



Research Article

Parental Roles In Preschool Children on the level Hospitalization Stress

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ABSTRACT

Preschool children are children aged between 3-6 year. Number child Sick with various problem disease the more increase so that the need for child care in hospital. Problems that occur in children when hospitalized and experiencing the stress of hospitalization. The role of parents can prevent impact hospitalization on child. Study This aiming For to know the relationship between the role of parents and the stress of hospitalization of children after preschool in room Fatima House Sick Darul Consistency Kendal. Design study use Descriptive Correlational, taking sample use Total Sampling. The sample in this study was 36 children, the research instrument was questionnaire and using the *Depression Anxiety Stress Scale (DASS) questionnaire*, data using the Spearman Correlation Test. The results of the statistical analysis test using The Spearman test shows a p value of 0.047, this value is smaller than 0.05, which means H_0 accepted means there is the relationship between inpatient stress levels and the role person old age in preschool children at Darul Istiqomah Hospital, Kendal. From these results, it can be suggested that it can be useful as a source of information. for the community and input from nurses in providing outreach to parents and support full on child Which perform maintenance hospitalization.

INTRODUCTION

Children in preschool are usually between the ages of three and six years old and have started attending preschool programs. Today's children are growing up and changes so quickly that it requires focused emotions from everyone people in their immediate environment to form good character in the future (Goddess, Dear Sir, Dear Sir, 2015). Usually, children more No empowered with the impact of the disease and hospitalization due to this condition is a change in health status child And condition daily in a way overall. Besides That, children realize challenges and how to overcome them that may arise during that time period. Nervousness child show reluctance child For do step clinical Because That child will cry, shout, revolutionary, And cause child asking to return home even though the situation has not improved (Pragholapati et al., 2019). When a child is hospitalized due to illness, it is considered as situation crisis. Condition This appear consequence effort child in adapt self with a new and unusual environment, namely the hospital, so that the condition eventually become stressors for children, people old, and family (Priyoto, 2014).

Because parental involvement is practically a must for all For child patients who are treated in hospital, parents have an important role as caregivers for their children (Zannah, 2015). The role of parents is very important in prevent impact negative take care stay on child. Wrong One method person old can helping is by establishing a cooperative relationship with medical staff during the child's care. they are undergoing treatment, which can calm the child. Involve parents in child care, providing emotional support, meeting their needs during treatment, and explaining the child's condition is an example of collaboration between person old and professional health (Chen, 2005). Kuswanto's research (2019) was conducted at the Dolopo Hospital, Dolopo

Regency. Madiun, East Java explains the role of most parents even during the care period The child in the hospital is very good, most people are not too worried. Nurfatimah (2019) conducted research in the Children's Ward of Poso Regional Hospital, Central Sulawesi and the results research shows that 64.7% of respondents believe that they have role positive in take care stay And maintenance child, And 58.8% Respondent Which own children consider the impact of hospitalization not too serious. Hastuti (2020) explains her research at Dustira Hospital, Cimahi, West Java There is an impact of hospitalization on preschool aged children which is related to the role of parents with a p value = 0.042. Inggriani's research (2021) that at home Lebak Mission Hospital, Baten showed the results of its research that there was a significant relationship parental involvement and the impact of hospitalization on children, shown by the test results Chi-Square obtained mark p value = 0,000 Which more small from 0.05. Study Sriyanah (2021) found that there is a relationship between parental influence and preschool children are treated in the Al-Fajar Room of the Hajj Hospital, Makassar, South Sulawesi with parental involvement. As many as 18 respondents (58.1%) felt that parents has a good role in caring for preschool age children. Of those who answer, 13 people (41.9%) role of parents not enough ripe.

The urgency of researching this topic lies in its potential to address critical gaps in pediatric care, particularly in supporting families during the hospitalization of young children. When a child is hospitalized, the sudden shift in their daily routines and health status becomes a major stressor, not only for the child but also for their parents and family (Priyoto, 2014). Preschool-aged children are in a crucial developmental phase where adverse experiences can have long-term effects on their emotional and psychological health. Nervousness and reluctance to undergo clinical procedures

can lead to behaviors such as crying, shouting, or asking to return home (Pragholapati et al., 2019). Without adequate parental involvement and support, hospitalization can disrupt their sense of security and lead to heightened anxiety, withdrawal, or behavioral issues. This highlights the critical role parents play in helping their children adapt to the new environment and minimizing the negative impacts of hospitalization (Zannah, 2015). Based on the background of the researcher, there was previous interest from the researcher in conducted research on " Parental Roles In Preschool Children on the level Hospitalization Stress in Darul Istiqomah Hospital Kendal"

METHOD

Based on objective study design study use Descriptive Correlational, the research approach uses Total Sampling. The research was conducted on December 18 - January 18, 2024 in the Fatimah Room, Darul Istiqomah Hospital Kendal. The population of this study were preschool children (3-6 years) who were cared for in the Fatimah Room at Darul Istiqomah Hospital, Kendal, as many as 36 children. Samples in this study, namely preschool children (3-6 years) with their parents who waiting for his son Which treated in the Room Fatima At home Darul's Sickness Be steadfast.

