

Hubungan Tingkat Spiritualitas dengan Tingkat Kecemasan pada Keluarga Pasien yang dirawat di Ruang Intensif = Correlation between Anxiety Level in Families of Patient Treated in the Intensive Care Room

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Abstrak

Unit Rawat Intensif merupakan area khusus rumah sakit, dimana pasien yang mengalami sakit kritis atau cedera memperoleh pelayanan medis dan keperawatan secara khusus. Anggota keluarga merasa khawatir biasanya diindikasikan dengan rasa takut dan sering merenungkan akan kematian keluarganya yang sedang menjalani perawatan kritis. Penelitian ini menggunakan desain cross sectional, pemilihan sampel menggunakan non probability sampling dengan metode consecutive sampling dengan total 100 responden keluarga pasien yang dirawat di ruang intensif dan menggunakan instrumen Hamilton Anxiety Rating Scale (HARS) serta The Daily Spiritual Experience Scale (DSES). Hasil penelitian ini didapatkan tingkat kecemasan rendah (56%) dan aspek spiritualitas kurang (64%). Hasil uji statistik dapat disimpulkan terdapat hubungan yang bermakna ($p=0,012$) antara tingkat kecemasan dengan aspek spiritualitas keluarga pasien. Selain itu terdapat hubungan yang bermakna antara usia dan ruang rawat terhadap aspek spiritual ($p<0,05$). Perawat perlu melibatkan keluarga dalam kegiatan keagamaan seperti berdoa bersama, mengingatkan waktu sholat, dan berdzikir dapat meningkatkan kenyamanan pasien serta kunjungan rohaniawan mungkin dibutuhkan bagi penunggu pasien.

.....The Intensive Care Unit is a special area of the hospital, where patients who are critically ill or injured receive special medical and nursing services. Family members feel worried, usually indicated by fear and often reflecting on the death of their family members who are undergoing critical care. This study used a cross-sectional design, sample selection using non-probability sampling with the consecutive sampling method with a total of 100 respondents of families of patients treated in the intensive care unit and using the Hamilton Anxiety Rating Scale (HARS) and The Daily Spiritual Experience Scale (DSES) instruments. The results of this study obtained a low level of anxiety (56%) and a low spirituality aspect (64%). The results of the statistical test can be concluded that there is a significant relationship ($p = 0.012$) between the level of anxiety and the spirituality aspect of the patient's family. In addition, there is a significant relationship between age and treatment room and spiritual aspect ($p < 0.05$). Nurses need to involve families in religious activities such as praying together, reminding prayer times, and dhikr can improve patient comfort and visits from clergy may be needed for patient caregivers.