

Research Article



The Relationship Between Pastoral Care and The Anxiety Level of Preoperative Patients at Santa Elisabeth Hospital Medan

Mardiati Barus¹, Imelda Derang², Murni Sari Dewi Simanullang³,
Fitriani Telaumbanua⁴

^{1,2,3,4} Nursing Study Program, STIKes Santa Elisabeth Medan, Indonesia

Corresponding Author :

Fitriani Telaumbanua

Nursing Study Program, STIKes Santa Elisabeth Medan, Indonesia.

E-mail: fitrianytelaumbanua@gmail.com , Phone: 088270826706

ABSTRACT

Background: Anxiety is restlessness and helplessness, especially when illness occurs after surgery, and supports pastoral care to help patients be comfortable and at ease. The aim of study was to determine the relationship between pastoral care and anxiety levels in preoperative patients at Hospital Santa Elisabeth Medan.

Methods: The Methods of research is a quantitative and cross-sectional study. The population of this study was all preoperative subjects. The sample size was 71 people. The research instrument is the APAIS questionnaire (Amsterdam Preoperative Anxiety and Information Scale). The Amsterdam Preoperative Information and Anxiety Scale (APAIS) is one of the designs designed to assess the causes of anxiety before the operation, a tool was created to warn workers to assess the individual's risk.

Results: The results showed that most of the recipients of pastoral care were in the good category (90.1%) and the majority in the emergency category (49.3%). Data analysis used Spearman's rank test for univariate and bivariate variables. Conclusion Spearman's level statistical test (ρ) showed a value of $r = (0.520)$ and the strength of the relationship resulted in a significant p -value = $0.000(p < 0.05)$.

Conclusions: The conclusion of this study is expressed that there's a relationship between peaceful bolster and uneasiness levels of patients some time recently surgery at Santa Elisabeth Clinic Medan and great peaceful care can diminish anxiety levels in patients who will experience surgery.

Keywords : Pastoral care, Anxiety, Pre operation

INTRODUCTION

Anxiety occurs in everyone when facing something new and unpredictable. Patients who undergo surgery feel very anxious due to factors diagnosing malignancy, anesthesia, pain, changes in appearance and experiencing limitations. In addition, patients facing surgery are surrounded by fear of death, fear of anesthesia, fear of losing work time, loss of work, and the responsibility of supporting the family. The feeling of fear experienced by a person during surgery arises because of fear of facing death and cannot wake up again after surgery (1). Surgery is an experience that can cause anxiety. Anxiety is often related to all types of extraneous interventions that patients must undergo as well as threats to life safety posed by surgical and anesthetic interventions.

Patients who experience anxiety show signs of irritability, insomnia, restlessness, lethargy, crying easily and not sleeping well (2). If a preoperative patient experiences severe levels of anxiety or panic, then it is a maladaptive response that can cause disruption of physiological functions such as vital signs, frequent urination/diarrhea, headaches, and disrupt concentration, and if the patient experiences increased physiological disorders then postpone the operation until the patient's vital signs are vulnerable and not dangerous to take action (3). Patients who experience surgery feel very anxious due to diagnostic factors for malignancy, anesthesia, pain, changes in appearance and experiencing limitations. Apart from that, patients facing surgery are surrounded by fear, namely fear of death, fear of anesthesia, worry about losing work time, losing their jobs, and also the

responsibility of supporting their families.

The Indonesian Ministry of Health states that surgery ranks 10th out of 50 cases of disease in Indonesia, reaching 12.8%, in fact in the United States there are pre-operative patients who experience anxiety levels of 35,539 clients, in surgical rooms and intensive rooms there are 2,473 clients with the percentage of anxiety conditions reaching 7% (4)

In North Sumatra there were patients with preoperative anxiety levels of 42 people, with severe anxiety levels of 12 people (28.6%), moderate anxiety of 21 people (50.0%), while 9 people had mild anxiety (21.4%) (5). Initial survey results conducted by researchers on February 2, 2023 in the medical records of Santa Elisabeth Hospital in Medan in January-December 2022 show the number of preoperative patients in the operating room Inpatient treatment of Santa Elisabeth Hospital in Medan Elisabeth from Medan is 1,625 clients.

Based on the results of interviews conducted in person at the Pauline and Ignatius wards of Santa Elisabeth Hospital in Medan, 7 out of 10 patients preparing for surgery said they were very worried about wanting surgery, including the words complain out of fear. Pain from surgery, anxiety, fear of disfigurement, and other threats related to body image. Based on the above data, he explained that the consequences of surgery will affect the anxiety level of patients undergoing surgery.

