

Anxiety Levels Of Nurse Profession Students During The Pandemic Covid-19 In Doing Nursing Practices at Santa Elisabeth Hospital Medan In 2021

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ABSTRACT

Anxiety is an emotional condition with a feeling of discomfort in a person, and is a vague experience accompanied by feelings of helplessness and uncertainty caused by something that is not yet clear. The research design is a descriptive design with a cross sectional design method. The sampling technique used was total sampling technique with a total sample of 84 people. The results showed that the level of anxiety in the mild category was 36 respondents (42.9%), in the moderate category as many as 47 respondents (56%), in the severe category as many as 1 respondent (1.2%). Based on the result of the study, it was found that the anxiety level of the majority of respondents was at a moderate level of anxiety, namely experiencing worry, anxiety or nervousness, rising blood pressure, easily tired and feeling muscle and neck pain.

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1. Introduction

Covid-19 is an infectious disease caused by a new type of corona virus that appeared at the end of 2019 for the first time in Wuhan, China in December 2019 which is currently causing a pandemic in almost the entire world. Covid-19 infection also causes quite high mortality in various countries. Covid-19 is an infectious disease caused by infection with a new type of Corona virus. Covid-19 is an acute respiratory disease that has become a global pandemic and is caused by the novel corona virus or SAR-Cov-2 (Sari, 2020).

Common Covid-19 symptoms are fever, tiredness, and dry cough. Other symptoms include loss of taste or smell, aches and pains, nasal congestion, runny nose, sore throat, red eyes, diarrhea, or skin rash. Some infected people do not show any symptoms and still feel well. Elderly people (elderly) and people with pre-existing medical conditions such as high blood pressure, heart problems or diabetes, are more likely to experience more serious illness (Rejo et al., 2020).

Based on data from Worldometers, the number of cases of Covid-19 in the world as of March 4, 2021 has reached 115,779,644 cases with 2,571,994 deaths. The first rank is the United States of America reaching 29,456,377 cases with 531,652 deaths. After that, India was followed, which ranked 2nd and received 175 new cases, with a total of 11,156,923 deaths. Meanwhile, in Indonesia, the confirmed number is 18th in the world with the number of cases reaching 1,353,834 cases (Suhamdani et al., 2020).

Based on data from the COVID-19 SATGAS (Task Force), the number of cases reached 1,353,834 patients. There are as many as 147,197 patients who are being treated. North Sumatra is one of the provinces in Indonesia that has also been affected by the COVID-19 pandemic. The number of positive confirmed cases in North Sumatra Province is increasing every day. The total number of confirmed positive cases in North Sumatra Province as of March 4, 2021 became 24,299 cases with 829 deaths and 20,990 recoveries.

The incidence of Covid-19 cases continues to increase from day to day so that health workers or students who practice in hospitals as the front line are increasingly depressed because they feel anxious about their health and the increasing workload from campus (Fadli et al., 2020). The feelings of anxiety experienced by students are not always associated with mental or psychological disorders, but this can be caused by a form of adaptation to new conditions, namely the emergence of Covid-19 (NurCita & Susantiningsih, 2020). In dealing with this critical situation, front-line health workers who are directly involved in the diagnosis, treatment and care of Covid-19 patients are at risk of experiencing psychological disorders in the form of depression, other mental health symptoms and anxiety (Fadli et al., 2020). Anxiety is an individual's psychological and physiological response to an unpleasant situation, or a reaction to a situation that is considered threatening.

Especially in this pandemic situation, nurses have excessive anxiety because sometimes nurses already suspect patients are sick due to Covid-19 (Astuti & Suyanto, 2020).

Many health workers, especially nurses who are at the forefront of the coronavirus outbreak, need to pay attention to nurses who work in emergency or intensive care units with heavier and more stressful workloads than usual because the ones being treated are Covid-19 patients. Health professionals especially nurses will experience more severe psychiatric conditions, separation from family, unusual situations, increased exposure to the corona virus, feelings of failure in the face of a poor prognosis and inadequate technical facilities to help patients and anxiety about transmission (Fadli et al., 2020).

Anxiety on medical staff in the world who work in hospitals during the pandemic was found in China who had direct contact with treating patients infected with Covid-19, namely (12.05%) where the prevalence was moderate anxiety (10.35%), severe anxiety (1.36%), and panic (0.78%) (Liu et al., 2020). Anxiety experienced by medical personnel in Iran is (68.2%) where the prevalence is normal anxiety (49.1%), moderate anxiety (9.3%) and severe anxiety (9.8%) (Moghanibashi-Mansourieh, 2020). Health workers in Indonesia also experience anxiety problems. As found in Makassar, the anxiety experienced by nurses when viewed from personal protective equipment was still lacking, namely (85.2%) where the prevalence was (76.5%) where the prevalence of anxiety was moderate (47.8%), severe anxiety (11, 3%), panic anxiety (1.7%) and normal (15.7%) (Fadli et al., 2020). Anxiety experienced by nurses in Yogyakarta is as much as (2%) namely normal/mild to moderate anxiety (Tri et al., 2020).

