

Overview Of The Level Of Anxiety Of Nurses During The Covid-19 Pandemic at Tembuku Health Center, Bangli Regency

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Abstract. *Background: The COVID-19 pandemic has caused a lot of anxiety, chaos and mental disorders when the COVID-19 cases in Bali as of 23 November 2020 recorded 13,331 positive cases with details of 762 active cases, 12,155 people recovered and 414 people died. In Tembuku, sub-district was recorded 170 positive cases which resulted in health workers getting more depressed and worried because of the workload, they must remember the complete PPE (Personal Protective Equipment) every time they serve patients. In addition, the fear of infection and infection triggers a psychological problem that is detrimental and has a detrimental effect. Method: This study used a descriptive method with a quantitative approach by using a measuring instrument in the form of a DASS 14 questionnaire. The population in this study was 32 respondents. The sampling technique used was total sampling. Result: The results of this research showed the most respondents were female with a total of 72%, the age category was dominated by the age of 26-35 years, 63% probability, the highest education was DIII with 84%. Conclusion: Most respondents experienced anxiety during the COVID-19 pandemic. The recommendation of this research is Government can provide moral emotional support to nurses so that they can increase self-confidence*

Keywords: COVID – 19, Anxiety, Nurse

1. INTRODUCTION

COVID-19 is a disease caused by a new coronavirus called SARS-CoV-2 that first appeared in Wuhan, People's Republic of China on December 31, 2019. The most common symptoms of COVID-19 are fever, dry cough, problematic sense of smell, fatigue and other less common symptoms can also affect some patients including loss of taste or smell, and nasal congestion (World Health Organization, 2020). Coronavirus is a large family of viruses that cause diseases in humans and animals, where the effects in humans cause respiratory tract infections caused by SARS-COV2 with common symptoms in the form of fever $\geq 38.0^{\circ}\text{C}$, dry cough and shortness of breath. (Ministry of Health, 2019)

WHO data (2020) shows that as of November 23, 2020, as many as 106 countries were exposed to the coronavirus with 58,425,681 confirmed cases and 1,385,218 deaths. The largest number of people exposed to the coronavirus is America with 24,815,423 people and Europe is ranked second with 17,063,635 people (World Health Organization, 2020). In Indonesia, a total of 502,110 people have positive cases with details of 63,722 active cases, 422,386 people have recovered and 16,002 people have died. (Committee for Handling COVID-19 and National Economic Recovery, 2020). In Bali Province as of November 23, 2020, a total of 13,331 positive cases were also recorded with details of 762 active cases, 12,155 people recovered and 414 people died (Bali Province Responds to COVID-19, 2020). Tembuku

District, in particular, recorded positive cases of 170 people, this condition makes the services and patients who come to the health center become afraid which causes anxiety for nurses and patients, where in terms of the issue it is said that COVID-19 is mostly transmitted by TKI/PMI where there are 230 residents recorded there as TKI from 29,192 populations served by the Tembuku I and II health centers of Bangli Regency.

Health workers such as doctors, nurses, midwives and other health professions are at the forefront of dealing with the COVID-19 virus (COVID, 2020).. As COVID-19 cases continue to increase day by day, health workers are increasingly stressed and worried due to the increasing workload, which threatens their health, and their families (Fadli & Baharuddin, 2020). During this COVID-19 pandemic in providing health services, nurses must wear complete PPE (Personal Protective Equipment) every time they serve patients, including wearing N95 masks, eye protection (*google*), face shields, medical gowns, medical gloves, head coverings and protective shoes, this makes the service much more difficult and tiring than under normal conditions, in addition to the fear of being infected and infected has been researched to be a trigger for a psychological problem that has adverse consequences such as anxiety. (Chen *et al.*, 2020)

The - pandemic has caused a lot of anxiety, chaos, and losses as well as physical health problems, economic disparities, social disparities, and mental disorders, including anxiety, stress, fear, depression, sadness, panic, frustration, anger, and denial (Febriyanti & Melli, 2020). Anxiety is an emotional condition or feeling that causes discomfort in a person, such as a vague experience accompanied by a feeling of helplessness about what he is facing, caused by something that is uncertain or clear (Annisa & Ifdil, 2016).. According to (McNulty, 2013) Anxiety is a state, feeling or conflict, which arises through various emotions, conscious or unconscious. Perceived anxiety that appears for example fear, surprise, weakness, guilt and threat. Unconscious anxiety where the individual feels fear without knowing the causes or factors that drive the situation.

