

# HUBUNGAN MEKANISME KOPING TERHADAP KECEMASAN KELUARGA PADA PASIEN RAWAT INAP DI RUANG RAWAT INTENSIF RSUD KOTA YOGYAKARTA

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## INTISARI

**Latar belakang:** Di Amerika keluarga pasien mengalami gejala kecemasan 10-42% dan gejala depresi 16-35%. Di ruang ICU RS Islam Pekanbaru adalah kecemasan ringan (15%), sedang (72,5%), dan berat (12,5%). Di ruang ICU RSUD Sleman Yogyakarta kecemasan keluarga setelah konseling spiritual pada kelompok eksperimen adalah kecemasan sedang 10 responden (100%) dan pada kelompok kontrol kecemasan berat 7 responden (70%). Keluarga pasien di Instalasi Rawat Intensif yang berperilaku koping kurang baik dapat mengalami gangguan istirahat atau terjadi kegelisahan.

**Tujuan:** Diketuinya hubungan mekanisme koping terhadap kecemasan keluarga pada pasien rawat inap di Ruang Instalasi Rawat Intensif RSUD Kota Yogyakarta.

**Metode Penelitian:** Menggunakan metode penelitian kuantitatif *non eksperimental* yaitu *deskriptif korelasional*. Rancangan penelitian ini adalah *cross sectional*. Pengambilan sampel penelitian menggunakan teknik *nonprobability sampling* yaitu *accidental sampling* dengan sampel sebanyak 54 responden diambil dengan kuesioner mekanisme koping menggunakan skala *likert* dan kuesioner kecemasan *Zung Self-Rating Anxiety Scale (ZSRAS)*. Data di analisa dengan menggunakan uji korelasi *Spearman* untuk mengetahui hubungan dua variabel yaitu mekanisme koping dan kecemasan.

**Hasil Penelitian:** Variabel mekanisme koping dengan kategori adaptif sebanyak 53 responden (98,1%) yang maladaptif sebanyak 1 responden (1,9%). Variabel kecemasan kategori tidak cemas sebanyak 50 responden (92,6%) yang cemas ringan sebanyak 4 responden (7,4%). Hasil uji *Spearman* menunjukkan hasil nilai  $p = 0,000 < 0,05$ . Rentang nilai koefisien korelasi 0,486 menunjukkan ada keeratan dengan kategori sedang.

**Kesimpulan:** Terdapat hubungan antara mekanisme koping terhadap kecemasan keluarga pasien saat menunggu pasien di Ruang Instalasi Rawat Intensif RSUD Kota Yogyakarta.

**Kata Kunci:** Mekanisme Koping, Kecemasan, Keluarga Pasien Rawat Intensif

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**THE RELATIONSHIP OF THE KOPING MECHANISM TO FAMILY ANXIETY IN HOSPITALIZED PATIENTS IN THE INTENSIVE CARE ROOM OF YOGYAKARTA REGIONAL GENERAL HOSPITAL**

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**ABSTRACT**

**Background:** In America the families of patients experience anxiety symptoms 10-42% and depressive symptoms 16-35%. In the ICU room at the Pekanbaru Islamic Hospital there was mild anxiety (15%), moderate (72.5%), and severe (12.5%). In the Sleman ICU Hospital, Yogyakarta family anxiety after spiritual counseling in the experimental group was moderate anxiety 10 respondents (100%) and in the severe anxiety control group 7 respondents (70%). The families of patients in Intensive Care Installation who have poor coping behavior can experience resting disorders or anxiety.

**Objective:** To know the relationship of coping mechanism to family anxiety in hospitalized patients in the Intensive Care Installation Room at Yogyakarta City Hospital.

**Research Methods:** Using a non-experimental quantitative research method that is descriptive correlational. The design of this study was cross sectional. The research sample was taken using nonprobability sampling technique, namely accidental sampling with a sample of 54 respondents taken with a coping mechanism questionnaire using a Likert scale and an anxiety questionnaire on the Zung Self-Rating Anxiety Scale (ZSRAS). Data was analyzed using the Spearman correlation test to determine the relationship of two variables, namely coping and anxiety mechanisms.

**Research Results:** Variable coping mechanisms with adaptive categories as many as 53 respondents (98.1%) were maladaptive as many as 1 respondent (1.9%). Anxious category anxiety variables as many as 50 respondents (92.6%) were mildly anxious as many as 4 respondents (7.4%). The results of the Spearman test showed the results of  $p = 0,000 < 0,05$ . The range of the correlation coefficient of 0.486 indicates that there is closeness in the medium category.

**Conclusion:** There is a relationship between coping mechanism on family anxiety of patients while waiting for patients in the Intensive Care Room of Yogyakarta City Hospital.

**Keywords:** Coping Mechanism, Anxiety, Family of Intensive Care Patients

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