

Relationship between Knowledge and Anxiety in Covid-19 Patients in the Shafa Marwa Isolation Room of Medan Haji Hospital in 2021

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ABSTRACT

Coronaavirus (Cov) is a family of viruses that causes various diseases, from the common cold to more serious illnesses. SARS CoV-2, the name of the virus that causes the disease known as COVID-19, is a new type of coronavirus, this virus has not been previously identified in humans. Corona viruses are zoonotic, which means they are transmitted from animals to humans. One way to reduce anxiety levels in Covid-19 patients is by providing knowledge. This study aims to determine the relationship between knowledge and anxiety in covid-19 patients in the isolation room of Shafa Marwa Hospital of Haji Medan in 2021. This study used a descriptive correlation type with a cross sectional approach. The total population of the researchers was 70 people. The sampling technique was carried out by accidental sampling technique so that the sample size was 30 people. Power analysis used Spearman's Rho test. The results of the study using the Spearman's Rho correlation test were obtained $p = 0.000 < \alpha 0.05$. This shows that there is a relationship between knowledge and anxiety in covid-19 patients in the Shafa Marwa room of the Medan Haji Hospital in 2021. The conclusion is that there is a relationship between knowledge and anxiety in Covid-19 patients in the Shafa Marwa room of the Medan Haji Hospital. It is hoped that nurses pay more attention to aspects of knowledge in Covid-19 patients to prevent anxiety in isolation rooms. This shows that there is a relationship between knowledge and anxiety in covid-19 patients in the Shafa Marwa room of the Medan Haji Hospital in 2021. The conclusion is that there is a relationship between knowledge and anxiety in Covid-19 patients in the Shafa Marwa room of the Medan Haji Hospital. It is hoped that nurses pay more attention to aspects of knowledge in Covid-19 patients to prevent anxiety in isolation rooms. This shows that there is a relationship between knowledge and anxiety in covid-19 patients in the Shafa Marwa room of the Medan Haji Hospital in 2021. The conclusion is that there is a relationship between knowledge and anxiety in Covid-19 patients in the Shafa Marwa room of the Medan Haji Hospital. It is hoped that nurses pay more attention to aspects of knowledge in Covid-19 patients to prevent anxiety in isolation rooms.

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1. Introduction

Coronaavirus (Cov) is a family of viruses that cause a variety of illnesses, ranging from the common cold to more severe illnesses. SARS CoV-2, the name of the virus that causes the disease known as COVID-19, is a new type of coronavirus, this virus has not been previously identified in humans. Corona virus is zoonotic, which means it is transmitted from animals to humans. The COVID-19 (Coronavirus Disease-2019) pandemic caused by the SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus-2) virus has become an event that threatens public health in general and has attracted worldwide attention. On January 30, 2020, WHO (World Health Organization) has declared the COVID-19 pandemic a public health emergency of international concern (Güner, Hasanoğlu, & Aktaş, 2020). Based on data from the

COVID-19 Task Force of the Republic of Indonesia, as of August 12, 2020, the total number of positive COVID-19 patients in the world reached 20,388,408 people, which were accumulated from positive patients being treated, positive patients recovering, and positive patients dying. In Indonesia, the total number of positive COVID-19 patients is 130,718, with 85,798 recovered and 5,908 dead. Bali Province has taken the eighth position in Indonesia in the number of positive COVID-19 patients, which amounted to 3,892 people, while Denpasar City occupies the top position in Bali Province in the number of positive COVID-19 patients, which amounted to 1,435 people. Specifically, in Sumerta Kelod Village, the number of positive COVID-19 patients is quite high when compared to various villages in Denpasar City, which is 14 people (COVID-19 Task Force, 2020).

In North Sumatra, it was reported that in December 2020 there were 19,589 people infected with the Corona virus, 16,800 people who recovered were infected with the Corona virus while 708 people died. The increase in COVID-19 cases in the community is supported by the rapid spread of the virus, either from animals to humans or between humans. The transmission of the SARS-CoV-2 virus from animals to humans is mainly caused by the consumption of animals infected with the virus as a food source for humans, especially bats. The process of transmitting COVID-19 to humans must be mediated by key reservoirs, namely alphacoronavirus and betacoronavirus that have the ability to infect humans. Close contact with patients infected with COVID-19 will facilitate the process of transmitting COVID-19 between humans. The process of transmitting COVID-19 is caused by the release of droplets containing the SARS-CoV-2 virus into the air by infected patients when coughing or sneezing. Droplets in the air can then be inhaled by other humans nearby who are not infected with COVID-19 through the nose or mouth. The droplets then enter through the lungs and the infection process in healthy humans continues (Shereen, Khan, Kazmi, Bashir, & Siddique, 2020; Wei et al., 2020). Clinically, the representation of SARS-CoV-2 virus infection in humans ranges from asymptomatic to very severe pneumonia, with acute syndromes of respiratory distress, septic shock and multiorgan failure, leading to death (Guan et al., 2020).

