Relationship Between Family Centered Care (FCC) And Anxiety Level In Preschoolers Who Were Hospitalised In A Gardenia Room Muhammad Sani Hospital 2024

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Abstract

In an effort to reduce the level of anxiety in children during the hospitalization period by taking an approach Family Centered Care (FCC) which is a care model that places the family at the center of the care process. The aim of this research is to determine the relationship Family Centered Care (FCC) with the level of anxiety in preschool children who are hospitalized in the Gardenia room at Muhammad Sani Regional Hospital in 2024. The design of this research is Cross Sectional with a sampling method using techniques Purposive Sampling. The sample in this study consisted of 31 parent respondents and data analysis used Chi-Square. The research results showed that more than half of the respondents (54.8%) assessed the implementation Family Centered Care (FCC) is in the good category and more than half of child respondents (64.5%) experience mild levels of anxiety. Analysis results using Chi Square shows that there is a significant relationship between Family centered care (FCC) with the level of anxiety in preschool children who are hospitalized in the gardenia room at Muhammad Sani Regional Hospital in 2024 (p value = 0.031 < 0.05). It is recommended that nurses place more emphasis on communication skills and family involvement strategies in care.

Keywords : Family Centered Care (FCC), Preschoolers, Emergency

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Introduction

Preschool children aged three to six Preschoolers years. are diverse individuals. To ensure that individual develop optimally, children their potential is stimulated and developed. Problems will arise if the development of these potentials is delayed or hampered. At this preschool stage of development, children begin to master various physical and language skills, and begin to have the confidence to try to be themselves (Indriawan & Wijiyo, 2020).

Healthy children develop normally throughout their life cycle. However, sick children can disrupt developmental children more often Sick stages. experience developmental delays. Pain hinder developmental can stages Children (Mansur. 2019). who experience a decline in health and require inpatient treatment or hospitalization will experience a crisis because they will feel changes in their health status or uncomfortable daily habits (Tahir & Arniyanti, 2023).

When a child is sick and hospitalized, hospitalization is considered a crisis situation. This situation is caused by changes in the child's health. routines. environmental and weak coping mechanisms. Separation, loss of control, bodily injury, and pain are the main causes of patient hospitalization (Hornor, 2021). Hospitalization is a procedure for planned or emergency reasons that requires a child to be treated or stay in hospital to receive treatment, which can have an impact on the child's mental health (Setiawati & Sundari, 2019).

from World Health Data the Organization (WHO) in 2021 shows that 45% of preschool-aged children are treated. being In Germany, approximately 3% to 7% of children under five and 5% to 10% of preschool age children are treated. The percentage of young children who have been hospitalized appears to have increased in the last two years, according to data from the Central Statistics Agency (2023). As of 2023, around four in one hundred children will have voung been least hospitalized at once. The percentage of children under one year of age-also known as infants-are the ones most frequently hospitalized. Around 12% of babies have been hospitalized in the last year, while 3.67% of children aged 1-4 years have been hospitalized. In contrast, 2.38 percent of children aged five to six years had been hospitalized in the past year.

In children, hospitalization will have physical and psychological impacts, one of which is anxiety. Anxiety can lead to a general loss of control over their life, emotions, and behavior, leading to feelings of anger, guilt, regression, and crankiness. Children experience anxiety because they feel unfamiliar with their new environment, dealing with new people, making lifestyle changes, and receiving painful treatments and medical unpleasant procedures Sukmawati, 2023).

Certain behaviors indicate a child's response to hospitalization. When a child is abandoned by his parents, he will cry continuously and look for his parents until he refuses to interact with other people. This is an example of a child's anxiety response to separation. Aggressive behavior such as biting, kicking, and inhibiting children's independence indicate a response to loss of control in preschool children (Fiteli et al., 2024).

In research conducted by Fiteli et al. (2024), the aim is to find out how preschool-aged children respond to hospitalization. The results showed that children experienced separation anxiety (76.7%), loss of control (70%), and fear of injury and pain (83.3%). In Rahmania et al.'s (2023) research, 47 children surveyed showed mild anxiety (22 respondents), moderate anxiety (16 respondents), and severe anxiety (9 respondents).

Family centered care (FCC) is an approach that can be used by health authorities to reduce the negative impact of child care on both parents and children (Fradika et al., 2023). Family centered care (FCC), or the philosophy of family-centered care, considers the family as an important element in children's lives (Wahyuni et al., 2022).

