# THE RELATIONSHIP OF FAMILY SUPPORT WITH THE LEVEL OF ANXIETY IN PRE-OPERATIVE CAESAREA SECTIO PATIENTS IN THE SURGICAL ROOM OF MUHAMMAD SANI HOSPITAL 2024

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## Abstract

Anxiety is often experienced by patients pre-cesarean section surgery. Good family support will be able to reduce the anxiety faced by patients. The aim of this research is to determine the relationship between family support and anxiety levels in preoperative caesarean section patients in the operating room at Muhammad Sani Regional Hospital in 2024. This research uses a quantitative research design with a cross sectional approach. The independent variable in this study is family support, while the dependent variable is preoperative anxiety. The population in this study were patients who underwent primigravida caesarean section surgery at Muhammad Sani Regional Hospital with a sample size of 31 respondents. This research was carried out on July 27- August 10 2024. Data analysis used used Spearman Rank. Family support for preoperative caesarean section patients was mostly in the high category with 20 respondents (64.5%). The level of anxiety in preoperative Caesarean section patients was mostly mild, with 15 respondents (48.4%). The results of the Spearman rank correlation test show a significance value of 0.000 ($\alpha < 0.05$). The conclusion of this research is that there is a relationship between family support and the level of anxiety in preoperative caesarean section patients in the Surgical Room at Muhammad Sani Regional Hospital in 2024. Suggestions for nurses to provide nursing care to patients and families regarding the importance of family support. This is in an effort to improve services, so that it can help reduce the anxiety level of patients before caesarean section surgery.

Keywords: Family support, anxiety, pre-surgery

## Introduction

In the caesarean section process, there are two priorities that must be achieved, namely the mother and the baby. Caesarean section delivery is attempted to prevent death in the mother or fetus, which might cause danger or complications if the birth is carried out normally (Juliathi et al., 2020). In general, delivery by caesarean section will be carried out if it is not possible to carry out a normal delivery due to certain indications. Cesarean section is an option for birth attendants as an effort to save the mother and fetus from various factors complicating childbirth (Pratiwi et al., 2023)

Over the years, the global Sectio Caesarea (SC) surgery rate has increased significantly in 2021, surpassing the ideal acceptable Sectio Caesarea (SC) surgery rate of approximately 10%–15%. This increase is predicted to continue to increase in the future, with almost a third (29%) of all births likely to occur via caesarean section in 2030 (World Health Organization, 2021). Based on 2021 RISKESDAS data, the number of births using the Sectio Caesarea method (SC) in Indonesia amounted to 17.6%. The indication for delivery by Sectio Caesarea (SC) is caused by several complications with a percentage of 23.2% with transverse/breech fetal position (3.1%), bleeding (2.4%,) eclampsia (0.2%), amniotic fluid premature rupture (5.6%), prolonged labor (4.3%), umbilical cord entanglement (2.9%), placenta previa (0.7%), retained placenta (0.8%), hypertension (2,7%), and others (4.6%) (Indonesian Ministry of Health, 2021).

According to data obtained by researchers at Muhammad Sani Regional Hospital in 2023, data was obtained The number of obstetrics and gynecology cases that required surgery in the operating room was 1452 patients, of which 821 patients underwent Sectio Caesarea (SC). Meanwhile, in the last 3 months of data obtained from March to May 2024, 251 cases were obtained, 171 of which were delivered using the Sectio Caesarea (SC) method. Based on research conducted by researchers, the Sectio Caesarea (SC) operation was carried out because patients with obstetrician cases at Muhammad Sani Regional Hospital experienced abnormalities or complications during the delivery process such as pre-eclampsia, eclampsia, cephalopelvic disproportion, latitude, premature rupture of membranes and others.

Agustina (2018) explained that patients tend to express the anxiety they experience to their family or those closest to them who can provide a sense of comfort and reduce their fear of facing surgery. Ulfa (2017) explains that family support is very necessary in preoperative care for patients, and is believed to be able to provide encouragement to patients in the subsequent treatment process. Nisa, et al (2019) explained that the family support provided can be in the form of attitudes, actions and how the family accepts the patient as a whole so that the patient is able to face his illness.

