



The Effect of Nurses' Anxiety Levels About Covid-19 Transmission on Nurse-to-Patient Caring Behavior In the Inpatient Room

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ABSTRACT

Nurses' caring behavior is important for patients as service recipients so that it improves the patient's own recovery. Disturbances caused by caregiver anxiety can interfere with caregiver performance. The purpose of this study was to determine the effect of the anxiety level of nursing before the transmission of Covid-19 on nursing behavior in hospital patients. This type of study is a library search with a literature search design. The search strategy to obtain journals used the keywords "Anxiety OR Anxiety AND Covid-19 OR Covid-10 Transmission AND Caring Behavior OR Caring Behavior AND Nurse OR Nurse AND Influence OR The Effect AND Quantitative Study". The results of the literature review revealed that most of the nurses were 30-40 years old, female and had a bachelor's degree in nursing education. Most nurses have anxiety in the category of not anxious, mild anxiety, good caring behavior. Most nurses have good caring behavior. There is an influence on nurses' level of anxiety about Covid-19 transmission on nurses' caring behavior towards patients.

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1. Introduction

Research conducted by Repici *et al.*, (2020) said these Corona virus disease (Covid-19) is an infectious disease caused by the new corona virus, with general symptoms including fever, weakness, cough, seizures and diarrhea. Research by Rothe *et al.*, (2020) this virus is known as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and can spread quickly from person to person through direct contact. Based on WHO Corona Virus Disease Panel (Covid-19) data, it is known that the incidence of Covid-19 was 766,895,075 confirmed cases and 6,935,889 deaths due to Covid-19 in May 2023 (2.2%) fraud. In Japan there were 33,803,572 Covid-19 cases and 74,694 deaths (WHO, 2023).

The Indonesian Ministry of Health reported that the first cases of COVID-19 occurred in Indonesia Satgas Covid-19, (2023) on March 2, 2020, namely two patients in West Java. Not long after, April 7 2020, COVID-19 disease has infected 2,738 people in Indonesia, with a mortality rate of 8.1% Oktaviani *et al.*, (2021). The transmission of this virus continues to spread so quickly that it knows no boundaries and is causing panic throughout the country. The Covid-19 virus spreads through cough and sneeze droplets and direct contact with people who suffer from it can be transmitted through virus transmission. Covid-19 patients should be treated in negative pressure isolation rooms with appropriate PPE, where improper handling and care of Covid-19 patients can endanger the health of frontline workers (Kurnianingsih & Susanti, 2022).

Du *et al.*, 2020; Wu & McGoogan, (2020) said health workers are a group that has a very high risk of exposure when treating Covid-19 patients. Research results show that the risk of contracting Covid-19 among medical workers due to first contact without protection is 3.8%. Fear of getting sick and being infected causes mental health problems such as anxiety, stigma and depression in caregivers, which can affect the quality of services. The results of a study by Lai *et al.*, (2020) found that health workers are at risk of experiencing mental disorders when treating Covid-19 patients, with 50.4% of respondents experiencing symptoms of depression and 44.6% experiencing symptoms of anxiety due to feelings. A study by Huang *et al.*, (2019) related to the mental health of 1,257 health workers treating Covid-19 patients in 34 hospitals in China. Results of depressive symptoms 50% Anxiety 45% Insomnia 34% Mental stress 71.5%. One issue that may be of greater concern to healthcare workers is the lack of personal protective equipment (PPE) in the workplace. Personal protective equipment for health workers is still not available so that many health workers are exposed to the virus and some even die (Ramadhan, 2020).

There are several causes of nurse anxiety, one of which is fear of the family being infected. According to the Inter-Agency Standing Committee, (2020) the causes of health workers experiencing anxiety are high work 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. The increase in the number of Covid-19 cases remains high because the transmission and death rates for Covid-19 are higher compared to Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) (Mahase, 2020).