Based on research conducted by Maria (2020), the p value was 0.01 < 0.05, which means there is a relationship between the implementation Family centered care (FCC) with preschool levels. children's anxiety Similar research conducted by Sunarti (2020) shows that there is a significant relationship between the delivery of impact information and the of hospitalization on preschool children with a value of $\rho=0.00$, there is a relationship between participation and family the impact of hospitalization on preschool children with a value of $\rho=0.03$, and There is a relationship cooperation between and the family

impact of hospitalization on preschool children with a value of ρ =0.001. The conclusion of this research is that there is a significant relationship between Family centered care (delivery of information, family participation, and family cooperation) with the impact of hospitalization on preschool children at Labuang Baji Regional Hospital, Makassar.

Different results were found in Hidayati's (2018) research where there was no relationship acounty Family centered care with the anxiety level of preschool children who were hospitalized in the Cempaka Room at RSU Negara with a p value = 0.098. According to Hidayati (2018) These results can be influenced by meeting needs during hospital treatment, such as separation from parents and family, unfamiliar environments, medication and care. Preschool children who are undergoing hospitalization experience anxiety caused by nursing actions that can cause trauma to the child and excessive fear when actions are taken such as administering injection drugs and actions that cause the child to feel pain.

Family centered care (FCC) believes in individual support, respect, encouragement and enhancement of family strengths and competencies. The family is the nurse's partner, therefore cooperation with the family must also be well developed, not only when the nurse needs information from the family, but the entire series of child care processes must actively involve the family (Wahyuni et al., 2022).

Nurses must be able to establish a good relationship with children and parents while they are hospitalized. This includes communicating more often about the treatment process, listening to what parents and children experience during hospitalization, and finding obstacles during the treatment process (Indonesian Ministry of Health, 2022). meet their Parents must child's psychological needs. including providing physical, emotional and spiritual support, providing inspiration and strengthening their child and explaining the actions they will accept to help their child recover (Ikhsan et al., 2021).

Data obtained by researchers regarding the number of child patients at the Muhammad Sani Hospital, Karimun Regency, found that in 2021 there were 516 child patients, in 2022 there were 803 child patients, and in 2023 there were 653 child patients. Meanwhile, data obtained in the last 3 months, namely from March to May 2024, showed that there were 143 pediatric patients, 51 of whom were pre-school age children.

Based on the researcher's preliminary observations study through and interviews with 5 parents, the results showed that for family support there were 2 parents who did not participate in the child care process but who accompanied them were other families. In carrying out the actions some of the did nurses not provide detailed explanations about the actions. nursing such as administering medication and providing information about the condition of the child being cared for. Of the 6 parents, 4 parents said that their children cried when they were given injections, cried when the nurse came, had an IV installed and blood was taken for laboratory tests, and were more spoiled than before and also fussy about asking to go home.

Results observation on five child Which treated Of room Gardenia HOSPITAL Muhammad Know on Sunday the 4 Moon May 2024 show child preschool Which treated experience emergency hospitalization with various behavior like avoid officer health, crying moment want to done inspection, say want to go home and No want to is at Of environment House Sick. Based on description on for researcher interested do study with title "Connection Family Centered Care (FCC) with level emergency on child preschool Which experience hospitalization Of room gardenia HOSPITAL Muhammad Know Year 2024".

Research Methods

Study This use design quantitative descriptive research with approach cross sectional conducted on pre-school children who were hospitalized. The sample in this study was 31 children who were hospitalized in the gardenia room at Muhammad Sani Regional Hospital, who were taken using the technique purposive sampling by establishing inclusion and exclusion criteria. The research was carried out in July 2024 in the Gardenia room at Muhammad Sani Regional Hospital. There are 3 data collection tools namely firstly, the questionnaire contains the identity of the respondent, secondly, the questionnaire contains information about Family centered care (FCC) which was prepared by researchers based on the theory in the previous chapter, namely structured based on concepts Family centered care namely dignity and respect, information sharing, participation and collaboration. There are 5 answer choices, namely score 1: strongly disagree, 2: disagree, 3: neutral, 4: agree, 5: strongly agree. Measuring results are divided into two, namely family centered care less if score < 60, family centered care good if the score is \geq 60. The three questionnaires containing anxiety levels in preschool children used in this study are Preschool Anxiety Scale used in Suprapto's (2021) research which consists of 28 questions to measure anxiety in preschool children which contains five subscales that provide a description of children's anxiety, namely general anxiety, social anxiety, obsessive compulsive disorder, fear of physical injury and separation anxiety.

