

The Influence of Orientation on the Anxiety Level of Patients Treated in the Internal Room of Pelamonia Hospital

Yantimala Mahmud¹

¹D-3 Nursing Study Program, Sekolah Tinggi Ilmu Kesehatan Makassar

Abstract

Patients admitted to hospital often experience anxiety ranging from mild to severe anxiety. It is suspected that the nurse has not carried out the orientation optimally. Patients often ask questions and don't know the place of service and the procedure to be carried out, on the other hand, patients who receive an explanation show a positive response. However, until now the influence of orientation on anxiety levels is not known. The design used was a pre-experiment in one group (one-group pre-test post-test) with a population of all patients in the intensive care unit at Pelamonia Hospital. The sample size was 56 patients whose selection was carried out by purposive sampling. The independent variable is providing orientation to patients. The dependent variable is the level of anxiety. The data collection method uses a questionnaire. Data were analyzed using the Wilcoxon signed rank statistical test with a significance level of $p \leq 0.05$. The results showed that there was an influence of orientation on the patient's anxiety level ($p=0.001$ $Z= -3.289$). Based on the results of this research, it can be concluded that if nurses carry out orientation to patients according to procedures, the patient's anxiety level will decrease. Further research needs to be carried out regarding the influence of orientation on more specific patient anxiety levels.

Keywords: Anxiety, Patient, Orientation

Introduction

In professional nursing practice, nurses hold a huge responsibility, where nurses are required to carry out their role 24 hours a day by the side of the patient and his family (Silaban & Sitorus, 2021). Patients and their families who are admitted to hospital (MRS) will experience feelings of anxiety or what is often called anxiety. When entering the hospital, patients are faced with new situations, namely health workers and other clients, the situation of the hospital room and environment, actions taken by health workers towards patients, hospital regulations that are different from the client's habits at home (Bouwhuizen, 1986).

These factors can cause anxiety for patients, especially those who have never been hospitalized. Based on field surveys conducted by researchers, patients admitted to hospital often experience anxiety ranging from mild to severe anxiety (Prabandari et al., 2022). It is suspected that the nurse has not carried out the orientation optimally. Patients often ask questions and don't know the place of service and the procedure to be carried out, on the other hand, patients who receive an explanation show a positive response. However, until now the influence of orientation on anxiety levels is not known (Nurhayati et al., 2018).

From the results of a preliminary study carried out by researchers in the internal room of the Pelamonia Hospital, it showed that patients admitted to the hospital experienced mild levels of anxiety of 16.7%, moderate 50%, and severe 33.3%. According to Arline (1987), new patients who are not oriented will experience anxiety as indicated by the behavior of frequently asking questions or not asking at all, difficulty sleeping, anger, attention-seeking behavior, anxiety also usually affects the way people absorb what is being conveyed. Based

on the concept of psychoneuroimmunology, anxiety is a stressor that can reduce the body's immune system. Decreased body immunity causes client healing to take a long time, and treatment costs increase (Putra, 2004).

Most patients enter the internal room with preparation or planning, where the client has prepared everything related to their needs while being treated in the internal room (Rezkiki & Fardilah, 2019). But most clients enter unprepared and without prior planning or enter the Internet in an emergency. However, whatever way a client enters the hospital, he or she will feel afraid and anxious. For nurses, this kind of phenomenon is normal, but for clients and their families, the internal space is very scary and strange. Therefore, accepting new sufferers requires orientation (Carline Matthews, 1987).

In the context of nursing, orientation means introducing everything about the hospital including the hospital environment, health workers, regulations, procedures and other patients. The nurse and client work together to analyze the situation so they can recognize, clarify and determine the existence of a problem. So it is hoped that it can reduce client and family anxiety, clients can socialize with their environment (Bauwhuizen, 1986). Based on the above, researchers are interested in conducting research on the influence of orientation on clients' anxiety levels in the internal room of Pelamonia Hospital.

Methods

The design used was a pre-experiment in one group (one-group pre-test post-test) with a population of all patients in the intensive care unit at Pelamonia Hospital. The sample size was 56 patients whose selection was carried out by purposive sampling. The independent variable is providing orientation to patients. The dependent variable is the level of anxiety. The data collection method uses a questionnaire (Makbul, 2021). Data were analyzed using the Wilcoxon signed rank statistical test with a significance level of $p \leq 0.05$. The population in this study were patients treated in the Internal Room of Pelamonia Hospital with a total of 65 patients. The population in this study were patients treated in the Internal Room of Pelamonia Hospital with a total of 65 patients. The sample assessment was taken by means of purposive sampling, namely taking based on criteria set by the researcher.

Results and Discussion

Pelamonia Hospital is a type B hospital with the following workforce: 15 general practitioners, 25 specialist doctors, 1 nursing graduate, 53 nursing diplomas, 55 SPK and 70 nursing assistants. Currently there is one nurse who is completing a bachelor's degree in nursing. Pelamonia Hospital is also a referral hospital for Jombang Hospital, Nganjuk Hospital, Blitar Hospital, Tulungagung Hospital and southern Malang Hospital. Pare Hospital is also used as a practice place for Pamenang nursing academy students and Wijaya Kusuma University Surabaya Medical students, so this can motivate nurses to increase their knowledge and take higher levels to improve services. This research was carried out in the Internal Room of Pelamonia Hospital with a bed capacity of 32 and a BOR of 60%. The number of health workers in the Internal Room is 22 people consisting of 4 medical staff, 11 nurses and 7 nurse assistants. The disease characteristics of patients treated in the internal ward are mostly observational diseases. Febris, Typhoid Fever, Gastritis, Pneumonia and others.