Mental health research in China, where 1,257 health workers in 34 hospitals tasked with treating COVID-19 patients were found to experience anxiety symptoms as much as 45%. (Huang *et al.*, 2020). Nurses in Iran out of 105 nurses, 43 of them experienced anxiety while treating COVID-19 patients (Handayani, 2020). In Indonesia, based on the results of research, the most frequent response in nurses is feelings of anxiety and tension as much as 70%, where as of December 3, 2020, as many as 3,779 nurses were exposed to the COVID-19 virus and 136 people died. (Rahman, 2020).

Based on the results of a preliminary study conducted by researchers at the Tembuku I & II Health Center in Bangli Regency, on Saturday, November 21, 2020 with the number of nurses serving at the Health Center as many as 32 nurses. When interviews were conducted with 6 nurses, 4 of the 6 people expressed anxiety or worry every time they served patients for fear of contracting the COVID-19 virus and even at home they were still afraid to interact with their families because they were overshadowed by the easy transmission of the COVID-19 virus which endangered children and the elderly in particular.

Based on the description of the problem above, the author is interested in conducting a study entitled "Overview of Nurses' Anxiety Levels During the COVID-19 Pandemic at the Tembuku I & II Health Center of Bangli Regency"

2. METHOD

The design in this study is a survey with a descriptive approach, which is a type of research design that is widely carried out and used in various research fields (Notoatmodjo, 2010).. This study describes the description of the level of anxiety of nurses during the COVID-19 Pandemic at the Tembuku I & II Health Center of Bangli Regency.

The research has been carried out at the Tembuku I & II Health Center of Bangli Regency from March 8, 2021 to March 28, 2021. The population in this study is all nurses in Tembuku I & II Health Center which totals 32 people. The sample taken in the study was 32 nurses working at the Tembuku I & II Health Center in Bangli Regency

In this study, data was obtained through a questionnaire filling out questionnaire for nurses during the COVID-19 pandemic at the Tembuku I & II Health Center of Bangli Regency through a *google form*. The type of data obtained by this study is respondent data from personnel staff at the Tembuku I & II Health Center in Bangli Regency by direct meeting. The instrument used in this study is a multiple-choice type questionnaire, which only asks respondents to choose one of the answers that have been provided (Setiadi, 2013). This study uses the DASS 14 questionnaire compiled by Lovibond and Lovibond (1995) which has been adopted from Noviani (2018) After the data is collected, then data analysis is carried out with univariate analysis where only one variable is studied is the level of anxiety in nurses at the Tembuku I & II Health Center, Bangli Regency. The level of anxiety in nurses at the Tembuku I & II Health Center in Bangli Regency was measured by a questionnaire through a *Google Form*. The number of anxiety levels measured was 14 statements. Data analysis was carried out to determine the results of the research and then the scores of the respondents were calculated using the SPSS Version 25 compliant system to group the statements into

questionnaires and calculate the percentages. After the data is collected by calculating the respondent's anxiety level score to determine the anxiety level category, the statement score to be selected is as follows:

- 1) Normal : 0-7
- 2) Light weight: 8-9
- 3) Medium : 10-14
- 4) Severe : 15-19
- 5) Very severe: > 20

After knowing the number of respondents according to their categories, it was continued to process data to find out the percentage of anxiety level categories with a data processing table

Tab 1. Data Processing

Anxiety Level	Frequency	Percentage (%)
Usual	5	16
Mild Anxiety	0	0
Moderate anxiety	13	41
Severe Anxiety	14	43
Very severe anxiety	0	0
Total	32	100

Research ethics is a principle that must be carried out so as not to violate the right to human autonomy as a research respondent. According to (Notoatmodjo, 2010) the ethics of this descriptive research consists of:

1. *Informed consent*

It is a proof of the agreement of the respondents and researchers in participating in the research.

