

DESCRIPTION OF ANXIETY LEVEL OF STUDENTS OF POLYTECHNIC MINISTRY OF HEALTHY PALANGKA RAYA WHEN FACING CLINICAL PRACTICES DURING THE COVID-19 PANDEMIC

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Abstract

Purpose: Describes the level of anxiety of Poltekkes Kemenkes Palangka Raya students when facing clinical practice during the Covid-19 pandemic.

Methodology: This study uses a quantitative descriptive research design, with primary data types obtained directly from the HARS scale online questionnaire. The population in this study were Poltekkes Kemenkes Palangka Raya students who were practicing clinically during the Covid-19 pandemic, with a total sample of 76 people.

Findings: There were 49 people (64%) not experiencing anxiety, 16 people (21%) experiencing mild anxiety, 8 people (11%) experiencing moderate anxiety, and 3 people (4%) experiencing severe anxiety.

Limitation: The number of respondents in this study actually did not meet the number of research samples that had been planned, namely 115 total sampling people, but because the time used to collect questionnaire data was long enough, the researchers had to give a target to close the questionnaire form space in order to immediately continue processing data and results. so that the number of respondents in this study were 76 respondents.

Contribution: This research can be information for research sites, respondents and researchers regarding the level of student anxiety when facing clinical practice during the Covid-19 pandemic.

Keywords: *Anxiety; College Student; Clinical Practice; Covid-19*

1. Introduction

Covid-19 has greatly affected human life, and has threatened the world with increasing numbers of deaths. According to the WHO, as of September 6, 2021, there were 220,563,227 confirmed positive cases with a death toll of 4,565,483 cases. This situation can affect mental health and cause psychological distress such as anxiety. Anxiety is the emergence of an attitude or feeling of fear faced by a person. During this pandemic period, students often feel anxious when they have to undergo clinical practice. Clinical practice is a learning process carried out by students in hospitals or health centers, by applying knowledge into actual actions on patients.

According to research conducted by (Puji et al., 2021) there are research results as many as 52.9% of student respondents experience high anxiety during the pandemic.

During this Covid-19 pandemic, many universities are conducting online or online learning. However, it is different from the clinical practice that will be faced by health students. Clinical practice is a learning process carried out by students in hospitals or puskesmas, by applying or practicing the knowledge that has been gained during lectures into actual action on patients. Often students feel anxious when they have to undergo clinical practice.

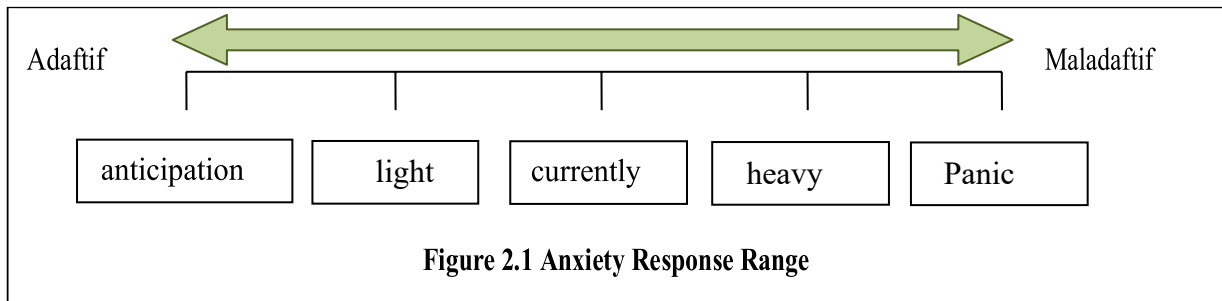
Many factors can cause students to feel anxious when undergoing clinical practice, one example is the hospital's clinical practice environment and the current pandemic situation. Because students feel worried about the possibility of making mistakes that will endanger the patient when taking action (Basok Buan, 2020) And students are also worried about the possibility of being exposed to the Covid-19 virus. Based on this background, the author is interested in conducting a study of the level of anxiety that occurs in the students of the Health Polytechnic of the Ministry of Health of Palangka Raya who are practicing clinically during the Covid-19 pandemic.

