

Family Support Relationship in Reducing Pre op Anxiety in the Operating Room of TK II Hospital 17.05.01 Marthen Indey Jayapura

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ABSTRACT

Pre-operative anxiety can affect the patient's psychological and physical condition before undergoing surgery. This study aims to test the hypothesis that family support has a significant influence in reducing patient anxiety. Quantitative research methods with a cross-sectional design were used to analyze data obtained from patient samples at TK II Hospital 17.05.01 MARTHEN INDEY JAYAPURA. The results of the analysis showed a significant negative correlation between family support and the patient's anxiety level. The higher the level of family support the patient feels, the lower the level of anxiety they experience. These findings provide support for the important role of the family in providing emotional support to patients before surgery. The implication of this research is the need for integration of family support in pre-operative patient care protocols as well as the development of educational programs for families on how to provide effective support. To identify and analyze patients in family support relationships in reducing pre-op anxiety in the operating room at Rs Tk li 17.05.01 Marthen Indey Jayapura. The research used was cross sectional with a Likert scale questionnaire method which was declared valid and reliable to find the relationship between family support as an independent variable and the patient's anxiety level in the operating room at Marthen Indey Hospital as the dependent variable. Researchers also explain disturbing factors that can influence the dependent variable. The number of participants used was 32 participants. The results of this study show that there is a significant relationship between family support and the level of pre-operative anxiety in patients who will undergo surgery. The higher the level of family support felt by the patient, the lower the level of anxiety experienced before surgery. The results of this study indicate a significant relationship between family support and pre-operative anxiety levels in patients in the operating room. The higher the support provided by the family, the lower the level of anxiety experienced by the patient.

Keywords: *Implementation of Anesthesia Management, Pain Management, Post-OP Family Support.*

INTRODUCTION

Anxiety is one of the common emotional responses experienced by patients undergoing medical procedures, including surgery. This condition is characterized by feelings of fear, worry, and tension, which can impact both the psychological and physiological aspects of the patient. Preoperative anxiety can lead to increased blood pressure, a faster heart rate, sleep disturbances, and other psychological disorders that may hinder the postoperative recovery process. Therefore, understanding the factors that can influence preoperative anxiety levels is a crucial aspect of the medical and nursing fields.

One factor believed to affect preoperative anxiety is family support. The family, as the primary support system for the patient, plays a vital role in providing a sense of security, motivation, and emotional support before undergoing surgery. Strong family support can help patients face medical procedures with greater calmness and confidence. Conversely, a lack of family support can increase the patient's fear and uncertainty about the upcoming surgery.

Several previous studies have shown that patients who receive strong family support tend to experience lower levels of anxiety compared to those who do not receive similar support. Studies conducted in various countries, such as Canada, Saudi Arabia, and Sri Lanka, indicate that the prevalence of preoperative anxiety is relatively high, ranging from 55% to 89%. In Indonesia, research conducted at RSUD dr. Soekarjo Tasikmalaya revealed that approximately 71.4% of patients experience anxiety before undergoing surgery. This data highlights that preoperative anxiety is a significant issue that requires further attention, particularly regarding the role of family support in helping patients cope with their fears before surgery.

Research conducted at RS TK II 17.05.01 Marthen Indey Jayapura also found that among 100 patients scheduled for surgery between April and June 2024, 58% experienced preoperative anxiety. Interviews with several patients revealed that their anxiety was exacerbated by the lack of family support in providing information and companionship during the preoperative preparation. This finding underscores the critical role of family support in helping patients feel calmer and more prepared for surgical procedures.

In the context of anesthesiology nursing, the role of medical personnel in educating patients' families about the importance of emotional support is essential. Families with a good understanding of the patient's condition and the surgical procedure can be more effective in providing psychological and emotional support. Therefore, integrating family support into preoperative care protocols can be an effective strategy for reducing patient anxiety before surgery.

Besides family support, several other factors can influence preoperative anxiety levels, such as age, gender, education level, previous surgical experiences, and the patient's health condition. Patients who have had negative experiences with previous surgeries tend to experience higher levels of anxiety compared to those who are more familiar with or well-informed about surgical procedures.