2. *Anonymity (anonymous)*

In this study, the researcher provides assurance to the respondents that the researcher uses the initials to classify them

3. *Confidentiality*

Personal data related to personal data and those related to the privacy of respondents will not be displayed and disseminated to others.

4. *Justice*

The researcher gave the freedom to respondents to fill out the questionnaire directly through the *google form* link that the researcher had distributed in the WhatsApp group that

had been created. equitable justice, and the benefits obtained by the subjects from participating in the research (Ministry of Health of the Republic of Indonesia, 2017).

3. RESULT

After conducting research on the overview of the level of anxiety of nurses during the COVID-19 pandemic at the Tembuku II & II Health Center of Bangli Regency and the results are displayed in the form of the following table :

Respondent characteristics	Frequency	Percentage (%)
Gender		
Man	9	28
Woman	23	72
Age		
17-25	9	28
26-35	20	63
36-45	3	8
Education		
D3	27	84
S1	5	16

From the table above, it can be seen from the 32 nurses who work in the inpatient and street health centers of Tembuku I & II, it was found that there were more female nurses, namely 23 people (72%) compared to male nurses as many as 9 people (28%). Age assessment covering the ages of 17-25 years (Late Adolescence), 26-35 years (Early Adult) and 36-45 years (Late Adult), data was found that of the 32 who worked in the inpatient and street health center of Tembuku I & II, the age of 26-35 years (Early Adult) was 20 people (63%) more than 36-45 years (Late Adult) as many as 3 people (9%). Furthermore, in the assessment of the education level from the table above, data was found that of the 32 nurses who worked in the inpatient and road health center of Tembuku I & II, most of them had D3 education with a total of 84%, while S1 was 16%.

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Total	32	100

The majority of the anxiety levels experienced by nurses at the Tembuku I & II Health Center were Severe anxiety with 14 respondents or 43%, followed by a small part of Normal anxiety with 5 people or 16%.

4. DISCUSSION

Characteristics of respondents

In this study, nurses who were the dominant respondents were female where there were 23 people (72%) compared to male nurses who amounted to 9 people (28%). The results of this study are in line with the results of Fadli's (2020) research that the respondents were mostly female as many as 41 people (82%) compared to 9 men (18%). Nurses in Indonesia are dominant with the female gender which is attached to their social soul and the gentle, beautiful and maternal nature mentioned in Tiyan's (2012) research entitled "Factors Behind Men in the Nursing Profession" where in Prambanan sub-district there are more female nurses than men, because women are considered more capable in carrying out nursing duties. According to the researcher, directly seeing the situation in the field, there are indeed many female nurses dominating in every hospital, because judging from the nature and affection of a woman is very suitable for caring for patients like a mother taking care of her child.

The results of the study in terms of the age of respondents at the Tembuku I & II Health Center were dominated by 20 people aged 26-35 (Early Adult) (63%), while respondents aged 17-25 (Late Adolescence) were 9 people (28%) and respondents aged 36-45 (Late Adult) were 3 people (9%). This result is in contrast to the research journal Budi Hartoyo (2017) entitled "Nurse Anxiety Levels in Conducting Nursing Care for Avian Influenza Patients in the EID Room of Dr. Kariadi Semarang Hospital" where from the study which dominated the respondents in terms of age, 16 people (53%) were 31-40 years old, 9 people (30%) were >40 years old and 5 people (17%) were 20-30 years old. According to researchers, the number of nurses from early adulthood is due to the enthusiasm of the younger generation to become nurses, which is also supported by the many health universities in Indonesia.

Based on the results of the research on the education level of respondents at the Tembuku I and II Health Center are still dominated by the D3 education level, namely 27 people (84%) and S1 as many as 5 people (16%), this result is in line with Doni's (2014) research entitled "The Relationship between Nurse Education Level and the Quality of Nursing Services in Patients at the Kalisat Jember Regional Hospital" where the education level is dominated by D3 Nursing as many as 33 people (81%) while S1 Nursing as many as 8 people (19%), which is also influenced by economic factors and university factors that have not opened many S1 nursing study programs. According to researchers, there are still many nurses who are educated in DIII because in terms of economic factors, they have not been able to continue because their status is more serving in health centers and is constrained such as the current pandemic period which also affects economic factors.

