

## DURASI PERAWATAN DI ICU SEBAGAI FAKTOR RISIKO DEPRESI PASCA PERAWATAN INTENSIF

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Article Info	ABSTRAK
<p><b>Article History:</b>            Received 16/02/2026.            Revised -            Accepted 10/03/2026.</p> <hr/> <p><b>Keywords:</b>            Depresi            Lama Perawatan            Pasien Kritis</p>	<p>Latar Belakang Depresi merupakan gangguan afektif yang sering terjadi pada pasien pasca perawatan di ruang intensif. Lama perawatan pasien di ruang intensive dapat mempengaruhi kesehatan mental pasien. Tujuan mengetahui hubungan antara lama perawatan dengan kejadian depresi pada pasien pasca perawatan di ruang intensif</p> <p>Metode Desain penelitian menggunakan desain observasional analitik dengan pendekatan cross sectional. Dengan random sampling teknik diperoleh sampel 86 responden. Variabel independen adalah lama rawat dan variabel indenpenden adalah depresi. Instrumen penelitian menggunakan kuesioner dan Depression Anxiety Stress Scales. Analisa data menggunakan Uji Wilcoxon dengan taraf <math>\rho &lt; \alpha = 0,05</math>. Hasil Hasil penelitian didapatkan lama perawatan rata rata 3 -14 hari ( 63,9%) dan hampir setengahnya (39.5%) responden tidak menunjukkan depresi. Hasil uji statistik dengan wilcoxon didapatkan <math>\rho &lt; 0.001</math> (<math>\rho &lt; 0.05</math>) yang menunjukkan ada hubungan antara lama perawatan dengan kejadian depresi pada pasien pasca perawatan ruang intensif. Simpulan: Pasien yang memiliki waktu rawat inap yang singkat cenderung memiliki tingkat depresi yang lebih rendah dikaitkan dengan waktu paparan yang singkat di rumah sakit. Implikasi : Intervensi di dalam asuhan keperawatan perlu mempertimbangkan kondisi mental pasien sebagai langkah pencegahan kejadian depresi pasca rawat inap di intensive care.</p> <p><b>ABSTRACT</b></p> <p><i>Background Depression is an affective disorder that often occurs in post-treatment patients in intensive care units. The length of the patient's care in the intensive care unit can affect the patient's mental health. The purpose of determining the relationship between the length of treatment and the incidence of depression in post-treatment patients in the intensive care unit The research design method uses an analytical observational design with a cross sectional approach. With a random sampling technique, a sample of 86 respondents was obtained. The independent variable is the length of treatment and the independent variable is depression. The research instrument used questionnaires and Depression Anxiety Stress Scales. Data analysis was conducted using the Wilcoxon Test with a level of <math>\rho &lt; \alpha = 0.05</math>. Results The results of the study obtained an average treatment length of 3-14 days (63.9%) and almost half (39.5%) of the respondents did not show depression. The results of the statistical test with wilcoxon were obtained <math>\rho &lt; 0.001</math> (<math>\rho &lt; 0.05</math>) which showed that there was a relationship between the length of treatment and the incidence of depression in patients after intensive care room. Conclusion: Patients who had short hospitalization times tended to have lower rates of depression associated with short exposure time in the</i></p>

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*hospital. Implications : Interventions in nursing care need to consider the patient's mental state as a preventive measure for post-hospitalization of depression in intensive care.*

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