RESULTS

Parental Roles In Preschool Children

Table 1 Distribution Frequency Based On Parental Role, January 2024 (N=36)

Parental role	Frequency	Presentation (%)
Good	30	83.3
Enough	6	16.7
Not enough	0	0, 0
Amount	36	100%

Table 1. explains that the data on the role of parents is the largest among parents who have good role as many as 30 respondents (83.3%), while the adequate role is as many as 6 (16.7%).

level of stress hospitalization in preschool children

Table 2. Distribution Frequency Level Of Stress Hospitalization In Preschool Children, Januari 2025 (N=36)

Level of stress	Frequency	Presentation (%)
Mild	33	91,7
Moderate	3	8,3
severe	0	0, 0
Panic	0	0, 0
Jumlah	36	100 %

Table 2. explain characteristics Respondent level stress hospitalizationThe highest number of preschool-age children is mild stress, with 33 respondents. (91.7%), while the stress level currently as many as 3 respondents (8.3%).

Connection Parental Roles In Preschool Children on the level Hospitalization Stress

Table 3. Conection of Parental Roles In Preschool Children on the level Hospitalization Stress, Januari 2025 (N=36)

Level stress	Role person old				Total	
	Enough		Good			
	f	%	f	%	f	%
Mild	6	18.2	27	81.8	33	100.0
Moderate	0	0.0	3	100.0	3	100.0
Total	6	16.7	30	93.6	36	100.0

Table 3. shows that the stress level is in the mild category and parental role enough as many as 6 (18.2%) respondents, mild stress and good parental role as many as 27 (81.8%). While at a moderate stress level and good parental role as much as 3 (100.0%) respondents. The results of the statistical analysis test using the Spearman test obtained a p value. value = 0.047. This value is smaller than 0.05 which means Ha is accepted

DISCUSSION

Parental Roles In Preschool Children

Based on Table 1. the results show that the role of parents during the hospitalization of children reveals that 30 respondents (83.3%) were categorized as "Good," 6 respondents (16.7%) as "Fair," and no respondents were categorized as "Poor." It can be concluded that the majority of parents played a good role. According to Nurfatimah's research (2019), the significant role of parents can reduce the stress effects of hospitalization. This is because, during the care of a child in the hospital, parents can fulfill their roles by meeting the child's needs for personal hygiene, nutrition, assisting in nursing actions, fulfilling psychological needs, providing support during medical procedures, and addressing spiritual needs. This is supported by Friedman's theory (2010), which states that parents must be able to make health-related decisions, participate in caring for sick children or family members, and modify existing health facilities. These actions are crucial in reducing the anxiety experienced by patients. Thus, the researcher argues that the involvement of parents is very important in accompanying children who are hospitalized and experiencing hospitalization to ensure the child feels safe and comfortable during their stay.

The questionnaire results regarding parental roles show that the most frequent positive indicator was parents establishing cooperation with healthcare professionals to address the child's hospitalization stress. During the child's hospital stay, the cooperation between parents and healthcare professionals involved providing emotional support to the child, meeting the child's needs, explaining the child's condition, and participating in the child's care.

The experience of preschool-aged children in coping with fear during hospitalization revealed that children experienced fear during their treatment. This finding is supported by Salmela (2010), who

emphasized that effective coping strategies are needed to alleviate children's fear by involving parents during treatment and ensuring the presence of healthcare professionals. From this explanation, it can be concluded that good cooperation between parents and healthcare professionals in providing support to children can reduce the level of hospitalization stress in children.

Level of stress hospitalization in preschool children

Based on Table 4.10, there were 36 respondents experiencing hospitalization stress. The majority experienced mild hospitalization stress, with 33 respondents (91.7%), followed by 3 respondents (8.3%) experiencing moderate hospitalization stress, and no respondents experiencing severe hospitalization stress. These findings are consistent with the study conducted by Prasetya (2022), which showed that the most dominant level of hospitalization stress among preschool-aged children at RSUD Ajibarang was mild hospitalization stress, with 19 respondents (63.3%).

