

**GAMBARAN TINGKAT KECEMASAN KELUARGA
PASIEN YANG DIRAWAT DI INTENSIVE CARE UNIT (ICU)
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*DESCRIPTION FAMILY ANXIETY LEVEL OF PATIENTS TREATED IN THE
INTENSIVE CARE UNIT (ICU) AT CILACAP Regional Hospital in 2023*

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ABSTRAK

Kondisi cemas yang dialami oleh keluarga dapat menghambat kemampuan keluarga dalam memberikan dukungan kepada anggota keluarganya yang sedang dirawat di ICU. Penelitian ini bertujuan untuk mengetahui gambaran tingkat kecemasan keluarga pasien yang dirawat di *Intensive Care Unit* (ICU) RSUD Cilacap. Jenis penelitian ini adalah kuantitatif dengan desain penelitian deskriptif dan rancangan *cross sectional* terhadap 48 keluarga pasien yang dirawat di *Intensive Care Unit* (ICU) RSUD Cilacap yang diambil menggunakan metode *purposive sampling*. Analisa data menggunakan distribusi frekuensi. Hasil penelitian menunjukkan bahwa keluarga pasien yang dirawat di ICU RSUD Cilacap sebagian besar adalah perempuan (54,2%), lulus SMA (52,1%), pekerjaannya swasta (37,5%), status pernikahan mayoritas kawin (72,9%), menggunakan pembiayaan BPJS non PBI (52,1%) dan mempunyai hubungan kekerabatan sebagai saudara (54,2%). Tingkat kecemasan keluarga pasien yang dirawat di ICU RSUD Cilacap sebagian besar dalam kategori ringan (35,4%) dan sebagian kecil dalam kategori panik (2,1%).

Kata kunci : Gambaran, tingkat kecemasan, keluarga pasien

ABSTRACT

The anxiety experienced by the family can hinder the family's ability to provide support to family members who are being treated in the ICU. This study aims to determine the level of anxiety of the families of patients treated in the Intensive Care Unit (ICU) of Cilacap Regional Hospital. This type of research is quantitative with a descriptive research design and a cross sectional design on 48 families of patients treated in the Intensive Care Unit (ICU) of Cilacap Regional Hospital who were taken using the purposive sampling method. Data analysis uses frequency distribution. The results of the study showed that the families of patients treated in the ICU at Cilacap Regional Hospital were mostly women (54.2%), high school graduates (52.1%), their jobs were in the private sector (37.5%), and the majority's marital status was married (72.9%). %, using non-PBI BPJS financing (52.1%) and having a kinship relationship as brothers (54.2%). The anxiety level of the families of patients being treated in the ICU at Cilacap Regional Hospital was mostly in the mild category (35.4%) and a small portion was in the panic category (2.1%).

Key words: Description, anxiety level, patient's family