

THE RELATIONSHIP BETWEEN NURSING CARING BEHAVIOR AND FAMILY ANXIETY IN THE INTENSIVE CARE UNIT

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ABSTRACT

Background: Patients who are admitted to the ICU are patients with critical conditions; therefore, there is a higher level of anxiety in the patient's family. One of the efforts or roles of nurses to reduce anxiety in the families of ICU patients is to show caring behavior. Caring behavior of nurses is an attitude of concern shown by health workers, especially nurses, towards patients and families. Family is the main support that is very important for the patient's recovery; if support is not obtained, it will affect the patient's healing process. One of the efforts or roles of nurses to reduce anxiety in the families of ICU patients is to show caring behavior. **Objective:** To determine the Relationship between the Caring Behavior of Nurses and Family Anxiety in the Intensive Care Unit of Dr. Dradjat Prawiranegara Hospital, Serang Regency. **Methods:** This study used a correlational analytical design of a cross-sectional approach. The research sample used purposive sampling with a total of 39 respondents. This research was carried out in the ICU of Dr. Dradjat Prawiranegara Hospital in Serang Regency on March 8-24, 2024. The research instrument used a nurse caring behavior questionnaire based on a modified CBA and a HARS anxiety level questionnaire. **Research Results:** The results of the study showed that there was a relationship between nurses' caring behavior and ICU family anxiety.

Keywords: ICU Family, Caring Behavior, Anxiety

INTRODUCTION

Anxiety can be experienced when there are family members who are hospitalized. Family is the main support that is very important for the patient's recovery; if support is not obtained, it will affect the patient's healing process. Anxiety will arise automatically if there is excessive worry and fear. Anxiety disorder is a person's mental state characterized by excessive, protracted, and difficult-to-control. Anxiety can be said to be a feeling of fear or worry; it is a response to a stimulus (Kemenkes, 2023) external and internal. Anxiety has levels that are mild, moderate, severe, and panic (Videbeck, 2020). A person who experiences anxiety will feel worried about various things, as well as a family that feels anxious about being treated in the ICU. A family is a group of individuals who are in close contact continuously and interact with each other. Health problems in the family are interrelated, which means that the disease of one family member will affect all family members, and the roles of family members will change. (Ningtyastuti, 2022)

The results of the study involving 307 respondents found that 45.9% had a high prevalence of anxiety, a moderate anxiety level of 28.7% and a mild anxiety level of 25.4%. In Nigeria, the patient's family in the ICU room experienced a level of anxiety of 107 respondents. According to research (Bhatti, 2020)(Olabisi, 2020) Gufron, 2019), 54 respondents experienced severe anxiety, and 40 respondents (74%) were some of the patients' close relatives. From this study, it was found that the category with mild anxiety levels was 16 respondents (36.4%), but it was also found with moderate anxiety as many as 12 respondents (27.3%), the level of mild to moderate anxiety was more experienced by the patient's family and the level of severe anxiety as many as 6 respondents (13.6%) was seen from the response of families who looked restless, tense, had difficulty sleeping and were difficult to be asked to make a choice. Therefore, if the patient's family experiences anxiety, it will have a bad impact on the patient's condition because the family will not be able to make a quick and appropriate decision regarding the action to be given to the patient. One of the efforts or roles of nurses to reduce anxiety in the families of ICU patients is to show behavior (Mariati,dkk, 2022).

The level of worry will increase if the family is admitted to the ICU. The longer the patient is treated, the more family anxiety increases, so this affects the patient's condition. (Rosidawari, 2019)Intensive Care Unit (ICU) is part of the existing room in the hospital, where this room has special care that requires special staff, special skills, and special equipment. Patients who are treated in the ICU are patients with critical conditions; therefore, there is a higher level of anxiety in the patient's family. The needs of ICU patients are cardiac resuscitation measures, which include life support for vital functions such as Airway (airway function), breathing (respiratory function), circulation (circulation function), Brain (brain function), and other organ functions. In the ICU, nurses have to deal with families who have anxiety. (Dewi, 2019)

Ulhakim & Windi Firdaus (2018) said that meeting the needs of critical patients and families is very important. The needs of the family that must be met while waiting for the patient are related to information on the patient's illness, mental support from ICU staff, family comfort, closeness to the patient, and guarantees so that this will prevent anxiety in the ICU patient's family. It is important for nurses or staff in the ICU to meet the needs of patients and families related to information, and so on. To reduce anxiety in patients and patients' families, health workers, especially nurses, need to play a role.

Caring is a universal phenomenon that deals with the way a person thinks, feels, and behaves when dealing with others. Caring is the heart of nursing. The attitude of concern shown by health workers, especially nurses, towards patients is called behavior (Priyoto, 2015) Caring nurse. This behavior is carried out when providing nursing care by taking care of patients with sincerity, compassion, sincerity, and providing support, both through communication and direct actions. Nurses must apply behaviors (Kusnanto, 2019) caring for the patient and the patient's family. When treating trauma patients with critical conditions, nurses take action as much as possible for the patient in total and always provide moral, spiritual support, motivation for the patient's recovery, as well as provide opportunities for the patient's family to accompany him during the treatment period, and can create comfort and calm for the patient. Behaviour (Imaculata, 2020)Caring Nurses can be applied to clients and families in providing nursing services.