Nurse anxiety levels

The results of the research conducted at the Tembuku I & II Health Center in Bangli district obtained data on the level of anxiety of nurses during the covid-19 pandemic that some of the respondents, namely 27 people (84%) out of 32 total respondents, obtained severe anxiety as many as 14 people (43%), then those who experienced moderate anxiety as many as 13 people (41%), while those who were categorized as normal were 5 people (16%) and for mild anxiety there was no (0%). This result is in line with Yaslina's (2020) research entitled "Overview of Nurses' Anxiety in Handling Hemodialysis Patients During the COVID-19 Pandemic at Ulin Banjarmasin Hospital", where it was found that some of the respondents experienced anxiety, namely from a total of 18 respondents who experienced severe anxiety as many as 6 people (38%), mild anxiety 7 (32%) and categorized as normal 5 people (25%).

Based on the results of the research on the responses that appeared in nurses at the Tembuku I & II Health Center, most of whom experienced severe anxiety as many as 14 people (43%), where in the statement in the questionnaire the dominant respondents stated that what is often experienced is changes in heart activity and pulse without stimulation by physical exercise, dry mouth, excessive anxiety but in a situation but can be relieved if the thing / situation ends and fatigue. Other factors also affect the environment, inadequate PPE, still lack of information to the community and issues circulating related to PMI/TKI who come from abroad, where the assisted areas of the Tembuku I & II Health Center are mostly residents working abroad both as migrant workers and PMIs who were repatriated due to the COVID-19 pandemic. According to researchers, anxiety in nurses is more influenced by environmental factors, circulating issues and the limitations of PPE at the beginning of this pandemic.

During the COVID-19 Pandemic in providing health services, nurses must wear complete PPE (Personal Protective Equipment) in every serving patients, including wearing N95 masks, eye protection (google), face shields, medical gowns, medical gloves, head coverings and protective shoes, this makes services much more difficult and tiring than under normal conditions, besides that the fear of contracting and being infected has been researched to be a trigger for a psychological problem that have detrimental consequences such as anxiety. (Chen et al., 2020)

5. CONCLUSION

A study on the overview of the level of anxiety of nurses during the COVID-19 pandemic at the Tembuku I & II health center with a total of 32 respondents, It can be concluded that:

- a. Characteristics of respondents by gender showed that most of them were women, as many as 23 people (72%) compared to male nurses as many as 9 people (28%)
- b. Characteristics of respondents based on age show that most of them are dominated by 20 people (63%) aged 26-35 (Early Adult) while respondents aged 17-25 (Late Adolescence) are 9 people (28%) and respondents are 36-45 (Late Adult) as many as 3 people (9%)
- c. The level of anxiety of nurses during the COVID-19 pandemic at the Tembuku I & II Health Center in Bangli Regency was categorized as no anxiety or normal as many as 5 respondents (16%), moderate anxiety as many as 13 respondents (41%) and severe anxiety as many as 14 respondents (43%).

SUGGESTION

Based on the results of the research on the overview of the level of anxiety of nurses during the COVID-19 pandemic at the Tembuku I & II Health Center of Bangli Regency, the suggestions that I can convey are:

a. For nursing

It is hoped that it will be a source of information for nurses, especially psychiatric nursing, to increase nurses' confidence in managing and anticipating the increase in nurses' anxiety which resulted in service disruptions during the COVID-19 pandemic.

b. For research sites

It is hoped that it will be useful for the Tembuku I & II Health Center to find out the picture of the condition of nurses during the COVID-19 pandemic and find solutions so as not to disrupt services.

c. For other researchers

It is hoped that the results of this study can be used as material for developing theories, basic data for future research and increasing knowledge about anxiety in nurses during the COVID-19 pandemic and in future research on "Factors that affect Nurse Anxiety during the COVID-19 Pandemic"

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