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Relationship of Family Support with Anxiety Level on Preoperative Patients

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Abstract

Preoperative preparation is very important to minimize the risks of surgery because the final results of a surgery really depend on the assessment of the patient's condition before surgery. Anxiety in pre-op patients can increase the patient's psychological stimulus, in this case it greatly influences the patient's emotions, so that it can increase blood pressure and even make the patient afraid and uncooperative during surgery. In this case, family support is really needed by preoperative patients to reduce anxiety. This study aims to determine the relationship between family support and anxiety levels in pre-operative patients in the inpatient room at Undaan Eye Hospital, Surabaya. The research design used was analytical survey research using a cross sectional approach. The population in this study was the total number of pre-operative patients in the Inpatient Room at the Undaan Eye Hospital, Surabaya, namely 20 respondents in March 2021 with. The number of samples in this study was 19 respondents. The independent variable is pre-operative patient anxiety. Dependent variable is Family Support. Data collection was carried out using a questionnaire. Data was expressed on an ordinal scale and analyzed using the Spearman rank statistical test. The research results showed that 18 respondents received high family support (95%), only 1 respondent received moderate support (5%). It was found that 13 respondents did not experience anxiety (68%), and only 1 respondent experienced severe anxiety (5%). Using the Spearman rank statistical test, it was obtained (p) = 0.010, which means that H0 was rejected or there was a relationship between family support and the preoperative anxiety level of patients at the Undaan Eye Hospital, Surabaya. The conclusion of this research is that there is a relationship between family support and the level of anxiety in pre-operative patients in the inpatient ward of the Mata Undaan Hospital, Surabaya. As long as the respondent is in a stressful period due to undergoing surgery, if at that time they receive family support, the psychological burden they experience will be reduced

Keywords: *Family support, anxiety, pre-operation*

INTRODUCTION

Preoperative preparation is very important to minimize the risks of surgery because the final results of a surgery really depend on the assessment of the patient's condition before surgery. According to Sjamsuhidajat, Prasetyono, and Riwanto (2017), Anxiety in pre-op patients can increase the patient's psychological stimulus, in this case it greatly influences the patient's emotions, so that it can increase blood pressure and even the patient becomes afraid and uncooperative during surgery. In this case, family support is really needed by preoperative patients to reduce anxiety. A preliminary study conducted by researchers in the inpatient ward of the Undaan Eye Hospital, Surabaya, on January 24 - 28 2021, found that from 10 pre-operative respondents, 6 respondents experienced moderate anxiety, 4 respondents experienced mild anxiety using the HARS *(Hamilton Anxiety Rating Scale) questionnaire.* From the results of a preliminary study conducted by researchers, 4 respondents who experienced mild anxiety received good family support using Nurul's (2015) family support questionnaire.

Based on research results in 56 countries out of 192 member countries of *the World Health Organization* (WHO), it is estimated that 234.2 million surgical procedures are carried out every year with the potential for complications and death (Puspita, 2014). Operations in Indonesia increase from year to year with the number of 810,000 people per year. The ratio between women and men, namely women reached 50.15%, while men were 30.5%, and operations for children under the age of around 10%. up to 15%. Surgical procedures in East Java Province in 2017 amounted to 8,491 cases (49.24%), from 2015-2016 the incidence of surgical procedures increased by 93.35% (Riskesdas, 2018).

Preoperative patient anxiety can be influenced by several factors. As a person gets older, they will have more experience, so their knowledge will increase (Gunarso, 2015). The level of education also determines whether it is easy for someone to absorb and understand knowledge. Lack of education will cause someone to experience stress more easily than those with a higher educational status (Hawari, 2012). Women are more anxious about their incompetence than men, men are more effective, explorative while women are more easily influenced by environmental pressures, less patient and sensitive. Other research shows that men are more relaxed than women (Gunarso, 2015). Patients need someone they trust to express and discuss the feelings they are experiencing in an atmosphere of affection, warm and positive social interaction and real support who is always ready to help when the patient feels weak in the form of support from the family. Family support is an interpersonal relationship mechanism that can protect someone from the bad effects of stress in the form of a strong relationship of mutual trust to protect patients from anxiety (Kaplan, 2014). With support from the family, such as accompanying the patient during pre-operation, and providing encouragement and motivation to the patient before undergoing surgery, it is hoped that the patient will be more comfortable and safe in undergoing surgery. Good family support for preoperative patients can reduce patient anxiety so that the operation runs smoothly.