Prasetya (2022) argues that the reactions of children hospitalized vary. The condition of a sick child requiring hospitalization also affects the parents. Parents of hospitalized children often experience anxiety as they play a significant role in their child's care during hospitalization. According to Hockenberry (2011), parents, as the primary companions of their children, will inevitably respond to their child's illness and hospitalization.

From this explanation, the researcher assumes that most preschool-aged children hospitalized at Muhammadiyah Darul Istiqomah Hospital in Kendal experienced mild hospitalization stress, and none experienced severe stress. Hospitalized children need the support and presence of their parents to help manage and overcome hospitalization stress.

Connection Parental Roles In Preschool Children on the level Hospitalization Stress

Illness and hospitalization are often the first crises that children must face. Hospitalization can be a painful experience for both children and their parents. During hospitalization, children may experience stress due to feelings of insecurity. According to Robert (2010), children's responses to hospitalization can be considered a negative experience and a crisis for both the child and their family. This is because children do not understand why they are being hospitalized and may feel anxious about changes in their health status, environment, daily routines, and their limited coping mechanisms.

Supartini (2014) states that the bond between a mother and her child is as important as the bond between a father and the child, though there may be differences that do not diminish the value of these relationships. Therefore, the gender of the accompanying parent can influence their role during the child's hospitalization. The relationship between a mother and her child tends to be closer because mothers generally spend more time with their children, unlike fathers who are often busy working and may have less influence on the child's life. From this explanation, the researcher assumes that the close bond between a mother and her child significantly affects the difficulty of separation during hospitalization.

Parental roles should be enhanced when children are hospitalized. Parents need to prepare and facilitate the child's care during their stay. Parents are the individuals most familiar and closest to the child, making their presence crucial during hospitalization. Wong (2009) emphasizes that parental involvement is essential to minimize the impact of hospitalization. Chen (2005) outlines several indicators of parental roles during hospitalization, including establishing collaboration with healthcare providers, providing comfort to

the child through their presence, participating in the child's care, offering emotional support, assisting with simple tasks, meeting the child's needs, and explaining the child's condition to them.

Based on Table 1, most parents (30 respondents or 83.3%) were categorized as having good parental roles. Effective communication between parents and their child was shown to help alleviate stress and provide support and praise when the child cooperates with healthcare providers. The findings of this study show that hospitalized preschool-aged children at Darul Istiqomah Hospital in Kendal primarily experience mild hospitalization stress, with a small portion experiencing moderate stress.

Therefore, it is recommended that healthcare providers at Darul Istiqomah Hospital further enhance strategies to optimize parental roles during the hospitalization of children, ensuring the children receive the necessary support and care to minimize hospitalization stress.

CONCLUSIONS AND RECOMMENDATION

Characteristics person old to stress hospitalization on child age preschool It was stated that the largest number of accompanying parents was 24 people. (66.7%) children who are cared for by their mothers, based on the age of the accompanying parent the average age of parents is 32 years, based on the highest parental education is parents who have a high school education level, namely 18 respondents people (50%), while the characteristics of respondents whose parents have jobs most of the respondents are employees as many as 12 people (33.3%), and characteristics respondents with the highest experience of caring for children were parents who had never nurse respondent's child as many as 20 people (55.6%).

Level stress hospitalization child age preschool known that Respondent The highest level of hospitalization stress in preschool children is mild stress. as much

as 33 respondents (91.7%),

The characteristics of the respondents regarding the role of parents are mostly known 30 respondents (83.3%) person old have a good role.

There is a relationship between the level of hospitalization stress and the role of parents in children aged preschool in House Sick Darul Consistency Kendal. Matter This proven from results analysis test in a way statistics use Test Spearman obtained mark p value = 0.047. Mark this is less than 0.05 Which means H_a accepted..

Based on the research findings, it is recommended that hospitals develop an educational program for parents to enhance their understanding of how to support children during hospitalization. This program could include stress management techniques, communication strategies, and explanations of medical procedures. Additionally, prioritizing the implementation of family-centered care models is crucial, involving parents in decision-making and the daily care routines of their children. It is also important for hospitals to provide emotional support services for parents, such as support groups or counseling, to help them cope with stress during their child's hospital stay.

Hospital environments should also be made child-friendly with facilities like playrooms, brightly colored decorations, and age-appropriate medical explanations. Healthcare professionals should receive specialized training in effectively involving parents and understanding the unique needs of preschool-aged children to minimize stress during care. Lastly, further research is needed to develop innovative strategies that increase parental involvement and identify specific interventions that can reduce hospitalization stress levels in children.

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