

Children's Anxiety Levels Regarding the Impact of Hospitalization at the Army Pematang Siantar Hospital

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Abstract. Hospitalization is a cause of stress for children and their families. However, the level of stressors related to illness and hospitalization differs according to individual children. One child considers it normal while the other child considers it a stressor. The aim of the research is to identify the level of children's anxiety regarding the impact of hospitalization at the Pematang Siantar Army Hospital. The level of children's anxiety is influenced by the seriousness of the child's illness, the presence of invasive actions on the child, hospital environmental factors, and the length of the child's treatment. This research uses a descriptive method. Sample (Hidayat, 2007, p. 32). In this study, there were 30 people who were considered to meet the sample criteria or who were considered representative. The research results showed that the majority of children experienced moderate and severe anxiety, namely 10 people (33.3%) and the minority of children experienced mild anxiety, namely 3 people (10%).

Keywords: Anxiety, hospitalization, Children.

BACKGROUND PROBLEM

Children need to have the widest possible opportunities to grow and develop optimally, both physically, mentally and socially, and have noble morals, as well as protection to realize children's welfare (Apriany, D. 2013). A child's well-being can be disrupted by the child's hospitalization process. Hospitalization is defined as an individual's admission to a hospital as a patient. There are various reasons why patients go to hospital, such as: diagnostic test schedules, procedures, surgery, medical treatment in the emergency unit, administration of medication, and stabilization, so this can cause anxiety for children (Ghofar, et al. 2008).

In Behavior theory, it is explained that anxiety arises through *classical conditioning* , meaning that a person develops anxious reactions to things that have been experienced before and reactions that have been learned from their experiences. This is confirmed by Atkinson (1999) that anxiety is the most common feeling experienced by pediatric patients treated in hospital. Anxiety is also an unpleasant emotion, characterized by terms such as worry, concern and fear, which is sometimes experienced in varying degrees. Anxiety in this case is one of the most stressful emotions felt by many people. Everyone has experienced anxiety at certain times, and to varying degrees. This could happen because individuals feel they do not have the ability to face events that might happen to them in the future (Potter, Patricia A, and Perry. 2017). Hospitalization According to Potter, Patricia A, and Perry (2017), it is the client's need to be treated because of physical, psychological, social changes or disorders and adaptation to the environment. Hospitalization occurs when a child experiences a physical or mental disorder during the growth and development period which makes it possible for the child to receive treatment in hospital.

(Utami Yuli. 2014)

According to Delvecchio, E et al. (2019), caring for children in hospital is an experience full of stress, for both children and parents. The hospital environment itself is a cause of stress and anxiety in children. Children who are hospitalized will face challenges that they have to face, such as dealing with separation, adapting to an unfamiliar environment, adapting to many people who take care of them, and often having to relate and socialize with sick children and the experience of attending therapy. which hurts. Meanwhile, children are part of the family who really need guidance and direction, especially from their parents, in living their lives. For this reason, the growth and development of children, especially those aged 1-3 years, need to be maintained continuously with stimulation efforts that can be carried out by each parent, even though the child is in hospital care (Tarwoto & Wartonah, 2015).

Carter, Bryan D, and Kristin A Kullgren say that almost four million children a year experience hospitalization (Carter, Bryan D, and Kristin A Kullgren , 2020). According to Carter, Bryan D, and Kristin A Kullgren (2020), on average children receive care for six days. Apart from requiring special care compared to other patients, sick children also have their own special features and characteristics because children are not miniatures of adults or small adults and the time needed to care for children sufferers is 20-45% more than the time to care for children. adults (Ghofar, et al. 2008).

In various countries, the number and reasons for children undergoing hospitalization vary greatly. In the United States, it is estimated that the number of children treated each year

is around 5%, this does not include elective surgical cases experienced by children (Carter, Bryan D, and Kristin A Kullgren, 2020). Every year more than 5 million children in America undergo surgery and it is reported that 50% of children experience significant behavioral changes and anxiety before surgery (in Carter, Bryan D, and Kristin A Kullgren, 2020) adding that more than a third of children have been hospitalized before reach adolescence (Padila. 2015).

