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## DESCRIPTION OF NURSE'S ANXIETY IN INPATIENT ROOM OF TANGERANG REGENCY HOSPITALS, MONTH OF JULY YEAR 2021

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### ABSTRACT

At this time the Covid-19 pandemic is still high, one way to prevent this virus is by vaccinating Covid-19 for every nurse in the inpatient room, but there are many factors that make nurses anxious, namely body immunity when receiving vaccines, completeness of PPE used, and the place of service to patients whether they are susceptible to contracting the disease or not. Therefore, it is very important to know the description of nurses' anxiety in the inpatient room. This study aims to determine the description of nurses' anxiety in the inpatient ward of the Tangerang District Hospital in July 2021. The research method used was a descriptive survey, using the sampling method using the purposive sampling method, the sample obtained was 72 respondents. This research instrument uses an online questionnaire. The results showed No Anxiety (84.7%), Mild Anxiety (2.8%), Moderate Anxiety (5.6%), Severe Anxiety (6.9%), Severe Anxiety Panic (0%). The conclusion of this study regarding the description of the anxiety of nurses in the inpatient room at the Tangerang District Hospital, the authors concluded that most of the nurses in the inpatient room did not experience anxiety.

**Keywords:** Covid-19, Anxiety, Nurse, Inpatient

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### ABSTRAK

Pada saat ini pandemi Covid-19 masih tinggi, salah satu pencegahan virus ini dengan cara melakukan vaksinasi Covid-19 pada tiap perawat di ruang rawat inap, tetapi banyak faktor yang membuat cemas para perawat yaitu imunitas tubuh saat menerima vaksin, kelengkapan APD yang digunakan, dan tempat pelayanan kepada pasien apakah rentan tertular penyakit atau tidak. Maka dari itu penting sekali untuk mengetahui gambaran kecemasan perawat di ruang rawat inap. Penelitian ini bertujuan untuk mengetahui gambaran kecemasan perawat di ruang rawat inap RSUD Kabupaten Tangerang Bulan Juli 2021. Metode Penelitian yang digunakan *survey deskriptif*, dengan menggunakan metode pengambilan sampel menggunakan metode *purposive sampling*, sampel yang diperoleh sebanyak 72 responden. Instrument penelitian ini menggunakan kuesioner online. Hasil penelitian didapatkan Tidak Ada Kecemasan (84.7%), Kecemasan Ringan (2.8%), Kecemasan Sedang (5.6%), Kecemasan Berat (6.9%), Kecemasan Berat Sekali Panik (0%). Kesimpulan dari penelitian ini mengenai gambaran kecemasan perawat di ruang rawat inap RSUD Kabupaten Tangerang penulis menyimpulkan bahwa sebagian besar perawat di ruang rawat inap tidak mengalami kecemasan.

**Keywords:** Covid-19, Kecemasan, Perawat, Rawat Inap

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## PRELIMINARY

Corona Virus is a group of viruses that can cause disease, both in humans and in animals, in humans it can cause respiratory tract infections ranging from the common cold to serious diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome. syndrome (SARS). While the corona virus disease 19 or Covid-19 is an infectious disease that was first discovered in Wuhan China in December 2019. And on March 12, 2020 WHO announced Covid-19 as a pandemic, because Covid-19 has spread throughout the world (WHO, 2020).

In Indonesia, the Covid-19 pandemic was designated as a health disaster by the government of the Republic of Indonesia through Presidential Decree of the Republic of Indonesia Number 11 of 2020 concerning the Determination of a Public Health Emergency of Corona Virus Disease 2019 (Covid-19) on March 31, 2020. In fact, to emphasize the government's seriousness, President Joko Widodo issued Presidential Decree No. 12 of 2020 concerning the Determination of Non-Natural Disasters for the Spread of Corona Virus Diseases 2019 (Covid-19) as a national disaster (<https://peraturan.bpk.go.id>)

Data from the World Health Organization as of April 23, 2021, the number of confirmed cases of COVID-19 worldwide was 144,358,956 people, and 3,066,133 people died. (WHO, 2021). Meanwhile, in Indonesia as of April 23, 2021, there were 1,632,248 people who were confirmed positive for Covid-19, 1,487,369 people recovered, and 44,346 people died (Kemenkes.go.id, 2021). In Banten, data on April 24, 2021, there were 46,519 people who were confirmed positive for Covid-19, as many as 1,901 people were being treated, 43,422 people recovered, and 1,196 people died. Meanwhile in South Tangerang of the data, on April 24, 2021, 8,719 people were confirmed positive for Covid-19, 212 people were in treatment, 8,336 people recovered, and 171 died (<https://infocorona.bantenprov.go.id>).