Research Result

Table 1 Overview Family Centered Care (FCC) In the Gardenia Room at Muhammad Sani Regional Hospital in 2024
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Family Centered Care	n	%
Not enough	15	48,4
Good	16	51,6
Total	31	100

Based on this table, it can be seen that the respondents stated family centered care the gardenia room is good as many as 16 respondents (51.6%) more than the respondents who stated family centered care in the gardenia space there are still less than 15 respondents (48.4%).

Table 2 Overview of Anxiety Levels in Preschool Children Who Experienced Hospitalization in the Gardenia Room at Muhammad Sani Regional Hospital in 2024

Emergency Level	n	%
Light	20	64,5
Currently	11	35,5
Total	31	100

Based on the table above, it can be seen that 20 child respondents (64.5%) had mild levels of anxiety compared to 11 child respondents (35.5%) who had moderate levels of anxiety.

Family Contored	Emergency Level			_			
Family Centered Care	Light	%	Currentl	%	Amount	%	p value
Care	Light	70	у	70			
Not enough	6	19,4	9	29	15	48,4	0.017
Good	14	45,1	2	6,5	16	51,6	0.017
Amount	20	64,5	11	35,5	31	100	

Table 3 Relationships Family Centered Care (FCC) With the Level of Anxiety in Preschool Children Who Experience Hospitalization in the Gardenia Room at Muhammad Sani Regional Hospital in 2024

Based on the table above, it shows that out of 31 respondents there were respondents who stated family centered care still lacking and 9 respondents (29%) experienced anxiety at a moderate level, while respondents stated family centered care good and children experience anxiety at a mild level as many as 14 respondents (45.2)%). Analysis results using chi square show value p value 0.017 < 0.05 which means there is a relationship between Family centered care (FCC) with the level of anxiety in preschool children who are hospitalized in the gardenia room at Muhammad Sani Regional Hospital in 2024.

Discussion

a. Description Family Centered Care (FCC)

The research results showed that respondents stated family centered care the gardenia room is good as many as 16 respondents (51.6%) more than the respondents who stated family centered care in the gardenia room there were still less than 15 respondents (48.4%). The research results are in line with research conducted by Hidayati et al., (2023)where from 34 respondents it was found Family Centered Care in the good category there were 31 (91%) and at least there were 3 (9%) in the fair category.

According to researchers' assumptions, the majority of respondents stated that implementation Family Centered Care (FCC) in the Gardenia Room has shown that there is awareness and effective implementation of the FCC principles in the treatment room and nurses create an environment that supports family involvement in the care process, both in terms of respect for dignity and respect, as well as in terms of family involvement in making decisions regarding patient care.

According to Gill in Juliatusholihah (2019) states that there are factors related parents' opinions to regarding the family centered care receive, they namely past experiences or previous experiences of inpatient care for children. Because of this factor, nurses must pay attention to the past experiences of parents or families in caring for their children, and families who have had previous experience of inpatient care will have their own views on family and nurse-centred care, so communication is needed

regarding these experiences from the perspective of nurses and families. Families who have never received family-centered care will be more accepting of what nurses give in general. This shows the importance of communication and common perception before action is taken in order to realize effective family-centered care.

Family centered care (FCC) is an approach that can be used by health authorities to reduce the negative impact of child care on both parents and children (Fradika et al., 2023). Family-centered care (FCC), or the philosophy of family-centered care, considers the family as an important element in a child's life (Wahyuni et al., 2022).

Family centered care believes in individual support. respect. encouragement and increasing the strength and competence of the family. Nursing interventions using approaches family centered care emphasizes that policy making, planning programs, designing treatment health facilities, and daily interactions between clients and health workers must involve the family (Damanik & Sitorus, 2020).

Family-centered nursing refers to the nurse's capacity to provide comprehensive nursing care that focuses on the entire family unit. The aim is to empower family members and improve the overall health of individuals and family members, thereby enabling them to overcome health challenges effectively (Seniwati et al. in Nasution & Sansuwito, 2024).