Meanwhile in Indonesia itself, the number of school age children (5 to 14 years) based on the Central Statistics Agency in 2019 was 20.72% of the total population of Indonesia (National Planning Agency, 2014) and it is estimated that 35 per 1000 children are undergoing hospitalization (Utami Yuli. 2014). This is different from developed countries such as America, cases of infection in children in Indonesia are at the top (Soedjatmiko, 2017).

The health problems of pre-school children are so worrying that they need to undergo intensive care in hospital for a long period of time. The problem that has existed so far is that many children refuse to be taken to hospital, let alone be hospitalized for a long period of time. The causes of anxiety experienced by children are related to various factors, including those related to health workers and the procedures carried out, such as medical equipment that looks clean, which is felt to be quite scary for children. Likewise, the strong smell of medicine and the haunted appearance of the hospital staff in their white clothes can cause children to act aggressively, shout, confront or rebel against officers and act uncooperatively when invasive procedures are carried out. (World Health Organization, Geneva et al. 2019)

Another factor related to anxiety in children is feelings of separation from family, a new environment and accompanying family. Anxiety "*feeling far from family*" ranks at the top compared to anxiety about other conditions related to hospitalization (Delvecchio, E et al. 2019). An environment that is not recognized by children is one of the causes of fear in children (Coyne, 2016). The absence of parents and parental anxiety are also emotional trauma for children (Ghofar, et al. 2008)

Feelings of anxiety are the impact of hospitalization experienced by children because they face a new environment in the hospital so that it can cause stress for children. In research conducted by Halstroom and Elander (2017), Brewis (2015) and Brennam (2014) prove that child hospitalization can be a problem that causes trauma for both children and parents, causing certain reactions that will greatly impact the cooperation between children and parents. parents in caring for children while in hospital because the hospital environment is one of the causes of stress for children and their parents, both the physical environment of the hospital such as buildings or treatment rooms, medical equipment, distinctive smells, the

white clothes of health workers and the social environment. , such as fellow child patients, or the interactions and attitudes of hospital health workers themselves (Padila, 2015).

From the description above, the author concludes that to overcome the impact of hospitalization. According to Yuli (2014), the first nursing intervention that can be carried out is an effort to minimize stressors or causes of stress. This can be done by preventing or reducing the impact of separation, namely by involving parents to play an active role in child care, modification of the treatment room, maintaining contact with school activities in correspondence, meeting school friends. Preventing feelings of loss of control is by avoiding physical restrictions if the child can cooperate, if the child is isolated, modify the environment, make a schedule for therapy procedures, exercise and play, and give the child the opportunity to make decisions by involving parents in planning activities. Minimize the fear of bodily injury and pain by psychologically preparing children and parents for procedures that cause pain, play games before preparing the child physically, present parents if possible, show empathy, tell elective actions if possible when possible. done through stories, pictures. It is necessary to assess the child's psychological ability to accept this information openly. Second, maximizing the benefits of child hospitalization by helping the child's development and giving parents the opportunity to learn about the child's illness, increasing self-control abilities, providing opportunities for socialization, and providing support to family members. Third, prepare the child to receive treatment in hospital by preparing the treatment room according to the child's age stage, orienting the hospital situation. On the first day, take steps to introduce the nurse and doctor who is treating him, introduce him to other patients, give identification to the child, explain the hospital rules, carry out an assessment, carry out a physical examination.

For this reason, as a nurse, in providing nursing services, you must be able to facilitate families in various forms of health services, both in the form of providing direct nursing care and health education for children. Apart from that, nurses must pay attention to the social, cultural and economic life of the family which can determine the child's future life patterns. These factors really determine a child's development in life (Hidayat, A., A. Aziz & Musrifatul Uliyah. 2012).

Researchers themselves agree with the above, where feelings of anxiety are one of the impacts of hospitalization for children, even their parents experience the same thing because they see their children being treated in hospital, the stressors experienced by children can be caused by the hospital environment being unfamiliar to them. Children and children receive medical treatment from health workers, whether doctors, nurses or other health workers, so

that children and parents will experience stress and even trauma. Based on observations made by the author at the Pematang Siantar Army Hospital, the author found a number of pediatric patients who felt anxious about the hospitalization process they were experiencing. This is characterized by the child's behavior being often uncooperative, aggressive and resistant when invasive procedures are performed on him, such as when giving an injection. Apart from that, the author also saw the facial expressions and behavior of pediatric patients who looked anxious and restless and sometimes cried when the invasive procedure was carried out. After reviewing it more deeply through interviews, the author found that a number of children felt anxious about the hospitalization process they experienced. They said that they felt afraid when the nurse gave injections, cleaned the wound and when surgery was to be performed on them because they thought it would cause pain on his body.

