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## OVERVIEW OF ANXIETY DEPRESSION AND STRESS FOR NURSES IN THE COVID INTENSIVE CARE UNIT (ICU) AT THE ORTHOPEDIC HOSPITAL. PROF. DR. R. SOEHARSO SURAKARTA

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### Abstract

Corona Virus Disease (Covid 19) is an infectious disease caused by a new type of coronavirus with general symptoms of fever, weakness, cough, convulsions and diarrhea. Discovered in December 2019, reported for the first time in Wuhan, China. It was first discovered that a number of patients showed signs and symptoms similar to pneumonia, so it was called mysterious pneumonia (Phelan, Katz, & Gostin, 2020). According to Atkinson (2010) depression is a feeling or mood disorder accompanied by psychological components in the form of sadness, difficulty, hopelessness and despair accompanied by biological or somatic components such as anorexia, constipation and cold sweats. Anxiety according to Dorland, (2010) is an unpleasant emotional state, in the form of psychophysiological responses that arise in anticipation of an unreal or imaginary danger, apparently caused by intra-psychic conflicts that are not directly realized. Understanding stress according to Jenita DT (2017) is a disorder in the body and mind caused by changes and demands of life, stress as physiological and psychological reactions that occur if people perceive an imbalance between the level of demands imposed on them and their ability to meet those demands. and stress is the body's reaction/response to psychosocial stressors, mental stresses/life burdens. A nurse is a person who has passed nursing education, both at home and abroad, in accordance with the applicable laws and regulations (Depkes RI, 2001). Based on the classification, the type of research to be conducted is quantitative descriptive research, because it describes a phenomenon, events, symptoms and events that occur factually, systematically and accurately. Using the total sampling technique in sampling, the population is nurses who work in the ICU Covid Orthopedics Hospital. Prof. Dr. R. Soeharso Surakarta in the period February 1, 2021 to July 31, 2021, the number of samples was 30 nurses and the instrument in this study was the Depression, Anxiety and Stress Scales 42 (DASS) questionnaire consisting of 42 questions, which included three subvariables including: physical, emotional psychology, and behavior.

Based on this research, the following results were obtained: most respondents were women (60%), the age of the majority of respondents was 25 years old, the youngest was 24 years old and the oldest was 47 years old, the most education respondents were nurses (86.7%), the most marital status was not yet married (60%), most of the employment status were contract employees (66.7%), the most length of working was <1 year of service (76.7%). Most of the training statuses were not receiving training on Covid 19 (70%) using personal protective equipment / PPE level 3 (100%), mild depression (23.3%), mild anxiety (20%), moderate anxiety (16.7%) severe anxiety (10%) and mild stress symptom (20%).

Key words: Anxiety depression and stress. Covid ICU Nurse (2001-2021)

References: 38

## INTRODUCTION

Covid 19 which was discovered in December 2019, was reported for the first time in Wuhan, China. It was first discovered that a number of patients showed signs and symptoms similar to pneumonia, so it was called mysterious pneumonia (Phelan, Katz, & Gostin, 2020). The number of cases of Covid 19 continues to increase from day to day so that most health workers are nurses as front-line service officers, their psychological condition is increasingly depressed due to the increasing workload, worrying about their health, and their families (Cheng et al., 2020). According to WHO on March 25, 2021, the number of patients in the world was 125,330,893 who were confirmed positive for Covid 19 patients who were declared cured of 101,175,374 patients and 2,755,338 people who had died. Meanwhile in Indonesia, the latest data on March 25, 2021, the number of positive cases of the corona virus (Covid 19) still showed an increase of 6,107 cases, bringing it to 1,482,559. The death rate of Covid 19 patients was 40,081 people, and 1,317,199 people were declared cured (WHO, 2020). Orthopedic Hospital Prof. Dr. R. Soeharso Surakarta as the provider of public health services participates in providing health services for patients who are confirmed positive for Covid in the Covid isolation room and the Intensive Care Installation room. In 2020 at the start of the Covid 19 pandemic, a study by Lai et al., (2020) conducted a study of 1,257 medical staff at 34 hospitals in China found that 1/2 of the respondents had mild depression and 1/3 suffered from insomnia, almost 16% is a female nurse, who exhibits moderate or severe symptoms of depression. While Zhu et al (2020) examined a number of 5,062 health workers, it was found that 1,509 experienced stress consisting of 243 doctors, 1,130 nurses and 136 medical technicians. When a brief observation of the Covid ICU nurses in Orthopedic Hospital Prof. dr. R. Soeharso Surakarta, some of them complained of difficulty sleeping, increased blood pressure and irritability. Based on the above phenomenon, the researchers are interested in conducting a study on the description of depression, anxiety and stress of the Covid ICU nurse at the Orthopedic Hospital. Prof. DR. R. Soeharso Surakarta.