METHOD

The research design used is analytical survey research using a *cross sectional approach. Cross sectional* research is research where data collection using the dependent variable and independent variables is carried out once at a time. Of course, not all research subjects were observed on the same day or time (Nursalam, 2013). In this study, researchers collected data on the independent variable, namely Family Support, and the dependent variable, namely Preoperative Patient Anxiety Level. By utilizing continuous time and patient conditions, researchers were able to collect data using an analytical survey using questionnaires for pre-operative patients in the Inpatient Room at the Undaan Eye Hospital, Surabaya, totaling 19 patients. This research was conducted in January 2021, precisely in the inpatient room at Udaan Eye Hospital, Surabaya. By using the Hamilton Anxiety Rating Scale (HARS) method, researchers were able to assess the level of anxiety in pre-operative patients in the Inpatient Room at Udaan Eye Hospital, Surabaya.

RESULTS AND DISCUSSION

Results

This research activity has been carried out since January 2021, in the inpatient room at Udaan Eye Hospital, Surabaya.

Table 1 The results of carrying out this research are as follows:

Characteristics	Frequency
Gender	
Woman	12
Man	7
Age	
20-29 Years	0
30 – 39 Years	1
40 – 49 Years	5
50 – 59 Years	8
>60 Years	5
Last Education	
Elementary school	8
Junior high school	1
Senior high school	9
College	1
Family support	
Low	0
Currently	1
Tall	18
Anxiety level	
Not anxious	13
Light	3
Currently	2
Heavy	1
So heavy	0
Total	**19**

Secondary Data

Based on table it was found that the research respondents consisted of 8 people with a final education of elementary school (42.1%), 1 person with a final education of junior high school (5.3%), 9 people with a final education of high school (47.4%) and 1 person with a recent tertiary education (5.3%). Based on table 5.2, it was found that the research respondents consisted of
of 1 patient aged 30-39 years (5.3%), 5 patients aged between 40-49 years (26.3%), 8 patients aged between 50-59 years (42.1%) and 5 patients aged more than 60 years (26.3%). Meanwhile, data on family support showed that 18 respondents received high family support (95%), only 1 respondent received moderate support (5%). Based on anxiety level data, it was found that 13 respondents did not experience anxiety (68%), and only 1 respondent experienced severe anxiety (5%).

Cross tabulation between family support and preoperative patient anxiety levels in the inpatient ward at Undaan Eye Hospital, Surabaya

Table 2 Cross tabulation between family support and preoperative patient anxiety levels in the inpatient ward at Mata Undaan Hospital, Surabaya

Support family	Anxiety level					Total
	Not anxious	Light	Currently	Heavy	Very	
Tall	13 (68%)	2 (11%)	2 (11%)	1 (5%)	0 (0%)	18 (95%)
Currently	0 (0%)	1 (5%)	0 (0%)	0 (0%)	0 (0%)	1 (5%)
Heavy	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Total	13 (68%)	3 (16%)	2 (11%)	1 (5%)	0 (0%)	19 (100%)

Based on table 2 it was found that 18 respondents had high family support (95%), namely 13 respondents did not experience anxiety (68%), 2 respondents (11%) experienced mild anxiety and only 1 respondent experienced severe anxiety (5%).