The author was interested in raising the research title "Parents' Level of Anxiety on the Impact of Hospitalization on Children at the Pematang Siantar Army Hospital" because the author found several problems in children who showed anxiety about the hospitalization process they experienced. So the author wanted to know directly how much the child's anxiety level was.

LITERATURE REVIEW

Understanding Anxiety

Anxiety according to Potter, Patricia A, and Perry (2017), is a reaction to a situation that is considered dangerous because it involves the perception of unpleasant feelings and physiological reactions. Meanwhile, according to Delvecchio, E et al (2019), anxiety is a tense state that forces individuals to do something.

(Whaley and Wong, 2009). Anxiety is an individual's response to an unpleasant situation experienced by all living creatures in everyday life. Anxiety is a subjective experience of the individual and cannot be observed directly and is an emotional state without a specific object.

Anxiety in individuals can provide motivation to achieve something and is an important source in efforts to maintain life balance. Anxiety occurs as a result of threats to self-esteem which is fundamental to an individual's existence. Anxiety is communicated interpersonally and is part of everyday life, producing valuable and important warnings to maintain self-balance and protect oneself. (Utami Yuli, 2014)

Anxiety is an individual's response to an unpleasant situation and is experienced by all living creatures. Meanwhile, Carter, Bryan D, and Kristin A Kullgren (2020) define anxiety as an

emotional and subjective experience that is individual in nature. Anxiety is an emotional response without a specific object so that the client feels a feeling of anxiety as if something bad will happen and is usually accompanied by autonomic symptoms that last several days, months or even years.

Understanding Hospitalization

Hospitalization is a client's need to be treated due to physical, psychological, social changes or disorders and adaptation to the environment (Carter, Bryan D, and Kristin A Kullgren. 2020). Hospitalization occurs when a child experiences a physical or mental disorder during the growth and development period which makes it possible for the child to receive treatment in hospital. Hospitalization is a cause of stress for children and their families. However, the level of stressors related to illness and hospitalization differs according to individual children. Maybe one child thinks it is normal but maybe another child thinks it is a stressor. Hospitalization is a form of individual stressor that lasts as long as the individual is hospitalized.

Understanding Children

A child is someone who has not reached the age of 21 years or has never been married (Tarwoto & Wartonah, 2015). A child is defined as someone who is less than eighteen years old in the period of growth and development with special needs, including physical, psychological, social and spiritual needs. Children are different individuals in a range of developmental changes starting from infancy to adolescence. Childhood is a period of growth and development starting from infancy (0-1 years), playing age (1-2.5 years), pre-school (2.5-5 years), school age (5-11 years) to teenagers (11-18 years). This range differs from one child to another considering their different backgrounds. In children, there is a range of changes in growth and development, namely fast and slow ranges. In the process of development, children have physical, cognitive, self-concept, coping patterns and social behavior.

Physical characteristics are that all children may not have the same physical growth but have differences and growth. Likewise, cognitive development also experiences unequal developments. There are times when children have rapid cognitive development and sometimes they have slow cognitive development, this is influenced by the child's own background. Meanwhile, the development of self-concept has existed since infancy, but it has not yet been fully formed and this will experience development as the child gets older. Likewise, the coping patterns that children have are almost the same as the child's self-

concept. Coping patterns in children have also been formed since infancy, we can see this when a child cries. One of the coping patterns that children have is crying like how the child is hungry, not according to his wishes, and so on.