Respondent Orientation Before and After Giving Orientation in The Internal Room of Pelamonia Hospital

Table 1. Anxiety of Pre-Orientation and Post-Orientation Respondents in the Internal Ward of Pelamonia Hospital from 10 December 2004 to 11 January 2005.

No	Anxiety Level	Pre		Post	
		n	%	n	%
1	Not anxious	16	28,6%	34	60,7%
2	Mild anxiety	12	21,4%	8	14,3%
3	Moderate anxiety	28	50%	14	25%
Average		1,21		0,64	
Standard deviation		0,868		0,862	
Wilcoxon test (p= 0,001)					

Based on the table 1, it appears that the average value of anxiety level before being given orientation was 1.21 with a standard deviation of 0.868, the average value of anxiety level after being given orientation decreased, namely 0.64 with a standard deviation of 0.862. The results of the Wilcoxon Signed rank test statistic produced a significance of 0.001, meaning that there was an influence of orientation on the patient's anxiety level.

Patient Anxiety Level Before Orientation in the Internal Room at Pelamonia Hospital

Data from research that was carried out in the internal room of Pelamonia Hospital, most of the patients before orientation experienced a moderate level of anxiety which included: feelings of anxiety, tension, fear and behavior during the interview. No severe levels of anxiety were found and the majority of those experiencing anxiety were female. When patients are admitted to hospital before being given orientation, they often experience anxiety, this anxiety is not only experienced by the patient but also by the family.

This can be caused by not knowing about the activities in the hospital and requires further explanation (Purwadarminta, 1999). Excessive anxiety can have a negative impact on patients where patients can show a hostile attitude, their response to the environment is reduced or even non-existent, making it difficult for nurses to collaborate (Keliat, 1998). Patients with mild levels of anxiety are often treated without serious examination, preferably moderate and severe levels of anxiety will give rise to two types of coping mechanisms, including task-oriented reactions (adaptive) and ego defense mechanisms (maladaptive)..

Patient Anxiety Level After Orientation in the Internal Room at Pelamonia Hospital.

From the results of the research that has been carried out, in the Internal Room at Pelamonia Hospital, the majority of patients after the orientation do not experience anxiety. Orientation is introducing everything about the hospital including: the hospital environment, health workers, hospital regulations, procedures, other patients, treatment costs and illnesses. Nurses and patients work together to analyze situations so they can recognize, clarify and determine the existence of a problem. In this way, patients can prepare themselves from a state of anxiety towards a more constructive condition in dealing with the problem (Purwadarminta, 1999).

Patient Anxiety Level After Orientation in the Internal Room at Pelamonia Hospital.

From the results of the research that has been carried out, in the Internal Room at Pelamonia Hospital, the majority of patients after the orientation do not experience anxiety. Orientation is introducing everything about the hospital including: the hospital environment, health workers, hospital regulations, procedures, other patients, treatment costs and illnesses. Nurses and patients work together to analyze situations so they can recognize, clarify and determine the existence of a problem. In this way, patients can prepare themselves from a state of anxiety towards a more constructive condition in dealing with the problem

Conclusion

Orientation carried out in accordance with procedures in the form of orientation to the room, health workers, procedures, other patients, hospital regulations, treatment costs and illness, has an effect on reducing the patient's anxiety level. This is because by providing orientation there will be a process of adopting behavior in the form of Awareness, Interest, Evaluation, Trial, Adoption. So that patients can adapt and coping becomes positive and the patient's anxiety level decreases.

References

- Arline (1987), *Belajar Merawat di Bangsal Penyakit Dalam*, Jakarta: Penerbit Buku Kedokteran EGC.
- Barbara C. Long, (1996: 131 – 132), *Perawatan Medikal Bedah (Suatu Pendekatan Proses Keperawatan)*, Yayasan IAPK Pajajaran. Bandung.
- Bouwhuizen (1986), *Ilmu Keperawatan Bagian I*, Jakarta: Penerbit Buku Kedokteran EGC.
- Long, Barbara (1996), *Keperawatan Medikal Bedah*, Bandung: Yayasan IAPK Unpad. Hal: 141 – 144.
- Makbul, M. (2021). Metode pengumpulan data dan instrumen penelitian.
- Nurhayati, G. E., Murwasuminar, B. J., Laelasari, L., & Manap, A. (2018). Hambatan Dan Tantangan Orang Tua (Ibu) Pada Saat Melakukan Perawatan Anak Dengan HIV/AIDS (Adha) Yang Mengakses Layanan HIV di Kota Bandung. *Jurnal Sehat Masada*, 12(2), 123-143.
- Prabandari, A., Widyastuti, C. S., & Wardani, Y. (2022). Analisis Faktor Yang Berhubungan Dengan Kecemasan Pasien Pre-Kateterisasi Jantung di Rumah Sakit Panti Rapih Yogyakarta. *I Care Jurnal Keperawatan STIKes Panti Rapih*, 3(2), 114-125.
- Putra, ST (2004). *Perkembangan Paradigma PNI Menuju Disciplines Hibrid*. Makalah Simposium Nasional Perdana PNI, Pengembangan dan Penerapan PNI. 24-7-2004. Tidak Dipublikasikan.
- Rezkiki, F., & Fardilah, V. N. (2019). Deskripsi pelaksanaan discharge planning di ruang rawat inap. *Real in Nursing Journal*, 2(3), 126-136.
- Silaban, L. S., & Sitorus, F. E. (2021). Hubungan Karakteristik Model Praktek Keperawatan Profesional Dengan Kinerja Perawat. *BEST Journal (Biology Education, Sains and Technology)*, 4(2), 130-137.