

Intisari

Hubungan Lama Rawat Inap dengan Tingkat Kecemasan Pada Anak Usia Pra Sekolah yang Menjalani Pembedahan di Bangsal An Nur RSUI Kustati Surakarta

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Latar belakang: Anak mengalami pengalaman traumatik dan penuh rasa cemas selama proses perawatan di rumah sakit terutama menjelang operasi. Lamanya perawatan di rumah sakit akan semakin membuat anak semakin cemas.

Tujuan : Mengetahui hubungan lama rawat inap dengan tingkat kecemasan pada anak usia pra sekolah yang menjalani pembedahan di bangsal An Nur RSUI Kustati Surakarta.

Metode : Pendekatan penelitian adalah kuantitatif, menggunakan rancangan *cross sectional*. Sampel penelitian sebanyak 42 pasien anak usia pra sekolah dengan hospitalisasi dan menjalani pembedahan. Teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen penelitian menggunakan lembar observasi untuk data lama hari rawat dan kuesioner kecemasan menggunakan *Spence Children's Anxiety Scale (SCAS) Preschool Parent Report*. Analisis data menggunakan uji *Kendall tau*.

Hasil : Sebanyak 31 orang (73,8%) dengan rawat inap 4-7 hari (sedang), 4 responden (9,5%) menjalani perawatan selama 1-3 hari (cepat) dan 7 responden (16,7%) menjalani perawatan selama > 8 hari (lama). Sebanyak 23 responden (54,8%) mengalami cemas kategori sedang, 19 responden (45,2%) mengalami cemas berat. Hasil uji *Kendall tau* diperoleh nilai $r = 0,62$ dengan $p\text{-value} = 0,001$.

Kesimpulan : Ada hubungan lama rawat inap dengan tingkat kecemasan pada anak usia pra sekolah yang menjalani pembedahan di bangsal An Nur RSUI Kustati Surakarta.

Kata kunci : Lama rawat inap, kecemasan, anak usia pra sekolah, pembedahan

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ABSTRACT

THE CORRELATION OF LENGTH OF HOSPITALIZATION WITH ANXIETY LEVELS IN PRE-SCHOOL CHILDREN UNDERGOING SURGERY AT AN NURROOM RSUI KUSTATI SURAKARTA

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Introduction: Children experience trauma and anxiety during hospitalization, especially before surgery. The length of stay in the hospital will make the child more anxious.

Objective: To determine the correlation between length of stay and anxiety levels in pre-school children undergoing surgery in the An Nur room of RSUI Kustati Surakarta. **Methods:** The research approach is quantitative with cross sectional design. The research sample was 42 patients with preschool children who were hospitalized and underwent surgery. The sampling technique used purposive sampling. The research instrument used an observation sheet for data on length of stay and an anxiety questionnaire using the Spence Children's Anxiety Scale (SCAS) Preschool Parent Report. Data analysis used the Kendall tau test.

Results: A total of 31 people (73.8%) with 4-7 days of hospitalization (moderate), 4 respondents (9.5%) underwent treatment for 1-3 days (fast) and 7 respondents (16.7%) underwent treatment for > 8 days (long). 23 respondents (54.8%) experienced moderate anxiety, and 19 respondents (45.2%) experienced severe anxiety. The results of the Kendall tau test obtained a value of $r = 0.62$ with a p -value = 0.001.

Conclusion: There is a correlation between length of stay and anxiety level in pre- school children undergoing surgery in the An Nur room of RSUI Kustati Surakarta.

Keywords: Length of Hospitalization, Anxiety, Preschool Children, Surgery

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