2. Literature review and hypotheses development

Anxiety is a feeling that arises when a person is facing a situation that is felt to be life-threatening. This anxiety can make a person feel uncomfortable and afraid of the surrounding environment (Serenity, 2019). Anxiety levels are closely related to feelings of uncertainty and helplessness. According to Suliswati (2004) in Yulifah (2020) there are four levels, namely as follows:

- a. Mild Anxiety : Associated with the stress experienced daily. Individuals are still alert and wide-ranging perception, sharpen the senses. Can motivate individuals to learn and be able to solve problems effectively and generate growth and creativity.
- b. Moderate Anxiety
Individuals focus only on the mind that is of concern, there is a narrowing of the field of perception, can still do things with the direction of others.
- c. Severe Anxiety
The field of individual perception is very narrow. His attention to detail is small and specific and can't think of anything else. All behaviors are intended to reduce anxiety and require a lot of prompting or direction to focus on other areas.
- d. Panic

Individuals lose self-control and attention to detail is lost. Due to the loss of control, it is unable to do anything even with commands. There is an increase in motor activity, reduced ability to relate to others, perceptual deviations and loss of rational thought, unable to function effectively. Usually accompanied by personality disorganization.



Factors that cause or affect anxiety can be divided into two, namely external factors (Physical Integrity Threats and Self-System Threats) and internal factors (Age, Stressor, environment, gender, education).

Central Kalimantan province which continued to increase until 6 September 2021 totaled 43,926 cases and 1,332 cases died (Covid19.go.id, 2021). (Palangka Raya City Health Office, 2021). This situation can affect mental health and can also cause psychological stress in the community such as anxiety and fear. The American Psychology Association says symptoms of anxiety can include dizziness, shaking, sweating, and a fast heart rate (Clinton et al., 2021).

This condition also occurs among students, such as the results of research proposed by (Puji et al., 2021) which states that 52.9% of student respondents experience high anxiety during the pandemic. (Croll et al., 2020) in (Hardiyati, 2020), also stated that during the Covid-19 period, there was an increase in anxiety, fear, and depression in students who were undergoing clinical practice, students were worried about the possibility of being exposed to the Covid-19 virus during clinical practice.

According to Harif Fadillah, General Chair of the Indonesian National Nurses Association (PPNI) said that in the monitoring system there were 400 nurses who were positively infected

with the Covid virus, and 29 nurses who died from Covid-19 from May to June 2021. (CNN, 2021) . This is one thing that can cause anxiety in students.

3. Research methodology

This study uses a quantitative descriptive research design, with primary data types obtained directly from the HARS scale online questionnaire. The population in this study were Poltekkes Kemenkes Palangka Raya students who were practicing clinically during the Covid-19 pandemic, with a total sample of 76 people.

4. Results and discussions

There were 49 people (64%) not experiencing anxiety, 16 people (21%) experiencing mild anxiety, 8 people (11%) experiencing moderate anxiety, and 3 people (4%) experiencing severe anxiety.

Tabel 1.1. Frequency Distribution of Respondents Based on Anxiety Levels of Poltekkes Kemenkes Palangka Raya Students When Facing Clinical Practice During the Covid-19 Pandemic

Anxiety Level	(f)	(%)
No Anxiety	49	64
Mild Anxiety	16	21
Moderate Anxiety	8	11
Severe Anxiety	3	4
Panic	0	0
Total	76	100

From the results of table 1.1 it can be explained that of the 76 respondents there were 49 respondents (64%) did not experience anxiety, 16 respondents (21%) experienced a mild level of anxiety, 8 respondents (11%) experienced a moderate level of anxiety, as many as 3 people respondents (4%) who experienced severe levels of anxiety.

The results of the analysis show that there are still students at the Poltekkes Kemenkes Palangka Raya who experience mild to severe anxiety when facing clinical practice during the Covid-19 pandemic. this agrees with what was stated by (Serenity, 2019), that anxiety is a painful and unpleasant experience or feeling, arising from a reaction of tension in the body due to an impulse controlled by an autonomic nervous system. Anxiety is a feeling that arises when a person is facing

a situation that is felt to be life-threatening so that it makes a person feel uncomfortable and afraid of the environment around him.

