



Article

**NURSES' ANXIETY RELATED TO COVID-19 WITH SPIRITUALITY**

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**A B S T R A C T**

Introduction: Nurses as health care providers with the nature of their profession are very difficult to avoid close contact with their patients. The high risk of exposure to Covid-19 infection and other factors affect the psychological well being of nurses which has an impact on the mental status of nurses who feel anxious all the time. Satisfied spiritual needs can improve coping to deal with difficult or challenging situations. Objective: The purpose of this study was to analyze the relationship between nurses' anxiety related to Covid-19 with spirituality. Methods: The research design is correlational with a cross-sectional design approach. The sample in this study was 35 respondents with skills using purposive sampling technique and data analysis using Spearman. Results: Based on the results of the study, it is known that the anxiety level of nurses is in the moderate anxiety category of 40.0%. And the spiritual level of nurses is in the high category as much as 51.4%. Then the data was analyzed using the Spearman test with a significance error of 0.05 and obtained p-value ( $0.00 < (0.05)$ ) so that it can be concluded that there is a relationship between nurses' anxiety related to Covid-19 and spirituality in the Inpatient Room. Conclusion: Fulfilled spiritual needs for nurses during a pandemic can improve coping to face difficult or challenging situations. In this pandemic condition spiritual life will be a very important part in overcoming anxiety.

**I. INTRODUCTION**

Covid-19 is an infectious disease caused by a new type of coronavirus with common symptoms of fever, weakness, cough, seizures and. In December 2019, a number of patients with mysterious

pneumonia were reported for the first time in Wuhan, China. This virus has been named severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and can move quickly from human to human through direct contact (Rothe, 2020).

Anxiety is an emotional condition where a person feels uncomfortable (Annisa, 2016). The causes of health workers experiencing anxiety are high job demands, including long working hours, the number of patients is increasing, it is increasingly difficult to get social support because of the public stigma towards frontline workers, personal protective equipment that limits movement, lack of information about long-term exposure to people. infected people (IASC, 2020).

The increase in the number of confirmed cases in Indonesia continues to increase, where in May it was still at 10,551 cases with 800 people dying, however as of June 16 2020 cases had increased significantly to 40,400 cases with a total of 2231 deaths (Ministry of Health, 2020) . A pandemic is an outbreak that occurs simultaneously everywhere, covering a wide geographic area (KBBI, 2020) while the pandemic as the COVID-19 pandemic is an event that spreads the 2019 coronavirus disease throughout the world and as of April 2020 has infected more than 210 countries (WHO, 2020 ). The first case of the corona virus appeared and attacked humans in Wuhan Province, China. Initially, it was thought to be pneumonia, with symptoms similar to flu in general. These symptoms include cough, fever, fatigue, shortness of breath, and no appetite. However, unlike influenza, the corona virus can develop quickly, causing more severe infections and organ failure and death. This emergency condition mainly occurs in patients with previous health problems (Mona, 2020).

The impact of the COVID-19 pandemic has caused many losses, such as physical health problems, economic disparities, social disparities and mental disorders (Wang, 2020). Mental disorders that occur during the COVID-19 pandemic are anxiety, fear, stress, depression, panic, sadness, frustration, anger, and denial (Huang, 2020). Every individual experiences various life

problems with a variety of health, economic, social, moral and mental health problems. Problem solving of the impact of the COVID-19 pandemic must touch physical and spiritual balance with the spirit of spirituality that animates every individual in the family

**II. METHODS**

The design of this research is correlational. Cross-Sectional Approach, namely research to study the dynamics of the correlation between risk factors and effects, by approaching, observing or collecting data at one time (point time approach). The sample in this study was nurses who worked in health services, totaling 35 respondents. In this study, sampling was used purposive sampling. The tool used in the research was a questionnaire. The data analysis test uses the Spearman test.

**III. RESULT**

Based on the identification of nurses' anxiety levels, it can be seen in the following table:

Table 1. Characteristics of Respondents Based on Nurse Anxiety Level

Anxiety	Frequency	(%)
Mild Anxiety	13	37,1
Moderate Anxiety	14	40,0
High Anxiety	8	22,9
Total	35	100,0

Based on table 1, it is known that the anxiety level of nurses is in the moderate anxiety category for 14 respondents with a percentage of 40.0%.

