

DESCRIPTION OF ANXIETY LEVELS ON SCHOOL-AGE CHILDREN DURING HAVING BEEN HOSPITALIZED IN LOCAL GENERAL HOSPITAL OF DR. DJASAMEN SARAGIH PEMATANG SIANTAR

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Abstract

Having been hospitalized in children can cause anxiety and stress on all levels of age. The anxious children will feel tired because they cry continuously, don't want to interact with a nurse, act fretfully, whine to return home, refuse to eat, that can slow the process of healing, decline the spirit to recover because they act uncooperatively to the care. This research aims to know the anxiety level of school age children during having been hospitalized. The research design used was descriptive. Sampling technique used was purposive sampling with a respondent sample of 66. Results of the study showed the majority of respondents are at a medium level of anxiety with the amount of 35 persons (53,0%) then had 25 people (37.9 percent) are at a level of anxiety, and 6 persons (9.1 percent) are at a severe level of anxiety. The research is recommended to the nurse room to be more sensitive to each intervention will be awarded particularly on children, so it can minimize the impact of having been hospitalized in children.

Keywords: Anxiety, School Age Children, Been Hospitalized

INTRODUCTION

Hospitalization in pediatric patients may cause anxiety and stress at all age levels (Ambarawati & Nasution, 2012). Sari & Sulisno (2012) in his research states that children who are anxious to experience fatigue because the child continues to cry, do not want to interact with nurses, cranky, whining to go home and hold, refuse to eat so slow the healing process, decreasing the spirit to heal, and uncooperative towards treatment. Causes of anxiety are influenced by many factors, both factors of personnel (nurses, doctors, and other health workers), new environmental and accompanying family when treatment (Ambarawati & Nasution, 2012).

Hospitalization in pediatric patients may cause anxiety and stress at all age levels (Ambarawati & Nasution, 2012). Sari & Sulisno (2012) in his research states that children who In the school-age children who are hospitalized will emerge challenges to be faced such as overcoming a separation, adjustment to an unfamiliar environment for him, adjusting to a lot of people who take care of, and often have to relate and get along with children who are sick and experience painful therapy (Supartini, 2004). The reaction of children to hospitalization in children of school age are losing control of an impact on

the changing role within the family, children lose their social group because he used to carry out activities play or social interaction, fear of death, and their physical weakness (Deslidel, Hasan, Hevriani, & Sartika, 2011). Results of previous studies show that 100% of children of school age were hospitalized suffered mild and moderate anxiety (Purwandari 2009 in Solikhah, 2011). Results of the study by Sari & Sulisno (2012) in hospitals Ambarawa reported that the prevalence of anxiety when the child reaches 75% of hospitalization.

Based on the observation that there are 10 pediatric patients who were treated in Cempaka in dr. Djasamen Saragih Pematangsiantar, 7 of them are not cooperative to nursing actions given and anxiety are characterized by issuing a response crying child if there is a nurse came, showed a response anxiety, difficulty eating, difficulty sleeping, kicked, hit when performed invasive, causing delays in the process of care children. Parents also said her son became cranky, restless, often angry, and whine like home.

METHODOLOGY

The method used in this research is descriptive method. Descriptive study on this research aims to provide an overview anxiety levels in

children of school age during in hospitalization. Sampling in this study using purposive sampling with inclusion criteria: children aged 8-12 years who were hospitalized; no history of previous hospitalization; minimally treated for 2 days; be able to communicate; children are willing to engage in research; and obtain permission from the child's parents. The samples used in the study were as many as 66 respondents. Analysis performed in this study is the univariate analysis. Results of univariate analysis is presented in the form of a frequency distribution table and percentages.

RESULTS AND DISCUSSION

Research Result

1. Characteristics of Respondents

Data obtained showed that the majority of respondents aged 12 years (27.3%). Gender male and female same number as many as 33 (50%) of male respondents and 33 (50%) of female respondents. The majority of Muslim respondents (42.4%) and Christians (42.4%). 40.9% of respondents had undergone hospitalization for 3 days.

Table 1. Frequency Distribution Characteristics and Percentage of Respondents

Characteristics of Respondents	f	(%)
Age		
8 years	13	19,7
9 years	14	21,2
10 years	9	13,6
11 years	12	18,2
12 years	18	27,3
Gender		
male	33	50%
Female	33	50%
Religion		
Islam	28	42,4
Chatolic	10	15,2
Christian	28	42,4
Long day care		
2 day	19	28,8
3 day	27	40,9
4 day	13	19,7
5 day	2	3,0
6 day	5	7,6

2. Anxiety

Results of research on anxiety in school-aged children hospitalization. Appropriate signs and symptoms kecamasan found that the majority of respondents are afraid of seeing syringes / other hospital equipment with a percentage of 62.1%. Then the results of the study also found that the second most appropriate signs and symptoms of anxiety that 43.9% (29 people) of school-age children in hospitalization restless and often wake up at night. Of the 66 school-age children were in hospitalization, the third most appropriate signs and symptoms of anxiety 39.4% (26 people) of school-age children in hospitalization cry when left parents while being treated.

