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**PREPARE FOR UPGRADING SKILL
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PHENOMENOLOGY STUDY: FAMILY EXPERIENCE IN MANAGING
MENTAL DISORDERS IN PANTI DISTRICT

ANXIETY OF ACUTE CORONARY SYNDROME PATIENTS IN REGIONAL
PUBLIC HOSPITAL OF DR.T.C.HILLERSMAUMERE

MANAGER'S STRATEGY IN IMPROVING THE QUALITY OF NURSING
DOCUMENTATION

EARLY DETECTION OF PRESSURE SORES AND HEALTH EDUCATION IN
PREVENTING THE OCCURRENCE OF PRESSURE SORES

FAMILY SOSIAL SUPPORT AND ANXIETY LEVEL OF HOSPITALIZATION
TO PRESCHOOL CHILDREN

THE CONDITION OF THE BABY IN EXCLUSIVE BREASTFEEDING FOR
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MEDAN

INCIDENCE OF INSOMNIA IN THE ELDERLY AT WREDHA NURSING
HOME

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FOREWORD

Thanks to God Almighty for his abundance of grace so that the Proceedings Of Update Comprehensive Nursing Care For Diabetes Mellitus Patients With A Multidisciplinary Approach can be solved well. This Proceeding is a collection of research results that are expected to contribute in improving health status in the community. Research results can be a point of reference for developing other research for the welfare of Indonesian society. This Proceeding contains research papers and is created with the aim of providing knowledge to the general public regarding the latest research and scientific developments so that it is expected to increase knowledge, communication and further motivation for the filing of Intellectual Property Rights.

We would like to thank **Mrs. Selvia David Richard, S.Kep., Ns., M.Kep as Chief of STIKES RS. Baptis Kediri, Libest Asia Consultans, Social Welfare Corporation Prefectual Welfare Society, Asia Kyoei Jigyou Kyodokumiai, Kumiai/AO Japan, Seiyukai Foundation, Rakurakuen Foundation and Southeast Asia Ministers of Education Organization Regional Open Learning Center (SEAMEO SEAMOLEC)** in publishing the proceedings that we have held. We realize that this Proceeding certainly does not escape the deficiencies, for that all suggestions and criticism we expect for the improvement of proceedings in the next issue. Finally we would like to thank all those who have assisted in this activity, and we hope that this proceeding can be useful for researchers, academics and the development of science.

Kediri, 29th November 2019
Committe

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FAMILY SOCIAL SUPPORT AND ANXIETY LEVEL OF HOSPITALIZATION TO PRESCHOOL CHILDREN

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ABSTRACT

Anxiety due to hospitalization is influenced by factors such as age, characteristics family, gender, experience with sickness and hospital care, number of family members dan perception of children towards illness. The research objective is to explain the correlation between family social support and the anxiety level of hospitalization to preschool children in Karunia Ward of Kediri Baptist Hospital. The research design was correlation. The population was the parents whose preschool children in Karunia Ward of Kediri Baptist Hospital. The samples were 31 respondents using *Purposive Sampling*. The research variables were family social support and anxiety. The independent variable was family social support and the dependent variable was anxiety level of hospitalization to preschool children. Data were collected using questionnaire and then analyzed using *Spearman Rho*. The research results showed that the majority of family social support to preschool children having high family social support was 26 respondents (83.9%) and most of the anxiety to preschool children with moderate anxiety category was 25 respondents (80.6%). The result of statistical test of *Spearman Rho* was $\rho=0.010$ with *correlation coefficient* $r = - 0.456$. In conclusion, high family social support decreased anxiety level of hospitalization to preschool children in Karunia Ward of Kediri Baptist Hospital.

Keywords: *Preschool Children, Family Social Support, Anxiety*

Introduction

Preschoolers are early childhood, at the age of 3 to 6 years. Prechool when they are hospitalized often show different responses (Perry dan Potter, 2005 in Astarani, 2017). The child's reaction, loss, injury or bodily treatment and pain. If the child is hospitalized, they will easily experience crisis, anxiety and stress because the child has a number of limitations to cope with and events that are pressing.(Hatfield, 2008 in Astarani, 2017). This situation occurs because the child tries to adapt to the new and unfamiliar environment, the hospital, so that these conditions become stressors

for both children and parents and families (Wong, 2008 in Astarani, 2017). Anxious conditions in children undergoing hospitalization are a serious problem and should receive special attentions(Supartini, 2004 in Oktiawati, 2017). Parental involvement can facilitate child of a foreign environment. Good coping emotions from children will bring confidence in children in dealing with their problems. The average preschool-aged child who is cared for in Karunia room in Baptis Hospital Kediri experiences anxiety which is the child always accompanied by parents, crying and whining to go

home, and withdrawing when the nurse will take care, Siti's research (2015).

