

**HUBUNGAN PERILAKU CARING PERAWAT DENGAN TINGKAT
KECEMASAN KELUARGA PASIEN DI RUANG INTENSIVE CARE
UNIT RUMAH SAKIT RESTU IBU BALIKPAPAN**

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ABSTRAK

Latar Belakang: Perilaku kepedulian (*care*) dari perawat yang meliputi empati, perhatian, dan dukungan emosional diharapkan dapat mengurangi kecemasan yang dialami oleh keluarga pasien yang menunggu di unit perawatan intensif. Penelitian ini mengidentifikasi peran penting perilaku *care* dalam mengurangi kecemasan keluarga pasien. **Tujuan:** Menganalisis Hubungan Perilaku *Caring* Perawat dengan Tingkat Kecemasan Keluarga Pasien di Ruang *Intensive Care Unit* Rumah Sakit Restu Ibu Balikpapan. **Metode:** Penelitian kuantitatif dengan rancangan deskriptif melalui pendekatan *cross Sectional*. Penelitian dilakukan selama 1 bulan dengan melibatkan 43 responden sebagai populasinya yaitu keluarga pasien yang menunggu di ruang ICU, Teknik pengambilan sampel menggunakan *Accidental sampling*. Alat ukur menggunakan kuesioner perilaku *caring* perawat dan lembar observasi kecemasan. Analisis data berupa statistic deskriptif-uji *gamma*. **Hasil:** Mayoritas responden, yaitu 35 orang (81.4%), menilai perilaku *caring* perawat sebagai "baik." Sebanyak 5 responden (11.6%) memberikan penilaian "cukup," dan 3 responden (7.0%) menilai perilaku *caring* perawat sebagai "kurang." Terdapat hubungan antara perilaku *caring* perawat dengan tingkat kecemasan keluarga pasien di ruang ICU dengan *p value* 0.041. **Kesimpulan:** Terdapat hubungan antara perilaku *caring* perawat dengan tingkat kecemasan keluarga pasien, *p value* 0.043

Kata Kunci: *Caring, Kecemasan, Perawat*

RELATIONSHIP BETWEEN NURSES' CARING BEHAVIOR AND ANXIETY LEVELS OF PATIENTS' FAMILIES IN THE INTENSIVE CAREUNIT AT RESTU IBU HOSPITAL BALIKPAPAN

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ABSTRACT

Background: *The caring behavior of nurses, which includes empathy, attention, and emotional support, is expected to reduce the anxiety experienced by the families of patients waiting in the intensive care unit. This study identifies the important role of caring behavior in reducing family members' anxiety.* **Objective:** *To analyze the relationship between nurses' caring behavior and the anxiety levels of patients' families in the Intensive Care Unit at Restu Ibu Hospital Balikpapan.* **Method:** *This quantitative research employed a descriptive design with a cross-sectional approach. The study was conducted over one month, involving 43 respondents, who were family members of patients waiting in the ICU. The sampling technique used was accidental sampling. The measuring tools included a nurse caring behavior questionnaire and an anxiety observation sheet. Data analysis was performed using descriptive statistics and the gamma test.* **Results:** *The majority of respondents, 35 people (81.4%), rated the nurses' caring behavior as "good." Five respondents (11.6%) rated it as "adequate," and three respondents (7.0%) rated it as "poor." There is a relationship between nurses' caring behavior and the anxiety levels of patients' families in the ICU, with a p-value of 0.041.* **Conclusion:** *There is a relationship between nurses' caring behavior and the anxiety levels of patients' families, with a p-value of 0.043.*

Keywords: *Anxiety, Caring, Nurse*