

RINGKASAN

PENGARUH ASUHAN KEPERAWATAN DENGAN PENDEKATAN MODEL *MODIFIED HOLISTIC CARE* (MHC) TERHADAP PENURUNAN STRES HOSPITALISASI PADA PASIEN ANAK

Anak dirawat di rumah sakit sebagian besar mengalami stres hospitalisasi. Stres hospitalisasi ditunjukkan dengan kecemasan. Kecemasan pada anak khususnya anak sakit dan harus dirawat inap, merupakan bentuk gangguan tidak terpenuhinya kebutuhan emosional anak secara adekuat. Berdasarkan hasil observasi bulan Agustus tahun 2013 terhadap 10 pasien anak umur 3-4 tahun di Irna E RSUD Syarifah Ambami Rato Ebu Bangkalan didapatkan data dari 10 anak yang diobservasi semuanya tidak kooperatif terhadap tindakan keperawatan seperti saat diinjeksi, dipasang termometer, saat perawat datang membawa obat, saat diambil darah, semua anak menunjukkan respon seperti menangis, merontaronta, memeluk ibu, mengajak pulang, berteriak. Tujuan penelitian ini adalah untuk menjelaskan pengaruh asuhan keperawatan melalui pendekatan model *modified holistic care* terhadap penurunan stres hospitalisasi pada pasien anak di Rumah Sakit.

Holistic Nursing merupakan sebuah model keperawatan holistik berfokus terhadap pola dan penyebab penyakit, bukan gejala. Model ini ditekankan merawat manusia secara menyeluruh, tidak hanya perawatan dari penyakit pasien. Perawat diharapkan melibatkan diri mengidentifikasi hubungan timbal balik dimensi bio-psiko-sosial-spiritual pasien. Penelitian ini dirancang beberapa tahap. Tahap pertama adalah melakukan literatur review, menganalisis kelemahan model sebelumnya kemudian membuat modifikasi model. Setelah itu peneliti menyusun model dan membuat modul *modified holistic care* terdiri dari : Perawatan atraumatik, dukungan keluarga, komunikasi perawat, keperawatan spiritual. Modul diuji cobakan kepada perawat ruangan di ruang anak dengan menggunakan pendekatan model *modified holistic nursing*. Tahap kedua penelitian ini adalah uji coba modul kepada pasien menggunakan "*Quasy experimental*" menggunakan pendekatan *pre post control group non randomized design*. Peneliti memberikan perlakuan tertentu kepada kelompok subjek yang diobservasi sebelum dan sesudah dilakukan intervensi, sedangkan kelompok kontrol tidak diberikan intervensi.

Populasi penelitian ini adalah anak dirawat di Rumah Sakit Syarifah Ambami Rato Ebu Bangkalan, mengalami stres hospitalisasi tahun 2014. Populasi penelitian ini sebanyak 50 pasien dirawat di Rumah Sakit Bangkalan yang merupakan jumlah pasien rawat inap perbulan. Sampel diperoleh dengan menggunakan rumus Lemesow sebanyak 15 orang tiap kelompok. Teknik sampling menggunakan *concecutive sampling*. Uji hipotesis menggunakan uji *Mann Whitney*, uji *Wilcoxon*, uji *T independent*, uji *T dependent*. Uji pemodelan menggunakan *goodness of fit test* dengan bantuan *smart PLS*.

Hasil penelitian menunjukkan asuhan keperawatan melalui pendekatan model *modified holistic care* menurunkan stres hospitalisasi pada anak. Asuhan keperawatan *Modified Holistic Care* juga memperbaiki persepsi ($p=0,000$), memperbaiki perilaku koping ($p=0,000$), menurunkan stres hospitalisasi dimensi psikis (anak menjadi kooperatif) ($p=0,023$), menurunkan stres hospitalisasi dimensi sosial (hubungan intrapersonal membaik) ($p=0,004$), menurunkan stres hospitalisasi dimensi spiritual (pasien dan keluarga tawakkal) ($p=0,001$), memperbaiki stres hospitalisasi dimensi fisik (penurunan kadar kortisol) pasien anak di rumah sakit ($p=0,031$). *Model Holistic Care* menunjukkan bahwa persepsi anak sakit berpengaruh signifikan terhadap perbaikan koping anak sakit, nilai $\lambda = 0,20$. Koping berpengaruh signifikan terhadap penurunan stres hospitalisasi, nilai $\lambda = 0,24$.