## METHODOLOGY

According to its classification, this type of research is a quantitative descriptive study, because it describes a phenomenon, events, symptoms and events that occur factually, systematically and accurately. Using a cross-sectional study design, namely observational research where the data collection method for independent variables and dependent variables is done once at the same time. Of course, not all subjects had to be examined on the same day or time, but both independent and dependent variables were assessed only once. These risk factors and effects were measured according to their condition or status at the time of observation, so there was no follow-up (Sastroasmoro and Ismael, 2016).

## RESULTS AND DISCUSSION

The following are the results of the research and discussion

### 1. Characteristics of Respondents

#### a. Gender

Table 1. Gender Characteristics

Gender	Frequency	Percentage
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Male	12	40
Woman	18	60
Total	30	011

The results of this study found that the gender of the respondents was more female than male, 18 women (60%) and 12 men (40%). The above results are in accordance with the results of the research by Khunaezah and Susilo (2021) which stated that most of the nurses who treated Covid 19 patients were women, namely 51.1%. This researcher assumes that the nursing profession is synonymous with gentle so that more women become nurses than men, including nurses in the ICU Covid Orthopedics Hospital. Prof. Dr. R. Soeharso Surakarta.

b. Age

Table 2. Age Characteristics

Age	Frequency	Percentage
17-25 Year	13	43.3
26-35 Year	10	33.3
36-45 Year	5	16.7
46-55 Year	2	7.6
Total	30	011

The results showed that the majority of respondents were aged 17-25 years, namely as many as 13 respondents (43.3%), the most were aged 25 years, 9 respondents were the youngest 24 years old and the oldest 47 years old. The results above are not in accordance with the results of the research by Sihombing and Elon (2021) which stated that there were 1 respondent (1.8%), the most COVID-19 nurses aged 26-35 years (47.2%). Researchers have the opinion that this could be because the Covid ICU nurses were chosen with the criteria of not having a disease so that the chosen ones were youth nurses who had the maximum level of health because the physiological functions of their organs had not decreased, therefore the age of the most ICU Covid nurses Orthopedics Hospital Prof. Dr. R. Soeharso is 17-25 years old.

c. Level of Education

Table 3. Level of Education Characteristics

Education	Frequency	Percentage
Diploma 3	3	10
Bachelor degree	1	3.3
Nurses	26	86.7
Total	30	011

The results of the study can be seen that the respondents who have an education in Nurses are 26 respondents (86.7%), D III education are 3 respondents (10%) and S1 are 1 respondent (3.3%) this is not in accordance with the research results of Musu et al (2021) which stated that the nurses who treat Covid 19 have a D3 Nursing education as much as 95%. In this case, the researcher argues that the ICU is a special room so it requires the best nurses, therefore nurses who have a nurse education level are selected, therefore the most nurses in the Covid ICU room are nurses educated.

d. Marital Status

Table 4. Marital Status

Marital Status	Frequency	Percentage
Not Married	18	60
Married	12	40
Total	30	100

The results of the research can be seen that there are 18 respondents who are not married (60%) and those who are married as many as 12 respondents (40%) married. In this case the researcher argues that married people have more burdens on their minds so they are more at risk of experiencing psychological disorders than those who are not married, therefore the ICU Covid nurses are chosen who are not married, the aim is to reduce the psychological impact that arises as a result of feeling afraid of transmitting the disease to others. his family. For this reason, the ICU Covid nurse Orthopedics Hospital Prof. Dr. R. Soeharso Surakarta is mostly unmarried.

## 2. Employment Status

### a. Employee Type

Table 5. Employee Type

Employee Type	Frequency	Percentage
Government employees	8	26.7
Public service agency Contract employees	20	66.7
Total	30	100

Based on the data of this study, the results of the employment status of the most respondents were contract employees, as many as 20 respondents (66.7%). In this case, the researcher argues that the most staffing status is due to the opening of new rooms for Covid 19 ICU care causing a shortage of nurses in hospitals, to meet the shortage of nurses, new nurses are recruited with contract status, therefore ICU Covid nurses Orthopedics Hospital Prof. Dr. R. Soeharso Surakarta is mostly contract employees.

