

THE RELATIONSHIP BETWEEN NURSES' CARING BEHAVIOR AND FAMILY ANXIETY LEVELS OF CRITICAL PATIENTS IN THE INTENSIVE CARE UNIT (ICU) ROOM DR. ADJIDARMO LEBAK HOSPITAL IN 2023

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Abstract

Background: Intensive Care Unit (ICU) is one part of the hospital that provides nursing services to patients in critical condition with trained staff and special equipment so as to trigger an anxiety response in the family of critical patients. One of the efforts that can be made to reduce anxiety levels in families of critical patients is by providing holistic nursing care through a behavioral caring approach. **Purpose:** To determine the relationship between nurses' caring behavior and the anxiety level of critical patients' families in the Intensive Care Unit (ICU) room of Dr. Adjidarmo Lebak Hospital in 2023. **Methods:** Descriptive with a research design using cross-sectional approach. **Results:** Obtained from 32 respondents, most respondents rated nurses' caring behavior with good categories (90,6%) and most respondents (65,6%) did not experience anxiety, a small number experienced mild anxiety (25,0%) and moderate anxiety (9,4%), and there is a relationship between the caring behavior of nurses and the level of anxiety of critical patients' families in the Intensive Care Unit Room of Dr. Adjidarmo Lebak Hospital in 2023 ($p\text{-value} = 0,039$). Where the higher the nurse's caring behavior, the lower the respondent's anxiety level. **Conclusion:** It is expected to provide nursing care that not only focuses on therapy but thinks about psychological aspects, namely by providing counseling interventions where the patient's family can exchange ideas with health workers about the problems experienced by patients so as to improve the quality of nursing care holistically.

Keywords: Anxiety, Caring Behavior, Intensive Care Unit

Introduction

The Intensive Care Unit (ICU) is one part of the Hospital that provides nursing services to patients in critical condition with trained staff and special equipment (Ministry of Health, 2022). Holistic nursing assessment should be included in critical patient care in the Intensive Care Unit (ICU). The standards developed by the American Association of Critical-Care Nurses emphasize and support the importance of family assessment and family involvement in critical nursing care. (Morton, Fontaine, Hudak, & Gallo, 2013).

(Jennifer and McAdam, 2012) stated that the most common psychological symptom felt by families of critical patients in the Intensive Care Unit (ICU) Room is the anxiety response. In Indonesia, the prevalence associated with anxiety disorders according to the results of basic health research (Riskesdas, 2018) shows that 6% for the age of 15 years and over experience mental emotional disorders.

While in Banten Province, the results of Basic Health Research (Riskesdas, 2018) show data that the population of Banten province experienced an increase in emotional disorders by 13,96% with the prevalence in Lebak district reaching 13,50% (Ministry of Health 2018).

Anxiety in the patient's family in the Intensive Care Unit (ICU) Room needs to be a Nurse's attention because the family plays a role in the decision-making process in the patient's healing and recovery process (Kiptiyah, 2016). One effort that can be made to reduce anxiety levels in families of critical patients is to show caring behavior. Nurses can provide holistic nursing services that reflect caring behavior (Widyastuti & Anggrera, 2019).

The results of research conducted by (Safaatul, et al., 2023) showed that the caring behavior of nurses with caring was sufficient as many as 72 (86,7%) respondents and caring well 11 (13,3%) respondents.

Based on preliminary studies, it was found that most nurses have shown caring in their care, but some families of patients in the ICU room still seem to experience anxiety, showing signs such as pacing in front of the ICU door by looking towards the ICU room hoping to be allowed into the ICU room, and there was one patient's family who seemed to be talking with another family while crying, there was also a patient's family who seemed to be sitting quietly in the waiting area with occasional glances towards the door of the ICU room. Therefore, it is necessary to conduct a careful and in-depth study of whether caring nurses is needed to reduce the anxiety level of the patient's family.

