

HUBUNGAN TINGKAT KECEMASAN IBU DENGAN KECEMASAN PERPISAHAN PADA ANAK USIA PRASEKOLAH YANG MENGALAMI HOSPITALISASI DI RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

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INTISARI

Latar belakang: Terjadinya perpisahan antara orang tua dan anak selama dirawat di rumah sakit menyebabkan orang tua menjadi cemas dan demikian sebaliknya. Perasaan tersebut dirasakan orang tua pada saat melihat tindakan prosedur invasif pada anaknya, saat kondisi anak yang sedang ketakutan, menangis, kesulitan tidur, dan dalam kondisi yang tidak baik. Apabila anak mengalami kecemasan tinggi saat dirawat di rumah sakit maka besar sekali kemungkinan anak akan mengalami regresi perkembangan. Anak dapat mengalami gangguan, seperti gangguan somatik, emosional dan psikomotor.

Tujuan: Mengetahui hubungan antara tingkat kecemasan ibu dengan kecemasan perpisahan pada anak usia prasekolah yang mengalami hospitalisasi di RSUD Panembahan Senopati Bantul.

Metode penelitian: Merupakan penelitian *non eksperimental* yaitu penelitian korelasi dengan rancangan *cross sectional*. Pengumpulan data menggunakan kuesioner dengan analisa data menggunakan analisa deskriptif dan inferensial (*Kendall's Tau*).

Hasil: Tingkat kecemasan ibu, kategori cemas Ringan 14 responden (42,4%), cemas Sedang 18 responden (54,5%), dan cemas berat 1 responden (3,0%). Tingkat kecemasan perpisahan anak, kategori cemas sedang 17 responden (51,5%) dan cemas ringan 16 responden (48,5%). Koefisien τ sebesar 0,439 dan p sig sebesar 0,001.

Kesimpulan: Ada hubungan tingkat kecemasan ibu yang anaknya di hospitalisasi dengan kecemasan perpisahan pada anak usia prasekolah yang di hospitalisasi di RSUD Panembahan Senopati Bantul Yogyakarta.

Kata Kunci : Tingkat Kecemasan Perpisahan, Prasekolah, Hospitalisasi

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THE CORRELATION BETWEEN ANXIETY LEVEL OF MOTHERS AND SEPARATION ANXIETY OF PRESCHOOL AGED CHILDREN HOSPITALIZED AT RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

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ABSTRACT

Background: Separation which occurs between parents and children hospitalized in hospital makes parents anxious and vice versa. Such feeling happens when parents see invasive procedures done on their child, when the children are frightened, crying, difficult in sleeping and in improper condition. If the children have high anxiety while being hospitalized in the hospital, it is likely possible that they will undergo developmental regression. They may suffer from disorders such as somatic, emotional and psychomotor disorders.

Objective: To identify the correlation between anxiety level of mothers and separation anxiety of preschool aged children hospitalized at RSUD Panembahan Senopati Bantul Yogyakarta.

Method: This research belongs to non-experimental research, which is a correlational research with cross sectional design. Data were collected using questionnaires and analyzed using descriptive and inferential analysis (Kendall's Tau).

Result: The anxiety levels of the mothers belonging to mild anxiety were 14 respondents (42.4%), moderate anxiety were 18 respondents, and severe anxiety was 1 respondent (3.0%). Meanwhile, the anxiety level of children's separation belonging to moderate anxiety were 17 respondents (51.5%) and mild anxiety were 16 respondents (48.5%). Furthermore, coefficient τ was 0.439 and p sig was 0.001.

Conclusion: There is a correlation between anxiety level of mothers whose children are hospitalized and separation anxiety of preschool aged children hospitalized at RSUD Panembahan Senopati Bantul Yogyakarta.

Key words: Separation Anxiety Level, Preschool, Hospitalization

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