RESEARCH METHODS

This research uses a descriptive method: "Descriptive research is a research method that is intended to collect information regarding the status of an existing symptom, namely the state of the symptom according to what existed at the time the research was conducted." The descriptive definition is also not intended to test a particular hypothesis, but only to describe "what is" about a variable, symptom or situation. It is true that there are times when research also wants to prove allegations but this is not very common, but what is generally true is that descriptive research is not intended to test hypotheses. (Arikunto, 2015)

RESULTS AND DISCUSSION

Research result

After conducting research with the title "Children's Anxiety Level on the Impact of Hospitalization at the Pematang Siantar Army Hospital", a sample of 30 people carried out analysis techniques starting from editing, coding, sorting, entering and cleaning which are presented in the following table:

Table 1 Frequency Distribution of Children's Anxiety Levels Regarding the Impact of Hospitalization at Pematang Siantar Army Hospital

No	Anxiety Level	Frequency (f)	Percentage (%)
1.	No worries	-	-
2.	Light	3	10
3.	Currently	10	33.3
4.	Heavy	10	33.3
5	Very heavy (Panic)	7	23.3
Amount		30	100

Table 2 Frequency Distribution of Respondent Characteristics Based on Age at Pematang Siantar Army Hospital

No	Age	Frequency (f)	Percentage (%)
1.	5 - 10 Years	10	33
2.	11 – 16 Years	20	67
TOTAL		30	100

**Table 3 Frequency Distribution of Respondent Characteristics Based on Gender at
Pematang Siantar Army Hospital**

No	Gender (Person)	Frequency (f)	Percentage (%)
1.	Man	22	73
2.	Woman	8	27
TOTAL		30	100

**Table 4. Frequency Distribution of Respondent Characteristics Based on Treatment
Experience at Pematang Siantar Army Hospital**

No	Experience in hospital care	Frequency (f)	Percentage (%)
1.	1 time	8	27
2.	2 times	11	37
3.	3 times	6	20
4.	4 times	4	13
5 .	>4 Times	1	3
TOTAL		30	100

**Table 5 Frequency Distribution of Respondent Characteristics Based on Education at
Pematang Siantar Army Hospital**

No	Education	Frequency (f)	Percentage (%)
1.	No school	-	0
2.	Kindergarten	3	10
3.	elementary school	15	50
4.	JUNIOR HIGH SCHOOL	8	27
5.	SENIOR HIGH SCHOOL	4	13
Amount		30	100

**Table 6 Frequency Distribution of Respondent Characteristics Based on Information
Sources at Pematang Siantar Army Hospital**

No	Resources	Frequency (f)	Percentage (%)
1.	Educational Institutions	14	47
2.	Family	9	30

e-ISSN: 2986-6820; p-ISSN: 2986-6855, Pages 41-55

**CHILDREN'S ANXIETY LEVELS REGARDING THE IMPACT OF HOSPITALIZATION
AT THE ARMY PEMATANG SIANTAR HOSPITAL**

		No worries		Light		Currently		Heavy		Very heavy		Total	
		F	%	F	%	F	%	F	%	F	%	F	%
1.	No school	-	-	-	-	-	-	-	-	-	-	-	-
2.	Kindergarten	-	-	-	-	-	-	-	-	3	10	3	10
3.	elementary school	-	-	2	6.6	5	16.6	6	20	2	6.6	15	50
4.	JUNIOR HIGH SCHOOL	-	-	1	3.3	2	6.6	3	10	2	6.6	8	26.5
5.	SENIOR HIGH SCHOOL	-	-	-	-	3	10	1	3.3	-	-	4	13.3
Total		-	-	3	9.9	10	33.2	10	33.3	7	23.6	30	100

Table 11 Frequency Distribution of Children's Anxiety Levels Regarding the Impact of Hospitalization Based on Information Sources at Pematang Siantar Army Hospital

N O	Resources	Category											
		Good		Light		Currently		Heavy		Very heavy		Total	
		F	%	F	%	F	%	F	%	F	%	F	%
1	Educational Institutions	-	-	1	3.3	7	23.3	5	16.6	2	6.6	15	49.8
2	Family	-	-	1	3.3	2	6.6	1	3.3	4	13.3	8	26.5
3	Friends/Environment	-	-	-	-	-	-	-	-	-	-	-	-
4	Mass media	-	-	-	-	1	3.3	2	6.6	-	-	3	10
5	Health workers	-	-	1	3.3	-	-	2	6.6	1	3.3	4	13.2
Total		-	-	3	10	10	33.2	10	33.1	7	23.2	30	100

Discussion

After the researchers conducted research and collected tests given to 30 respondents, data analysis was carried out to determine "Children's Anxiety Level regarding the Impact of Hospitalization at the Pematang Siantar Army Hospital", then the author will discuss how much the Child's Anxiety Level is regarding the Impact of Hospitalization based on age, type gender, experience, education, source of information.