The mode of transmission of Covid-19 is generally through the saliva of a person who is positive for Covid-19 (when coughing and sneezing), touching the hands or face of the person who touches it, touching the eyes, nose

and mouth after handling items that are exposed to the saliva of an infected person. , and through feces or feces, but this is less common (Bender et al, 2020).

The standard recommendation to prevent the spread of Covid-19 infection is to wash your hands with soap and running water, use a mask and keep your distance or more popularly known as 3M. Increasing the body's resistance (immune system) by consuming nutritious food, getting adequate rest and exercising is also important as an effort to prevent Covid-19 infection. Because the body has the resistance to fight disease. (Nizami & Uddin, 2020).

As a more comprehensive effort to accelerate the handling of Corona Virus Diseases 2019 (Covid-19), the government made efforts to prevent the wider spread of Covid-19 by issuing a Large-Scale Social Restriction (PSBB) policy. PSBB guidelines are regulated through Permenkes No. 9 of 2020. This policy is based on Law no. 6 of 2018 concerning Quarantine. The PSBB policy is followed by restrictions on public services, namely online learning, Work From Home (WFH) for workers, processing of licensing documents and others are carried out online. The Ministry of Law and Human Rights of the Republic of Indonesia through the Director General of Immigration issued Circular Letter Number IMI-GR.01.01-2114 Year 2020 concerning Immigration Service Restrictions in Order to Prevent the Spread of COVID-19. (Andhika, 2020).

In April, new cases of Covid-19 began to decline, but two weeks after Eid around May 27, 2021, cases began to increase again. This is because many people do not comply with the government's prohibition on Homecoming. Covid-19 cases began to surge again and even new variants of Covid-19 were found. So that the government through the Ministry of Home Affairs on July 2 issued a regulation with the Decree of the Minister of Home Affairs No. 15 of 2021 concerning PPKM for the Enforcement of Restrictions on Community Activities.

Health workers, especially nurses, have a high risk of contracting the Covid-19 disease, because they have direct contact with sufferers for a long time. According to Harif

Fadhillah, until February 5, 2021, there were 5,000 nurses who were confirmed positive for Covid-19 and 234 nurses died. After the Covid-19 vaccination program was carried out in January 2021 for health workers, there was a drastic decrease in the number of transmissions and deaths from nurses. However, after the spike in confirmed positive cases of Covid-19, many nurses who were infected with Covid-19 returned and some even died even though they had received two complete Covid-19 vaccinations. This certainly raises nurses' anxiety in providing services to patients (<https://www.cnbcindonesia.com>).

Anxiety is an unpleasant emotion, such as feeling uneasy, feeling confused, anxious and characterized by the terms worry, concern, and fear which are sometimes experienced in different levels and situations (Atkinson & Ardiyanto 2012: 2). At a certain level, anxiety can make a person more aware of a threat, because if the threat is considered harmless, then a person will not do self-defense. Anxiety needs to be managed properly so that it continues to provide awareness but not to the point of causing excessive panic or to worse mental health disorders (Sadock et al. 2010).

Based on research conducted by Hu D., Kong Y., Li W., Han Q., Zhang X., Zhu LX, in 2020 in China with the title "Frontline Nurses' Burnout, Anxiety, Depression, and Fear Statuses and Their Associated Factors During the COVID-19 Outbreak in Wuhan, China" with a total of 2,014 nurses working in 2 hospitals in Wuhan, China. The research method used a large-scale cross-sectional, descriptive, correlational research method, the results showed that there were psychological problems in nurses while treating Covid-19 patients such as anxiety, depression and fear of contracting Covid-19 disease ([www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)).

The results of another study conducted by Lai J., et al in 2020 on "Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019" using a survey-based study on the mental health of 1,257 health workers, namely nurses and doctors who treating Covid-19 patients in 34 hospitals in China, China. The results showed that 50% of health

workers experienced symptoms of depression, 45% anxiety, 34% insomnia and 71.5% psychological distress (<https://jamanetwork.com>). To overcome mental health problems for health workers, it is necessary to intervene by forming a medical team in psychological treatment and applying a health belief model for health workers (Cheng et al, 2020).