However, research put forward by Yulifah (2020) states that mild anxiety can be related to tensions experienced daily such as being overly alert so as to make a person have a broad perception, so that they can motivate themselves to learn and be able to solve problems effectively and generate growth and creativity. Moderate anxiety is in the form of an individual's focus only on the thoughts that are of concern to them, there is a narrowing of the field of perception, but they are still able to do something under the direction of other people. Severe anxiety is anxiety characterized by a very narrow individual's perceptual field, focusing on specific details, unable to think about other things, and needing lots of orders or directions to focus on other areas.

This study agrees with Sukesih's research (2020) which found that some respondents did not experience anxiety during clinical practice, this was because the respondents already knew and understood government directives and policies regarding how to prevent and transmit the Covid-19 virus. such as frequently washing hands, using masks, regularly cleaning and also disinfecting surfaces of items that are always used, keeping a safe distance, and avoiding people who have a fever or symptoms, also increasing body resistance, through a healthy lifestyle such as consuming nutritious food, drinking water sufficient. accompanied by vitamins, adequate rest and regular exercise (Diah Handayani, 2020).

Table 1.2. Distribution of Respondents' Anxiety Levels Based on Age in Students of the Poltekkes Kemenkes Palangka Raya When Facing Clinical Practice during the Covid-19 Pandemic

Usia Responden	Anxiety Level								Σ n	(%)
	Mild Anxiety		Moderate Anxiety		Severe Anxiety		Σ n	(%)		
	(n)	(%)	(n)	(%)	(n)	(%)				
18 years	1	100	0	0	0	0	0	0	1	1,3
19 years	10	72	1	7	1	7	2	14	14	18,5
20 years	28	61	12	26	6	13	0	0	46	60,5
21 years	7	64	2	18	1	9	1	9	11	14,5

22 years	1	50	1	50	0	0	0	0	2	2,6
23 years	2	100	0	0	0	0	0	0	2	2,6
Total	49	64	16	21	8	11	3	4	76	100

From table 1.2 above, the average age that experiences mild anxiety is more, namely 60.5% at the age of 20 years. This is the opinion of research conducted by Ika Marissa, (2017), According to the stages of their development, students are in the early adult stage (emerging adulthood) which is a transitional period from the adolescent development stage to the adult stage at the age of 18-25 years. Age is a thing or condition that is seen as the basis for assessing the development and maturity of an individual. Susi (2021) also stated that a much older age tends to have more experience in dealing with problems, a more mature age usually has a good coping mechanism in dealing with problems. This statement is also reinforced by Namirotu's research (2018) that the older the age of individuals is usually better at controlling the emotions they feel. Meanwhile, Yulifah (2020) Someone who is young is more likely to experience anxiety than someone who is older.

Table 1.3 Distribution of Respondents' Anxiety Levels Based on Gender in Students of the Poltekkes Kemenkes Palangka Raya When Facing Clinical Practice During the Covid-19 Pandemic

Gender	Anxiety Level								Σ n	(%)
	No Anxiety		Mild Anxiety		Moderate Anxiety		Severe Anxiety			
	(n)	(%)	(n)	(%)	(n)	(%)	(n)	(%)		
Male	6	75	1	12,5	1	12,5	0	0	8	11
Female	43	63	15	22	7	10	3	5	68	89
Total	49	64	16	21	8	11	3	4	76	100

that individuals with the female sex are more likely to experience anxiety disorders than men (Kaplan & Sadock, 2010 in Namirotu, 2018). According to research conducted by Vellyana (2017) in Herni (2021) which states that the gender factor can significantly affect a person's level of anxiety, it is also mentioned that the female gender is more at risk of experiencing anxiety compared to the male gender. Women are more prone to anxiety than men, because of differences in the brain and hormones in both, besides that women and men also experience differences in responding to events that occur in their lives. Therefore, female students experience anxiety more often than male students (Walean, 2021 in Herni, 2021).

5. Conclusion

Most of the students did not experience anxiety and there were some students who experienced mild anxiety, moderate anxiety, and severe anxiety when facing clinical practice during the Covid-19 pandemic.

Limitation and study forward

The number of respondents in this study actually did not meet the number of research samples that had been planned in the research proposal, namely 115 people (total sampling), the number of samples also does not represent all study programs

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