

Hubungan *Support System* Keluarga Dengan Tingkat Kecemasan Perawat di Ruang Penyakit menular RSUD dr. Soediran mangun Sumarso

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Intisari

Latar belakang: Perawat adalah tenaga kesehatan yang secara langsung kontak dengan manusia. Kontak secara langsung dapat meningkatkan resiko infeksi penyakit menular sehingga kecemasan perawat dapat meningkat seiring dengan resiko penularan penyakit. Dampak dari risiko tertular penyakit menular pada perawat adalah timbulnya kecemasan. *Support system* keluarga sangat diperlukan untuk membantu perawat yang bertugas di ruang penyakit menular agar kecemasan yang dirasakan tidak semakin meningkat.

Tujuan: Mengetahui hubungan *support system* keluarga dengan tingkat kecemasan perawat di ruang penyakit menular RSUD dr. Soediran Mangun Sumarso.

Metode: Jenis penelitian adalah penelitian deskriptif korelasional dengan rancangan penelitian menggunakan *cross-sectional*. Sampel seluruh perawat yang bertugas di ruang penyakit menular sebanyak 32 orang. Pengambilan sampel menggunakan total sampel. Instrumen penelitian menggunakan kuesioner *support system* keluarga dan kuesioner kecemasan menggunakan *Hamilton Rating Scale for Anxiety* (HRS-A). Analisis data menggunakan uji *Kendall tau*.

Hasil penelitian: Sebanyak 14 responden mendapat *Support system* keluarga yang baik (43,8%) dan 18 responden dengan *Support System* Keluarga yang cukup (56,3%). Sebanyak 7 responden tidak mengalami cemas (21,9%), 13 responden mengalami cemas ringan (40,6%) dan 12 responden mengalami cemas sedang (37,5%). Hasil uji *Kendall tau* diperoleh nilai $r = -0,492$ signifikansi $p = 0,001$.

Kesimpulan : Ada hubungan *support system* keluarga dengan tingkat kecemasan perawat di ruang penyakit menular RSUD dr. Soediran Mangun Sumarso.

Kata kunci : *Support system* keluarga, kecemasan, perawat, penyakit menular.

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ABSTRACT

THE CORRELATION BETWEEN FAMILY SUPPORT SYSTEM AND NURSE ANXIETY LEVEL IN THE INFECTIOUS DISEASES ROOM OF RSUD DR. SOEDIRAN MANGUN SUMARSO

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Background: Nurses are medical workers who have direct contact with humans. Direct contact can increase the risk of infection with infectious diseases, so nurses' anxiety can increase with the risk of disease transmission. The impact of the risk of contracting infectious diseases on nurses is the emergence of anxiety. The family support system is needed to help nurses in the infectious disease room decrease anxiety.

Objectives: To determine the correlation between the family support system and the anxiety level of nurses in the infectious disease room at RSUD dr. Soediran Mangun Sumarso.

Method: This type of research is a correlational descriptive study with a cross-sectional research design. The sample was all nurses in the infectious disease room with 32 people. The sampling technique used total sampling. The research instrument implemented a family support system questionnaire and an anxiety questionnaire using the Hamilton Rating Scale for Anxiety (HRS-A). Data analysis used the Kendall tau test.

Results: 14 respondents had a good family support system (43.8%) and 18 respondents had an adequate family support system (56.3%). 7 respondents did not experience anxiety (21.9%), 13 respondents experienced mild anxiety (40.6%), and 12 respondents experienced moderate anxiety (37.5%). The Kendall tau test results obtained a value of $r = -0.492$ significance of $p = 0.001$.

Conclusion: There is a correlation between the family support system and the anxiety level of nurses in the infectious disease room at RSUD dr. Soediran Mangun Sumarso.

Keywords: Family Support System, Anxiety, Nurses, Infectious Diseases

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