The role of healthcare professionals in providing clear information and psychological support to patients is also crucial. Effective communication between medical staff and patients can help reduce uncertainty and fear. According to previous research, preoperative education provided by nurses or doctors can significantly reduce patient anxiety by offering a better understanding of the procedure and postoperative recovery steps.

Based on this background, this study aims to analyze the relationship between family support and preoperative anxiety levels in patients at the operating room of RS TK II 17.05.01 Marthen Indey Jayapura. The findings of this study are expected to provide valuable insights for medical personnel in developing better intervention strategies to help patients manage preoperative anxiety through a family-centered approach, while also considering other contributing factors that affect anxiety levels before surgery.

METODOLOGI

This study employs a quantitative approach with a cross-sectional design. This method was chosen to analyze the relationship between family support as the independent variable and preoperative anxiety levels as the dependent variable. Data were collected using a Likert-scale questionnaire that had been tested for validity and reliability. The study sample consists of 32 patients scheduled for surgery in the operating room of RS TK II 17.05.01 Marthen Indey Jayapura. Data analysis was conducted using Spearman's correlation test to measure the relationship between family support levels and patients' preoperative anxiety. Additionally, this study considers confounding factors such as age, gender, education level, previous surgical experiences, and patients' occupations. The analysis results are expected to provide further understanding of the role of family support in reducing patients' anxiety before surgery and to offer recommendations for healthcare professionals in improving more effective intervention strategies.

The research design used is cross-sectional, with a Likert-scale questionnaire that has been validated and found reliable to examine the relationship between family support as the independent variable and patients' anxiety levels in the operating room of Marthen Indey Hospital as the dependent variable. The researcher also highlights confounding factors that may influence the dependent variable.

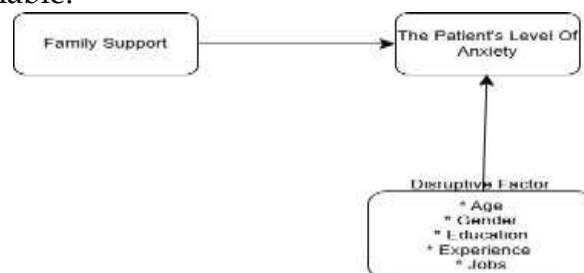


Fig. 1 Research Conceptual

The conceptual framework in this study illustrates the relationship between family support and the level of preoperative anxiety in patients, where family

support, as the independent variable, is expected to reduce patients' preoperative anxiety, which serves as the dependent variable. Additionally, there are disruptive factors such as age, gender, education level, previous experiences, and occupation that may moderate this relationship by influencing how patients perceive and respond to family support. By understanding this relationship, this study aims to explore the crucial role of family support in reducing patient anxiety while also considering other factors that may affect preoperative anxiety levels. This understanding can serve as a foundation for developing more effective interventions for patients before undergoing surgery.

RESULT

Preoperative anxiety is a common psychological reaction experienced by patients. High levels of anxiety can affect both the physical and psychological condition of patients and may hinder the postoperative recovery process. Therefore, efforts to reduce preoperative anxiety are crucial.

One of the factors believed to influence the level of preoperative anxiety is family support. The family plays a vital role in providing emotional support, information, and practical assistance to its sick members. Strong family support can help patients feel calmer, reduce fear, and improve their ability to cope with stress.

After presenting the general data in this study, the following section displays the research findings related to specific data, including anxiety levels with family support and anxiety levels without family support.

1. Preoperative Anxiety Levels in Patients with Family Support

The following table presents data on preoperative patients with and without sufficient family support.

Table 1 Research Results on Family Support in Preoperative Patients (n=32)

	Range	Min-Max	Mean	Standar Deviasi	CI-95%
Total Dukungan Keluarga	24	6,00-30,00	24,93	7,93	22,07-27,79
Total Kecemasan	42	28,00-70,00	42,28	10,78	38,39-46,16

Source : Research Data Processed in 2024

Based on Table 1, the total range of family support is 24, while the range for anxiety is 42. The minimum and maximum values for total family support are 6.00-30.00, whereas the minimum and maximum values for total anxiety are 28.00-70.00. The standard deviation for total family support is 7.93, and for total anxiety, it is 10.78. Based on the interval estimation results, it can be concluded with 95% confidence that family support falls within the range of 22-27, and total anxiety falls within the range of 38-46.