The majority of preschool-aged children in the Alamanda Room of RSUD dr. H. Abdul Moeloek in Lampung Province experienced anxiety, totaling 25 people (64,1%). Supported by Anggika's research (2016), shows that the majority of respondents of preschool children who are hospitalized at Karanganyar District Hospital have severe anxiety levels, as many as 55 respondents (61,1%), moderate anxiety, as many as 18 respondents (20%), severe anxiety, as many as 17 respondents (18,9%). Based on data from the Karunia Room of the Kediri Baptist Hospital in 2018 the number of preschool-aged patients treated during the last 3 months in September 2018 were 34 children, in October 2018 there were 40 children, and in November 2018 there were 36 children. From these data the average number of preschool-aged children treated as many as 37 children in one month. Pre-researchers results on December 26 2018 - December 31 2018 in the Karunia Room of the Baptist Hospital in Kediri obtained results in 15 preschoolers showing 2 children (13,3%) experience mild anxiety, 7 children (46.7%) experienced moderate anxiety, and 6 children (40%) experienced severe anxiety with the manifestation of the child always wanting to be accompanied by parents (100%), crying and whining asking to go home (93%), and withdrawing when the nurse would take care actions (87%) when hospitalized.

According to Supartini (2002) in Sutini (2018), stating that hospitalization is a process for reasons of planning or emergency, requires the child to stay in the hospital, undergo therapy and treatment until his return home. Hospital treatment is often

considered a punishment, so the child feels ashamed, guilty, anxious and afraid. This situation tends to make children act aggressively with anger and rebellion (Astarani, 2017). Parental involvement during parenthood during childcare provides a feeling of calm, comfort, feeling loved and cared for. Coping good emotions from children will bring confidence in children in dealing with their problems. Parental involvement can facilitate child mastery of a foreign environment (Saputro, 2017). Children who are cared for will experience anxiety and fear (Hockenberry dan Wilson, 2007 in Astarani, 2017). Short-term effects of anxiety and fear that are not immediately handled will make the child reject the actions of care and treatment that is given so that it affects the length of days treated, aggravating the child's condition can even cause death in children. Meanwhile, the long-term effects of sick and cared for children who are not treated immediately will cause difficulties and poor reading skills, have language and cognitive development problems, decreased intellectual and social abilities and immune function (Levy, 2006 dalam Astarani, 2017). Support from the family is the most important element in helping individuals solve problems. If there is support, self-confidence will increase and motivation to deal with the problems that occur will increase (Stuart dan Sundeen, 1995 dalam Noorkasiani, 2009). Some support that must be done by the family according to Friedman (1998) in Harnilawati (2013) states there are four forms of family social support, among others informative, namely informational assistance provided so that it can be used by someone in overcoming the problems encountered, including providing advice, briefings,

ideas or other information needed and this information can be conveyed to others who may be facing the same or nearly the same problem; emotional attention, everyone will need help from others, affection is in the form of sympathetic support and empathy, love and trust and appreciation; instrumental assistance, this form of assistance aims to facilitate a person in carrying out their activities related to the problems they face, for example by providing complete and adequate equipment for sufferers, providing the needed medicines and others; assessment assistance, which is a form of appreciation given by someone to another party based on the actual condition of the patient. Therefore, the family (parents) are expected to be able to play a role and be supportive for their sick children, especially for parents with preschool-aged children with hospitalization. The higher the family support in preschool children undergoing hospitalization, the lower the child's anxiety level (Rahmawati dan Murniasih, 2007 in Astarani 2017). From the above review, the researchers are interested in examining the Relationship of Family Social

Support with Anxiety Levels in Preschool Age Children Due to Hospitalization (In the Karunia Room of Baptist Hospital in Kediri) which aims to explain the relationship of family social support with anxiety levels in preschool age children due to hospitalization in the KaruniaRoom of Kediri Baptist Hospital.