### b. Length of working

Table 6. Length of working

Length of working	Frequency	Percentage (%)
< 1 years	20	76.7
1-10 years	3	10
11-20 years	4	13.3
21-30 years	3	10
Total	31	100

From this study, the results obtained from the research that the most tenure of length of working was <1 year of service, namely 20 respondents (76.7%). In this case, the researcher argues that this is because the highest number of Covid ICU nurses are contract employees who were newly recruited in 2021 to deal with the Covid 19 pandemic. Therefore, nurses in the ICU Covid Orthopedics Hospital Prof. Dr. R. Soeharso Surakarta mostly is < 1 year.

## 3. Training on Covid 19

Table 7. Training on Covid 19

Training on Covid 19	Frequency	Percentage
Already training	9	30
Not training	21	70
<b>Total</b>	<b>30</b>	<b>011</b>

Based on this research data, it was found that the most COVID-19 training results were that they had never received training, 21 respondents (70%) and 9 respondents (30%) had received training on Covid 19. Meanwhile, researchers have the opinion that the number of Covid ICU nurses who have not receiving training due to a pandemic condition that caused all to be in an emergency condition and had to quickly overcome the spread so that the number of nurses that had to be met was the most important so that training on Covid 19 was not a top priority.

#### 4. Use of PPE (Personal Protective Equipment)

Table 8. Use of PPE (Personal Protective Equipment)

Use of PPE	Frequency	Percentage
PPE Complete	30	100
PPE is not Complete	0	0
<b>Total</b>	<b>30</b>	<b>011</b>

Based on this research data, it was found that the results of the use of PPE for all Covid ICU nurses used complete level 3 PPE in carrying out their work. This is in accordance with the opinion of Pouralizadeh et al., (2020) which states that the cause that significantly affects the level of anxiety is inadequate PPE. Meanwhile, researchers have the opinion that the availability of PPE in Orthopedics Hospitals Prof. Dr. R. Soeharso Surakarta is sufficient so that the use of complete level 3 PPE in treating Covid ICU patients according to standard standards, and the availability of sufficient PPE stock, is very helpful in preventing psychological disorders of Covid ICU nurses.

#### 5. Description of depression

Table 9. Description of depression

Description of depression	Frequency	Percentage
Normal	23	76.7
Mild depressions	7	23.3
<b>Total</b>	<b>30</b>	<b>011</b>

Based on the data of this study, it was found that the results of the description of depression from 30 respondents were only 7 respondents (23.3%) who experienced mild depression. This result is not in accordance with research from Sihombing and Elon (2021) which states that nurses who treat Covid 19 patients, a total of 78.8% have very severe depression, 7.1% have severe, moderate and mild depression. While the researchers have the assumption that the factors that cause depression in the ICU Covid nurses Orthopedics Hospitals Prof. Dr. R. Soeharso Surakarta only 23.3% due to the availability of health facility that meets the standards in terms of quantity and quality.

#### 6. Description of anxiety

Table 10. Description of anxiety

Description of anxiety	Frequency	Percentage
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Normal	16	53.3
Mild Anxiety	6	20
Moderate Anxiety	5	16.7
Severe Anxiety	3	10
Total	30	011

Based on the data of this study, it was found that the results of the description of anxiety from 30 respondents, 6 respondents (20%) showed mild anxiety, 5 (16.7%) moderate anxiety and 3 (10%) severe anxiety. This result is not in accordance with the research from Sihombing and Elon (2021) which stated that the Covid 19 isolation nurse who experienced very severe anxiety was (78.7%). Meanwhile, researchers have the opinion that the preparation and implementation of actions that are in accordance with standard operating procedures in treating Covid greatly reduces the risk of anxiety in nurses, therefore the description of the anxiety of the ICU Covid nurses. Orthopedics Hospital Prof. Dr. R. Soeharso Surakarta was less anxious than the ICU Covid nurses in other hospitals.