Table 2 Characteristics of Respondents Based on Nurses' Spiritual Level

Spiritual	Frequency	(%)
High Spiritual	18	51,4
Medium Spiritual	11	31,4
Low Spiritual	6	17,1
Total	35	100,0

Based on table 2, it is known that the spiritual level of nurses is in the high category at 18 with a percentage of 51.4%.

The results of the analysis using the Spearman test with  $\alpha$  0.05 obtained a p-value ( $0.00 < \alpha$  (0.05) so that a decision can be made that there is a relationship between nurse anxiety related to Covid-19 and spirituality. Then the results of the analysis using the Correlation Coefficient test were obtained The p value is .721, where these results show a very strong relationship between nurses' anxiety regarding Covid-19 and spirituality.

#### IV. DISCUSSION

Based on the research results, it shows that there is a significant relationship between nurses' anxiety levels regarding COVID-19 and spirituality. Covid-19 has certainly caused a significant crisis for various groups and populations in the world, especially nurses. The roles and responsibilities that nurses must carry out become a dilemma when they also have to protect themselves, their colleagues and their families at home from this deadly infection. Anxiety can occur in every human life, especially when faced with new things, so there is a need for spiritual improvement. Process of maintaining the psychosocial and mental health of health workers has become an important discussion in many countries during the Covid-19 pandemic. To provide excellent service, of course health workers must first be healthy and have a sense of comfort at work. Various efforts can be made to maintain the mental health of health workers, especially increasing spirituality (Heath, Sommerfield, and von Ungern-Sternberg 2020).

Anxiety is an unclear feeling of fear accompanied by feelings of uncertainty, insecurity, helplessness and isolation (Stuart, 2013). Possibilities related to

anxiety as a response to the Covid-19 pandemic can include insomnia, changes in concentration, irritability, reduced productivity and interpersonal conflict, stigma, fear of contagion to the vulnerable (S.Brook, et al, 2020). Increased levels of anxiety are a mental health problem that often occurs during pandemics, including the ongoing Covid-19 pandemic, World Health Organization (WHO, 2020). Anxiety is an emotional mental disorder (Riskesdas, 2013). A person who experiences emotional changes, if left unchecked and develops, can become pathological, therefore it is important to anticipate so that people's mental health is maintained, especially with spiritual improvement (Khairiyah, 2016).

The level of spirituality can influence how the individual behaves in his daily life. Nurses who have a high level of spirituality will tend to feel they have good social skills and can contribute to prosocial behavior and understand the meaning of their life and channel it into things that are beneficial to others. Analysis of the results of researchers someone who has good spirituality has the following characteristics: awareness of the existence of God and he obeys His commands with love and sincerity, has a basic life goal, has the power of love for other people, always feel grateful and happy with what they receive (Anindyajati et al., 2021)

Spirituality is a complex and unique concept for each individual with various experiences felt by most people in seeking the limits of one's abilities, finding meaning and purpose through relationships with other humans, nature, or God as well as a tendency to create meaning in life through intrapersonal, interpersonal and interpersonal relationships. transpersonal in overcoming various life problems (Arnata et al., 2018). Belief and belief in God's presence in every situation in life will be the basis for humans in perceiving environmental situations that need help.

The more a person is aware of God's presence, the more he will interpret that God is closer to him as an indicator of spiritual maturity, this spiritual condition continues to develop dynamically along with psychocognitive and social developments throughout a person's life span (Safitri & Sadif, 2013)).

The researcher's assumption regarding the results of this research is that spirituality has a positive influence on a person's adjustment. So the higher a person's spiritual level, the greater their ability to adapt to the situation of nurses, especially during the Covid-29 pandemic. Adjustment during the pandemic is very important for nurses to overcome concerns or anxiety when starting work activities at the hospital. Anxiety in facing the Covid-19 pandemic is a situation where there is a feeling of not being afraid of the situation in the hospital which causes tension which makes the individual unhappy, worried and pessimistic continuously, and can also be accompanied by physical symptoms. With this pandemic case, there is a need for action that can provide a solution to overcome the problem of anxiety with a spiritual approach.

## **V. CONCLUSION**

Based on the research results, it shows that there is a significant relationship between the level of anxiety of nurses regarding COVID-19 and spirituality with a p-value ( $0.00 < \alpha (0.05)$ ). The level of spirituality can influence how the individual behaves in their daily life. Nurses who have a high level of spirituality will tend to feel they have good social skills and can contribute to prosocial behavior and understand the meaning of life so that nurses can control the anxiety they experience.

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