Research methods

The research design is *Correlational*. Retrieval of data was done in Karunia Room of Baptist Hospital in Kediri, Jl. Brigjen (Pol) I.B.H Pranoto 1-7 Kediri on April 12, 2019 until 8 Mei 2019. The study population was parents of preschool children in the Gift Room of Baptist Hospital in Kediri. A sample of 31 respondents used the Purposive Sampling technique. The independent variable is family social support and the dependent variable is anxiety. Data analysis uses Spearman's Rho. Measurement of family social support using a questionnaire and anxiety using a questionnaire (SCAS Parent's Report).

Research Result

Tabel 1 Frequency Distribution of Family Social Support in Preschool Children Due to Hospitalization (in Karunia Room of Baptist Hospital in Kediri) on 12 April 2019-08 May 2019(n-31)

No.	Family Social Support	Frekuensi	Presentasi
1	Moderate	5	16,1%
2	High	26	83,9%
Total		31	100%

Based on table 1 it is known that the majority of family social support in preschool children has high family social support, 26 respondents (83,9 %).

Tabel 2 Frequency Distribution of Family Social Support Indicators in Preschool Children Due to Hospitalization (in the Gift Room of Baptist Hospital in Kediri) on 12 April 2019-08 Mei 2019 (n-31)

No	Dukungan Sosial Keluarga	Rendah		Sedang		Tinggi		Jumlah	%
		F	%	F	%	F	%		
1.	Informative	0	0	5	16,1	26	83,9	31	100
2.	Emotional Attention	0	0	1	3,2	30	96,8	31	100
3.	Instrumental	0	0	5	16,1	26	83,9	31	100
4.	Assesment Assistance	0	0	5	16,1	26	83,9	31	100

Based on table 2 it is known that in the informative indicator most of the family social support is in the high category that is 26 respondents (83.9%), the emotional attention indicator of the majority of family social support in preschool children is in the high category that is 30 respondents (96.8%), indicators of instrumental assistance in preschoolers are mostly in the high category, 26 respondents (83.9%) and for indicators for the assessment of family social support in preschool children are mostly in the high category, 26 respondents (83,9%).

Tabel 3 Frequency Distribution of Anxiety in Preschool Children Due to Hospitalization (in Karunia Room of Baptist Hospital in Kediri) on 12 April 2019-08 May 2019 (n-31)

No.	Anxiety	Frekuensi	Presentasi
1	Mild	4	12,9%
2	Moderate	25	80,6%
3	Weight	2	6,5%
	Total	31	100%

Based on table 3 it can be seen that the majority of anxiety in preschool children in the category of moderate anxiety is 25 respondents(80,6%).

Tabel 4 Frequency Distribution of Anxiety Indicators in Preschool Children Due to Hospitalization (in Karunia Room of Baptist Hospital in Kediri) on 12 April 2019-08 May 2019 (n-31)

No	Anxiety	Mild		Moderate		Weight		Jumlah	%
		F	%	F	%	F	%		
1.	Panik & Agoraphobia Attack	20	64,5 %	10	32,3%	1	3,2%	31	100%
2.	Farewell Anxiety	4	12,9%	17	54,8 %	10	32,3%	31	100%
3.	Fear of phical Injuri	11	35,5 %	16	51,6%	4	12,9%	31	100%
4.	Social Phobia	27	87,1%	4	12,9%	0	0 %	31	100%
5.	Compulsive obsession	21	67,7%	10	32,3%	0	0 %	31	100%
6.	General Anxyety Disorder	9	29,0%	17	54,8%	5	16,1%	31	100 %

Based on table 4 it is known that the indicators of panic attacks & agoraphobia are more than 50% of children's anxiety due to hospitalization in the mild category of 20

respondents (64.5%), the anxiety indicator will be a separation of more than 50% of children's anxiety in the moderate anxiety category of 17 respondents (54.8%), indicators of physical injury fear more than 50% anxiety of children in the moderate category that is 16 respondents, indicators of social phobia majority of child anxiety in the category of mild anxiety that is 27 respondents, indicators of compulsive obsession over 50% of child anxiety in the category of mild anxiety namely 21 respondents and the indicator of general anxiety disorder more than 50% of children's anxiety in the medium category is 17 respondents.