Families are given the authority to be involved in client care, which means that families with background experience, expertise and family competence provide positive benefits in child care. Giving authority to the family means opening the way for the family to know the family's strengths and abilities in caring for children (Damanik & Sitorus. 2020).

b. Description of anxiety levels in preschool children experience hospitalization

The results showed that 20 child respondents (64.5%) had mild levels of anxiety compared to 11 child respondents (35.5%) who had moderate levels of anxiety. The results of research conducted by Marchelina Faidah & (2022)showed that the anxiety level of preschool aged children being cared for was mostly in the category of moderate anxiety level at 20 (42.6%), mild anxiety at 18 (38.3%), severe anxiety at 8 (17%) and very severe anxiety as much as 1 respondent (2.1%).

According researchers' to the assumptions, the majority of children who were respondents experienced mild levels of anxiety due to the existence of effective coping mechanisms, either through family support, medical personnel, or a supportive environment in the hospital. Meanwhile, children show moderate levels of anxiety caused by various factors, including physical discomfort, fear of medical procedures, or uncertainty felt during the treatment period.

Hospitalization measures are several actions taken to support a child's care while they are being treated. Actions during hospitalization and their impact on children include invasive medical procedures, separation from parents or nightmares, loss of function due to impaired motor function, restraints or restraints that can cause anxiety in children. and body image disturbances and pain due to painful procedures (Aminah, 2019).

Hospitalization can affect social and emotional development which is the foundation for the child's development in interacting with the wider environment. Children are not only required to be able to interact well with other people but it is also related to how they are able to control themselves well. This is because children are formed through the learning process. This learning process will influence development at the next stage (Indanah & Yulisetyaningrum in Yasinta & Putri, 2020).

Based on the previous explanation, actions during hospitalization have an effect on children's anxiety, as in the results of the researcher's analysis of respondents' answers to the child's anxiety statement, which was obtained from 31 respondents, 7 of whom answered sometimes to statement number 2, namely "My child feels anxious when dealing with nurses and doctors. " then as many as 10 respondents answered sometimes to statement number 24, namely "My child is afraid of nursing procedures". Based on these results, researchers assume that when the nurse or doctor comes, the child thinks something painful will be done, which can be a major source of anxiety. Children at do preschool age not fully understand the purpose of medical procedures, so they tend to associate these procedures with threats or pain.

According to Rufaidah & Agustin (2017).the response to hospitalization pre-school in children occurs when children give different responses to nurses. children feel afraid if a nurse comes to them, no matter what the nurse does, even if it doesn't hurt them. They thought that the nurse would hurt him by bringing an injection or something else. The child tries to refuse the nurse, does not want to be left by his parents, holds his parents' hand tightly, the child asks to go home, cries loudly, hits the nurse, struggles, runs and so on.

According to Putri et al., (2020), the moderate level of anxiety in this child shows the child's response to the treatment process to adapt because the child is separated from the family, occupies a strange environment and receives unfamiliar treatment procedures. The anxiety of parents with children being treated affects the child's condition so that the child experiences anxiety such as being

afraid of the therapy program being carried out, being afraid of the hospital environment and the child also looks worried but can still follow orders when the action is carried out (Kaban et al., 2021).

According to Firmansyah et al., (2021) the impact of anxiety experienced by children will cause several body responses to change, such as physiological responses where children who experience anxiety disorders due to separation will show cold sweat. face becomes red. stomach ache. headache. restlessness, nausea. vomiting, talking, fatigue, fast difficulty concentrating irritability. Then changes and in response to the child's behavior appear restless, there is physical tension, tremors, startled reactions, fast speaking, lack of coordination, withdrawing from interpersonal relationships, away from problems, running avoiding and being very alert.

c. Connection Family Centered Care (FCC) With the Level of Anxiety in Preschool Children Who Experience Hospitalization in the Gardenia Room at Muhammad Sani Regional Hospital in 2024

The research results showed that out of 31 respondents there were respondents who stated family centered care good and children experience anxiety at a mild level as many as 14 respondents (45.2)%). Analysis results using chi square show value p value 0.017 < 0.05 which means there is a relationship between Family centered care (FCC) with the level of anxiety in preschool children who are hospitalized in the gardenia room at Muhammad Sani Regional Hospital in 2024.

According researchers' to assumptions, the success of FCC in reducing children's anxiety is likely due to the increased sense of security and emotional support felt by children through the active involvement of parents during the care process. This involvement may comfortable create а more environment for the child, so that the child can better overcome their fears and worries. This is in line with Fretes' (2012) statement that the family support that children feel through family participation in the treatment process helps reduce children's anxiety in hospital.

