

Relationship between Family Support and Anxiety Levels in Preoperative Appendix Patients at Rsi Malahayati Medan in 2022

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ABSTRACT

Appendicitis is one of the most common cases in abdominal surgery which causes acute abdominal pain and requires immediate surgery to prevent complications which are generally dangerous. The purpose of this study is the Relationship between Family Support and Anxiety Level in Preoperative Appendix Patients at RSI Malahayati Medan in 2022. This study used a correlation description design, the population of this study was 25 people with a total sample of 25 people with accidental sampling technique. Data obtained through the Family Support questionnaire. The data was processed using the Chi Square test and presented in the form of a frequency distribution table. Research results obtained influence with a significance value or sig. (2-tailed) of $0.000 < 0$. The conclusion of this study is that there is a relationship between family support and anxiety levels in preoperative appendix patients at Malahayati Hospital. It is hoped that families will pay attention to the support given to patients who will be operated on. □.

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INTRODUCTION

Surgery is a treatment procedure that uses invasive techniques by opening or displaying body parts that will be handled through incisions that end with closing and sewing the wound. (Susetyowati, et al, 2014.) Based on data obtained by the WHO (World Health Organization) the number of patients undergoing surgery has increased significantly from year to year. It was recorded that in 2011 there were 140 million patients in all hospitals in the world. Whereas in 2012 the data increased by 148 million people. (WHO, 2017). Operations in Indonesia in 2012 reached 1.2 million people based on data from the National Tabulation of the Ministry of Health of the Republic of 2009, surgery ranks 11th out of the first 50 treatment of diseases in hospitals in Indonesia, an estimated 32% of which are laparotomy surgery such as appendix surgery (Seyani, 2017).

Appendicitis is an acute inflammation of the vermiform appendix. The vermiform appendix varies in length from 7 to 15 cm. Appendicitis is one of the most common cases in abdominal surgery which causes acute abdominal pain and requires immediate surgery to prevent complications which are generally dangerous.

The incidence of appendicitis in Asia in 2004 according to the World Health Organization (WHO) was 4.8% of the total population. The results of the survey on the incidence of appendicitis are 11 cases in every 1000 people in America at the most common age of 10-30 years, the ratio of males and females is 1.4: 1. According to the Indonesian Ministry of Health in 2006, the incidence of appendicitis in Indonesia ranks highest among abdominal emergency cases and ranks fourth of all abdominal diseases after dyspepsia, gastritis and duodenitis with a total of 28,040 inpatients.

Ahsan, Lestari, & Sriati (in Fadli, 2019) stated that major surgery can carry some degree of risk for patients. This high risk has a psychological impact or influence on preoperative patients, including fear of anesthesia (not waking up again), fear of pain due to surgical wounds, fear of physical changes to be bad or not functioning normally and others. This statement is the same in the opinion of Effendy in Ulfa (2017) which states that patient statements related to preoperative anxiety include fear of pain after surgery, fear of physical changes, fear of experiencing the same condition as other people who have the same disease, fear of entering the room. operations, dealing with surgical equipment and personnel, The journey from the onset of symptoms to perforation occurs so quickly, as many as 20% of cases of perforation of the appendix occur 48 hours, even 36 hours after the onset of symptoms. This shows that perforation occurs very quickly, so it needs more attention and proper treatment from doctors.

Luthfiyaningtyas (2016) said that although 80% of patients who come to the hospital for surgery experience anxiety, nurses and doctors are only fixated on physical illness and pay little attention to the patient's psychological state. Moreover, the nurse's task in managing patients is to provide comprehensive nursing care including pre, intra, and post surgery. Pre-surgical preparation is very important to minimize risks during surgery, because the final outcome of a surgery depends on assessing the patient's condition and the preparation before the operation is performed. One aspect of monitoring the psychological condition of preoperative patients is often overlooked, even though the psychological condition of preoperative patients who will undergo surgery is influenced by various factors, one of which is family support (Ulfa, 2017).

Complications in perforated appendicitis are associated with high blood leukocytes when the diagnosis is made, the length of treatment since symptoms appear and symptoms of high fever of more than 38.50C as a form of the body's inflammatory response. An increase in the number of leukocytes indicates an acute inflammatory process which is the initial reaction of local tissues and blood vessels to an injury. This can be one predictor of the occurrence of complications in perforated appendicitis. All treatment measures at the hospital with all kinds of actions have not been received positively by all patients. Every situation or event that causes a change in a person's life requires that the individual must adapt to overcome it, then adaptation is necessary, but a person's adaptability is different, so that conditions of stress or anxiety can arise (Hawari, 2013).