Tabel 5 Cross Tabulation of Social Support for Deangan Family Anxiety Level in Preschool Children Due to Hospitalization (in the Gift Room of Baptist Hospital in Kediri) on 12 April 2019-08 Mei 2019 (n-31)

Family Social Support	Anxiety						TOTAL	
	Mild		Moderate		Weight		F	%
	F	%	F	%	F	%		
Moderate	0	0%	3	60,0%	2	40,0%	5	100%
Weight	4	15,4%	22	84,6%	0	0%	26	100%
Total	4	12,9%	25	80,6%	2	6,5%	31	100%

$\rho = 0,010$ Correlation Coefficient = 0,456

Based on table 5 it is known that most of the high family social support tends to be in the moderate anxiety category (84.6%) leads to mild anxiety (15.4%), whereas more than 50% of the moderate family social support tends to be in the moderate anxiety category (60, 0%) and most often leads to severe anxiety(40,0%).

Data analysis using the Spearman's Rho test obtained $\rho = 0.010$, then H1 was accepted and H0 was rejected, which means there is a relationship of family social support with anxiety levels in preschool children in Karunia Room of the Baptist Hospital in Kediri Correlation Coefficient $r = -0.456$ which means that family social support is high levels associated with decreased levels of anxiety in preschool children due to hospitalization in Karunia Room of Baptist Hospital in Kediri

Discussion

Family Social Support for Preschool Children in Karunia Room of the Baptist Hospital in Kediri.

Based on the results of research conducted Based on the results of research on family social support in preschool children in the Gift Room of Baptist Hospital in Kediri most respondents had high social family support in the category of 26 respondents (83.9%).

Support from the family is the most important element in helping individuals solve problems. According to Friedman (1998), in the book Muhith & Suyoto (2016) family support is attitudeactions, and acceptance of families with sick sufferers

The family also functions as a support system for its members and family members view that people who are supportive, are always ready to provide help and assistance if needed. If there is support, self-confidence will increase and motivation to deal with the problems that occur will increase (Stuart and Sunden

1995 in the book Noorkasiani and Tamher, 2009). Types of family support according to Friedman, 1998 in the book Harnilawati (2013) states that there are four types of family support, namely instrumental support, informational support, appraisal support, and emotional support. Every family support has characteristics including, informative, emotional attention, instrumental assistance and assessment assistance (House Smet, 1994: 136 in Harnilawati, 2013)

Family support is influenced by several factors, namely internal and external factors. Internal factors include stages of development, education or level of knowledge, emotional factors and spiritual factors. While external factors consist of family practice, socioeconomic factors, and cultural background (Purnawan, 2009)

Family social support for preschoolers is very helpful and is needed by children in overcoming problems when hospitalized. Family social support provided can be through attitudes, actions and accept the condition of a sick child, this is evidenced by family social support for preschool children in the Gift Room of Baptist Hospital in Kediri in the high category because the family is always willing to provide help and assistance to children at any time if need. Family social support for preschool-aged children who are hospitalized will increase the child's confidence and motivate children to face problems during hospitalization such as if the child complies with the actions of nursing care provided by a child nurse will recover soon and return home quickly. In addition, according to the theory, there are four types of family social support, namely informational support, valuation support, instrumental support and emotional support which have characteristics including informative, emotional attention, emotional assistance and assessment assistance. On the informative characteristics of the family can provide support in the form of giving advice to children about the importance of taking medicine, reminding behaviors that aggravate the disease and asking nurses / doctors about changes in the health status of

children, then the emotional attention of the family can provide support such as listening to complaints of children while undergoing care in the hospital and accompany and care for children with love, then on instrumental assistance the family can provide support such as providing the child's favorite items (toys, blankets), preparing children's needs (clothes, milk, etc.), preparing toiletries for children during hospitalization and family assistance can provide support in the form of giving praise to children when children spend portions of food, the child's condition is getting better and the child is obedient and not fussy towards treatment measures