The psychological response experienced by health workers to this infectious disease pandemic is increasing because it is caused by feelings of anxiety about their own health and the spread to their families. Research conducted by Fadli, F., Safruddin, S, Ahmad, AS, Sumbara, S., & Baharuddin, R, in the emergency room installation, hospital isolation room and those on duty at the Sidrap District public health center in 2020, Of the 437 population of health workers who were targeted as research subjects, there were 115 who returned an online-based questionnaire that was taken randomly at each health service. So the number of samples in this study were 115 respondents who were willing to be the sample in this study consisting of 83 people (72.1%) who were married and those who were not married 32 people (27.8%), showing the results that the level of anxiety experienced by health workers was anxiety. mild (65.2%), while those who do not experience anxiety (20.0%). Based on the results of age characteristics, almost all ages experienced mild anxiety, namely age 30 years (39.1%) and age >30 years (26.1%) (<https://ejournal.upi.edu>).

In a preliminary study that the researchers conducted on 5 nurses at the Tangerang area hospital through observation and interviews, the nurses said that even though they had received the vaccine, they were still worried about contracting Covid-19, especially now with the new variant of COVID-19, even though the government is currently implementing it. Covid-19 vaccination booster program for health workers.

Nurses' anxiety and doubts about the Covid-19 vaccine are also experienced by the community. According to scientists, researchers until the WHO establishes and deploys a Covid-19 vaccine made by conducting clinical trials with a short time to deal with pandemic emergencies. So that there

are still doubts and public anxiety about the Covid-19 vaccine which includes the effectiveness and side effects of the vaccine. This has an impact on people's doubts about getting full immunity to Covid-19 after vaccination (<https://kesehatan.kontan.co.id>).

**RESEARCH DESIGN**

In this study the method used is a quantitative method with a descriptive survey research design. This research was carried out at the Tangerang District Hospital and the time of data collection was from July 21, 2021 to August 5, 2021. With a sample of 72 respondents. The sampling method used purposive sampling method. The data analysis technique used univariate analysis technique. The instrument used to assess anxiety is a research instrument developed by the Hamilton Rating Scale For Anxiety (HARS). The anxiety range is divided into 5 anxiety scores, namely no anxiety (0-14), mild anxiety (14-20), moderate anxiety (21-27), severe anxiety (28-41), severe anxiety/panic (42-56). The questionnaire used online is through Google Form.

**RESULTS AND DISCUSSION**

**A. Univariate Analysis**

Table 1

*Frequency Distribution of Respondents Characteristics*

Description	N	%
Age	<26 years old	13 18.1%
	27-36 years old	29 40.3%
	37-46 years old	25 34.7%
	47-56 years old	5 6.9%
Gender	Male	6 8.3%
	Female	66 91.7%
Education	S1	20 27.8%
	DIII	52 72.2%
Level APD	1	21 29.2%
	2	32 44.4%
	3	19 26.4%
Total	72	100%

In table 1, the results of the research on the frequency distribution of the characteristics of the respondents aged 27-36 years are at most 29 people (40.3%) and the least respondents are at the age of 47-56 years are 5 people (6.9%). Then the characteristics of the respondents who are the most gender are

women, namely as many as 66 people (91.7%). Furthermore, the characteristics of the most education respondents were DIII, namely 52 people (72.2%). While the highest level of PPE is level 2, which is 32 people (44.4%) and the least respondent is level 3 of PPE, which is 19 people (26.4%).

Table 2

*Overview of Nurse Anxiety in the Inpatient Room at the Tangerang District Hospital in July 2021*

t	N	%
<b>Anxiety Classification</b>		
No Anxiety	61	84.7%
Mild Anxiety	2	2.8%
Moderate Anxiety	4	5.6%
Severe Anxiety	5	6.9%
Very Severe Anxiety	0	0%
Total	72	100%

In table 2, the results of the research on the description of nurses' anxiety in the inpatient room at the Tangerang District Hospital in July 2021 around (84.7%) people have no anxiety, mild anxiety (2.8%), moderate anxiety (5.6%), severe anxiety (6.9%), and who experienced very severe anxiety (0%).

**CONCLUSIONS AND SUGGESTIONS**

The results of the research conducted on 72 nurses showed that the description of the level of anxiety in the inpatient room at the Tangerang District Hospital was No Anxiety as much as 84.7%, mild anxiety as much as 2.8%, moderate anxiety as much as 5.6%, severe anxiety as much as 6.9%, very severe anxiety (panic) 0%.

## SUGGESTION

For nursing science, the results of this study are expected to be used as information in developing research on how nurses' anxiety levels are after receiving the Covid-19 vaccination during this pandemic, for research sites. in carrying out nursing care for patients during the Covid-19 pandemic, so that policies can be taken to reduce the anxiety level of nurses and intervene to nurses who experience severe anxiety because it can affect mental health and nurse performance, for further researchers the results of this study can be used as sources of reference information and data sources to carry out further research. And can expand this research by examining respondents in other units of the hospital to be able to find out the level of anxiety in each room.

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