In order to fight the increase in COVID-19 cases, various preventive measures must absolutely be implemented, both by the government and the community. Preventive efforts are so far the best practice to reduce the impact of the COVID-19 pandemic, given that there is no treatment that is considered effective against the SARS-CoV-2 virus. Currently, there is no vaccine for SARS-CoV-2 available and has met various phases of clinical trials, so the best preventive effort is to avoid exposure to the virus based on PHBS (Clean and Healthy Living Behavior). To achieve this goal, the main steps that the community wants to take are the use of masks; cover mouth and nose when sneezing or coughing; washing hands regularly with soap or disinfecting them with a hand sanitizer containing at least 60% alcohol; avoiding contact with infected people; keep your distance from people; and refrain from touching the eyes, nose and mouth with unwashed hands and use the 3 M system Wearing a Mask, Washing Hands, Keeping Your Distance (Di Gennaro et al., 2020).

Real knowledge and action from the government and the community regarding PHBS will always be able to reduce the number of COVID-19 cases, so that the COVID-19 pandemic period can end quickly by continuing to use masks, washing hands, maintaining distance, staying away from crowds and continuing to practice cough/sneeze etiquette. . Anxiety is a vague uneasy feeling due to discomfort or fear accompanied by a response (the cause is not specific or unknown to the individual) (Yusuf, 2015). The main picture of anxiety disorders centers on irrational experiences and a disproportionate fear or horror. Whether physiological (e.g. palpitations, excessive sweating) or psychological (e.g. intrusive, distracting experiences, or thoughts), the underlying precipitation is fear (O'Brien, 2014).

Anxiety has several levels, namely mild anxiety, moderate anxiety, severe anxiety, and panic. Anxiety that is not resolved can cause several impacts, including a person tends to have a negative assessment of the meaning of life, decreased quality of life, emotional changes such as chronic depression and psychosis. Handling of anxiety can be done by means of behavioral psychotherapy combined with pharmacotherapy, but pharmacotherapy can cause a tendency to have adverse side effects. The currently developed therapy is more towards non-pharmacotherapy including psychoreligious, which is used to treat anxiety in patients with *murottal al-qur'an* (Siprianto & Lestari, 2013 in Fitriani, 2016). Based on the results of interviews conducted with patients with a positive Covid status, it was found that the patient said he was anxious about his current situation and did not understand the symptoms he felt himself. This is in accordance with the observational data carried out that the results of extraordinary anxiety are due to being alone in the isolation room and cannot be visited, increasing stress, remembering death, shortness of breath, and wanting to end life.

Based on the initial survey conducted by researchers on January 3, 2021 at RS Medan Haji Hospital from Medical Records in the last 3 months who were affected by the corona virus as many as 70 people. And in the data for the last 1 month, there were 20 patients who were treated in the Shafa Marwah room.

2. Methods

This study uses a descriptive type of correlation with a cross sectional approach. The total population of researchers is 70 people. The sampling technique was carried out by accidental sampling so that the number of samples was 30 people. Power analysis used Spearman's Rho test.

3. Results and Analysis

3.1 Overview of Research Site

Medan Haji General Hospital is one of four Hajj Hospitals in Indonesia, namely Haji Jakarat Hospital, Haji Hospital Ujung Pandang, Haji Hospital Surabaya. The four Hajj Hospitals were built as a manifestation of the community's idea, especially the Hujjaj/Hajj Brotherhood to establish a "Monument" to commemorate the Al-Muassin Mina tunnel tragedy which swallowed more than 600 Indonesian Hajj pilgrims in 1990/1410 H. Construction of the four houses Hajj Hospital in Indonesia is an aid from the Government of Saudi Arabia in an effort to commemorate the Al-Muassin Mina tunnel incident. On February 28, 1991 in Jakarta, the President of the Republic of Indonesia signed the inscriptions for the four Hajj Hospitals, namely Jakarta, Surabaya, Ujung Pandang and Medan.

