

# HUBUNGAN *CARING* PERAWAT DENGAN *STRESS* ORANG TUA AKIBAT *HOSPITALISASI* ANAK USIA *TODDLER* DI RUANG RAWAT INAP ANAK RUMAH SAKIT “X” JAGAKARSA TAHUN 2017

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## Abstrak

Anak usia *toddler* rentan terhadap stres karena kemampuan anak untuk mengatasi dan mengolah stres masih terbatas. Keadaan *hospitalisasi* dapat menjadi stresor bagi anak, sehingga anak akan mengalami stres *hospitalisasi*. Selama anak mendapatkan perawatan di rumah sakit *stress* pada anak akan dirasakan oleh orang tua. Anak yang baru pertama kali mengalami perawatan di rumah sakit menimbulkan *stress* dan kecemasan yang tinggi pada orang tua. Stres *hospitalisasi* pada orang tua dipengaruhi oleh beberapa faktor, salah satunya ialah perilaku perawat saat merawat anak. Perawat yang bertugas memberikan asuhan keperawatan harus mengembangkan perilaku *caring*, perawat yang berperilaku *caring* berarti perawat tersebut mampu mengurangi stres ataupun trauma pada orang tua selama merawat anak di rumah sakit. Tujuan penelitian ini ialah untuk mengetahui hubungan *caring* perawat dengan *stress* orang tua akibat *hospitalisasi* anak usia *toddler*. Desain penelitian ini ialah deskriptif analitik dengan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan teknik *purposive sampling* pada 36 orang tua. Teknik analisa data menggunakan uji *chi square*. Hasil uji statistik menunjukkan terdapat hubungan antara perilaku *caring* perawat dengan *stress* pada orang tua akibat *hospitalisasi* anak usia *toddler* ( $p = 0,048$ , CI 95%)  $< \alpha = 0,05$ . Perilaku *caring* perawat yang baik akan meminimalkan *stress hospitalisasi* pada orang tua.

**Kata Kunci :** Anak usia *toddler*, *Caring* perawat, *Hospitalisasi* dan Stres Orang Tua.

# **NURSE CARING RELATIONSHIPS WITH STRESS OF PARENTS BECAUSE HOSPITALIZATION CHILDREN AGE TODDLER IN HOSPITAL WARDS “X” JAGAKARSA YEAR 2017**

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## **Abstract**

Toddler-age children are prone to stress because the child's ability to cope and manage stress is still limited. The condition of hospitalization can be a stressor for the child, so the child will experience stress hospitalization. As long as the child gets hospital treatment the child's stress will be felt by the parents. Children who first experience hospitalization cause high stress and anxiety in the elderly. Stress hospitalization in the elderly is influenced by several factors, one of which is the behavior of nurses when caring for children. Nurses who are in charge of providing nursing care should develop caring behavior, caring nurses mean the nurse is able to reduce stress or trauma in the elderly during the care of children in the hospital. The purpose of this study is to determine the relationship caring nurse with the stress of parents due to toddler childhood toddler childhood. The design of this research is analytic descriptive with cross sectional approach. The sampling technique used purposive sampling technique in 36 parents. Data analysis technique using chi square test. The result of statistical test shows that there is a relationship between caring behavior of nurse with stress in the elderly due to hospitalization of toddler age children ( $p = 0.048$ , 95% CI)  $< \alpha = 0,05$ . Good caring behavior of nurses will minimize hospitalization stress in the elderly.

**Keywords:** Toddler Age Children, Caring nurse, Hospitalization and Stress Parents.