

ABSTRAK

Judul : Pengaruh Penerapan *Family Centered-Care* Terhadap Kecemasan Keluarga di *High Care Unit* Rumah Sakit Jantung dan Pembuluh Darah Harapan Kita
Nama : Yanuar Ikhlas Hulu
Program Studi : Keperawatan

Latar Belakang: Kecemasan yang timbul pada keluarga pasien yang salah satu anggota keluarganya dirawat di rumah sakit. Kecemasan tersebut timbul karena perubahan peran, gangguan rutinitas, dan lingkungan rumah sakit yang asing. **Tujuan:** untuk mengidentifikasi pengaruh penerapan *Family Centered-Care* terhadap kecemasan keluarga pasien. **Metode:** Analitik komperatif dengan desain *pre-post-test one group*. 40 respondents diambil secara purposive sampling. HARS digunakan untuk mengukur kecemasan. Uji statistik yang digunakan adalah shapiro wilk, levene test, frekuensi, presentasi dan paired t-tes. **Hasil:** Hasil penelitian menunjukkan bahwa terdapat penurunan rerata kecemasan sebesar 11.025 dengan p-value sebesar 0.000 ($p\text{-value} < 0.05$) yang artinya terdapat perbedaan rerata kecemasan yang signifikan antara *pretest* dan *posttest* dengan *effect size* sebesar 1.000 (Besar). **Kesimpulan:** ada pengaruh penerapan *Family Centered-Care* terhadap kecemasan keluarga di ruang *High Care Unit* Rumah Sakit Jantung dan Pembuluh Darah Harapan Kita.

Kata Kunci: *Family Centered Care*, Kecemasan, Keluarga, HCU

ABSTRACT

Title : *The Effect of Family Centered-Care Implementation on Family Anxiety in the High Care Unit at Harapan Kita Cardiovascular Hospital*
Name : Yanuar Ikhlas Hulu
Study Program : Nursing

Background: Anxiety that arises in the patient's family where one of their family members is hospitalized. The anxiety arises because of changes in roles, disruption of routines, and an unfamiliar hospital environment. **Purpose:** to identify the effect of implementing *Family Centered-Care* on the anxiety of the patient's family. **Method:** Comparative analysis with one group *pre-post-test design*. 40 respondents were taken by purposive sampling. HARS is used to measure anxiety. The statistical tests used were Shapiro Wilk, Levene test, frequency, presentation and paired t-test. **Results:** The results showed that there was a decrease in the mean anxiety of 11,025 with a p-value of 0,000 ($p\text{-value} < 0.05$), which means that there was a significant difference in average anxiety between *pretest* and *posttest* with an effect size of 1,000 (large). **Conclusion:** there is an effect of implementing *Family Centered-Care* on family anxiety in the High Care Unit Room at Harapan Kita Cardiovascular Hospital

Keywords: *Family Centered Care*, Anxiety, Family, HCU