Based on a preliminary study conducted in January 2024 at the ICU of dr. Dradjat Prawiranegara Hospital, Serang Regency, on 6 patient families with interview and observation methods to the patient's

family, it was found that 3 families experienced moderate anxiety because even though the family had received caring behaviors nurses by getting information related to the patient's condition regularly, there is 1 family that experiences severe anxiety related to the patient's condition with family obstacles in waiting for the patient 24 hours, there are 2 families who experience mild anxiety related to the condition of patients treated in the ICU who are stable. The results of interviews with 6 families of patients who were treated in their ICU room showed anxiety, fear, and worry while waiting for patients outside the ICU room. Based on the results of observations, the family's response varied from crying, rejecting, confusion, praying, or even feeling hopeless and leaving everything to God. The results of observations to nurses as for nurses in the ICU found that there were nurses who did not explain related to the patient's developmental condition, and nurses focused more on patients with declining conditions. Based on a survey obtained from the Medical Record Room of Dr. Dradjat Prawiranegara Hospital, Serang Regency, data was obtained in the last 3 months, as many as 169 patients were treated in the ICU. Based on the above background, the researcher is interested in conducting research entitled The Relationship between Caring Nurse Behavior and Family Anxiety in the Intensive Care Unit (ICU) of Dr. Dradjat Prawiranegara Hospital, Serang Regency.

RESEARCH METHODS

This research method uses a correlational analytical design of a cross-sectional approach. A cross-sectional research objective is a research design in which the two variables are measured simultaneously over time intervals. In this study, purposive sampling was used with a total of 39 respondents. This research was conducted on March 8-24, 2024, at the ICU of Dr. Drajat Prawiranegara Hospital in Serang Regency. The research instrument used a behavioral questionnaire (Sinaga, 2017) Caring nurses based on the CBA modified and HARS anxiety level questionnaire. chi-square test used for univariate and bivariate analysis in this study.

RESEARCH RESULTS

The results obtained in this study were obtained from 39 respondents. The following are the results obtained:

Table 1. Frequency Distribution of Responders of Caring Nurse Behavior in the ICU Room of Dr. Dradjat Prawiranegara Hospital, Serang Regency (n=39)

Variabel	Category	Frequency (f)	Percentage (%)
Caring Behavior	Good	34	87.2
	Enough	5	100.0
	Less	0	
	Total	39	

In Table 1, showing the results of the frequency distribution of respondents, there is a caring behavior of nurses, showing that the caring behavior of nurses is good, as many as 34 respondents (87.2%), higher than the behavior of caring nurses is sufficient, and there is no less caring behavior of nurses.

Table 2. Distribution of Frequency of Anxiety Level Respondents in the ICU Room of Dr. Dradjat Prawiranegara Hospital, Serang Regency (n=39)

Variabel	Category	Frequency (f)	Percentage (%)
Anxiety Level	Light	31	79.5
	Keep	6	94.9
	Heavy	2	100.0
	Total	39	

In Table 2. Showing the results of the distribution of the frequency of respondents having anxiety in the patient's family, it showed that the level of mild family anxiety was higher, as many as 31 respondents (79.5%), from the levels of moderate and severe anxiety.

Table 3. Results of Bivariate Analysis of the Relationship between Nursing Caring Behavior and Family Anxiety in the Intensive Care Unit of Dr. Dradjat Prawiranegara Hospital, Serang Regency (n=39)

Caring Behavior Variables	Anxiety levels								P Value
	Light		Keep		Heavy		Total		
	N	%	N	%	N	%	N	%	
Good	28	71.8%	6	15.4%	0	0.0%	34	87.2%	0.001
Enough	3	7.7%	0	0.0%	2	5.1%	5	12.8%	
Total	31	79.5%	6	15.4%	2	5.1%	39	100.0%	

Based on table 3. it can be seen that 39 respondents had caring nurse behaviors with a mild anxiety level of 28 (71.8%), moderate anxiety as much as 6 (15.4%), and severe anxiety 0 (0.0%), while nursing caring behavior was sufficient with a mild anxiety level of 3 (7.7%), no moderate anxiety (0.00%), and severe anxiety as much as 2 (5.1%).