Methods

1.1 Research Design

The type of research used in this study is analytical research with a cross sectional study approach, which is research to study the dynamics of correlation between risk factors and effects through an approach, by approaching, observing and collecting data at once at a time (point time approach), so that the object of research is only observed once.

1.2 Setting and Samples

This research was conducted in the Intensive Care Unit (ICU) room of Dr. Adjidarmo Lebak Hospital from October 2023 to January 2024. The population in this study is the average number of patients treated with the sample used in this study i.e. the entire family of patients during the time the study was carried out. The sample must also meet inclusion and exclusion criteria. Population who meet the following requirements will be included in the study sample: willing to participate, members of the patient's family who were treated in the ICU room of Dr. Adjidarmo Lebak Hospital, over 17 years old, and completely filled the instruments that have been given by the researchers. The exclusion criteria for this study sample are as follows: unwilling to participate in the study, not members of the patient's family who were treated in the ICU room of Dr. Adjidarmo Lebak Hospital, under 17 years old, and fail to fill out the researcher's provided questionnaire in its whole.

Sampling in this study used total sampling techniques, which was 32 respondents. Due to the small population of less than 100, (Sugiyono, 2018) defines census or total sampling as a sampling technique in which every member of the population is included in the sample. A census should be used for research on populations under 100, ensuring that a representative sample of the population is used for all subjects under study or as informant responders.

1.3 Measurement and Data Collection

Data collection techniques in this study by filling out questionnaires. After the type of research instrument is determined, the next step is to test the validity and reliability of the instrument, a good instrument must meet the requirements of valid and reliable. For this reason, researchers conduct validity and reliability tests first before the instrument is used in research. Based on the SPSS results, 20 out of 20 Caring Behavior of Nurses questions were declared valid, and 7 out of 7 Hospital Anxiety and Depression Scale (HADS) statements were declared valid. In this study, reliability tests were conducted

using SPSS for windows with Cronbach's Alpha model measured based on Cronbach's Alpha scale 0 to 1, then the results for the Caring Behavior of Nurses questionnaire Alpha Cronbach's value of 0,78 were obtained. As for the Hospital Anxiety and Depression Scale (HADS) questionnaire, Cronbach's Alpha score was 0,863. Then it can be stated both questionnaires are reliable.

1.4 Data Analysis

The following stages of analysis were used to test the hypothesis and analyze the data: univariate analysis, which was used to identify and evaluate the characteristics of the research subject; bivariate analysis, which tested the chi square statistical test with a meaning limit said to be meaningful when it has $p \text{ value} \leq 0,05$, was used to ascertain the influence of two variables, independent variables and dependent variables. Alternatively put, if $p \text{ value} \leq 0,05$ is the Chi Square value.

1.5 Ethical Considerations

This research is conducted by providing an explanation to prospective respondents about the purpose and objectives of the research, if prospective respondents agree to participate in the research, prospective respondents are required to sign informed consent. This research has obtained a research permit from the head of the Institute of Health Science Abdi Nusantara Nursing Study Program which was shown to Dr. Adjidarmo Lebak Hospital. The research used 35 references from 1982 to 2023.

Results

1.1. Characteristics of Respondents

Table 1. Frequency Distribution of Respondents' Characteristics

Gender	Amount	Percentage
Male	19	59,4%
Female	13	40,6%
Total	32	100%
Education	Amount	Percentage
Primary School	5	15,6%
Junior High School	5	15,6%
High School	14	43,8%
College	8	25,0%
Total	32	100%
Occupation	Amount	Percentage
Work	49	65,3%
Unemployment	12	16,0%
Total	75	100%

Based on table 1, it is known that most of respondents are male as many as 19 people (59,4%), the most respondent's education is high school as many as 14 people (43,8%), and the most respondents having occupation as many as 25 people (78,1%).