2. Results of Correlation Analysis using Spearman

The results of the correlation analysis using Spearman's test are as follows:

Table 2. Correlation Analysis

		Total value of support	Total value of anxiety
Total Support	Correlation Coefficient	1,00	-,902
	Sigma		<,001
Total Emergency	Correlation Coefficient	-,902	1,00
	Sigma	<,001	

Source : Research Data Processed in 2024

There is an r-value close to -1, indicating a strong negative relationship, meaning that the higher the family support, the lower the anxiety level. The correlation coefficient of -0.902 demonstrates a strong negative relationship between total family support and anxiety levels. A p-value of less than 0.05 indicates that this relationship is statistically significant. This means that the higher the total family support, the lower the patient's anxiety level. After collecting data from each respondent, the results show that family support has a slight influence on the surgical process; however, anxiety remains present in all patients.

DISCUSSION

The results of this study indicate a significant relationship between family support and pre-operative anxiety levels in patients undergoing surgery. The higher the level of family support perceived by the patient, the lower the anxiety experienced before surgery. These findings align with several previous studies that highlight the crucial role of social support, particularly from family, in reducing anxiety in patients before undergoing medical procedures.

1. Respondent Characteristics Based on Age

The age characteristics of pre-operative patients in the operating room of Tk. II Marthen Indey Hospital are as follows:

Table 3 Frequency Distribution of Respondents (n=32)

Variabel	Mean	Median	Mode	Min-Max	Standar Deviasi	CI- 95%
Age (Years)	26.78	26	25	16.00-47.00	8,605	23,68-29,88

Source : Research Data Processed in 2024

Based on Figure 3, the average age of patients undergoing pre-operative procedures is 26.78 years, with a median age of 26 years. The most common age among respondents is 25 years. The youngest respondent is 16 years old, while the oldest is 47 years old. The standard deviation is 8.605 years. From the interval estimation results, it can be concluded with 95% confidence that the respondents' ages range between 23.68 years and 29.88 years.

2. Respondent Characteristics Based on Education

The educational characteristics of pre-operative patients in the operating room of Tk. II Marthen Indey Hospital are as follows:

Table 4. Frequency Distribution of Respondents (n=32)

No	Patient Education	Frekuensi (f)	Prosentase (%)	Cumulative percent
1	SMTP	5	15,6%	100,0
2	SLTA	23	71,9%	84,4
3	College	4	12,5%	12,5
Total		32	100%	

Source : Research Data Processed in 2024

Based on Table 4, the majority of surgical patients have a high school education (SLTA), with 23 respondents (71.9%). Meanwhile, the smallest proportion consists of those with a university education (S1), with only 4 respondents (12.5%).

3. Respondent Characteristics Based on Occupation

The occupational characteristics of pre-operative patients in the operating room of Tk. II Marthen Indey Hospital are as follows:

Table 5 Frequency Distribution of Respondents (n=32)

No	Patient Work	Frekuensi (f)	Prosentase (%)	Cumulative percent
1	IRT	16	50,0%	50,0
2	Students	6	18,8%	68,8
3	PNS	3	9,4%	78,1
4	Private	7	21,9%	100,0
Total		32	100%	

Source : Research Data Processed in 2024

Based on Table 5, the majority of surgical patients work as housewives, with 16 respondents (50.0%). Meanwhile, the smallest proportion consists of those working as civil servants (Pegawai Negeri Sipil - PNS), with only 3 respondents (9.4%).

CONCLUSION

The results of this study indicate a significant relationship between family support and the level of preoperative anxiety in patients in the operating room. The higher the level of family support provided, the lower the anxiety experienced by the patient. These findings are consistent with previous research highlighting the importance of social support in coping with stress. This study has important clinical implications. Nurses and other healthcare professionals need to educate patients' families about the importance of emotional and practical support in dealing with preoperative situations. Hospitals may also consider developing intervention programs that involve families in reducing patient anxiety. However, this study has some limitations. The limited sample size and cross-sectional research design restrict the

generalization of the findings. Further research using a longitudinal design and a larger sample is needed to confirm these results and explore the underlying mechanisms of the impact of family support on anxiety.

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