The research results are in line with research conducted by Maria (2020) showing that the implementation of family centered care in the Cempaka Hospital room. Bhayangkara Kupang with the highest score was Fair 93.66%, the anxiety level of preschool children being treated in Hospital the Cempaka room. Bhayangkara Kupang with the highest score was moderate anxiety 90.48%. The conclusion of this research is that there is a relationship between the implementation of family centered care and the anxiety level of preschool children treated in the Cempaka room at Bhayangkara Hospital, Kupang with a p value of 0.01 < 0.05.

Similar research conducted by Sunarti (2020) shows that there is a significant relationship between the delivery of information and the impact of hospitalization on preschool children with a value of $\rho=0.00$, there is a relationship between family participation and the hospitalization impact of on preschool children with a value of $\rho=0.03$, and There is a relationship between family cooperation and the hospitalization impact of on preschool children with a value of $\rho=0.001$. The conclusion of this research is that there is a significant relationship between Family centered care with the impact of hospitalization preschool on children at Labuang Baji Regional Hospital, Makassar.

The research results showed that of the 16 respondents who rated Family Centered Care as good, there were 2 child respondents who still experienced anxiety in the moderate category. Researchers assume that other factors outside the implementation of FCC also influence the anxiety levels of these preschool children. One factor that may play a role is the child's more complex or serious medical condition, which causes them to continue to feel anxious even though the care environment is supportive. Children with serious medical conditions or who require painful medical procedures tend to have higher levels of anxiety. Then there are other factors such as parents who do not understand their role in FCC or feel stressed by the

hospitalization situation may be less effective in helping their child feel safe and comfortable. This can cause the child to continue to feel anxious even though FCC has been implemented well from a hospital care perspective.

According to Callista Roy's theory of adaptation, adaptation refers to "a process and outcome in which humans who think and feel, as individuals or in groups, use awareness and choice to create integration between humans and the environment". When children enter a new scope or environment and they feel unfamiliar, they will begin to adapt to that environment. There are two responses that emerge from the adaptation process, namely responses and adaptive maladaptive responses. When someone is in the adaptation process, intervention can be carried out in implementing Family Centered Care for children. It is hoped that if the adaptation process and implementation of Family Centered Care is good, it can help the child's adaptation process so that it can produce an adaptive response (Sunarti, 2020).

Conclusion

Conclusion Based on the results of the research discussion entitled "Relationships Family Centered Care (FCC) "With the Level of Anxiety in Preschool Children Who Experience Hospitalization in the Gardenia Room at Muhammad Sani Regional Hospital in 2024," several conclusions can be drawn:

a. More than half of respondents (51.6%) assessed implementation

Family Centered Care (FCC) in the Gardenia room at Muhammad Sani Hospital is in the good category.

- b. More than half of the child respondents (64.5%) experienced mild levels of anxiety in the Gardenia room at Muhammad Sani Regional Hospital.
- c. There is a significant relationship between Family centered care (FCC) with the level of anxiety in preschool children who are hospitalized in the gardenia room at Muhammad Sani Regional Hospital in 2024 (p value = 0,017 < 0.05).

Suggestion

- a. For Nursing Practice
 - It is recommended that nursing practice in the Gardenia Room at RSUD Muhammad Sani integrate the Family Centered Care (FCC) approach more comprehensively. Effective implementation of FCC can include the active involvement of families in the care process, providing clear and transparent information regarding the child's condition, and promoting family participation in care decisions.
- b. For Muhammad Sani Hospital
 - To reduce the level of anxiety in children undergoing hospitalization, it is recommended that hospitals organize educational and counseling sessions for parents regarding the importance of FCC and how they can actively participate in the treatment process, involve parents in making treatment plans, information continuously. encouraging clearly, as parents' provide and well as active participation in decision making regarding child care, as well as

conducting training for medical personnel and staff regarding the implementation of FCC, with a focus on effective communication with families and children and respect for the role of parents in child care.

c. For Nursing Education and Further Research

It is recommended that nursing education place more emphasis on communication skills and strategies for family involvement in care. In addition, future research needs to focus on evaluating the effectiveness of various FCC interventions implemented in the treatment room as well as factors that influence children's anxiety levels, including emotional support from the family and the hospital environment.

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