1.2. Caring Behavior of Nurses

Table 2. Frequency Distribution of Caring Behavior of Nurses

Caring Behavior	Amount	Percentage
Sufficient	3	9,4%
Good	29	90,6%
Total	32	100%

Based on table 2, it can be seen that 29 (90,6%) respondents assume that nurses' caring behavior is good, and 3 (9,4%) respondents stated nurses' caring behavior is sufficient.

1.3. Anxiety Level of Critical Patients Family

Table 3. Frequency Distribution of Anxiety Level

Anxiety Level	Amount	Percentage
Normal	21	65,6%
Mild	8	25,0%
Moderate	3	9,4%
Severe	0	0%
Total	32	100%

Based on table 3 it can be seen that most respondents 21 (65,6%) did not experience anxiety, 8 (25,0%) experienced mild anxiety, and moderate anxiety (9,4%).

1.4. Relationship of Caring Nurse Behavior with Family Anxiety of Critical Patients

Table 4. Relationship of Caring Nurse Behavior with Family Anxiety of Critical Patients

		Anxiety Level			Total	p-value
		Normal	Mild	Moderate		
Caring Behavior of Nurse	Sufficient	0 (0%)	2 (6,7%)	1 (3,3%)	3 (100%)	0,039
	Good	21 (72,4%)	6 (20,7%)	2 (6,9%)	29 (100%)	
Total		21 (65,6%)	8 (25,0%)	3 (9,4%)	32 (100%)	

Based on table 4, it can be seen that of the 32 respondents, most of them experienced anxiety within normal limits with good nurse caring behavior which was as many as 21 (72,4%) respondents. And also shows p value = 0,039, so it can be concluded that there is a relationship between nurses' caring behavior and family anxiety of critical patients.

Discussion

Based on the chi square test, p value = 0,039 with a significance level of 0,05. This p value is smaller than the significance level ($0,039 < 0,05$), meaning that there is a relationship between the caring behavior of nurses and the anxiety level of the patient's family in the Intensive Care Unit (ICU) room of Dr. Adjidarmo Lebak Hospital in 2023. The results of this study are in line with research conducted by Chotimah et al (2016), which showed that there was a relationship between caring nurses and the level of anxiety of the patient's family in the room (ICU) of Tugurejo Hospital Semarang with a value of $p = 0,001$.

Caring nurses has a relationship with patient anxiety where the better the caring the nurse gives, the level of anxiety in patients will decrease. (Paputungan & Bataha, 2018). Nurses who are caring also have an impact on increasing self-confidence, so anxiety will be reduced because there are nurses who are considered to know better and are more capable in caring for patients (Nurul C., et al 2017).

Researchers argue that nurses' caring behavior can reduce family anxiety levels. The family will feel safe and comfortable with the nurse because the family believes that there are people who are considered to know better and are better able to cope with the patient's condition, namely the presence of doctors and nurses who have special expertise.

Implication and Limitations

In conducting this research, the authors encountered several obstacles, including the limitations of controlling activities that could affect the level of anxiety.

Conclusion

From the results of the study above, it can be concluded that the picture of nurses' caring behavior in the Intensive Care Unit (ICU) Room of Dr. Adjidarmo Hospital lebak most of the nurses' caring behavior is in the good category with the level of anxiety of the patient's family mostly does not experience anxiety, a small number experience mild and moderate anxiety. As well as the relationship between the caring behavior of nurses and the level of anxiety of critical patients' families in the Intensive Care Unit (ICU) room of Dr. Adjidarmo Hospital in 2023. Where the higher the nurse's caring behavior, the lower the respondent's anxiety level.

Acknowledgments

STIKes Abdi Nusantara Jakarta, RSUD dr. Adjidarmo Lebak, and all the respondents to this research.

Author Contribution

Author 1 and Author 2 contributed to the design and implementation of the research, to the analysis of the results and to the writing of the manuscript.

Conflict of interest

The results of this research can be used as an additional literature for the development of nursing science, and to meet the requirements of obtaining Bachelor of Nursing Degree for Author 1.

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