Through the Decree of the Governor of North Sumatra Province No. 445.05/712.K/1991 on March 7, 1991 the Medan Haji Hospital Construction Committee was formed and the foundation stone for the construction of Medan Haji Hospital was formed by the Minister of Religion of the Republic of Indonesia and the Governor of North Sumatra Province on 11 March 1991. On 4 June 1991 1992, Mr. President HM Suharto inaugurated the Medan Haji Hospital. On June 3, 1998 the status of Medan Haji Hospital was in the form of a Foundation, namely the Medan Haji Hospital Foundation. For the operation of the hospital, it was obtained from the Ministry of Health of the Republic of Indonesia based on the Decree of the Minister of Health of the Republic of Indonesia no. HK.07.06/III/1996/09 dated 28 May 2009. Medan Haji Hospital continues to prioritize services with accreditation status with a class B hospital classification through the Decree of the Minister of Health of the Republic of Indonesia. with No.

Over time, in an effort to improve health services, Medan Haji General Hospital continues to prioritize health services. In 2011 the transfer of management of the Medan Haji Hospital Foundation was officially under the management of the North Sumatra Provincial Government in accordance with the North Sumatra Governor's Regulation Number 78 of 2011 dated December 13, 2011 regarding the Transfer of Management of the Medan Haji Hospital Foundation to the North Sumatra Provincial Government. Institutionally according to the regulation of the Governor of North Sumatra Number 25 of 2012, dated July 28, 2012 concerning the Formation of Organizations, Duties, Functions, Job Descriptions and Work Procedures, RSU Haji Medan has the task of assisting the Governor of North Sumatra in carrying out Regional Government affairs in the field of medical services, maintenance, improvement, recovery and rehabilitation of the health of the general public and hajj pilgrims, while its function is as an organizer of technical formulations in the field of hospitals and health, providing support for the administration of local governments in the field of hospitals and health, fostering and carrying out tasks in the field of hospital and health management, carrying out tasks others given by the Governor of North Sumatra according to their duties and functions. During its journey, Haji Hospital continued to strive for institutional strengthening both in terms of organization and working procedures of Medan Haji General Hospital, and the North Sumatra Province Regional Regulation Number 11 of 2014 concerning Organization and Work Procedure was issued. the implementation of providing support for the implementation of the Regional Government in the field of Hospitals and health, fostering and carrying out tasks in the field of hospital and health management, carrying out other tasks given by the Governor of North Sumatra in accordance with their duties and functions. During its journey, Haji Hospital continued to strive for institutional strengthening both in terms of organization and working procedures of Medan Haji General Hospital, and the North Sumatra Province Regional Regulation Number 11 of 2014 concerning Organization and Work Procedure was issued. the implementation of providing support for the implementation of the Regional Government in the field of Hospitals and

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3.2 Demographic Data

Based on research that has been carried out regarding the relationship between knowledge and anxiety levels in Covid-19 patients in the Shafa Marwa Room at Haji Medan Hospital, the characteristics of research respondents that can be seen in the demographic data of respondents are as follows:

Table 1
Demographic Frequency Distribution Covid-19 Patient In Shafa Marwa's Room
Medan Hajj Hospital

Demographic Data	Frequency	Percentage %
Age		
21-25	2	6.7
26-30	4	13.3
31-35	4	13.3
36-40	2	6.7
>40	18	60.0
Total	30	100.0
Gender		
Man	14	46.7
Woman	16	53.3
Total	30	100.0
Education		
junior high school	2	6.7
senior High School	14	46.7
D3/ S1	14	46.7
Total	30	100.0
Work		
civil servant	2	6.7
Private employees	6	20.0
entrepreneur	12	40.0
IRT	6	20.0
Others	4	13.3
Total	30	100.0

Based on the data obtained about the demographic frequency obtained from 30 respondents, it shows that the majority of the age sampled in the study were >40 years as many as 18 respondents (60.0%), the majority of D3/S1 education were 14 respondents (46.7%) and the majority of self-employed as many as 12 respondents (40.0%).

3.3 Research result

This research was conducted from 21 - 22 April 2021 with a total of 30 respondents. The results of this study used a questionnaire consisting of demographic data, knowledge, and anxiety levels in Covid-19 patients. .

