

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND ANXIETY LEVELS IN CHILDREN TREATED WITH PNEUMONIA AT KLUNGKUNG GENERAL HOSPITAL YEAR 2026

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ABSTRACT

Introduction

Hospitalization due to pneumonia may cause anxiety in children. Family support plays an important role in helping children adapt to the hospital environment. This study aimed to analyze the relationship between family support and anxiety levels among children hospitalized with pneumonia

Method

This quantitative study used a cross-sectional design. A total of 35 respondents were selected through consecutive sampling at Klungkung Regional General Hospital in 2026. Family support and anxiety levels were measured using a family support questionnaire and the SCAS Preschool Parent Report. Data were analyzed using the Spearman rank test ($\alpha = 0.05$).

Result

Most respondents received good family support (82.9%), while low anxiety was found in 42.9% of children. Spearman rank analysis showed a significant negative correlation between family support and anxiety levels ($p < 0.001$; $r = -0.551$).

Conclusion

So it can be concluded that there is a significant association between family support and anxiety levels among children hospitalized at the Klungkung Regional General Hospital for pneumonia in 2026. The better the family support provided, the lower the anxiety levels of these children during their hospitalization. Nurses need to actively involve families in the care process for these children.

INTRODUCTION

Hospitalization in children is a condition that can cause psychological problems, one of which is anxiety. Children undergoing treatment in hospitals often experience fear, crying, irritability, difficulty adapting to a new environment, and fear of medical procedures. Anxiety during hospitalization may affect children's emotional well-being and interfere with the treatment and recovery process. The World Health Organization (WHO) states that hospitalization remains a common experience among children with acute illnesses and is often associated with psychological distress (World Health Organization, 2022).

Family support is one of the important factors that can help reduce anxiety in hospitalized children. Family support includes emotional, informational, instrumental, and appraisal support provided by family members to help children cope with stressful situations. The presence of parents or family members during hospitalization can create a sense of security and comfort, improve children's cooperation with medical procedures, and reduce anxiety levels (Hodgson et al., 2024; Heijboer et al., 2025).

Pneumonia is one of the most common diseases causing hospitalization in children. Pneumonia is an acute infection of the lungs that can lead to symptoms such as fever, cough, and breathing difficulties, often requiring inpatient treatment. According to UNICEF, pneumonia causes more than 700,000 child deaths worldwide each year and remains one of the leading causes of morbidity and mortality among children (UNICEF, 2024).

In Indonesia, pneumonia continues to be a major public health problem among children. Data from the Klungkung District Health Office showed an increase in childhood pneumonia cases, reaching 245 cases in 2022 and 488 cases by mid-2025. At Klungkung Regional General Hospital, pneumonia is among the most common causes of pediatric hospitalization. Preliminary data indicated that 50 children aged 3–6 years with pneumonia were hospitalized between October and December 2025. Several children showed signs of anxiety, including crying, fear of medical procedures, irritability, and reluctance to be separated from their parents

during treatment.

Previous studies have reported a significant relationship between family support and anxiety levels among hospitalized children. However, limited studies have specifically examined children hospitalized with pneumonia. Therefore, this study aimed to determine the relationship between family support and anxiety levels among children hospitalized with pneumonia at Klungkung Regional General Hospital in 2026.

METHOD

This study employed a quantitative non-experimental design with a cross-sectional approach. Data were collected using a family support questionnaire and the Spence Children's Anxiety Scale (SCAS) Preschool Parent Report to determine the relationship between family support and anxiety levels among children hospitalized with pneumonia.

The independent variable in this study was family support, while the dependent variable was anxiety level. The study was conducted at Klungkung Regional General Hospital from 1 April to 26 April 2026.

The population consisted of children aged 3–6 years who were hospitalized with pneumonia at Klungkung Regional General Hospital. A total of 35 respondents were selected using a non-probability sampling technique, namely consecutive sampling. Data were analyzed using the Spearman Rank test with a significance level of 0.05.