Based on obstetrician patient data obtained by researchers from March to May 2024 in the Muhammad Sani Hospital Operating Room, data was obtained on 171 Sectio Caesarea (SC) patients with a monthly average of

around 57 patients per month. To reduce the anxiety of patients in the operating room at Muhammad Sani Regional Hospital, efforts are made to help patients find out about the actions that patients experience before surgery, provide information to patients about the operation time, things that patients will experience during the operation process, provide opportunities for patients and their families to ask about all existing procedures. Give the patient and family the opportunity to pray together before the patient is taken to the operating room, correcting misconceptions about surgical procedures and other things because misunderstandings will cause anxiety in patients.

Based on the results of a preliminary survey conducted by researchers by conducting interviews in the operating room at Muhammad Sani Hospital, it was found that eight out of ten patients who were going to undergo surgery said they were afraid of the image of the operating room and asked about how the operation would go. When asked about the role of accompanying family, the patient answered that the role of accompanying family calmed him a little. Based on the results of the researcher's observations during the week at the research site, it was found that there were patients who were accompanied by families with a family of more than 5 people. When asked whether they were experiencing anxiety at the moment, the patient said he was a little anxious and it could be seen from the patient's expression that he looked a little tense, the family looked and husband encouraged the patient and prayed for the patient before entering the operating waiting room. Then it was also found that a 16 years old patient who was going to have a caesarean section with indications of Chepalo Pelvic Disproportion (CPD) was accompanied or accompanied only by her mother. When asked where her husband was, the patient said that her husband was not there because he worked outside the area and the patient looked tense and answered questions as necessary while in the operating waiting room.

Researchers feel this is important to examine because from data obtained by researchers in the field, there are still many pre-operative patients who feel anxious when they are about to undergo surgery because they do not receive support from their families. For this reason, family support is really needed by patients who will face surgery. Based on the description above, researchers are interested in conducting research with the title important to do research with the title "The Relationship between Family Support and Anxiety Levels in Preoperative Patients in the Surgical Room at Muhammad Sani Regional Hospital in 2024".

## Research Methodology

This research uses a quantitative research design with a cross sectional approach. The population in this study were all patients who would undergo Sectio Caesarea (SC) surgery for first-time pregnancy (primigravida) at Muhammad Sani Regional Hospital, Karimun Regency in July and August 2024, totaling 46 patients. The sample in this research was carried out using a purposive sampling method, namely a sampling method by selecting respondents based on criteria determined

by the researcher. To determine the number of samples in this study, the Slovin formula was used. So the sample obtained was 31.50, rounding was done to make 31 samples.

## Research Result

### Univariate Analysis

This analysis is carried out to explain or describe the characteristics of each research variable, in the form of descriptive statistical data presented in the form of a frequency distribution table. The frequency distribution data for each variable can be seen from the following table:

a. **Family Support for Preoperative Sectio Caesarea Patients in the Regional Hospital Surgical Room Muhammad Sani**

Frequency Distribution of Family Support for Preoperative Sectio Caesarea Patients in the Room The surgery at Muhammad Sani Hospital can be seen from table 4.1 below:

**Table 4.1**
**Frequency Distribution of Family Support for Preoperative Sectio Caesarea Patients in the Surgical Room at Muhammad Sani Regional Hospital Year 2024**

| Family Support | *Frequency (f)* | Percentage |
|---|---|---|
| Low | 0 | 0 % |
| Currently | 11 | 35,5 % |
| Height | 20 | 64,5 % |
| **Total** | **31** | **100** |

Based on table 4.1 above, the 31 respondents illustrate that the level of family support for preoperative caesarean section patients in the Surgical Room at Muhammad Sani Regional Hospital is the level of family support in the low category of 0 respondents (0%), the level of family support in the medium category is 11 respondents (35.5). %) and the level of family support in the high category was 20 respondents (64.5%).

b. **Anxiety Levels of Preoperative Sectio Caesarea Patients in the Operating RoomMuhammad Sani Regional Hospital**
Frequency distribution of anxiety levels in pre-caesarean section patients in the room Muhammad Sani Hospital's surgery can be seen from table 4.2 below:

**Table 4.2**
**Frequency Distribution of Anxiety Levels for Preoperative Sectio Caesarea Patients in the Surgical Room at Muhammad Sani Regional Hospital in 2024**

| Anxiety Level | *Frequency (f)* | Percentage |
|---|---|---|
| Not Anxious | 3 | 9,7 % |
| Mild Anxiety | 15 | 48,4 % |
| Moderate Anxiety | 7 | 22,6 % |
| Severe Anxiety | 6 | 19,4 % |
| **Total** | **31** | **100** |

Based on table 4.2 above, 31 respondents illustrate that the level of anxiety in preoperative caesarean section patients in the Surgical Room at Muhammad Sani Regional Hospital is as follows, the level of anxiety is not anxious as many as 3 respondents (9.7%), the level of mild anxiety is 15 respondents (48.4 %), there were 7 respondents (22.6%) with moderate levels of anxiety and 6 respondents with severe levels of anxiety (19.4%).