Kesimpulan penelitian adalah bahwa *holistic care* dapat memperbaiki persepsi, meningkatkan koping individu, dapat menurunkan stres hospitalisasi respon fisik, psikologis, sosial, spiritual. Intervensi *holistic care* dalam penelitian ini meliputi perawatan atraumatik, modifikasi lingkungan di rumah sakit, terapi bermain, komunikasi terapeutik, membina hubungan saling percaya dengan anak dan ibu, meningkatkan support system dalam keluarga, berdoa, dan meningkatkan penerimaan pada anak dan orang tua. Temuan baru penelitian ini adalah asuhan keperawatan pendekatan *Modified Holistic Care* menurunkan stres hospitalisasi anak. Asuhan keperawatan melalui pendekatan model *modified holistic care* yang meliputi pendekatan bio-psiko-sosial-spiritual sebaiknya diterapkan oleh perawat untuk merawat pasien di rumah sakit. Penurunan stres hospitalisasi serta pengurangan lama rawat inap menjadi salah satu dasar penerapan asuhan keperawatan berbasis *holistic care*. Manajemen rumah sakit perlu menerapkan sistem supervisi keperawatan untuk menilai kinerja perawat terutama dalam pelaksanaan asuhan keperawatan berorientasi *holistic care* untuk meningkatkan kepuasan pasien serta mutu pelayanan keperawatan.

SUMMARY

THE EFFECT OF NURSING CARE BY USING MODIFIED HOLISTIC CARE (MHC) MODEL APPROACH TOWARD THE REDUCTION OF CHILDREN'S HOSPITALIZATION STRESS

Most of hospitalized children facing stress during hospital care. One of its indication is getting anxious. Anxiety of the hospitalized children is a sort of disorder which refers to the inadequate emotional needs. Based on the observation conducted in August 2013, in Syamrabu hospital Bangkalan, on 10 patients of 3-4 year old children, it could be seen that those 10 observed patients were not cooperative during the nursing care given by nurses. For example, they expressed some uncooperative responses such as crying, groaning, hugging their mothers, asking to go home, and screaming when they were going to get nursing treatments such as being injected, taken their temperature, given the drugs, and taken their blood. The objective of this research is to demonstrate the influence of nursing care through modified holistic care model toward the reduction of stress hospitalization of pediatric patients.

Holistic Nursing was a holistic nursing model that focused on the patterns and caused of disease, not the symptoms. In this model emphasized taking care of the human as a whole, not just the treatment of disease experienced by patients. Nurses were expected to be involved in identified the interrelationships of bio - psycho - social - spiritual dimensional of the patient. This research was designed into two stages. The first stage was to literature review, analyzing the weaknesses of the previous model and then make modifications to the model . After that researchers developed the model and compiling modul of modified holistic care which consists of : atraumatic care, family support, communication of nurse, and spiritual nursing. Afterwards, the modul was tested to the nurses who were on duty at pediatric ward by using modified holistic nursing care model approach. The second stage of this research was that testing the modul to the patients by using "Quasy experimental" design and pre post control group non randomized design. In this context, the researcher gave certain treatment to the observed subject groups before and after intervension and in the meantime, the controlled group was not given any intervension. The population of this research was taken from hospitalized children in Syamrabu Hospital Bangkalan who were undergoing hospitalization stress in 2014. They were 50 patients which were the average number of hospitalized patients. There were 15 patient in each group as the sampel by using lemesow formula. Sampling technique used is concecutive sampling. Mann Whitney, Wilcoxon, T independent and T dependent test were used for the hypothesis test. Meanwhile, goodness of fit test from Smart PLS program was used to test the model.

The result of this study showed that nursing care by applying modified holistic care model could reduce stress hospitalization to the pediatric patients. However, it could ameliorate patient perception ($p=0,000$), ameliorate coping behaviour ($p=0,000$), it could reduce the stress both on psychological dimension (Children became cooperative) ($p=0,023$) and on social dimension (interpersonal relation got improved) ($p=0,004$). Moreover, the stress on spiritual dimension

could also be reduced (patients and the family got determined) ($p=0,001$) and importantly, it could improve the stress on physical dimension (the cortisol level got lower) at the pediatric patients ($p = 0,031$). Holistic care showed that the perception of sick children had a significant influence toward the coping children with value $\lambda = 0,20$. The coping influenced significantly to the reduction of hospitalization stress with value $\lambda = 0,24$.

The summary of this reasearch was that holistic care was able to repair patient perception, increase individual coping, able to decrease hospitalization stress on physical, psychological, social, and spiritual responses. Holistic care intervention in this studied include atraumatic care, environmental modifications in hospitals, play therapy , therapeutic communication , build a trusting relationship with the child and mother, increased the support system in the family, prayer, and improve reception in children and the elderly. The new finding of this research was Modified Holistic Care approach was able to reduce hospitalization stress on the children. Nursing care through this holistic care model based on bio-psycho-social-spiritual need was also able to be implemented by the nurses in taking care the patients.