Anxiety is a vague uneasy feeling due to discomfort or fear accompanied by a response (the cause is not specific or unknown to the individual) (Yusuf, 2015). The main features of anxiety disorders are centered on irrational experiences and disproportionate fear or dread. Whether the symptoms are physiological (eg palpitations, excessive sweating) or psychological (eg intrusive, intrusive experiences, or thoughts), the underlying precipitation is fear (O'Brien, 2014).

Anxiety has several levels, namely mild anxiety, moderate anxiety, severe anxiety, and panic. Anxiety that is not resolved can cause several impacts, including a person tends to have a negative assessment of the meaning of life, decreased quality of life, emotional changes such as chronic depression and psychosis. Handling of anxiety can be done by means of behavioral psychotherapy combined with pharmacotherapy, but pharmacotherapy can cause a tendency to have adverse side effects. The currently developed therapy is more towards non-pharmacotherapy including

psychoreligious, which is used to treat anxiety in patients with murottal al-qur'an (Siprianto & Lestari, 2013 in Fitriani, 2016).

Anxiety in preoperative patients is caused by various factors, one of which is knowledge, family support, communication or attitudes of nurses in applying anxiety prevention in preoperative patients and the type of surgery. Anxiety is related to all kinds of foreign procedures that patients have to undergo and also threats to mental health due to surgical procedures or anesthesia. Preoperative nursing is the initial stage of perioperative nursing. This is because this phase is the beginning which is the foundation for the success of the next stages. Integral assessment and patient function including physical, biological and psychological functions are very much needed for the success of an operation. (Suprastyo, 2014).

The support provided by the family to preoperative patients can create comfort for the patient. Most of the patients' answers stated that they always listened to their family's advice about their health. Advice from the family can foster the patient's enthusiasm to speed up the healing process. The role of family support can eliminate excessive fear in preoperative patients so as to create comfort (Rahmawati, Widyawati, Hidayati, 2014).

Rahmawati, Widyawati, Hidayati (2014) said that another role of the family is to motivate them to communicate with other patients. This is related to adequate interpersonal relationships that can produce sociocultural comfort. Psychospiritual comfort can also be realized in preoperative patients who get support from their families. The family also plays a spiritual role in the form of motivating respondents to always get closer to God and strengthening the respondent's belief in God. Based on this study, it can be said that respondents who lack family support feel uncomfortable during treatment and increase patient anxiety

In addition, family support also has an important role in reducing anxiety in preoperative patients. Family support is the action or acceptance of the family towards sick sufferers. Family members view that people who are supportive are always ready to provide help and assistance if needed. The role of the family in recognizing health problems, namely being able to make health decisions, modifying the environment, and utilizing existing health facilities is very important in overcoming patient anxiety. (Fredman, 2014). Based on the results of interviews conducted with preoperative patients at the Malahayati Islamic Hospital, Medan, it was found that the patient was afraid of being operated on. Worried that the operation will not be successful, feeling anxious during the operation whether it went smoothly and whether after the operation there was a change after the operation.

Based on the initial survey conducted by researchers on January 25, 2022 at the Malahayati Islamic Hospital Medan from the Medical Record in the last 1 year who performed surgery as many as 2,574 patients in the last 3 months who underwent surgery as many as 776 patients, data for the last 1 month who underwent surgery in the Malahayati Islamic Hospital Medan A total of 284 patients.

RESEARCH METHOD

Research design

The research design used in this research is a correlation description, namely research or study of the relationship between two variables in a situation or group of subjects. This is done to see the relationship between one symptom and other symptoms, or other variables (Natoatmodjo, 2014). The approach used is cross-sectional, namely a type of research that emphasizes the time of measurement/observation of independent and dependent variable data only once at a time. In this type, the independent and dependent variables are assessed simultaneously at one time, so there is no follow-up (Nursalam, 2014).

Research Location and Time

a. Location

The location of the study was carried out at the Malahayati Islamic Hospital in Medan by considering the problem of lack of family support with anxiety levels in patients with pre-operative appendix at the Malahayati Hospital and previously there had never been a similar study, had a population and sample in conducting research, had reference materials and was easy to find. research conducted by researchers.

b. Research time

This research was carried out starting from April to June 2022 and the final session will be held in July 2022. The research plan above will be carried out after a proposal examination and then revision and obtaining a research permit from the Haji University of North Sumatra and Research Locations

Population and Sample

a. Population

The population is a generalization area consisting of objects/subjects that have certain qualities and characteristics that are applied by researchers to be studied and then conclusions are drawn (Sugiyono, 2014) the population in this study were pre-operative appendix patients at Malahayati Hospital in Medan. The total population of preoperative patients from May-June 2022 is 25 people.

b. Sample

The sample is part of the number and characteristics possessed by the population. If the population is large, and it is impossible for the researcher to study everything in the population, for example due to limited funds, manpower and time, then the researcher can use samples taken from that population, what is learned from that sample, the conclusions will be applicable. for population. For this reason, samples taken from the population must be truly representative (Sugiyono, 2014). To make it easier to collect the necessary data, in this study the accidental sampling technique was used, which is a sampling technique when all members of the population are used as samples. taken is the entire population with a total of 25 people.