Factors that can influence a patient's anxiety level before surgery are internal factors such as experience and how to interact when faced with a problem that can

influence anxiety levels, while external factors have individual needs that must be met by the family and receive support or positive effects from those closest to them.

One of the efforts that can be done to reduce the level of anxiety of preoperative patients by providing knowledge through health education about surgery to preoperative patients to reduce preoperative patient anxiety when performed, as for efforts to reduce preoperative patient anxiety by fulfilling the patient's spiritual needs such as doing pastoral care assistance, Where pastoral care is a spiritual service provided for all people with a process of mutual encounter between the two parties that has an ultimate goal that is for everyone to obtain peace, tranquility and tranquility (6). This form of pastoral care assistance is a form of pastoral visits, pastoral conversations or counseling, and meetings in the form of support groups. This pastoral care assistance is provided to sick congregations, families and also medical teams (7)

Pastoral care care aims to improve emotional intelligence, patients are able to interpret their condition, surrender, realize whatever happens to their lives is a blessing from God so that patients can increase coping which can reduce the intensity of client anxiety. The pastoral assistance activities provided to patients are by providing religious assistance and spiritual assistance, counseling, visits to the sick, and assistance that can be assisted by providing attention (attention), support (sustaining), reconciliation (reconciling), guidance (guiding), healing inner wounds (innerhealing), and prayer (praying). If the patient is served the spiritual aspect, there will be balance in life and have a positive impact on undergoing surgery and treatment (8)

In the above context, the author is interested in studying the relationship between pastoral care and preoperative anxiety levels of patients at Santa Elisabeth Hospital, Medan in 2023.

METHOD

The type of research design used in this study is a descriptive correlational research design using a cross-sectional approach. This study aimed to determine the association between pastoral support and anxiety levels of patients at Santa Elisabeth Hospital in 2023.

The source of this study sample was patients treated at Santa Elisabeth Medan Hospital (9) In research, samples are selected using purposive sampling, The calculation for determining the sample size used by researchers is the Vincent formula. So the sample used in this study was 71 people.

The independent variable in this study was pastoral care. The dependent variable in this study was the patient's preoperative anxiety level.

The instrument used in this research design was a questionnaire, which covered demographics, pastoral care and anxiety levels. The study was conducted at Santa Elisabeth Hospital in Medan. In this study on the variables of pastoral care care, researchers used questionnaires that had been tested for validity and reliability to preoperative patients at Santa Elisabeth Hospital Medan as many as 10 respondents in Pauline's room and Santa Ignatius Room with a significance value of Cronbach Alpha 0.893. This research was carried out in April 2023. The time given by the study to respondents to complete the questionnaire was 20 minutes in one questionnaire administration.

Pastoral care assistance is a technique that can be used to reduce the level of anxiety felt by respondents, because pastoral care has many advantages, including being able to relax, be comfortable, calm, peaceful, brave and strong in facing everything so as to reduce the level of anxiety before surgery felt by respondents with assistance 2x or 3x or even 4x before 1 or 2 days of surgery, with different times according to the respondent's needs, some take 30 minutes but some take more than 45 minutes and some take up to 1 hour, and when approaching surgery, assistance is provided 3-4 hours before surgery. Pastoral care assistance is also carried out before the operating hours are prayed for through the operator by mentioning the patient's name, which room, what time the operation is carried out (10)

The univariate analysis in this study was the distribution of respondents based on demographic data (age, gender, religion, education level, occupation, ethnicity and surgical procedures). The independent variable is pastoral care assistance and the dependent variable is anxiety level.

In this study, we performed a bivariate analysis to determine the relationship between pastoral care and levels of anxiety in outpatients at Hospital Santa Elisabeth. The test used was the Spearman Rank test which is used to measure the degree or strong relationship between two variables on an ordinal scale (11). At Hospital Santa Elisabeth Medan in 2023, the Spearman Rank test was utilized to establish a connection between pastoral care and anxiety level by testing the independent variable and dependent variable. After examining the questionnaires filled out by former patients of Santa Elisabeth Hospital in Medan, the

researchers determined its validity and reliability.

This study passed the ethics test of the Sekolah Tinggi Ilmu Kesehatan Santa Elisabeth Medan health research ethics committee with a letter number No. 74/KEPK-SE/PE-DT/II/2023.

RESULTS

The results of research on Relationship between pastoral support and patient anxiety before surgery at Santa Elisabeth Hospital will be described below.