DISCUSSION

1. Caring Behavior

Based on behavioral frequency distribution, caring nurses at Dr. Dradjat Prawiranegara Hospital, Serang Regency, there are 34 (87.2%) nurses who behave caring well, while 5 (12.8%) of the nurses had a good Caring enough. According to the researcher, the behavior of nurses in the ICU has been in the good category and can be related to the standard of nursing services that require nurses to behave caring. This is relevant according to Indiriana et al. (2023), behavior Caring obtained in the study, as many as 27 (77.1%) respondents who received Caring as good. Meeting the needs of the families of critical patients is very important because if the family does not get what the family needs while waiting in the ICU, related to information on the patient's disease development, mental support from ICU staff, a sense of comfort felt while waiting for the patient, proximity to the patient, and service assurance. (Ulhakim & Firdaus, 2018)

According to Kusnanto (2019), caring behavior is a nurse's caring attitude towards patients when providing nursing care by providing comprehensive, serious, and compassionate care to clients, effective communication, and support, both directly and indirectly. The family statement said that if the nurse at Dr. Dradjat Prawiranegara Hospital in Serang Regency is kind and friendly to the family and provides information related to patient development that makes the family confident in the nurse, this caring behavior of the nurse can affect anxiety in the family. The results of the study showed that as many as 87.2% of the patients' families in the ICU room of Dr. Dradjat Prawiranegara Hospital, Serang Regency, stated that the caring behavior of nurses had been carried out well by the nurses in the ICU room.

2. Anxiety Level

Based on the distribution of the frequency of anxiety of ICU patients at Dr. Dradjat Prawiranegara Hospital, Serang Regency, in the families of patients treated in the ICU, there were 2 (5.1%) families who experienced severe anxiety, 6 (15.4%) families with moderate anxiety, and as many as 31 (79.5%) families of patients in the ICU room who experienced mild anxiety. According to the researcher, family anxiety in the ICU has been in the category of mild anxiety because the family receives good caring behavior of nurses. This study is relevant to the research of Samarang & et al. (2023) families have their own perception of ICU care, where patients who are treated in the ICU are in poor or critical condition. This is why the patient's family in the ICU has high anxiety.

Anxiety problems in the families of patients who are treated in the ICU are very important to pay attention to because in the treatment of patients and their families is a unit that cannot be separated from each other. It can be concluded from the results of this study that the patient's family in the ICU of Dr. Dradjat Prawiranegara Hospital, Serang Regency, experienced mild anxiety, totaling 31 (79.5%) families. (Rosidawari & Hodijah, 2019)

3. The Relationship of Caring Behaviors of Nurses to Anxiety

This study discusses the relationship between nursing caring behavior and the patient's family anxiety in the ICU room of Dr. Dradjat Prawiranegara Hospital, Serang Regency. Families who wait for patients in the ICU room of Dr. Dradjat Prawiranegara Hospital, Serang Regency, get good nursing care behavior, which makes the family experience mild anxiety. Caring behavior is very important for patients and families; meeting the needs of critical patients' families is very important. According to Lukmanulhakim & Firdaus (2018), this can increase the anxiety felt by the family, so that this situation allows the family to not be able to perform its role optimally as a support for the patient's system, as well as a decision-maker who will be carried out on the patient. Therefore, nurses need to meet the needs of the patient's family; one of the roles of nurses is to show good caring behavior towards the patient's family. According to Purnani (2022), caring behavior can be realized by nurses in small matters, such as greeting patients, calling patients' names, asking about patient complaints, making eye contact, and touching patients if needed so that patients do not feel only as objects but as subjects whose existence is acknowledged.

Based on the results of Chi-Square in Table 5.3 on the Relationship between Nursing Caring Behavior and Family Anxiety in the Intensive Care Unit of Dr. Dradjat Prawiranegara Hospital, Serang Regency, it shows that the result is a value of $p = 0.001$ which says that the p value is less than α (0.05). Therefore, it can be said that H_0 was rejected and H_a was accepted or there was a significant relationship between the caring behavior of the nurse and the family's anxiety in the ICU room of Dr. Dradjat Prawiranegara Hospital, Serang Regency. There is a relationship that can be interpreted that the caring behavior of nurses is good, so that the level of family anxiety in the ICU room of Dr. Dradjat Prawiranegara Hospital, Serang Regency, is categorized as having mild anxiety.

CONCLUSIONS AND SUGGESTIONS

Based on the results of the research on the Relationship between Caring Nurse Behavior and Family Anxiety in the Intensive Care Unit of Dr. Dradjat Prawiranegara Hospital, Serang Regency, it can be concluded as follows:

1. Most of the caring behaviors of nurses were good, as many as 34 (87.2%) respondents out of 39 respondents in the ICU room of Dr. Dradjat Prawiranegara Hospital, Serang Regency.
2. There was a level of family anxiety in the ICU room of Dr. Dradjat Prawiranegara Hospital, Serang Regency, as many as 31 (79.5%) respondents experienced mild anxiety, moderate anxiety, as many as 6 (15.4%) respondents, while there were 2 (5.1%) experienced severe anxiety.
3. This study found a meaningful relationship between the caring behavior of Nurses with Family Anxiety in the Intensive Care Unit of Dr. Dradjat Prawiranegara Hospital, Serang Regency, with a result of $p=0.001$.

It is hoped that the results of this research can be the basis for further research on this topic with different methods, with more samples, and in different hospitals.

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