Data collection technique

Data collection is a process of approaching the subject and the process of collecting the characteristics of the subject required in a study. The steps in data collection depend on the research design and the instrument technique used (Nursalam, 2014).

The steps of researchers in collecting the data:

- a. Request a permit from the Faculty of Nursing, Haji University, North Sumatra as a research recommendation letter.
- b. Apply for a permit and obtain a research permit from the Malahayati Islamic Hospital in Medan.
- c. The researcher then explains the purpose of the research and assures the respondents that this research is voluntary and will be kept confidential.
- d. Data collection was carried out by giving questionnaires to respondents where previously the respondent had to sign an agreement letter to become a respondent.
- e. Then the researcher explained how to fill out the questionnaire, then the researcher distributed the questionnaire and the respondents were asked to fill in the data on the questionnaire sheet then the researcher helped fill out the questionnaire through interviews and was assisted by an assistant.
- f. After the data is obtained, it will be tabulated and interpreted through a computer program

RESULTS AND DISCUSSIONS

Demographic Data

Table 1. Family Support Demographic Data With Anxiety Level Appendectomy patient

No	Demographic Data	Frequency	Percentage (%)
1	Age		
	20-30 Years	13	52
	31-40 Years	4	16
	41-50 Years	5	20
	51-60 Years	3	12
	Amount	25	100%
2	Gender		
	Man	16	64
	Woman	9	36
	Amount	25	100%
5	Education		
	SENIOR HIGH SCHOOL	17	68
	D3	2	8
	S1	6	24
	Amount	25	100%
6	Work		
	IRT	6	24
	civil servant	2	8
	Self-employed	15	60
	Honor	2	8
	Amount	25	100%

Based on the above demographic data from 25 respondents, it shows that the majority of the ages in the research sample are ages with a range of 20-30 years totaling 13 with a percentage of 52%. The majority of gender is male totaling 16 people with a percentage of 64%. The majority of the education level is high school, totaling 17 people with a percentage of 68%. The majority of jobs are self-employed, amounting to 15 people with a percentage of 60%.

Frequency distribution of preoperative appendix family support

Table 2. Frequency distribution of family support before appendix surgery

No	Family support	Frequency	Percentage (%)
1	Not enough	6	24.0
2	Currently	11	44.0
3	Well	8	32.0
	Amount	25	100

From the above data it can be concluded that the frequency of preoperative family support for the appendix is the majority of Moderate, amounting to 11 percentages (44%), then Good, amounting to 8 percentages (32%) and less 6 presentations (32%).

Frequency distribution of preoperative anxiety level appendix

Table 3. Frequency distribution of preoperative anxiety level appendix

No	Family support	Frequency	Percentage (%)
1	Light	8	32.0
2	Currently	12	48.0
3	Heavy	5	20.0
	Amount	25	100

From the data above, it can be concluded that the frequency of preoperative anxiety levels for the appendix is the moderate majority, amounting to 12 percentages (48%), then mild, amounting to 8 percentages (32%) and less than 5 presentations (20%)

The Relationship between Family Support and Preoperative Appendix Anxiety Level

Table1 4. Crosstabulation results

		Anxiety Level			Total
		Light	Currently	Heavy	
Family support	Not enough	0	1	5	6
	Currently	0	11	0	11
	Well	8	0	0	8
Total		8	12	5	25

From the table above it shows that the level of family support with the level of anxiety is at moderate support will make the level of anxiety moderate with a total of 11 people.

The Effect of Hypnobreastfeeding on the Fluency of Breastfeeding in Postpartum Mothers at Leni Langsa Independent Maternity Homes in 2022

This analysis was used to determine the effect between the two variables, namely whether there was a difference between the fluency of breastfeeding before and after hypnobreastfeeding with statistical tests. the Wilcoxon test used can be seen in table 4.5 below

Table1 5. Spearman Rho test

		correlations		
			Family support	Anxiety Level
Spearman's rho	Family support	Correlation Coefficient	1,000	.970**
		Sig. (2-tailed)	.	.000
		N	25	25
	Anxiety Level	Correlation Coefficient	.970**	1,000
		Sig. (2-tailed)	.000	.
		N	25	25

Based on the output above, it is known that the significance value or sig. (2-tailed) of 0.000 <0.05, which means there is family support with an anxiety level of preoperative appendix. The correlation value is positive with a value of 1,000 meaning that there is a strong relationship between the two variables where family support and preoperative anxiety levels have a strong relationship.