Table 1. Frequency distribution percentage of Demographic Characteristics of Pre-Surgical Patients at Santa Elisabeth Hospital Medan in 2023 n=71

No	Characteristics	Frequency (f)	(%)
1	Age		
	17-25 year	11	15.5
	26-35 year	4	5.6
	36-45 year	13	18.3
	46-55 year	12	16.9
	56-65 of	18	25.4
	65 > Year old	13	18.3
2	Gender		
	Male	31	43.7
	Female	40	56.3
3	Religion		
	Islam	17	23.9
	Catholic	16	22.5
	Protestant	37	52.1
	Buddha	1	1.4
	Total	71	100

Table 1 above that the results of the distribution of research frequencies regarding pastoral care assistance to pre-operative patients at Santa Elisabeth Hospital in Medan in 2023 can be explain

Table 2. Frequency distribution of percentage of pastoral support for preoperative patients undergoing surgery



at Santa Elizabeth Medan Hospital in 2023 (n = 71)

Pastoral assistance	Frequency (f)	%
Good	64	90.1
Enough	7	9.9
Results	71	100

Based on table 2 of the research on the Relationship Pastoral Care Assistance at Santa Elisabeth Hospital in Medan, in 2023, the majority of pastoral care assistance in the good category was obtained. This is in accordance with questionnaire data from respondents who stated that they felt less anxiety when spiritual companions visited and prayed, there were 71 people (100.0%) and they were sufficient to accept illness when they finished consulting with health workers, there were 4 people (5.6%).

Table 3. Frequency distribution of percentage Anxiety Rate of Preoperative Patients in the face of Surgery at Santa Elisabeth Hospital 2023 (n=71)

Anxiety level	(f)	%
Light	24	33.8
Medium	35	49.3

Table 4. Distributions Relationship between Pastoral Care Assistance and Pre-Surgical Patient Anxiety Levels at Santa Elisabeth Hospital Medan in 2023 (n=71)

	Corelation	Pastoral care assistance	Level of Anxiety
Spearman's Rho	Pastoral Care Assistance	Correlations Coeffcient Sig. 2 tailed N	1000 . 71 71
	Level Anxiety	Correlations Coefficients Sig. (2 tailed N	520* .000 71 71

Table 4 the results of the Sperman Rank (Rho) correlation test, the r value = (.520) and p-value =.000 This means that there is a significant relationship between pastoral support and the patient's level of anxiety before surgery with strong relationship strength, which is said to be related if (p <0.05) with correlation (r) .520. Based on the results of data collection carried out by researchers on 71 pre-operative patients at Santa Elisabeth Hospital Medan in 2023. From distributing questionnaires, majority of pastoral support data is the good category was

Weight	12	16.9
Total	71	100

Based tabel 3 that accordance with questionnaire data from respondents stating that they did not want to know as much as possible about anesthesia, there were 25 people (35.2%), respondents stated that they did not think about anesthesia at all, there were 28 people (39.4%), there were 26 people (36.6%) respondents stated that they never wanted to know as much about surgery as possible and never thought about surgery, there were also respondents who said that there were a few people afraid of surgery 40 people (56.3%), and respondents said they were a little afraid of being sedated, there were 46 people (64.8%).

The following table shows the frequency distribution results of the study on relationship pastoral support and anxietys levels of patients before surgery at Santa Elisabeth Hospital, Medan, 2023

obtained, 64 respondents (90.1%) and a small of respondents in sufficient category were 7 people (9.9 %).

DISCUSSION

Rahmayati et al, (4) also in their research said that every diversity of religions and beliefs has the same goal, namely belief in the existence of Almighty God, having strength, hope for healing, safety, protection or assistance. Through pastoral care prayers in their accompaniment, it is spiritual support that provides a sense of calm, security and relaxation for those who need help, especially for those who undergo pre-operative medical treatment, thereby reducing a person's level of anxiety. Pastoral care assistance, in accordance with data from questionnaires obtained by researchers from respondents, such as feeling good assistance through prayer prayers, was 4 people (5.6%), so that of the respondents who were given the most pastoral care assistance of Santa Elisabeth that Pastoral care assistants often carry out pastoral care assistance, patients say it is always comfortable if pastoral care companions visit and pray because patients are not only cured through medication but through support, enthusiasm, motivation and prayer in dealing with the illness they feel during surgery.

Sandra (12) also states that the patient's spiritual needs are met, if there is a belief in the assistance of God Almighty in his operational actions. This is done before surgery by praying, and always praying after completing the operation, this is also the same as the results of the research questionnaire, they felt that prayer really

helped reduce anxiety levels, as many as 44.8% of patients felt that with prayer he felt at peace, and calm in the operation he underwent.