The reduction of hospitalization stress and the shortened hospitalized period became one of the bases of nursing care application by using holistic care based. Moreover, the management of the hospital should implement nursing supervision system in order to evaluate the nurses performance in conducting the nursing care by using holistic care so that the patients satisfaction and the service quality can also be improved. Finally, the researcher should conduct a more specific research on certain diagnostic desease in order to make the respondents more homogeneous.

ABSTRAK

Introduksi. Anak dirawat di rumah sakit sebagian besar mengalami stres hospitalisasi ditunjukkan salah satunya dengan kecemasan. Asuhan keperawatan berorientasi *holistic care* diharapkan mampu menurunkan stres hospitalisasi. **Tujuan.** Tujuan penelitian untuk menjelaskan pengaruh asuhan keperawatan melalui pendekatan model *modified holistic care* terhadap penurunan stres hospitalisasi pasien anak di Rumah Sakit. **Metode.** Penelitian ini dirancang beberapa tahap. Tahap pertama adalah *literatur review*, melakukan *critical appraisal*, membuat model modifikasi, menyusun modul serta tahap kedua uji coba modul menggunakan design “*Quasy experimental*” dengan pendekatan *pre post test with control group non randomized design*. Populasi penelitian adalah anak yang dirawat di RS Syamrabu Bangkalan sebanyak 50 pasien. Sampel sebanyak 15 orang tiap kelompok. Tehnik pengambilan sampel menggunakan *concecutive sampling*. Uji hipotesis menggunakan uji *mann whitney*, *wilcoxon*, *t independent* dan uji *t dependent*. Uji pemodelan menggunakan *goodness of fit test* dengan bantuan program smart PLS. **Hasil dan analisis penelitian.** Hasil penelitian menunjukkan asuhan keperawatan melalui pendekatan model *modified holistic care* dapat menurunkan stres hospitalisasi. Model ini juga dapat memperbaiki persepsi ($p=0,000$), memperbaiki perilaku koping ($p=0,000$), menurunkan stres hospitalisasi dimensi psikis (anak menjadi kooperatif) ($p=0,023$), menurunkan stres hospitalisasi dimensi sosial (hubungan intrapersonal membaik) ($p=0,004$), menurunkan stres hospitalisasi dimensi spiritual (pasien dan keluarga tawakkal) ($p=0,001$), dapat menurunkan kadar kortisol pada pasien anak di rumah sakit ($p = 0,031$) dan dapat menurunkan stres hospitalisasi ($p=0,000$). Temuan baru dalam penelitian ini adalah persepsi dapat memperbaiki koping, dan koping dapat menurunkan stres hospitalisasi. **Diskusi dan Kesimpulan.** Asuhan keperawatan melalui pendekatan model *modified holistic care* dapat diterapkan oleh perawat di rumah sakit. Penurunan stres hospitalisasi dan pengurangan lama rawat inap menjadi salah satu dasar penerapan asuhan keperawatan berbasis *holistic care*.

Kata Kunci : Kortisol, Stres Hospitalisasi Anak, Asuhan Keperawatan, Holistic Care

ABSTRACT

Introduction. Most of hospitalized children facing stress during hospital care which one of its indication is getting anxious. Nursing care by using holistic care oriented is expected to be able to reduce stress during hospitalization. **Objective.** This research aims to reveal the influence of nursing care by using modified holistic care model toward the stress reduction of pediatric patients. **Method.** This research was designed in two stages. The first stage was a literature reviewed, taken a critical appraisal was compiling modified model, was compiling modul and the second was testing the modul by using “Quasy experimental” design and pre post test with control group non randomized design. The population of this research was taken from 50 hospitalized children in Syamrabu hospital which consist of 15 patient in each group as the sampel. Mann whitney, wilcoxon, t independent and t dependent test were used for the hypothesis test. Meanwhile, goodness of fit test with the asistance of smart PLS program was used to test the model. **Result and Analysis.** The result of this research shows that nursing care by applying modified holistic care model could reduce stress hospitalization to the pediatric patients. However, it could ameliorate patient perception ($p=0,000$), it could ameliorate coping behaviour ($p=0,000$), it could reduce the stress both on psychological dimension (Children became cooperative) ($p=0,023$) and on social dimension (interpersonal relation got improved) ($p=0,004$). Moreover, the stress on spiritual dimension could also be reduced (patients and the family got determined) ($p=0,001$), it could lower the cortisol level of the pediatric patients ($p = 0,031$) and importantly it could reduced stress hospitalization ($p=0,000$). The new findings in this study was the perception can be improved coping and coping can be reduced the stress of hospitalization. **Discussion.** Nursing care by using modified holistic care model can be applied by nurses in taking care the hospitalized patients. The stress reduction and the shortened-hospitalized period became one of the bases in holistic care model implementation.

Key words : Cortisol, Holistic care, Children hospitalization stress, Nursing care.