Disorders that arise due to anxiety can affect the behavior of nurses in providing services to patients. In addition to providing medical activities and services, nurses are partners in helping clients approach their goals with the goal of helping clients achieve health and well-being. One of the nursing tasks that nurses can carry out is nursing. Nursing care is a way for nurses to maintain valuable relationships with patients so that they feel a sense of duty and responsibility towards themselves said Aini, (2018). Mulyadi & Katuuk, (2017) said Nurses' caring behavior is important for patients as recipients of care in nursing services which will help the patient's own recovery. Caring behavior needs to be instilled because it has a major contribution to the services expected by patients Pratiwi *et al.*, (2016). Trimurti's opinion which states that the assessment of health services is more related to the responsiveness of staff in meeting patient needs (Trimurti, 2018).

Ridwansyah, (2014) in his research revealed that there must be a good relationship between nurses and patients, because the relationship between nurses and patients is a material for applying the nursing process when nurses and patients are interacting. The attitude of respect or attention given by nurses is an attitude and approach which means treating patients as fellow human beings who have additional needs because of the disease they suffer from Ridwansyah, (2014). This can happen if nurses have adequate knowledge about each patient's disease condition so that each patient's complaint can be handled well McEwen & Wills, (2012). Insufficient focus on the mental health of health workers has the potential to disrupt or even kill health services and will affect the handling of the Covid-19 pandemic R. Handayani *et al.*, (2020). A study by Anggita, (2020) on nursing behavior in the emergency unit shows that the nursing behavior of nurses in the emergency unit is in the low category (63.3%).

Health services, especially excellent nursing care, can be supported by nurses' caring behavior. Caring behavior plays a key role in improving the quality and quality of excellent care services (Rohmatulloh & Haryani, 2018). Based on this background, the researcher is interested in conducting research on "Literature Review: The Effect of Nurses' Anxiety Levels on Covid-19 Transmission on Caring Behavior of Nurses to Patients in Inpatient Rooms"

2. Method

This research is a Systematic Review using the Preferred Reporting Items for Systematic Reviews and Meta-analyses method Handayani, (2017). The procedure for this systematic review consists of several steps, namely 1) preparing Background and Objectives (Background and objectives), 2) Research Questions, 3) Literature search, 4) Selection Criteria, 5) Practicum Screen, 6) Quality Checklist and

Procedure, 6) Data Extraction Strategy, 7) Data Synthesis Strategy (Hariyati, 2010).

The literature search process in this study was carried out using Google Scholar, ScienceDirect, and Pubmed, using the selected keywords, namely "Anxiety OR Anxiety AND Covid-19 OR Covid-10 Transmission AND Caring Behavior OR Caring Behavior AND Nurse OR Nurse AND Influence OR The Effect AND quantitative study". The first search results obtained 200 journals, then the screening researchers, namely journals published in 2019-2021, obtained 60 journals. A total of 60 journals were screened using criteria based on full text and not research reviews, 30 journals were obtained, 30 of these journals were assessed based on instruments, 9 journals were used in this research.

3. Results And Discussion

The first search results obtained 200 journals, then the screening researchers, namely journals published in 2019-2021, obtained 60 journals. A total of 60 journals were screened using criteria based on full text and not research reviews, 30 journals were obtained, 30 of these journals were assessed based on instruments, 9 journals were used in this research.

Characteristics of Respondents

a. Age

9 journals show respondents are in the age range of 20-40 years. According to the researchers' assumptions, the age of the respondents in this study is in the early adulthood age group, as they get older there will be changes both physically and psychologically.

b. Gender

In all journals studied, the average nurse is female. According to the researcher's assumption, the work of nurses is identical to the female gender because it is based on affection, but in this case the respondents are nurses of Covid-19 patients, which can cause an increase in anxiety about being infected, so the respondents in this study are dominated by male nurses in caring for Covid-19 patients. - 19. This happens because men's physiques are stronger than women's physiques, so women can show a more responsive response to situations they consider dangerous.