Discussion

a. Family Support for Preoperative Appendix Patients at RSI Malahayati

From the data above, it can be concluded that the frequency of preoperative family support for the appendix is the majority, while the percentage is 11 people (44%). Family support is verbal or non-verbal information, advice, real help or behavior provided by people who are familiar with the subject in their social environment or in the form of presence and things that can provide emotional benefits or influence the recipient's behavior. (Azizah, 2011). Family support is influenced by several factors, namely; intimacy, self-esteem, social skills, age, education, spiritual and socioeconomic status.

Binarti's research has been conducted for 6 months from January 14 to April 13 2015. In 15 respondents, it can be identified that there are no research respondents who have a low level of family support, there are 2 respondents who have a sufficient level of family support or around 13%, there are 12 respondents who have good level of family support or about 80% and respondents who have very good family support of 1 person or about 7%.

The family functions as information, advice, and guidance to family members to solve the problems they face. The benefits of this support can suppress the emergence of stressors because certain information can influence suggestions on individuals (Yusra, 2011). According to Heriana, 2014 Most people currently think that surgery is a scary experience. This anxiety reaction will continue if the patient has never received or has received little information related to the disease and the actions taken against him. Everyone has experienced periods of anxiety, let alone patients undergoing surgical operations. Anxiety is a clinical symptom seen in patients with medical management.

b. Anxiety Level of Preoperative Appendix Patients at Malahayati Hospital

From the data above, it can be concluded that the frequency of preoperative anxiety levels for the appendix is a moderate majority, amounting to 12 percentages (48%). who experienced mild anxiety as many as 4 people (27%), moderate anxiety as many as 9 people (60%), severe anxiety as many as 2 people (13%), and no respondents who experienced panic and no respondents who did not experience preoperative anxiety appendectomy.

Anxiety is a condition in which a person experiences a feeling of anxiety or anxiety and the activity of the autonomic nervous system in response to an unclear and non-specific threat. Meanwhile, according to asthma. Anxiety or anxiety is a person's emotional turmoil related to something outside himself and the self-mechanisms used in dealing with problems. (Asmadi. 2016). Any form of surgical procedure is always preceded by a certain emotional reaction by the patient, whether the reaction is obvious or hidden, normal or abnormal. For example, preoperative anxiety may be an anticipatory response to an experience that the patient may perceive as a threat to his or her role in life, the integrity of the body, or even life itself (Smeltzer 2018).

c. The Relationship between Family Support and Anxiety Level of Preoperative Appendix Patients at Malahayati Hospital

The results of the research above show that the significance value or sig. (2-tailed) of 0.000 <0.05, which means there is family support with an anxiety level of preoperative appendix. As well as a positive correlation coefficient value of 1,000, which means there is a strong relationship between the two variables. Family support is also related to a person's level of anxiety where the role of the family is something that is normatively expected from someone in certain situations in order to meet expectations. Anxiety can occur if there is conflict in the family (Setiadi, 2008) Research conducted by Jenita (2010) with the title 57 57 "The Relationship between Family Support and Anxiety Levels of Pre-Operational Patients in Room RB2 of the HAM North Sumatra Hospital" obtained the results that there is a relationship between family support with the anxiety level of preoperative patients from 62 research respondents who were analyzed using the Spearman Rank test with the largest family support being in the good category 53.2% and the least being the less category 17.7%. For the highest level of anxiety category is mild anxiety 46,

From the results of research that has been done that there is a relationship between family support and anxiety levels, so that family support needs to be increased, especially in assessment support in order to reduce anxiety, especially anxiety in preoperative patients. In addition, there is a need for information from health workers to the patient's family to always pay attention to their family members, because the effects of family support on health and well-being function together. Setiadi (2008), more specifically, the existence of adequate family support has been shown to be associated with reduced mortality, easier recovery from illness, cognitive function, physical and emotional health. Besides that, the positive influence of family social support is on adjustment to stressful life events.

d. Research Limitations

In this study, researchers experienced limitations in the data collection process due to pandemic conditions which made researchers unable to explore deeper samples and limited time in providing education during the intervention process.

CONCLUSION

Based on the results of the research conducted and the data obtained at the Malahayati Hospital in 2022, it can be concluded as follows: Preoperative family support for the appendix at the Malahayati Hospital is the majority with 11 people with a percentage of 44%. The level of anxiety pre-appendix surgery at the Malahayati Hospital is mostly moderate with a percentage of 12 people with a percentage of 44%.

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