ABSTRAK

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"Hubungan lama hari rawat dengan tingkat kecemasan keluarga pasien yang dirawat diruang High care unit (HCU) RSUD dr. H. Jusuf SK Tarakan" xiii + 44 Halaman + 4 Gambar + 10 Lampiran

Latar belakang: pasien dengan kondisi kritis yang dirawat diruang High Care Unit (HCU) memerlukan pemantauan intensif. Situasi ini sering menimbulkan kecemasan pada keluarga pasien, terutama bila lama hari rawat semakin panjang. Kecemasan keluarga dapat memengaruhi pengambilan keputusan medis dan dukungan psikologis terhadap pasien.

Metode: penelitian ini menggunakan desain deskriptif korelasional dengan pendekatan **cross-sectional.** Sampel penelitian sebanyak **43 keluarga pasien** yang dirawat di HCU RSUD dr. Jusuf SK Tarakan, dipilih dengan teknik purposive sampling. Instrumen pengumpulan data menggunakan **Hamilton Anxiety Rating Scale (HARS).** Analisis data dilakukan dengan uji **Spearman Rank** menggunakan program SPSS.

Hasil: Distribusi lama hari rawat pasien: 1-3 hari (30.2%), 4-6 hari (44.2%), ≥6 hari (25.6%). Tingkat kecemasan keluarga: ringan (20.9%), sedang (48.8%), berat (30.2%). Hasil uji Spearman menunjukan adanya hubungan signifikan antara lama rawat dengan tingkat kecemasan keluarga (r = 0.482, p = 0.001).

Kesimpulan; Terdapat hubungan signifikan antara lama hari rawat pasien dengan tingkat kecemasan keluarga pasien diruang HCU RSUD dr. H. Jusuf SK Tarakan. Semakin lama pasien dirawat, maka semakin tinggi tingkat kecemasan keluarga.

Saran: perawat diharapkan meningkatkan komunikasiterapuitik dan edukasi rutin kepada keluarga pasien untuk mengurangi kecemasan. Rumah sakit perlu mengembangkan kebijakan pelayanan HCU yang lebih ramah keluarga.

Kata kunci: Lama rawat, kecemasan keluarga, High Care Unit (HCU), Hamilton Anxiety Rating Scale (HARS), Spearman Rank
Keputusan: 52 (2016 – 2025)

ABSTRACT

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Thesis, February 2026
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"The Relationship Between Length of Stay and Family Anxiety Levels of Patients Treated in the High Care Unit (HCU) at RSUD dr. H. Jusuf SK Tarakan"
xiii + 44 pages + 7 tables + 4 figures + 10 appendices

Background: *Patients in critical condition treated in the High Care Unit (HCU) require intensive monitoring. This situation often causes anxiety among family members, especially when the length of stay is prolonged. Family anxiety may affect medical decision-making and the psychological support provided to patients.*
Objective: *To determine the relationship between patients' length of stay and the anxiety levels of their families in the HCU at RSUD dr. H. Jusuf SK Tarakan.*
Method: *This study used an analytical design with a* ***cross-sectional*** *approach. The sample consisted of* ***43 family members of patients*** *treated in the HCU, selected using purposive sampling. Data collection employed the* ***Hamilton Anxiety Rating Scale (HARS)****. Data analysis was conducted using* ***Spearman Rank correlation*** *with SPSS software.*
Results: *Distribution of patients' length of stay: 1–3 days (30.2%), 4–6 days (44.2%), ≥6 days (25.6%). Family anxiety levels: mild (20.9%), moderate (48.8%), severe (30.2%). The Spearman Rank test showed a significant relationship between length of stay and family anxiety levels ($r = 0.482$, $p = 0.001$).*
Conclusion: *There is a significant relationship between patients' length of stay and family anxiety levels in the HCU at RSUD dr. H. Jusuf SK Tarakan. The longer the patient's stay, the higher the family's anxiety level.*
Suggestions: *Nurses are expected to improve therapeutic communication and provide routine education to families to reduce anxiety. Hospitals should develop family-friendly HCU policies with transparent information access.*

Keywords: *Length of stay, family anxiety, High Care Unit (HCU), Hamilton Anxiety Rating Scale (HARS), Spearman Rank*
References: *52 (2016–2025)*