The important role of health workers during a pandemic makes them more vulnerable to anxiety and stress (Wari et al., 2020). It is the same with nursing professional students, namely students who are practicing nursing in hospitals. Nurse profession students are required to be able to practice nursing directly to patients. Based on the initial survey conducted by the researcher using the interview method with 10 respondents, 3 students (30%) who were undergoing the emergency and Critical Nursing stage said they felt severe anxiety because they took nursing actions in the emergency room or critical room which directly met with patients who were receiving treatment. have not been infected with Covid-19 or not and also because personal protective equipment is only minimal, 2 students (20%) who are undergoing Medical Surgical Nursing status say they are worried because they are afraid that their body condition is not good, resulting in contracting Covid-19 and 5 students (50%) Medical Surgical Nursing said that their anxiety was normal/mild because they performed nursing actions in the inpatient room and did not directly deal with Covid-19 patients.

According (Lai, 2020), health workers are at risk of experiencing psychological disorders in treating Covid-19 patients as well as students who practice nursing in hospitals at risk of experiencing psychological disorders in treating Covid-19 patients due to feelings of anxiety and depression, the main cause of which is self-protection. still lacking of needs and feelings of not being supported adequately also contribute to the mental burden of students. Anxiety in students with the covid-19 pandemic, can cause ongoing anxiety and have an impact on student achievement and the inability of students to fulfill their roles and obligations, if not immediately controlled and handled (NurCita & Susantiningsih, 2020). To reduce the anxiety experienced, there are several preventions that can be done, namely, virtual reality (Aji et al., 2019), yoga exercise (Veftisia et al., 2020), FCMC Mobile Application (Test, 2020).

2. Method

This study uses a descriptive research design. Descriptive research is research that observes, describes and documents aspects of the situation that occurs and is sometimes used as a starting point for generational hypotheses or research development theories (Polit & Beck, 2012). This study aims to find out how the anxiety level of Nurse Profession Students during the Covid-19 Pandemic in Conducting Nursing Practices at Santa Elisabeth Hospital Medan in 2021. The population in this study were all Nurse Profession Students who practiced Nursing at Santa Elisabeth Hospital Medan in 2021, which were 84 people. Data collection was carried out using an anxiety questionnaire. This research was conducted on April 9 and 16, 2021.

The data collection tool used is a questionnaire about anxiety in the form of multiple choices, 20 statements. The questionnaire was not tested because it is a standard questionnaire in English

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which has been translated into Indonesian. To see the level of anxiety by making a score consisting of 4 answers and categorized into 4 levels of anxiety, namely mild anxiety, moderate anxiety, severe anxiety and panic levels.

3. Result

TABLE 1.
FREQUENCY DISTRIBUTION OF AGE, GENDER, RELIGION, AND ETHNIC

	Respondent	
	F	%
Age		
20 years	1	1,2
21 years	2	2,4
22 years	45	53,6
23 years	32	38,1
24 years	3	3,5
25 years	1	1,2
Total	84	100
Gender		
1. Male	10	11,9
2. Female	74	88,1
Total	84	100
Religion		
1. Katolik	20	23,8
2. Kristen Protestan	64	76,2
Total	84	100
Etnich		
1. Batak Toba	40	47,6
2. Batak Karo	13	15,5
3. Batak Simalungun	3	3,6
4. Batak Pakpak	1	1,2
5. Nias	27	32,1
Total	84	100
Nursing Station		
1. Medical Surgical Nursing	42	50
2. Emergency and critical nursing	42	50
Total	84	100

The results of the research conducted showed that the majority of the 84 respondents aged 22 years were 45 respondents (53.6%), aged 23 were 32 respondents (38.1%), aged 24 were 3 respondents (3.5%), aged 21 years old as many as 2 respondents (2.4%) and 20 years old as many as 1 respondent (1.2%). The distribution of characteristics by gender shows that the majority of respondents are female as many as 74 people (88.1%) and male sex as many as 10 people (11.9%).

Frequency distribution based on religion, shows that the majority of respondents are Protestant Christians as many as 64 people (76.2%). Frequency distribution based on ethnicity, shows that the majority of respondents are D3 education as many as 32 people (51.6%), S1 education as many as 29 people (46.8%) and S2 education as many as 1 person (1.6%). The frequency distribution based on the emergency nursing stage shows that there are 42 medical-surgical nursing (50%) and 14 people (22.6%).

TABLE 2.
ANXIETY LEVELS OF NURSE PROFESSION STUDENTS DURING THE PANDEMIC COVID-19 IN DOING NURSING PRACTICES AT SANTA ELISABETH HOSPITAL MEDAN IN 2021

Anxiety Levels	Frequency (f)	Percentage (%)
Mild Anxiety	36	42,9
Moderate Anxiety	47	56
Severe anxiety	1	1,2
Panic	0	0
Total	84	100

Based on the table above, the results showed that the level of anxiety was categorized as mild as many as 36 respondents (42.9%), in the moderate category as many as 47 respondents (56%), in the severe category as many as 1 respondent (1.2%).

