

## **GAMBARAN KECEMASAN KELUARGA PASIEN DI INSTALASI GAWAT DARURAT (IGD) RSUD WATES KULON PROGO**

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### **INTISARI**

**Latar Belakang:** Selama proses perawatan, kecemasan tidak hanya dirasakan oleh pasien, namun juga dapat dialami oleh keluarga dikarenakan keadaan pasien yang gawat darurat dan kritis.

**Tujuan Penelitian :** Untuk mengetahui bagaimana gambaran kecemasan keluarga pasien di Instalasi Gawat Darurat (IGD) RSUD Wates Kulon Progo.

**Metode Penelitian :** Jenis penelitian yang digunakan adalah kuantitatif non eksperimental, menggunakan desain deskriptif non analitik. Jumlah sampel sebanyak 71 responden dengan teknik *purposive sampling* sesuai dengan kriteria inklusi dan eksklusi. Instrumen yang digunakan adalah STAI (*State Trait Anxiety Inventory*).

**Hasil :** Didapatkan hasil bahwa keluarga pasien di IGD tingkat *State Anxiety* mengalami kecemasan sedang 33 (46,5%). Kecemasan sedang pada *State anxiety* paling banyak yaitu perempuan 21 (29,6%), rentang usia 17–25 sebanyak 10 (14,1%), pendidikan SMA 19 (26,8%), memiliki hubungan kekerabatan sebagai anak 14 (19,7%), pengalaman di IGD > 2 kali 19 (26,8%), dan informasi baik 32 (45,1%). Sedangkan tingkat *Trait Anxiety* sebagian besar mengalami cemas sedang sebanyak 48 (67,6%). Kecemasan sedang pada *trait anxiety* paling banyak yaitu perempuan 33 (46,5%), rentang usia 17–25 sebanyak 13 (18,3%), pendidikan SMA 27 (38,0%), memiliki hubungan kekerabatan sebagai anak 21 (29,6%), pengalaman di IGD > 2 kali 25 (35,2%), dan informasi baik 47 (66,2%).

**Kesimpulan :** Penelitian ini menggambarkan bahwa keluarga pasien sebagian besar mengalami kecemasan sedang. Saran bagi peneliti selanjutnya diharapkan dapat mengembangkan penelitian ini dengan menghubungkan faktor-faktor lain penyebab kecemasan keluarga pasien.

**Kata Kunci :** Instalasi Gawat Darurat, Kecemasan, Keluarga pasien.

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**ANXIETY OF THE PATIENT'S FAMILY  
AT THE EMERGENCY DEPARTMENT WATES GENERAL PUBLIC  
HOSPITAL OF KULON PROGO**

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***ABSTRACT***

**Background :** During the treatment process, anxiety is not only felt by a patients, but can also be experienced by family due to emergency and critical condition.

**Objective :** To know how the description of anxiety of the patien's family in Emergency Department Wates General Public Hospital of Kulon Progo.

**Research Method :** The type of this research is non-experimental quantitative, using non descriptive analytic design. The number of samples was 71 respondents with sampling technique in accordance with the criteria of inclusion and exclusion criteria. The instrument used is STAI (State Trait Anxiety Inventory).

**Result :** It is found out that the patient's family at the emergency department in the State Anxiety of moderate anxiety as many as 33 (46,5%). Moderate anxiety in State anxiety at most is in woman with 21 (29,6%), age range 17-25 as many as 10 (14,1%), high school education as many as 19 (26,8%), has kinship relation as child 14 (19,7%), having experience at the emergency department more than 2 times 19 (26,8%), and having good information 32 (45,1%). The trait anxiety level is mostly in moderate anxiety of 48 (67,6%). Moderate anxiety in Trait anxiety at most is in woman with 33 (46,5%), age range 17-25 as many as 13 (18,3%), high school education as many as 27 (38,0%), has kinship relation as child 21 (29,6%), having experience at Emergency Department more than 2 times as many as 25 (35,2%) and having good information 47 (66,2%).

**Conclusion :** This study illustrates that patient's family mostly experience moderate anxiety. The suggestion for further reseachers is that are they are expected to develop this study by linking other factors causing patient's family anxiety.

**Keywords :** Emergency Department, Anxiety, Patient's Family.

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