**Bivariate Analysis**

Bivariate analysis in this study was to find out whether there was a relationship between family relationships and the level of anxiety in pre-cesarean section surgery patients in the operating room at Muhammad Sani Regional Hospital in 2024. can be seen from table 4.3 below:

**Table 4.3**
**Frequency Distribution of Anxiety Levels of Preoperative Sectio Caesarea Patients in the Surgical Room at Muhammad Sani Regional Hospital**
**Year 2024**

| family support | Anxiety Level | | | | | | | | p-value |
|---|---|---|---|---|---|---|---|---|---|
| | No | | Light | | Medium | | Heavy | | |
| | f | % | f | % | f | % | f | % | |
| Low | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Currently | 0 | 0 | 1 | 3,2 | 5 | 16,1 | 5 | 16,1 | .000 |
| Tall | 3 | 9,7 | 14 | 45,2 | 2 | 6,5 | 1 | 3,2 | |
| Total | 3 | 9,7 | 15 | 48,4 | 7 | 22,6 | 6 | 19,4 | |

Based on Table 4.3, 31 respondents showed family support in the high category with a level of anxiety of no anxiety as many as 3 respondents (9.7%), family support in the medium category with a mild level of anxiety, family support. medium category with a moderate level of anxiety as many as 5 respondents (16.1%), family support in the high category with a moderate level of anxiety as many as 2 respondents (6.5%), moderate family support with a severe level of anxiety as many as 5 respondents (16.1%) , and family support in the high category with a level of severe anxiety of 1 respondent (3.2%) this is due to the past experience factor of the patient's close friends who experienced bleeding during post-cesarean section surgery, so even though family support is in the high category, there is a high level of anxiety. Most of the family support for preoperative Caesarean section patients in the Surgical Room at Muhammad Sani Regional Hospital was in the high category with a mild level of anxiety, 14 respondents (45.2%). The results of the Spearman test obtained a p-value of 0.000 (p-value < 0.05), meaning that there is a relationship between family support and the level of anxiety in pre-cesarean section patients in the Surgical Room at Muhammad Sani Regional Hospital in 2024.

# Discussion

## Patient Family Support Pre Caesarean section operation in the room Muhammad Sani Hospital Surgery

Surgery at Muhammad Sani Regional Hospital was mostly with high category family support as many as 20 respondents (64.5%). Judging from the results of this study, the respondents were caesarean section patients who received high family support, meaning that the family had provided support both emotionally, appreciatively, instrumentally and informationally so that family support was able to reduce the level of anxiety faced by pre-cesarean section patients. Family support is a process that occurs throughout life with the nature and type of social support varying at each stage of the family life cycle (Fadlilah, 2021).

Family support takes the form of informational support, assessment support, instrumental support and emotional support (Farishya et al, 2024). This is in line with research by Wahyuni (2022) that the majority of pre-operative patient family support at PMI General Hospital was in the high category, 78 respondents (60.5%). This is also in line with research that the majority of family support for pre- operative patients at Bandung Adventist Hospital is high, namely 22 respondents (45.8%).

This is in line with research by Wahyuni (2022) that the majority of pre-operative patient family support at PMI General Hospital was in the high category, 78 respondents (60.5%). Judging from the results of this study, the respondents were caesarean section patients who received high levels of family support, meaning family has provided support both emotionally, appreciatively, instrumentally and informationally so that family support is able to reduce the level of anxiety faced by pre-cesarean section patients.

Family support is the attitude, action of family acceptance towards family members, in the form of informational support, assessment support, instrumental support and support. emotional (Farishya et al, 2024).