Table. 2 Distribution Frequency and Percentage Anxiety During School Age Children in hospitalization in dr. Djasamen Saragih Pematangsiantar

Anxiety	f		(%)	
	yes	no	yes	no
Crying when left parents	26	40	39,4	60,6
Pay the nurse checks	11	55	16,7	83,3
Trembling when a nurse checking	18	48	27,3	72,7
Kicking when the treatment action	10	56	15,2	84,8
Anxious and often wake bedwetting when treated	29	37	43,9	56,1
Sucking thumbs	5	61	7,6	92,4
Lazy talk / silent	7	59	10,6	89,4
Refuse to play	21	45	31,8	68,2
1. Feeling uneasy when doctors / nurses ask or explain something	20	46	30,3	69,7
1. Feeling tense when doctors / nurses ask or explain something	22	44	33,3	66,7
1. Feeling tense when doctors / nurses ask or explain something	17	49	25,8	74,2
2. stuttering speech / dashed when talking with doctors / nurses	4	62	6,1	93,9
3. The speech quickly when talking with doctors / nurses	5	61	7,6	92,4
1. Fear of seeing syringes / other hospital equipment	41	25	62,1	37,9

3. Level of Anxiety

The results showed anxiety levels in children of school age during hospitalization that the majority of respondents are at the level of anxiety was 53.0% (35 people).

Table 3. Percentage Frequency Distribution and Anxiety Levels During School Age Children in hospitalization in dr. Djasamen Saragih Pematangsiantar

Anxiety	f	(%)
Mild Anxiety	25	37,9
Moderate anxiety	35	53,0
Weight Anxiety	6	9,1

Discussion

Anxiety

The results showed that children who experience child hospitalization in wards Cempaka in dr. Djasamen Saragih Pematangsiantar majority are at the level of anxiety was the number of 35 people (53.0%). This is consistent with several studies that, according Supartini (2004) which states that during the process of hospitalization of children can experience a variety of events indicated by the experience very traumatic and stressful, a variety of feelings that often appears in children, the anxiety, anger, sadness, fear, and guilt. The feeling can arise due to face something new and have never experienced before, insecurity and discomfort, feelings of losing something unusual happened, and something that feels painful. Results of this study are also consistent with the results of the study aidar (2011) which found that the majority of children in hospitalization are at moderate levels of anxiety (61.1%). In his research also states that during hospitalization can be a stressor factors in children. A child when facing a new environment is known to be experiencing feelings of fear and anxiety. The same opinion was also expressed by the research Solikhah (2011) which states that patients who have school-age children will experience anxiety hospitalization with an average are at moderate levels of anxiety. This was shown by the change in behavioral responses such as anxiety and tremors are an indicator of the level of anxiety in children.

Results showed signs and symptoms of anxiety in the majority of school-age children are at hospitalization was afraid to see syringes / other hospital equipment with a percentage of 62.1% (41 people). This is in accordance with Keliat (2006) in Muafifah (2013) which says that the causes of stress in children such as hospital environment itself as building hospitals, wards, tools (syringes), white

clothing of health workers and social environment such interactions among pediatric patients. This condition is a source of stress (stressor) which may affect the psychological condition of a child who at a certain level can cause a child to fall on the condition of anxiety, worry either mild, moderate, severe and panic.

From the results of the study also showed that 43.9% (29 people) of school-age children in hospitalization restless and often woke up at night. This is in accordance Stuart & Laraia (1998) which says that someone who experienced anxiety will look at changes in affective responses as easily distracted, impatient, restless, tense and frightened. Sundari (2005) also says that anxiety is a state that shake because of the threat to health that is characterized by cold fingers, the faster the heart rate, sweating, headache, decreased appetite, not sleeping soundly, shortness of breath and chest.

Of the 66 school-age children were in hospitalization, indicating appropriate signs and symptoms of anxiety 39.4% (26 people) of school-age children in hospitalization cry when left parents while being treated, it is according to Wong, Hockenberry, Wilson, Winkelstein, & Schwartz (2008) who explained that anxiety in school-age children is anxiety due to separation, injuries on the body and the pain and loss of control can also cause anxiety.

The results showed that the majority of school-age children were in hospitalization are at the level of anxiety was the number of 35 people (53.0%), the results of the study also found that 6 people (9.1%) were hospitalized school-age children experience severe anxiety, Based on the results of research which found that school-age children who experience severe anxiety mostly aged 8 to 9 years. This is according to Wong, Hockenberry, Wilson, Winkelstein, and Schwartz (2008) who said that the younger children showed greater fear, anxiety higher than children greater. In general, older children have to learn coping methods to deal with discomfort, such as holding tightly, clenched fists or teeth, or try to act boldly with "grimace".

From the results of the study also found that children of school age in hospitalization anxiety. There are many factors that make the child fall in a state of anxiety, anxiety either mild, moderate, severe, and some of them

panicked hospital environment, the nurse on duty, and medical equipment. Anxiety responses of children aged 8-12 years are related hospitalization during the study dilakukannya child is seen crying when left parents while being treated, a child kicking / hitting nurses who will perform nursing actions, the child will only be accompanied by his family, the child looks gloomy, taciturn, and did not want to talk. At the time of the study the parents say that when children have trouble sleeping the night and often wake up at night, the child's parents also say that his child wetting the bed while in the hospital when at home when the child is not wetting the bed again. This sejalan with the results Pratama (2012) which says that the response of children's anxiety related to hospitalization generally arise when the child first came to be hospitalized, at the time of the study dilakukannya screaming child while doing nursing actions, crying and does not want to approachable, searching parents, cries when parents leave the room on an errand, reject and even send away others who considered foreign, always want the company and refused the company of others, do not want to move and tend to nap alone, and children also looks gloomy.

CONCLUSION

The majority of respondents are at the level of anxiety was with the majority of anxiety symptoms fear of seeing needles Hence it is expected that children are more sensitive to room nurse at every intervention that will be given, especially in pediatric patients in order to minimize the anxiety levels of children against the dreaded care measures such as conditions hospitalization, afraid to see syringes / other hospital equipment, and fear of pain.

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