From the results of research on Children's Anxiety Levels on the Impact of Hospitalization at the Pematang Siantar Army Hospital Period, it can be concluded that the majority of children experienced moderate and severe anxiety, namely 10 people (33.3%) and a minority of children experienced mild anxiety, namely 3 people (10%).

A. Levels Regarding the Impact of Hospitalization Based on Age at Pematang Siantar Army Hospital

Age is the age of an individual that is calculated from the moment of birth to the moment of turning a year old (Elizabeth, 2012). According to Sulaiman (2015), the age that is considered optimal for making a decision is over 20 years old because an age less than 20 years old tends to encourage confusion and anxiety in making decisions or choosing and lack of experience (Muhammad, 2011).

From the results of research on Children's Anxiety Levels on the Impact of Hospitalization Based on Age at the Pematang Siantar Army Hospital, it was found that the majority of children experienced mild anxiety, namely at the age of 11-16 years as many as 2 people (6.6%), the majority experienced moderate anxiety at the age of 11-16 years. namely 7 people (23.3%), the majority experiencing severe anxiety at the age of 11-16 years also namely 8 people (26.6%), the majority experiencing very severe anxiety at the age of 5-10 years with a total of 4 people (13.3%), while children who did not experience anxiety at all were none. Where the highest age of respondents was 11-16 years with a total of 20 people (67%) and the lowest age of respondents was 5-10 years with a total of 10 people (13.3%).

Based on the research results obtained, researchers cannot prove and confirm the relevance of the research results to related theories. This is due to the limitations of the researcher's study, where the number of respondents according to each age group determined by the researcher is very different or not comparable. However, researchers can only conclude that in this study, the level of children's anxiety regarding the impact of hospitalization based on age or age, the majority experienced moderate anxiety at the age of 11-16 years with a total of 7 people (23.3%).

B. Levels Regarding the Impact of Hospitalization Based on Gender at Pematang Siantar Army Hospital

According to Delvecchio, E et al. (2019), Gender is a cultural concept that seeks to make differences in terms of roles, behavior, mentality, emotions between men and women that develop in society, women experience anxiety more often than men.

From the results of research on Children's Anxiety Levels on the Impact of Hospitalization at the Pematang Siantar Army Hospital, it was concluded that the majority of respondents experienced mild anxiety, namely 3 boys (10%), who experienced moderate

anxiety, the majority of whom were 6 boys. (20%), the majority who experienced severe anxiety were boys, numbering 7 people (23.3%), who experienced very severe anxiety, the majority were also boys, numbering 6 people (20%), while children who experiencing no anxiety at all based on gender does not exist.

Based on the research results obtained, there is a gap between theory and the results of research that has been carried out, where the theory states that women experience anxiety more often than men, while the research results conclude that men experience anxiety more often than women.

C. Levels Regarding the Impact of Hospitalization Based on Treatment Experiences at Pematang Siantar Army Hospital

According to Padila. (2015) said that children's early experiences in treatment are very valuable experiences that occur to individuals, especially for the future. This early experience is an important and even very determining part of an individual's mental condition later in life. If an individual's experience in hospitalization is lacking, it tends to increase anxiety when facing the next hospitalization

From the research results, the level of anxiety in children regarding the impact of hospitalization, the majority experienced mild anxiety with the experience of being treated in hospital 1, 2, 3 and 4 times, namely 1 person (3.3%), who experienced moderate anxiety with the experience of being treated 3 times. namely 4 people (13.3%), who experienced severe anxiety with experience of being treated 2 times, namely 6 people (20%), who experienced very severe anxiety with experience of being treated 1, 2, and 4 times, namely 2 people (6.6 %).

In this case, the researcher concluded that the results obtained were in accordance with theory because the child's initial experience in treatment is a very valuable experience that occurs for the individual, especially for the future, so if the individual's experience in hospitalization is lacking, they tend to influencing increased anxiety when facing subsequent hospitalization.

D. Levels Regarding the Impact of Hospitalization Based on Education at the Pematang Siantar Army Hospital

According to Delvecchio, E et al, (2019), education means guidance given by someone towards the development of other people towards a certain ideal. Education means formally

the process of delivering materials by educators to students in order to achieve behavior change.