In addition, family social support is also influenced by 2 factors, namely internal factors and external factors. Internal factors include developmental factors, which means that support can be determined by the age factor in this case is growth and development, thus each age range (infants) has an understanding and response to different health changes, evidenced in this study the majority of parents of preschool children aged 36-40 years where the older a person is, the better one's ability to make decisions and think rationally so that it influences every decision making that will be taken from the problem at hand, then the educational factors and the level of knowledge can be interpreted cognitive ability will shape one's way of thinking including the ability to understand the factors associated with illness and use knowledge about health to maintain personal health as evidenced in this study most parents of preschool-aged children have a in high school and scholars will easily receive and understand information from health workers that have an impact on the delivery of information related to the health conditions of children during hospitalization

The higher the level of education, the easier it is for them to receive and develop the knowledge and information received that will ultimately make their family's welfare improve, and there are also emotional and spiritual factors. Whereas external factors consist of several factors, namely family

practice, which is defined as how the family provides support usually affects sufferers in carrying out their health, for example in this study parents accompany and care for children lovingly, providing children's favorite items (toys, blankets) during the child is hospitalized. This is done by parents to help children to be cooperative in nursing care actions so as to help speed up children's health recovery, furthermore socioeconomic factors which are important factors in supporting family social support, if a person's economic level is higher he will usually respond more quickly to symptoms of the disease perceived. So that he will immediately seek help when he feels there is a disruption in his health as evidenced in this study, most parents of preschool children who work as private employees who have a regular income every month, most likely with their income, parents will certainly bring their children to the nearest clinic or clinic hospitals when their children experience health problems, then cultural background factors that are motivated by the beliefs, values and habits of individuals, in providing support including how to implement personal health. Not a few parents who still believe in the values of the beliefs of previous ancestors, for example children with fever are not taken to the doctor but taken to the village shaman

Anxiety in Preschool Children in Karunia Room of the Baptist Hospital in Kediri.

Based on the results of research on anxiety in preschool children in Karunia Room of Baptist Hospital in Kediri, most respondents had moderate anxiety as many as 25 respondents (80,6%).

Anxiety is a feeling of excessive preschool children of the condition of fear, anxiety, impending disaster, worry or fear of real or perceived threats in the hospital (Semiun 2006 in Astarani, 2017). According to Tsai, 2007, in Astarani (2017) children who have previous hospitalization experiences will have lower anxiety compared to children who have no experience at all. Some factors that influence anxiety in children, namely age, characteristics of siblings (child-to),

sex, experience of illness and hospital care, number of members in one home and children's perception of illness (Hockenberry and Wilson, 2009 in Astarani, 2017). Some common symptoms of childhood anxiety are difficulty falling asleep and staying sleepy, being afraid to be alone in the dark, withdrawing, resisting certain situations and refusing to move, being able to throw tantrums or acting when forced to face certain fears, not letting you far, increasing heart palpitations, sweating, breathing fast, sweaty hands, tightness, trembling, crying or whining, starting to suck the thumb, wet the bed, or use the protective blanket again, bite the nails, clench your teeth, clench your hands, and feel discomfort in the stomach (Michelle, 2010). The short-term effects of anxiety and fear that are not immediately handled will make the child reject the actions of care and treatment given so that it affects the length of the day of care, aggravating the child's condition and can even cause death in children. While the long-term effects of sick and cared for children who are not treated immediately will cause difficulties and poor reading skills, have language and cognitive development disorders, decreased intellectual and social abilities and immune function(Levy, 2006 in Astarani, 2017).

Anxiety in preschool children in the Gift Room of the Baptist Hospital in Kediri is a feeling of fear, anxiety or threat to the child, due to adapting to the conditions experienced by the child at this time. This is evidenced from the anxiety of preschoolers in the Gift Room of the Baptist Hospital in Kediri who have moderate anxiety. the hospitalization of the child. Usually children who already have experience of being treated in hospital have lower anxiety levels when compared to anxiety levels of children who have never had experience of being hospitalized. As for other factors that affect a child's anxiety including age, age is associated with the achievement of a child's cognitive development. Preschoolers have not been able to accept and perceive illnesses and new experiences with foreign environments as evidenced by this study preschoolers who were treated in the Gift Room of the Baptist Hospital in Kediri