This patient's response was the same as data from the questionnaire obtained by the study, namely 55.2% of patients stated that they often felt uncertain whether the operation they underwent would go well or not because they did not pray, 14.6% stated that various things arise in the mind about the operation and ultimately forgetting prayer, 18.8% of patients stated that they did not believe that God saw and made the operation easier, and 30.2% the patient stated that he was not sure that prayer would be a calmer during surgery.

Talindong, (13) in his research showed that the majority were moderately anxious (60.0%), 10 respondents experienced mild anxiety (20.0%), and severe anxiety (20.0%). Before undergoing surgery, it gives different emotional reactions, this is influenced by previous surgical experience and the preparation time is as short as in emergency cases.

Surgery can also cause significant physical trauma, and the risk of death is serious. This high risk causes psychological impact or influence on different surgical methods, but in reality there is still a general feeling of fear and anxiety, including fear of anesthesia (not waking up), fear of pain from surgical wound, fear of physical harm changes for the worse or abnormal functioning, fear of surgical failure, and fear of death.

The highest level of anxiety experienced by pre-operative patients was 5 people (2.99%) who stated that respondents were very afraid of surgery, this was because

the first operation was for respondents, respondents were afraid of surgery which could cause respondents to feel afraid and anxious, then respondents were not ready to face the surgery that would be carried out on them, resulting in changes and a disturbing feeling of worry in the respondent's heart. Apart from that, 17 people (23.9%) respondents said that they were not too afraid of anesthesia, because they were familiar with hearing about anesthesia, but what the patient hoped was of operation would continue smooth without any obstacle so that healing process was good.

Based on research conducted by Pardede(14) research results show that pastoral care is an effective way to reduce anxiety levels before surgery. In pre-operative patients who were given pastoral care services, the test results showed that there was a difference in the level of anxiety before and as difficult as pastoral care, these results indicate that everyone definitely needs calm and positive support from other people in the form of moral and spiritual matters such as pastoral care which is also a technique that can be used to reduce the level of anxiety felt by respondents, because pastoral care has many advantages, including making relaxed, comfortable, calm, peaceful, brave and tough to face everything so as to reduce anxiety levels. Anxiety can lead patients to chronic diseases, including chronic kidney disease.(16-18)

CONCLUSION

Based on the results of research on Relationships between Pastoral support Assistance Preoperative Patient Anxiety Levels at Santa Elisabeth Medan Hospital in 2023, it can be concluded Pastoral care for patients before surgery at Santa Elisabeth Medan Hospital in 2023 was good. Patients

at Santa Elisabeth Medan Hospital in 2023 is moderate anxiety level.

Based on the statistical results of testing the spearman's rank, was obtained that be concluded is a relationships pastoral assistance and anxiety pre-operative patients of Santa Elisabeth Hospital Medan 2023.

ACKNOWLEDGMENT

The researcher would like to thank the parties involved in this research, such as the respondent Patient Pastoral Care of Santa Elisabeth and the honorable Santa Elisabeth College of Health Sciences Medan, teammates lecturers and students who have participated together in conducting the research.

REFERENCES

1. Cing MTGC, Annisa R. Dukungan Keluarga Terhadap Tingkat Kecemasan Pasien Pre Operasi. *JIK J ILMU Kesehatan* [Internet]. 2022 Oct 31;6(2):403. Available from: DOI 10.33757/jik.v6i2.574
2. Palla, A., Sukri, M., & Suwarsi S. Faktor-faktor yang berhubungan dengan tingkat kecemasan pasien pre operasi. *JIKP J Ilm Kesehatan Pencerah* [Internet]. 2018;7(1):45–53.
3. Lutfi B, Sriyani Y, Rahmaniati W. Pengaruh expressive writing therapy terhadap tingkat kecemasan pasien pre operasi. *J Kesehatan Bakti Tunas Husada J Ilmu-ilmu Keperawatan, Anal Kesehatan dan Farm.* 2022 Jul 8;22(1):15.
4. Rahmayati E, Silaban RN, Fatonah S. Pengaruh Rahyani, D. N. K. Y., Lindayani, I. K., Suarniti, N. W., Ni Made Dwi Mahayati., Astiti, N. K. E., & Dewi, I.