3.4 Knowledge

Table 2
Distribution of Knowledge Frequency in Covid-19 patients at Medan Haji Hospital in 2021

No	Knowledge	Frequency	Percentage%
1	Good	2	6.7
2	Enough	27	90.0
3	Not enough	1	3.3
	Amount	30	100.0

Based on the frequency distribution table of knowledge in Covid-19 patients above, it shows that the majority of knowledge of Covid-19 patients with sufficient knowledge is 27 respondents (90.0%).

3.5 Anxiety levels in Covid-19 patients

Table 3

Level Frequency Distribution anxiety in Covid-19 patients at Medan Haji Hospital in 2021

No	Worry	Frequency	Percentage (%)
1	Light	2	6.7
2	Currently	26	86.7
3	Heavy	2	6.7
	Amount	30	100.0

Based on the Anxiety Level frequency distribution table in Covid-19 patients, it shows that the majority of moderate anxiety levels are 26 respondents (86.7%).

3.6 Knowledge Relationship with Covid-19 Patient Anxiety

Table 6

Distribution of Results Knowledge with the Anxiety of Covid-19 Patients in the Shafa Marwa Room of the Medan Haji Hospital in 2021.

			Knowledge	Worry
Spearman's Rho	Knowledge	Correlation coefficient	1,000	.871"
		(2-taillet) N	sig. .	.000
			30	30
	Worry	Correlation coefficient	.871"	1,000
		(2-taillet) N	sig. .00030	.30

Analysis of data regarding the relationship between knowledge and anxiety in Covid-19 patients in this study used the Spearman Rho correlation test. From the results of the table above, the results of $p = 0.000$, then the conclusion is drawn if the value ($p < 0.05$) then H_a is accepted.

3.7 Discussion

a. Knowledge

Knowledge is a change in the behavior of an individual that comes from the experience experienced by each individual. Based on the research, the results obtained are the majority of knowledge of Covid-19 patients with sufficient knowledge of 27 respondents (90.0%). This is in line with the research conducted by Celine Augla D'Prinzessin (2021) with a sufficient level of knowledge of 63.3%. Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is also the most important domain in the formation of behavior (Donsu, 2017) knowledge that must be possessed by the community properly and correctly at this time in reducing the spread or transmission of COVID-19 includes knowledge about the meaning, causes, signs and symptoms as well as modes of transmission and prevention, and treatment of covid-19 (media, 2012.) Knowledge is a change in the behavior of an individual that comes from the experience experienced by each individual. Another opinion describes knowledge as information stored by a person in his brain memory (Pakpahan, 2017). People who have less knowledge about COVID-19 will cause anxiety in the community itself. As research conducted by (Shevlin et al., 2020), also said that a person's level of anxiety in dealing with COVID-19 was 21.28% and there was a significant gender difference, namely the level of anxiety was higher for women (24.6%) compared to men (17.7%). This statement is also supported by research (Sari, 2020) which states that from the results of his research the Cilacap community has a fairly high anxiety of 18% including general anxiety, panic, social and obsessive.

In this case age can also affect people's knowledge so that it can cause anxiety. Based on research conducted (Wiranti et al., 2020), that as many as 34.7% of respondents still do not know that the PSBB policy is a restriction on certain activities and is also an effort to prevent the transmission of covid-19, but some people still ignore it. As many as 44.6% of respondents still have an inaccurate understanding of the health protocols that need to be carried out. This research is supported by (Jaji, 2020) which states that a person's lack of knowledge is in gender, the sex is the most male 13 people (81.25%), all of them are 16 people (100%) categorized as adults (22-45 years old).) have poor knowledge, namely (56.27%) about the prevention of covid-19.

b. Anxiety Levels in Covid-19 Patients

Based on the results of the study showed that the majority of patients experienced moderate levels of anxiety as many as 26 respondents (86.7%). The results of the study which are supported by research

by Ahmad Guntur Alfianto (2021), the frequency of experiencing moderate anxiety is 16.4%. Anxiety is a subjective experience characterized by restlessness or worry as well as motor tension and vigilance set in. Anxiety is an individual feeling or subjective experience that is not directly observed and a specific objectless feeling that is triggered by ignorance and preceded by a new experience. Based on this definition, it can be concluded that anxiety is a feeling that is not pleasant, uncomfortable, anxious, and restless with an emotional state without a specific object. subjectively experienced, triggered by ignorance and preceded by new experiences, and communicated in interpersonal relationships. (Retnowati, 2019)