were scared when they were in the room, children cried and screamed when nurses approached, children looked pale when nurses approach him. Furthermore, your characteristic factors, your characteristics can affect anxiety in children who are hospitalized, then sex, gender can affect the level of anxiety due to hospitalization, where girls who undergo hospitalization tend to have higher levels of anxiety than boys but this is not in line with this research, it is proven that preschool children treated in the Baptist Grace Room of Kediri are mostly male, this may also be a factor why anxiety preschoolers treated in the Baptist Grace Room in Kediri have moderate anxiety. Then the factor of experience of illness and being treated in hospital, children who have previous hospitalization experience will have lower anxiety compared to children who have no experience at all as evidenced in this study more than 50% of preschool-aged children treated in the Baptist Gifts Room Kediri has experience being hospitalized before. The number of members in one house can also affect the number of family members that make children less anxious, feel alone and lonely when children need to be hospitalized, conversely if the number of members in one house is large, then the child will feel have many friends and not lonely, the last factor is the child's perception of illness, some children feel that being sick and being treated in a hospital is a threat to themselves as evidenced in this study preschool children who were treated in the Baptist Gifts Room in Kediri could not be calm when examined by doctors or nurses, the child was worried about what will happen to him, for example the nurse comes to give medicine by IV injection, and the child's heart palpitates when the nurse / doctor approaches him. Anxiety due to hospitalization in preschool children also has an impact on him, for short-term effects preschoolers will do some reactions such as crying, rebelling and refusing treatment and treatment given where it will affect the length of time he was treated, can also inhibit the healing process he can even cause death, while for long-term effects, children will experience

language disorders and cognitive development, decreased intellectual and social abilities.

Relationship of Family Social Support with Anxiety Level in Preschool Children in Karunia Room of the Baptist Hospital in Kediri.

Based on the analysis using the Spearman's Rho test, it was found that $\rho = 0.010$, H1 was accepted and H0 was rejected, which means there was a relationship between family social support and anxiety level in preschool children in Karunia Room of the Baptist Hospital in Kediri Correlation Coefficient $r = -0.456$ which meant that family social support high levels associated with decreased levels of anxiety in preschoolers due to hospitalization in Karunia Room of the Baptist Hospital in Kediri.

Support from the family is the most important element in helping individuals solve problems. The number of family members in one house is associated with family support. The higher the family support in preschool children undergoing hospitalization, the lower the anxiety level of the child (Rahmawati and Murniasih, 2007 in Astarani, 2019). This is in accordance with Ilmiasih, 2012, that the number of siblings is very closely related to family support. The smaller the number of siblings, the child will tend to worry, feel alone and lonely when the child must be hospitalized.

The results of this study are in line with existing theories, namely the higher family support in preschool-aged children undergoing hospitalization, the lower the anxiety level of children, evidenced by high family social support associated with a decrease in anxiety levels in preschool-age children due to hospitalization in the Gift Room Kediri Baptist Hospital. The results showed there was a relationship between family social support with anxiety levels in preschool children due to hospitalization in the Gift Room of the Baptist Hospital in Kediri. Family social support is important as a form of the process of relationship between children and their social

environment in accelerating adaptation to new environments and new people. This is also supported by the number of family members, the large number of family members that will make preschoolers feel cared for, many friends and not lonely, the higher the family's social support, the lower the level of anxiety in preschool children due to hospitalization in the Baptist Hospital Gift Room. Kediri. Family social support is really needed for family members who are sick, especially preschoolers and is an important element in helping to minimize the level of anxiety in preschool children due to hospitalization due to family social support, children's confidence will increase and motivation to recover soon the disease experienced will increase so that children become more cooperative towards nursing care actions. The majority of parents provide good social support to preschoolers when hospitalized, families are able to care for their children well. This is what can help in accelerating the healing process of childhood diseases. In addition, with the family's social support the child will feel cared for, accepted, loved and loved, and protected. The higher the family support given to preschool children undergoing hospitalization, the anxiety level of the child will be lower.

Conclusion

1. Preschool-age patients have high family social support in the Gift Room of the Baptist Hospital in Kediri.
2. Preschool-age patients have moderate anxiety in the Gift Room of the Baptist Hospital in Kediri.
3. High family social support is associated with a decrease in anxiety levels in preschool children due to hospitalization in the Gift Room of the Baptist Hospital in Kediri.

Suggestion

The results of this study are expected to improve the relationship of nurses with parents in carrying out nursing care in preschool children by motivating

children to comply with every action of nursing care given to accelerate the healing process of illness experienced by children's anxiety when hospitalized in hospital can be minimized.

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