was conducted in the inpatient room of RSUD Dr. M. Zein Painan in June 2021. The population of all mothers whose children are hospitalized at RSUD Dr. M. Zein Painan, from March to May 2021 there were 140 people. Sampling accidental sampling. Data collection by questionnaire. Univariate data analysis with frequency distribution and bivariate using chi-square test.

The results showed that 55.2% of respondents stated that nurses' caring was not good, 36.2% of respondents had severe anxiety levels. The results of the statistical test (chi-square) p value = 0.000 (p <0.05) there is a relationship between caring for nurses and the level of anxiety of mothers whose children are hospitalized at RSUD Dr. M. Zein Painan in 2021. It is hoped that the hospital can provide training to nurses on caring behavior in hospitalized children. And further researchers can examine the factors related to the caring behavior of nurses.

Keywords: *Anxiety, Caring, Hospitalitazion*

1. INTRODUCTION

Hospitalization is a crisis condition that occurs to children, when the child is sick and has to undergo treatment at the hospital, in this condition the child must adapt to the environment in the hospital [1]

Children undergoing treatment at the hospital will experience changes in their psychological and physical conditions. Children who experience the hospitalization process will feel various feelings such as feeling guilty, sad, angry,

afraid and anxious and will feel guilty, especially when their child is diagnosed with a dangerous and life-threatening disease [2].

Anxiety experienced by mothers will also have an effect in giving full attention to their children, marked by mothers who are unable to minimize the impact of separation such as not accompanying children when medical action is taken, will not be able to bring friends and favorite toys. The lack of praise for the child's condition also adds to the long list of the

minimal role of the family in the hospitalization of children[3] .

The anxiety experienced by this mother will increase if she does not know information about the disease her child is suffering from. This can create new stressors for the mother so that it can make the mother feel anxious[2] . K ecamatan Mother if not have good coping mechanisms, can be severe anxiety or panic. This problem can add stressor for children who are in need of support from both parents.

Anxiety experienced by mothers will also have an effect in giving full attention to their children, marked by mothers who are unable to minimize the impact of separation such as not accompanying children when medical procedures are carried out, unable to bring friends and favorite toys. The lack of praise for the child's condition also adds to the list of the minimal role of the family in the hospitalizat[3]ion of children .

According to [4] research conducted in the United States found that every year 23 million more people in the United States experience anxiety, the results of research conducted in New York found that out of 50 thousand parents whose children were hospitalized in several hospital in New York City, 30% felt severe anxiety. Research [5] in Indonesia obtained data that 39.6% of parents experienced an increase in blood pressure and behavioral distress due to their child having to undergo the hospitalization process at the hospital.

Research by (Audina, 2017) states that there is a relationship between the impact of hospitalization of children with the length of hospitalization, diagnosis of children's diseases, and the level of education of the mother on the anxiety of the mother's parents with the highest percentage being severe anxiety. One of the signs of someone experiencing stress is

the presence of muscle tension and anxiety is a sign of the body's readiness for potentially dangerous events, so that individuals in a state of anxiety/anxiety need a lot of energy to restore the imbalance that occurs as a result of the response to the anxiety experienced.

Mothers who lack emotional and social support from family, relatives, and even lack of *caring for* health workers will show feelings of anxiety when their children first experience hospitalization. Another study showed that listening to the doctor's decision about the diagnosis of her child's illness was a very worrying event for the mother . If the child is stressed during treatment, the mother becomes anxious and anxious that the mother will make the child's stress level increase.[6]

Mothers whose children are hospitalized will feel afraid if something dangerous or makes their children suffer. This can be caused by various things, such as chronic illness, unpleasant *caring care* , family economic level, all of which can have an impact on the healing process[7]

Caring in general can be interpreted as an ability to be dedicated to others, vigilant supervision, feelings of empathy for others and feelings of love or affection. In nursing, *caring* is part of the bus a *mengurasi* anxiety Her mother was a pa when an aknya hospitalized. Caring behavior in nursing is very necessary, but not all nurses serve patients with caring, this can be seen from nurses who work in general care rooms showing that nurses are more focused on serving biological needs, and pay less attention to the patient's affectiveness[8]

Research conducted by[9] nurse *caring* related to the anxiety of parents whose children were hospitalized, found that the majority of good nurses' caring was 51.9% and the

anxiety of mothers was mostly moderate anxiety of 61.1% with p-value < 0.03 so it can be concluded Caring for nurses with anxiety Mothers whose children are hospitalized in the inpatient room on the fourth floor of the Sari Mutiara Hospital, Medan, there is a significant relationship.

2. RESEARCH METHODOLOGY

This type of research is analytic with a cross sectional study design, which was conducted at RSUD M. Zain Painan in July 2021. The population in this study were all mothers whose children were being treated at RSUD M. Zain Painan totaling 140 people, using the sample formula., obtained a sample of 58 people, with the technique of sampling accidental sampling. Data analysis consisted of univariate using frequency distribution and bivariate using *Chi-Square* Test.

3. RESULT DISCUSSION

Table 1. Frequency Distribution of Anxiety Levels

No.	Anxiety Level	F	%
1.	No Worry	11	19.0
2.	Light	14	24.1
3.	Currently	12	20.7
4.	Heavy	21	36.2
	Amount	58	100.0

Table 2. Distribution of the Frequency of Caring Nurses

No.	Caring Nurses	f	%
1.	Well	26	44.8
2.	Not good	32	55.2
	Amount	58	100.0

Table 3. The Relationship between Caring Nurses and Mother's Anxiety Levels

Caring Nurses	Anxiety Level								Total		P value
	No Worry		Light		Currently		Heavy				
	f	%	f	%	f	%	f	%	f	%	
Well	10	38.5	11	42.3	4	15.4	1	3.8	26	100.0	0.000
Not good	1	3.1	3	9.4	8	25.0	20	62.5	32	100.0	
Amount	11	19.0	14	24.1	12	20.7	21	36.2	58	100.0	

Based on the research, it was found that severe maternal anxiety was found more in *caring* nurses who were not good, compared to caring for good nurses. The results of the Chi-Square statistical test

The results of research conducted by [10] in the pomegranate inpatient room on the fourth floor of the Sari Mutiara Hospital Medan showed there was a significant relationship. *caring* nurses with

showed that there was a significant relationship between nurse caring and the anxiety of mothers whose children were hospitalized.

the anxiety of parents whose children are hospitalized. *Caring* behavior of implementing nurses in hospitals can be influenced by organizational culture [11] emphasizing that a strong

organizational culture creates common goals, employee motivation, and control structures to shape the behavior needed to improve organizational performance which has an impact on organizational member performance.

According to the researcher, the relationship between nurses' *caring* and the level of anxiety of mothers whose children are hospitalized at RSUD Dr. M. Zein Painan shows that the implementation of nurse *caring* is not good and needs to be improved. *Caring for* nurses is not good because the behavior of someone who is influenced by knowledge, learns from experience, and nurses pay less attention to children, looks busy in their own work, rarely gives motivation to heal to children, and does not provide explanations about procedures for actions and treatment to children and parent. So that this can affect health services and the quality of hospitals which have an impact on parents' anxiety about their children being hospitalized.

4. CONCLUSIONS AND SUGGESTIONS

Based on the results of the study, it can be concluded that in hospitalized children, nurses must behave *caring* to reduce anxiety in parents or mothers, so that they can accelerate the healing process for children and reduce hospitalization days. For this reason, it is expected that hospitals can conduct excellent service training on effective communication for nurses, so that nurses can guide, help solve problems, provide support, and give attention, so as to reduce the level of parental anxiety.

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