

KARAKTERISTIK DAN TINGKAT KECEMASAN ORANG TUA TERHADAP HOSPITALISASI BAYI BARU LAHIR BERISIKO DI RUANG SOKA RSUD MAJENANG

Characteristics and Level of Parental Anxiety Regarding Hospitalization of High-Risk Newborns in the Soka Ward of Majenang Regional Hospital

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ABSTRAK

Hospitalisasi pada bayi baru lahir menjadi sumber kecemasan bagi orang tua. Tingkat kecemasan dipengaruhi oleh karakteristik demografi dan kondisi medis bayi. Penelitian bertujuan mendeskripsikan karakteristik orang tua, diagnosa medis bayi, dan tingkat kecemasan orang tua terhadap hospitalisasi bayi baru lahir berisiko di Ruang Soka RSUD Majenang. Desain penelitian adalah deskriptif kuantitatif, dengan pendekatan *nonprobability sampling*. Jumlah sampel 33 orang tua dengan teknik sampel *accidental sampling*. Instrumen yang digunakan yaitu kuesioner demografi dan kuesioner kecemasan HARS. Analisis data menggunakan distribusi frekuensi. Hasil penelitian menunjukkan bahwa mayoritas orang tua berjenis kelamin perempuan dan berperan sebagai ibu (60,6%), dengan usia rata-rata 30 tahun. Sebagian besar memiliki pendidikan menengah (SMA/SMK) sebanyak 15 orang (45,5%) dan bekerja sebanyak 23 orang (69,7%). Sebagian besar orang tua menggunakan jaminan kesehatan BPJS (97%). Berdasarkan diagnosa medis, bayi yang dirawat paling banyak mengalami asfiksia sedang (48,5%) dan BBLR (39,4%). Sementara itu, tingkat kecemasan terbanyak berada pada kategori sedang, dialami oleh 15 orang tua (45,5%).

Kata kunci: Hospitalisasi, kecemasan orang tua, bayi baru lahir berisiko, BPJS, asfiksia, BBLR

ABSTRACT

Hospitalization of newborns is a source of anxiety for parents. The level of anxiety is influenced by the infant's demographic characteristics and medical condition. This study aimed to describe the characteristics of parents, the infant's medical diagnosis, and the level of parental anxiety regarding the hospitalization of high-risk newborns in the Soka Ward of Majenang Regional Hospital. The study design was quantitative descriptive, using a nonprobability sampling approach. A sample of 33 parents was selected using an accidental sampling technique. The instruments used were a demographic questionnaire and a HARS anxiety questionnaire. Data analysis used a frequency distribution. The results showed that the majority of parents were female and acted as mothers (60.6%), with an average age of 30 years. Most had a secondary education 15 people (45.5%) and were employed 23 people (69.7%). Most parents used BPJS health insurance (97%). Based on medical diagnoses, the most frequently admitted infants experienced moderate asphyxia (48.5%) and low birth weight (39.4%). Meanwhile, the highest level of anxiety was in the moderate category, experienced by 15 parents (45.5%).

Keywords: Hospitalization, parental anxiety, at-risk newborns, BPJS, asphyxia, LBW