RESULT

Table 1 Distribution of Family Support and Anxiety Levels Among Children Hospitalized with Pneumonia at Klungkung Regional General Hospital in 2026

Variable	Median	Mean±SD	Min-Max
Family Support	100	98.57±4.22	82-100
Anxiety Level	9	10.14±3.67	5-19

The mean family support score was 98.57±4.22, with a minimum score of 82 and a maximum score of 100. The mean anxiety score was 10.14±3.67, with scores ranging from 5 to 19.

Table 2. Relationship Between Family Support and Anxiety Levels Among Children Hospitalized with Pneumonia at Klungkung Regional General Hospital in 2026

Family Support		Anxiety Level			Total
		Low Anxiety	Moderate Anxiety	High Anxiety	
Poor Support	F	0	1	4	5
	%	0,0%	2.9%	11.4%	14.3%
Moderate Support	F	0	0	1	1
	%	0.0%	0.0%	2.9%	2.9%
Good Support	F	15	7	7	29
	%	42.9%	20.0%	20.0%	82.9%
Total	F	15	8	12	35
	%	42.9%	22.9%	34.3%	100.0%

Shows the relationship between family support and anxiety levels among children hospitalized with pneumonia. Most respondents who received good family support experienced low anxiety (15 children; 42.9%), while 7 children (20.0%) experienced moderate anxiety and 7 children (20.0%) experienced high anxiety. Among respondents with poor family support, most experienced high anxiety (4 children; 11.4%), whereas only 1 child (2.9%) experienced moderate anxiety and none experienced low anxiety. The only respondent with moderate family support experienced high anxiety (2.9%). Overall, the findings indicate that children receiving better family support tended to have lower anxiety levels. Spearman Rank analysis showed a statistically significant relationship between family support and anxiety levels ($p < 0.001$; $r = -0.551$), indicating a moderate negative correlation.

DISCUSSION

The results showed that most respondents received good family support (82.9%). Family support is an important factor that helps children adapt to the hospital environment and cope with stressful situations during hospitalization. Emotional support, attention, and the presence of family members can provide a sense of security and comfort for children undergoing treatment.

The findings also indicated that most children experienced low levels of anxiety (42.9%). Nevertheless, some children still

experienced moderate to high anxiety levels. Anxiety during hospitalization may arise from fear of medical procedures, separation from daily routines, and unfamiliar surroundings. Children with pneumonia often require repeated examinations and treatments, which may increase feelings of fear and discomfort.

The Spearman Rank test demonstrated a significant relationship between family support and anxiety levels among children hospitalized with pneumonia ($p < 0.001$; $r = -0.551$). The negative correlation coefficient indicates that higher family support is associated with lower anxiety levels. The correlation strength was moderate, suggesting that family support contributes substantially to reducing anxiety, although other factors may also influence children's psychological responses during hospitalization.

These findings are consistent with previous studies reporting that family involvement plays a crucial role in reducing anxiety among hospitalized children. The presence of parents and family members helps children feel protected, increases their sense of trust, and improves their ability to adapt to the hospital environment. Therefore, family-centered care should be encouraged in pediatric nursing practice to support children's emotional well-being and recovery process.

CONCLUSION

The results of this study showed that most respondents received good family support (82.9%), while low anxiety levels were experienced by 42.9% of children hospitalized with pneumonia. Spearman Rank analysis demonstrated a significant relationship between family support and anxiety levels ($p < 0.001$; $r = -0.551$), indicating a moderate negative correlation. This finding suggests that better family support is associated with lower anxiety levels among hospitalized children with pneumonia.

Based on these findings, nurses are encouraged to actively involve family members in the care process to provide emotional support and reduce children's anxiety during hospitalization. Future studies are recommended to explore influencing anxiety levels in hospitalized children using larger sample sizes.

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