c. Nurses' anxiety level about Covid-19 transmission in the inpatient room

Based on the results of journal searches, it was found that 2 of the 9 journals (28.5%) showed that the anxiety experienced by nurses during the Covid-19 pandemic was at a mild level. According to researchers' assumptions, this happens because nurses are the first health workers tasked with handling Covid cases or patients, so this makes nurses the group with the highest risk of exposure. This causes a feeling of fear of being infected which causes anxiety in nurses.

d. Caring behavior of nurses to patients in the Inpatient Room

Based on the results of literature searches from 9 journals, it can be seen that 100% (2 journals) show nurses' caring behavior in the good category. Researchers are of the opinion that patients perceive nurses' caring behavior as sufficient because patients feel that the services provided by nurses are in accordance with what they want and patients also do not have too high expectations for nursing services.

e. The effect of nurses' anxiety level about the transmission of Covid-19 on the caring behavior of nurses to patients

Based on the results of a literature search from 9 journals, it can be seen that 100% (1 journal) indicates that there is an effect of the level of anxiety of nurses about the transmission of Covid-19 on the caring behavior of nurses to patients. Disorders that arise due to anxiety can affect the behavior of nurses in providing services to patients.

3.1 Discussion

The Based on the results of journal searches from 9 journals, it shows that nurses have anxiety in the categories of no anxiety and mild anxiety, good caring behavior and there is an influence on nurses' level of anxiety about the transmission of Covid-19 on nurses' caring behavior towards patients. According to the researcher's assumption, nurses as first-line officers in caring for patients during the Covid-19 pandemic will be able to experience psychological disorders such as feelings of fear of being

infected. Psychological disorders experienced by nurses will result in reduced caring abilities shown by nurses to patients.

Djoko (2013) revealed that hospitality is a very important part of caring behavior, nurses must also provide sincere service in the smallest matters, what is meant is a smile given to their patients. These results are in line with research by Firmansyah et al., (2019), which found that 52.1% of clients rated nurses' caring behavior as sufficient. Martauli & Afifah, (2014) in their research said that good caring behavior will have an influence on hospitals because the services provided by nurses in the form of caring will improve the quality and quality of hospitals, and nurses who are based on caring behavior will have an important influence on nursing professionalism.

The research results of Lockhart et al., (2020) show that there is a significant influence of the availability of personal protective equipment on the anxiety of health workers working in health services. For this reason, providing appropriate personal protective equipment is very important. Ghufroon & Risnawati, (2014) state that when someone feels anxious in the mental or cognitive aspect, there will be disturbances in attention, worry, irregularity in thinking, and feelings of confusion. Nursalam, (2012) said stated that the older one gets, the more a person's level of maturity and strength in thinking will increase and be wiser to take action.

Research conducted by Du et al., 2020; Wu & McGoogan, (2020) said during the process of treating Covid-19 patients, health workers are a group with a very high risk of exposure. Research results show that due to unprotected initial contact, the possibility of medical personnel being infected with Covid-19 is 3.8%. Frontline health workers are increasingly stressed due to increasing workloads, worrying about their health and that of their families (Chen et al., 2020).

Feelings of fear of being infected and infected cause psychological problems such as anxiety, stigmatization and depression in nurses which can worsen the quality of care. Situations that cause a state of anxiety in nurses lead to physical and psychological fatigue. This condition negatively affects nurses' perceptions of other people's needs, especially patients, makes nurses less able to understand them, reduces nurses' adaptability, and reduces and hinders nurses' ability to convey information in an efficient way to patients (Du et al., 2020).

4. Conclusion

Based on the results of a literature search from 9 journals, it can be concluded that the majority of nurses are 30-40 years old, female and have a bachelor's degree in causal education. Most of the nurses have anxiety in the categories of not anxious, mildly anxious, apart from that the majority of nurses have this behavior. Taking good care. And there is an influence on nurses' level of anxiety regarding the transmission of Covid-19 on nurses' caring behavior towards patients.

The researcher's limitation is choosing a journal that suits the research title. From several journals used as references, the literature review concluded that there was an influence of Covid-19 on nurses' performance. So it is hoped that future researchers will be able to conduct research related to things that can minimize the influence of nurses' anxiety levels on Covid-19.

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