4. Analysis

Anxiety Levels Of Nurse Profession Students During The Pandemic Covid-19 In Doing Nursing Practices At Santa Elisabeth Hospital Medan In 2021

Based on the results of research conducted by researchers at Santa Elisabeth Hospital Medan in 2021 through online questionnaires distributed through WhatsApp Group, it was found that from 84 respondents it was found that the level of anxiety was categorized as mild as many as 36 respondents (42.9%), in the moderate category as many as 47 respondents. (56%), in the heavy category as many as 1 respondent (1.2%). Anxiety in various meanings, the first is a mixed feeling of fear and concern about the future without a specific cause for the fear. Second, chronic fear or worry at a mild level. Third, a strong and overflowing worry or fear. Fourth, is secondary encouragement which includes a learned avoidance reaction (Ariyati & Sandra, 2017).

Anxiety is an unpleasant feeling, which is characterized by terms such as worry, concern, and fear which are sometimes experienced in different levels. Similar to this statement, Hurlock (1997, p.221) in (Faried & Nashori, 2013) defines anxiety as an unpleasant mental state related to threatening or imagined pain, which is characterized by worry, discomfort, and a bad feeling. , which one cannot avoid.

The causes of anxiety according to (Ramaiah, 2019) are family, social environment, increase or decrease in family members, and changes in habits. There are potential factors that can make individuals potentially experience a tendency to general anxiety, namely genetic inheritance, mental trauma, thoughts, and ineffective adjustment mechanisms. In addition to predisposing factors, there are also predisposing factors that can cause anxiety in individuals. These factors are physical problems, external causes, and emotional sensitivity.

From the results of the research above, it can be seen that the majority of respondents who are practicing nursing at the Santa Elisabeth Hospital Medan are at a moderate level of anxiety as many as 47 respondents (56%). Research journals conducted by (Dunstan & Scott, 2020) peplau identified moderate anxiety as having several symptoms, namely physiological responses: frequent shortness of breath, increased pulse and blood pressure, dry mouth, restlessness, constipation. While the cognitive response, namely the perception area is narrowed, external stimuli cannot be accepted, focusing on what is of concern. The symptoms experienced by the respondent should not be considered normal, because it can have a bad impact if it is not handled properly.

Several risk factors were identified, namely long working hours, working in high-risk treatment rooms, lack of personal protective equipment, diagnosed family members, inadequate hand washing, and improper infection control. In addition, prolonged use of Personal Protective Equipment causes skin damage, with the bridge of the nose being the most common site (Wari et al., 2020). In line with research conducted by (Rejo et al., 2020) regarding factors related to depression in health workers during the Covid-19 pandemic, namely the lack of PPE, unsafe work environment, poor working conditions can lead to increased perceptions of infection risk and increased fear. transmission to their families.

The results of the research findings also showed that 1 respondent (1.2%) experienced severe anxiety. Research journals conducted by (Dunstan & Scott, 2020) peplau identified symptoms of severe anxiety, namely at this level individuals experience headaches, dizziness, nausea, shaking, insomnia, palpitations, tachycardia, hyperventilation, frequent urination and defecation, and

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diarrhea. Emotionally the individual experiences fear and all attention is focused on him. In accordance with research conducted by (Lubis, 2020) during the COVID-19 pandemic, all health workers must participate in treating and caring for COVID-19 patients.

The association of health professional organizations in Indonesia recorded at least 6,680 medical workers infected with Covid-19 during the pandemic since the first case was announced in early March 2020. And in line with research conducted by (Rejo et al., 2020) about factors related to depression in health workers during the Covid-19 pandemic said that front-line health workers who are directly involved in the diagnosis, treatment, and care of Covid-19 patients are at risk of experiencing psychological disorders in the form of anxiety.

A research journal conducted by (Rejo et al., 2020) about factors related to depression in health workers during a pandemic, namely health workers who are anxious due to lack of thoroughness in the use of PPE which should protect but become a boomerang for personal health.

Research conducted by (Wari et al., 2020), regarding the anxiety of midwives in providing midwifery services during the Covid-19 pandemic at the Majapahit Hospital, namely Covid-19 became a health problem that had a major impact on professional health workers who became a group that was greatly affected and indirectly directly affect the families in which they live.

Research conducted by (Diinah & Rahman, 2020) that how to overcome anxiety, namely, communicating online with family and friends, should receive education regarding the corona and transmission, prevention, and termination of the virus through social distancing, washing hands, and maintaining body immunity through nutritious food, moderate-intensity exercise, and adequate rest.

5. Conclusion

The anxiety level of Nurse Profession Students in practicing Nursing at Santa Elisabeth Hospital Medan was found that the majority of moderate anxiety were 47 respondents (56%).

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