## 7. Description of Stress

Table 11. Description of Stress

Description of Stress	Frequency	Percentage
Normal	24	80
Mild Stress	6	20
Total	30	011

Based on the data of this study, it was found that the results of the description of stress, from 30 respondents, 6 respondents (20%) showed a picture of mild stress. This result is not in accordance with research from Sihombing and Elon (2021) which stated that 28.5% of Covid isolation nurses experienced moderate stress. severe stress as much as 21.4% and 14.2% experienced mild and severe stress. Meanwhile, researchers have the opinion that this result cannot be separated from the factor of good preparation in treating Covid, starting from the preparation of the room, equipment, medicines and human resources, if all of this is prepared according to standards, it can prevent the risk of stress on nurses. Therefore, the ICU Covid nurse. Orthopedics Hospital Prof. Dr. R. Soeharso Surakarta experienced less stress than other hospital nurses.

## CONCLUSION

From the results of this study, it can be concluded that there is a description of depression, anxiety and stress experienced by nurses in the Covid ICU room at the Orthopedics Hospital. Prof. Dr. R. Soeharso Surakarta during his duty to treat patients who were confirmed positive for Covid 19. The number of nurses who experienced depression, anxiety and stress was more female than male, this could be due to hormonal influences in a woman's body. The late adult age group (36-45 years) experienced the most depression, anxiety and stress, this could be due to the decline in their biological, psychological and social functions, making them more prone to depression, anxiety and stress. The education level of respondents who showed the most depression, anxiety and stress was the education of nurses, with government employees status, the most for the length of service was 11-20 years, marital status of married Covid ICU nurses turned out to be the most experiencing depression, anxiety and stress. The status of nurse training regarding Covid 19, who experienced the most depression, anxiety and stress were nurses who had not received training on Covid 19.

## SUGGESTIONS

1. *For Hospital Institutions*

*Please provide training on Covid 19 and its management in the ICU. Hopefully the results of this research can be used as fact-based data, for the preparation of programs or Standard Operating Procedures (SPO) regarding the recruitment of nurses for the Covid ICU room, prevention of the risk of psychological disorders for Covid ICU nurses and management for Covid ICU nurses who experience psychological disorders.*

2. *For the Intensive Care Unit*

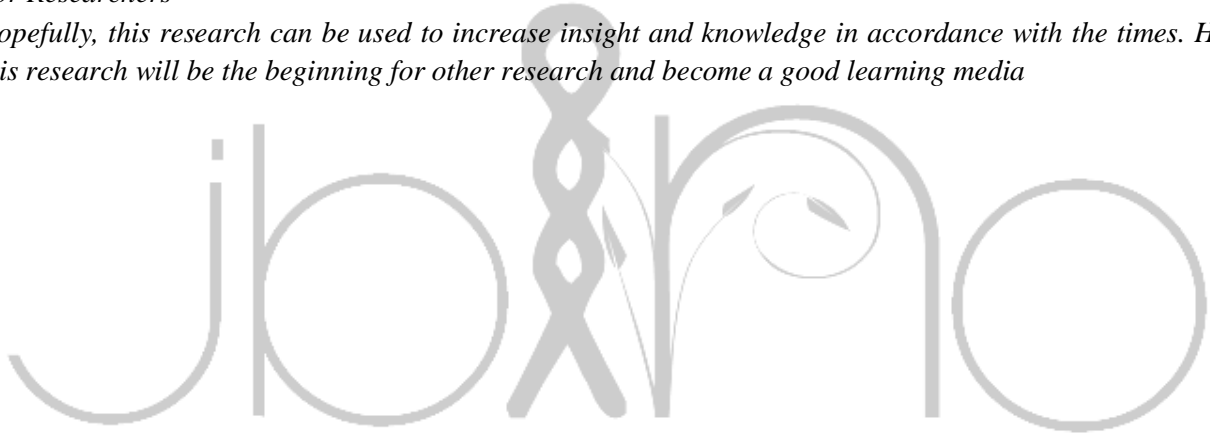
*Hopefully, this research can provide an overview of depression, anxiety and stress for Covid ICU nurses based on a proven base, so that we can prevent them from providing better quality nursing care*

3. *For Other Researchers*

*We ask that other researchers be able to develop better research, further research of the type of correlative, analytical or experimental so that they can produce more varied research results and of course can improve the quality of hospital services in general and the quality of nursing services in particular. This research can be used as a comparison, support or reference source for other researchers who conduct similar research.*

4. *For Researchers*

*Hopefully, this research can be used to increase insight and knowledge in accordance with the times. Hopefully this research will be the beginning for other research and become a good learning media*



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