

ABSTRAK

Dyah Budi Eriani

**HUBUNGAN DUKUNGAN KELUARGA DENGAN RESPON
KECEMASAN PASIEN PADA HARI PERTAMA DI *INTENSIVE CARE
UNIT (ICU)* RUMAH SAKIT PARU dr. ARIO WIRAWAN SALATIGA.**

xv+ 92 Hal + 12 Tabel + 3 Gambar + 11 Lampiran

Latar belakang Pasien yang dirawat di ICU sering mengalami kecemasan akibat kondisi kritis dan lingkungan perawatan yang berbeda. Dukungan keluarga berperan penting dalam membantu pasien beradaptasi dan mengurangi kecemasan.

Metode: Penelitian kuantitatif dengan desain *cross-sectional* dilakukan pada 35 pasien ICU menggunakan teknik *simple random sampling*. Dukungan keluarga diukur menggunakan kuesioner dukungan keluarga, sedangkan tingkat kecemasan diukur menggunakan *Hamilton Anxiety Rating Scale (HARS)*. Analisis data menggunakan uji *Spearman rho*.

Hasil: Sebagian besar responden memiliki dukungan keluarga kategori cukup (42,9%) dan tingkat kecemasan kategori sedang (40,0%). Hasil analisis menunjukkan terdapat hubungan yang signifikan antara dukungan keluarga dan respon kecemasan pasien ($p = 0,004$; $r = 0,475$).

Kesimpulan: Dukungan keluarga berhubungan signifikan dengan tingkat kecemasan pasien pada hari pertama perawatan di ICU. Peningkatan dukungan keluarga dapat membantu menurunkan kecemasan pasien.

Kata kunci : dukungan keluarga, kecemasan, pasien ICU, keperawatan kritis.

Daftar Pustaka : 34 (2010 – 2025)

Nursing Study Program
University Widya Husada Semarang
Semarang, 24 June 2026

ABSTRACT

Dyah Budi Eriani

RELATIONSHIP BETWEEN FAMILY SUPPORT AND ANXIETY RESPONSES AMONG PATIENTS ON THE FIRST DAY OF ADMISSION TO THE INTENSIVE CARE UNIT (ICU) at dr. ARIO WIRAWAN PULMONARY HOSPITAL SALATIGA.

xv+ 92 Page + 12 Tabel + 3 Picture + 11 Attachment

Background: Patients admitted to the ICU often experience anxiety due to critical illness and an unfamiliar care environment. Family support plays an important role in helping patients adapt and reduce anxiety.

Methods: A quantitative cross-sectional study was conducted among 35 ICU patients selected through simple random sampling. Family support was measured using a Family Support Questionnaire, while anxiety levels were assessed using the Hamilton Anxiety Rating Scale (HARS). Data were analyzed using Spearman's rho test.

Result: Most respondents had moderate family support (42.9%) and moderate anxiety levels (40.0%). Statistical analysis showed a significant relationship between family support and patient anxiety responses ($p = 0.004$; $r = 0.475$).

Conclusion: Family support is significantly associated with anxiety levels among patients on the first day of ICU admission. Increased family support may contribute to reducing patient anxiety.

Keywords : family support, anxiety, ICU patients, critical care nursing.

Reference : 34 (2010 – 2025)