Education can influence a person's behavior, especially in increasing a person's knowledge about something or some of their life experiences, because the higher a person's education, the more able a person is to overcome problems that occur to him, including anxiety. According to Notoatmodjo (2013), the educational environment can be divided into three that is :

- a. Education in the family
- b. Education in schools (elementary school, middle school, high school, PT)
- c. Education in a community environment (Courses, Tutoring)

From the results of research on Children's Anxiety Levels on the Impact of Hospitalization at the Pematang Siantar Army Hospital for the April-June 2011 period, it was concluded that the majority of respondents experienced mild anxiety with a final education of elementary school as many as 2 people (6.6%), who experienced moderate anxiety with a final education of elementary school as many as 5 people. (16.6%), 6 people experienced severe anxiety with a final education of elementary school, and 3 people experienced very severe anxiety with a final education of kindergarten as many as 3 people (10%).

In this case, the researcher concluded that the results were in accordance with the theory because the higher a person's education, the more they know how to deal with the problems they have, including anxiety, and conversely, the lower a person's level of education, the more often a person experiences anxiety.

E. Levels Regarding the Impact of Hospitalization Based on Information Sources at Pematang Siantar Army Hospital

According to Muhammad (2011), the source of information also influences a person's level of anxiety because information is one way for a person to gain knowledge so that if a person's knowledge increases, it will be easier for him to overcome the anxiety he faces.

From the results of research on the level of children's anxiety regarding the impact of hospitalization, the majority experienced mild anxiety, namely by obtaining information through educational institutions, families, health workers with the number of 1 person (3.3%), who experienced moderate anxiety by obtaining information through educational institutions, namely 7 people. (23.3%), who experienced severe anxiety by obtaining information through educational institutions with a total of 5 people (16.6%), and who experienced very severe anxiety by obtaining information through family with a total of 4 people (13.3%).

In this study, the author concluded that the results obtained were in accordance with theory because the more frequently information is obtained, the more it will influence a person's knowledge so that a person can make decisions to face a problem and is included in one of them to minimize anxiety. However, in this study the anxiety level of respondents or children was still in the category of experiencing moderate anxiety and no one had reached the level of good or mild anxiety because everyone must have experienced anxiety. Therefore, to further support minimizing the child's anxiety regarding the impact of hospitalization, it would be a good idea to conduct outreach to the child, such as explaining the medical and nursing procedures that will be carried out on the child so that the child understands that what is being done for the healing process is only at the Pematang Siantar Army Hospital.

In this research, the researcher had limited time because during this research, the researcher also took part in various lecture activities at educational institutions such as mid-semester exams, semester exams, final pre-practical exams (Pra-Utek) and final practical exams (Utek) as requirements. to complete the D-III nursing program. Researchers also have limited funds in carrying out research that has been carried out because the source of funds comes from private researchers. This limitation to some extent affects the maximization of research results. Another limitation of this research is the limited references obtained by researchers from educational institution libraries and the limited skills of researchers to access references from electronic media because the author's reference sources in making this research are from books and electronic references. The author has obstacles in obtaining the latest books which have topics related to children's anxiety regarding the impact of hospitalization in the library.

This research can be studied in more depth by other researchers or reviewers by examining aspects that have not been studied and of course also accompanied by all thorough preparations both in terms of material, intellectual and physical aspects of the researcher. The aspects that have not been studied by researchers at this time are the level of children's anxiety regarding the impact of hospitalization based on the concept of self, work, hospital, children and parents themselves which is in accordance with Peplau's theory (quoted by Maniy, 2013) regarding factors that influence anxiety. .

CONCLUSION

From the results of the research that has been carried out and presented in the form of a distribution table, it can be concluded that the level of children's anxiety regarding the impact of hospitalization at Pematang Siantar Army Hospital is: Age, gender, care experience,

education and source of information obtained. These factors really determine the extent to which children experience anxiety during the hospitalization process they experience so that we as health workers, especially nurses, can work together with children in minimizing the anxiety they experience, so that children can grow and develop properly because children are the buds of the nation and among them will also be our successors who are involved in the world of health, especially as someone who holds the nursing profession.

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