Fear, worry and the factors that cause pressure that continue to exist in the community during the COVID-19 outbreak can cause long-term consequences in the midst of society and family weakening social relations, local dynamics and economic stigma against survivors so that the community rejects them, the possibility of anger and hostility arises. to the government and medical personnel. In line with research conducted by Erda Manurung (2020) the anxiety experienced by participants from 76 participants who experienced moderate anxiety was 47.2%. According to the American Psychological Association (APA), anxiety is an emotional state that arises when individuals are stressed and is characterized by feelings of tension, thoughts that make individuals feel worried and accompanied by physical responses (heart beats, rising blood pressure, and so on). But actually the emergence of anxiety is a normal feeling because with the emergence of human anxiety it is based on being careful because there are abnormal situations that must be faced (Suwendi & Malinti 2020). There are several things that can cause anxiety, including (1) the age factor plays an important role because different ages have different stages of development: (2) a conducive environment will reduce the risk of anxiety in a person. (3) knowledge and experience of an individual can help solve problems. – psychological problems including anxiety. (4) a less supportive family role will make adolescents depressed and experience anxiety (PH et al. 2018). people whose domain is moderate anxiety about covid-19 which is happening right now due to lack of knowledge about covid-19

c. Knowledge with a speed level in covid-19 patients

The results showed a p value of $0.000 < 0.05$ which means there is a significant relationship between knowledge and anxiety levels in Covid-19 patients. .

Erda Manurung (2020) There are several things that can cause anxiety, including (1) the age factor plays an important role because different ages have different stages of development: (2) a conducive environment will reduce the risk of anxiety in a person. (3) a person's knowledge and experience individuals can help solve psychological problems including anxiety. (4) a less supportive family role will make adolescents depressed and experience anxiety (PH et al. 2018). people whose domain is moderate anxiety about covid-19 which is happening right now due to a lack of knowledge about covid-19.

Thus, it can be concluded that sufficient knowledge with the level of anxiety in Covid-19 patients can reduce the feeling of worry or anxiety can be reduced which results in patients with knowledge being able to anticipate with anxiety with sufficient knowledge. Based on the results of statistical tests using the Spearman Rho correlation test with a significance level of $= 0.05$ with a p value of 0.000 , it was found that there was a relationship between knowledge and anxiety levels in Covid-19 patients in the Shafa Marwa isolation room at the Medan Hajj Hospital in 2021. This is in line with research conducted by Onisimus undi daha et al which stated that based on the results of statistical data analysis using the Somars'd test to analyze the relationship between knowledge and the level of public anxiety in preventing Covid-19,

So based on this research, it is highly recommended that there be information provided to patients or the public regarding the prevention of COVID-19 to reduce or eliminate public anxiety in dealing with COVID-19. One of them with sufficient knowledge can reduce the feeling of anxiety that is felt.

3.8 Research Limitations

With this research, the researcher has made every effort to obtain actual data and optimally control conditions related to the research process and results, however, various obstacles often arise, resulting in various weaknesses and limitations during the implementation of the researcher as follows:

- a. Hospital nurses must pay attention to aspects of knowledge to patients to reduce anxiety levels and provide information about the importance of knowledge about Covid-19 and community stigma after patients return from isolation.
- b. It is hoped that the Haji University of North Sumatra will further increase knowledge about the importance of knowledge with anxiety levels in Covid-19 patients
- c. It is recommended for further researchers to add more insight and journals in this study because this research is still rarely carried out, examining other factors related to knowledge and anxiety levels

in Covid-19 patients so that it can be known what factors can affect anxiety levels in COVID-19 patients. covid-19 patient.

Limitations cause the results of this study to need a more thorough study where by assessing factors beyond the current limitations and with more varied methods to provide confidence in the results obtained, so that the results are more useful and can be applied.

4. Conclusion

Based on the results of research that has been done, some conclusions are obtained as follows:

- a. The majority of knowledge at the Medan Hajj Hospital in 2021 who have knowledge in the sufficient category.
- b. The majority of anxiety levels in Covid-19 patients at Medan Haji Hospital in 2021 are categorized as Medium.
- c. There is a significant relationship between Knowledge and Anxiety Levels in Covid-19 Patients at the Medan Haji Hospital with a significant value of $p = 0.000 < 0.005$.

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