Based on table 4.1 above, it also illustrates that the level of family support for preoperative caesarean section patients in the Surgical Room at Muhammad Sani Regional Hospital, there is family support in the medium category, as many as 11 respondents (35.5%). This can happen because some of the respondents' families only provide family support in the form of attention, energy and material. This is due to several reasons, namely that some of the respondent's families do not understand the medical procedures that will be carried out, such as caesarean section operations and many of the respondent's families also work so the time given to the respondents is limited. This is also influenced by the level of education, socio-economic factors and different family backgrounds of the respondent's families.

Apart from this, there is the possibility that it is influenced by internal and external factors that influence family support. This is supported by research by Handayani et al (2024) that the factors that influence family support are internal and external factors, namely internal factors in the form of developmental stage, education, emotional and spiritual factors. Meanwhile, external factors include family practices, socio-economic factors and cultural background.

## Anxiety Levels of Preoperative Sectio Caesarea Patients in the Room Muhammad Sani Hospital Surgery

Based on table 4.2 above, 31 respondents illustrate that the level Anxiety in preoperative caesarean section patients in the Surgical Room at Muhammad Sani Hospital was mostly with a mild

level of anxiety as many as 15 respondents (48.4%).

This is in line with research by Garjito (2021) that the majority of pre-operative patients at Mangusada Regional Hospital experienced mild levels of anxiety, 39 respondents (67.2%). This is as stated by Stuart (2016) that mild levels of anxiety can be related to daily life and can cause a person to become anxious so that it can increase the area of perception and can motivate him to learn.

Based on table 4.2 above, it also illustrates that the level of anxiety in preoperative caesarean section patients in the Surgical Room at Muhammad Sani Regional Hospital, 6 respondents (19.4%) experienced severe levels of anxiety. This can happen, perhaps influenced by loss of control, panic so that you cannot do something and an increase in anxiety as a result of a decrease in the ability to relate to other people.

As stated by Agatha and Siregar (2023), excessive anxiety is a condition that can be characterized by feelings of fear accompanied by somantic signs that describe feelings of anxiety, worry, tension and worry about something that could be threatening.

Anxiety felt by preoperative patients is characterized by physical changes such as: increased heart rate, blood pressure and breathing, uncontrolled hand movements, moist palms, restlessness, asking the same questions repeatedly, difficulty sleeping, and frequent urination. (Daryanti, 2020).

**The Relationship between Family Support and Anxiety Levels in Preoperative Caesarean Section Patients in the Surgical Room at Muhammad Sani Hospital**

Based on Table 4.3, the 31 respondents showed that most of the family support for preoperative caesarean section patients in the Surgical Room at Muhammad Sani Regional Hospital was in the high category with a mild level of anxiety, 14 respondents (45.2%).

This is in line with Agustina's (2018) research that the majority of family support for preoperative caesarean section patients at the PKU Muhammadiyah Gamping Yogyakarta Hospital was in the high category with a mild level of anxiety, 11 respondents (32.3%). This indicates that the family has an emotional connection to their family who will undergo surgery. Family support is also a process of relationship between the family and its social environment.

## Conclusion

Based on the results of research on "The Relationship between Family Support and the Level of Anxiety in Preoperative Caesarean Section Patients in the Surgical Room at Muhammad Sani Regional Hospital in 2024" the following conclusions can be drawn:

a. Family support for preoperative caesarean section patients in the Surgical Room at Muhammad Sani Regional Hospital was mostly with a high level of family support as many as 20 respondents (64.5%).

b. The level of anxiety in preoperative caesarean section patients in the Surgical Room at Muhammad Sani Hospital was mostly mild anxiety, 15 respondents (48.4%).

c. There is a family support relationship with the level of anxiety in preoperative caesarean section patients in the Surgical Room at Muhammad Sani Hospital in 2024.

## Suggestion

a. For Muhammad Sani Regional Hospital
It is hoped that the results of this research can become a basis or guideline in providing nursing care, especially in the operating room, and can provide information and input to improve services in

providing nursing care to patients and families regarding the importance of family support for pre-caesarean section patients.

b. For Patients and Families
Research can provide input for patients to think rationally and calmly when facing nursing actions and families can provide support and motivation to reduce the patient's anxiety level.

c. For Further Researchers
For future researchers, it is hoped that the results of this research can be used as reference material, a source of information, and as additional data related to family support and anxiety experienced by patients pre-caesarean section surgery.

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