- N. (2020). Buku Ajar Asuhan Kebidanan Patologi Bagi Bidan. Penerbit Andi. <https://books.google.co.id/books?id=BTgNEAAAQBAJuh> Dukungan Spritu. *J Kesehatan* [Internet]. 2018;9(1):138.
5. Rismawan W. Tingkat kecemasan pasien pre-operasi di RSUD dr. Soekardjo Kota Tasikmalaya. *J Kesehatan Bakti Tunas Husada J Ilmu-ilmu Keperawatan, Anal Kesehatan dan Farm* [Internet]. 2019;19(1):65–70. Available from: doi: <http://dx.doi.org/10.36465/jkbth.v19i1.451>
 6. Nofianasari D, Lumadi SA. Perbedaan Tingkat Kecemasan Pasien Preoperasi Laparatomi Sebelum Dan Sesudah Diberikan Pendidikan Kesehatan. *J Ilmu Kesehatan Husada* [Internet]. 2022;11(November):146–54. Available from: doi: <https://doi.org/10.33475/jikmh.v11i2.299>
 7. Ruth Betty Panjaitan. Pendampingan Pastoral Terhadap Jemaat Yang Belum Siap Menghadapi Kematian di HKBP Pasar Minggu. *Mitra Sriwij J Teol dan Pendidik Kristen* [Internet]. 2021;2:37. Available from: doi: <https://doi.org/10.46974/ms.v2i1.27>
 8. Sidabutar R rahmadani. Pengaruh Pendampingan Layanan Spiritual Do'a dan Tawakkal Terhadap Tingkat Kecemasan Pasien Pre Operasi Closed Fracture di Rumah Sakit Muhammadiyah Lamongan. *J Kel Sehat Sejah*. 2021;19(2):140.
 9. Barus M, Sigalingging V, Sembiring R. Gambaran Kecemasan Pasien Bedah PreOperasi di Rumah Sakit Elisabeth Medan. *Innovative*. 2022;4 No 1 tah:3201–10.
 10. Sianipar C. Pelaksanaan pastoral care perawat di Ruang ICU RS. Santa Elisabeth Medan. *J Keperawatan Prior*. 2021 Jul 1;4(2):44–51.
 11. Akbar MI, Isrul M, Yati M, Kurniawan A, Hasni U, Putri A, La Olu S. Peningkatan Pengetahuan Pada Ibu Usia Produktif Mengenai Pencegahan Stunting Sejak Dini Menggunakan Media Slide dan Media Cetak di Desa Pamandati Kec. Lainea. *Jurnal Mandala Pengabdian Masyarakat*. 2023 Dec 31;4(2):330-4.
 12. Grove JR, Main LC, Partridge K, Bishop DJ, Russell S, Shepherdson A, et al. Training distress and performance readiness: Laboratory and field validation of a brief self-report measure. *Scand J Med Sci Sport*. 2014;24(6):e483-490.
 12. Sandra R. Hubungan Spiritualitas dengan Tingkat Kecemasan pada Pasien Pre Operasi di Rumah Sakit Islam Ibnu Sina Padang. *J Kesehatan Med Sainetik* [Internet]. 2018;9(1):24. Available from: <https://doi.org/10.30633/jkms.v9i1.140>
 13. Agustinus Talindong. Pengaruh pelayanan kebutuhan spiritual terhadap kecemasan pasien pre operasi di Rumah Sakit Woodward. *J Ilmu Kesmas -IJ*. 2020;20(1):1–9.
 14. Akbar MI, Effendi DS, Dewi N, Lestari H, Kohali RE. Interconnection study of stunting events in North Buton District.

InProceedings of the 2nd Alauddin Health and Medical International Conference 2024 Mar 28.

15. Pardede OB, Astri ND. Pelaksanaan pastoral care oleh perawat di ruang intensive care unit Rumah Sakit Elisabeth Medan Tahun 2019. J Mitra Prima [Internet]. 2022;3(April):3–5.
16. Tasnim, T., Sugireng, Imran, Akib, N.I. Analysis of differences in early detection of chronic kidney disease with urine creatinine, proteins and individual health status based on behavioural, stress and genetic factors in Kendari City, Indonesia. Public Health of Indonesia. 2024. 10(2). 203-213. Doi: <https://doi.org/10.36685/phi.v10i2.801>
17. Tasnim, T., Sugireng, Imran, Akib, N.I. Early Detection Patterns Of Chronic Kidney Disease Based On Differences In Individual Health Status In Kendari City. Indonesian Journal of Health Sciences Research and Development. (2023). 5(2), 168-177. Doi: <https://doi.org/10.36566/ijhsrd/Vol5.Iss2/190>.
18. Tasnim, T., Imran, Sugireng, Akib, N.I. Early detection of the risk of chronic kidney disease based on eating and drinking behaviors in Kendari City Indonesia. Healthcare in Low-resource Settings. 2024. Early access (89), 1-18. Doi: <https://doi.org/10.4081/hls.2024.12133>