Table 3 SPSS between family support and pre-operative patient anxiety levels in the inpatient room at Mata Undaan Hospital, Surabaya

Spearman Rank Correlation Analysis

			support family	Level worry
Spearman's rho	support family	Correlation Coefficient	1,000 _	,838**
		Sig. (2-tailed)		,002
		N	19	19
	Level worry	*Correlation Coefficient*	*-.838*	1,000
		Sig. (2-tailed)	,000	
		N	19	19

**. Correlation is significant at the 0.01 level (2-tailed).

Based on the coefficient figures from the Spearman statistical test results, the correlation coefficient figure was 0.838, meaning that the level of strength of the relationship between family support and the preoperative anxiety level of patients at the Undaan Eye Hospital in Surabaya was very strong. The coefficient number is negative so the relationship between the two variables is not unidirectional so it can be interpreted that the greater the family support, the lower the patient's preoperative anxiety level. Based on table 5.3 above, using Spearman rank correlation analysis (t) it is known that the calculated correlation value is 0.002 with a probability value of 0.01 (p value < 0.01), so Ha is accepted and Ho is rejected, meaning that there is a significant relationship Between family support and anxiety levels of preoperative patients at the Undaan Eye Hospital in Surabaya.

Discussion

Family support is the main factor that can help respondents to be able to adapt to all situations and changes that occur in their lives due to the illness they suffer, because family support can reduce psychological pressure during times of stress caused by various problems that must be faced so that respondents feel more comfortable. Based on table 1 Regarding family support, it appears that the majority (95%) of respondents received good family support, where according to Purnawan (2019) good family support can be influenced by the respondents' perceptions and beliefs. Respondents' beliefs and perceptions about their own family support are likely to be greatly influenced by the respondent's education, this is in accordance with the opinion of Setiadi (2020). Based on table 5.1 regarding the characteristics of respondents based on educational level, most respondents (47.4%) have high school education, which means that respondents have completed secondary level education, where from secondary education the respondent has received sufficient provisions in forming a good mindset regarding beliefs and perceptions of something. A good respondent's mindset can form a *positive attitude thinking* so that respondents will have positive and good beliefs about the family support they receive.

The respondent's anxiety must be prevented or minimized so that the respondent's quality of life remains good, for example by using adaptive coping mechanisms for the respondent. Based on table 1 regarding anxiety levels, the majority (68%) of respondents do not experience anxiety. This is because respondents' anxiety can be influenced by the respondent's reaction to pressure or stress. Age also influences a person's reaction to stress, this is in accordance with the opinion of Setiadi (2020) who states that age will influence a person's reaction when they have to face a stressor. Based on table 1 regarding the characteristics of respondents based on age, the majority (42.1%) of respondents were aged 50 – 59 years.

Researchers used the Spearman statistical test to determine the relationship between family support and the preoperative anxiety level of patients in the inpatient ward of Mata Undaan Hospital, Surabaya. Data analysis used in this research is SPSS 20 which uses the Spearman statistical test. Based on the *Spearman* statistical test, the significance value (p) = 0.002 is obtained, where the value of $\rho<0.01$, which means that H0 is rejected or there is a relationship between family support and the patient's anxiety level. surgery at Undaan Eye Hospital, Surabaya. Similar research was carried out by Emelia in 2019 at Santa Hospital
Elisabeth Medan, where family support greatly influences the psychology and psychology of patients undergoing surgery. If we look at cross tabulation table 5.1 regarding family support and

anxiety levels, it can be seen that 13 respondents (68%) do not experience anxiety with good family support. This can be interpreted as meaning that respondents who receive good family support will not experience anxiety. In this study, the family support felt by respondents was attention and concern from the family, where the family faithfully accompanied and accompanied the respondent while undergoing surgery.

CONCLUSION

The conclusions made from this research are:
Most of the preoperative patients in the inpatient room at Undaan Eye Hospital in Surabaya have good family support. Most preoperative patients in the inpatient ward at Mata Undaan Hospital, Surabaya, experienced mild levels of anxiety. There is a relationship between family support and the level of anxiety in pre-operative patients in the inpatient room at Mata Undaan Hospital, Surabaya

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