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Skripsi, Januari 2026
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Hubungan Fungsi Ekonomi Keluarga dengan Tingkat Stress pada Keluarga Pasien yang di Rawat di Ruang ICU Rumah Sakit Mohammad Hoesin Palembang Provinsi Sumatera Selatan Tahun 2025

ABSTRAK

Latar belakang: Perawatan pasien di ruang *Intensive Care Unit* (ICU) sering menimbulkan stres pada keluarga. Fungsi ekonomi keluarga yang rendah dapat meningkatkan kekhawatiran terhadap biaya pengobatan dan kelangsungan perawatan. Tujuan penelitian ini untuk mengetahui hubungan fungsi ekonomi keluarga dengan tingkat stress pada keluarga pasien yang di rawat di Ruang ICU Rumah Sakit Mohammad Hoesin Palembang Provinsi Sumatera Selatan Tahun 2025.
Metode: Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional* terhadap 46 responden yang dipilih menggunakan teknik purposive sampling. Instrumen penelitian berupa kuesioner fungi ekonomi keluarga dan *Perceived Stress Scale*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Spearman Rank.
Hasil: Sebagian besar keluarga pasien memiliki fungsi ekonomi rendah sebanyak 21 responden (45,7%). Tingkat stres keluarga pasien mayoritas pada kategori stres berat sebanyak 27 responden (58,7%). hubungan fungsi ekonomi keluarga dengan tingkat stress pada keluarga pasien yang di rawat di ruang ICU Rumah Sakit Mohammad Hoesin Palembang (*p-value* = 0,000 < 0,05), artinya semakin rendah fungsi ekonomi maka semakin tinggi stres pada keluarga pasien.
Saran: Keluarga pasien diharapkan mampu mengelola stres secara adaptif. Tenaga kesehatan diharapkan dapat mendeteksi dan mengajarkan cara mengelola stress secara adaptif pada keluarga pasien. Rumah sakit perlu menyediakan konseling dan bantuan sosial.

Kata kunci: Fungsi Ekonomi, Tingkat Stres, Keluarga Pasien

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The Relationship between Family Economic Function and Stress Levels in Families of Patients Treated in the ICU of Mohammad Hoesin Hospital, Palembang, South Sumatra Province, in 2025

ABSTRACT

Background: Patient care in the Intensive Care Unit (ICU) often causes stress for families. Low family economic status can increase concerns about medical costs and continuity of care. The purpose of this study was to determine the relationship between family economic status and stress levels in families of patients treated in the ICU at Mohammad Hoesin Hospital, Palembang, South Sumatra Province, in 2025.
Method: This study used a quantitative method with a cross-sectional design. 46 respondents were selected using a purposive sampling technique. The research instruments were a family economic status questionnaire and the Perceived Stress Scale. Data were analyzed using univariate and bivariate methods using the Spearman Rank test.
Results: he majority of patients' families had low economic function (21 respondents (45.7%). The majority of families' stress levels were in the severe stress category (27 respondents (58.7%). The relationship between family economic function and stress levels in families of patients treated in the ICU at Mohammad Hoesin Hospital, Palembang (p-value = 0.000 < 0.05), meaning that the lower the economic function, the higher the stress levels in the patient's family.
Recommendation: Patients' families are expected to be able to manage stress adaptively. Healthcare workers are expected to detect and teach patients' families how to manage stress adaptively. Hospitals should provide counseling and social support.

Keywords: *Economic Function, stress levels, patient family*