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Mental Health during The Covid-19 Pandemic in Nursing Students Dormitory at Malang



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Abstract

The Covid-19 pandemic is a threat to all people in the world. High mortality and morbidity rates cause anxiety for most people. The purpose of this community service is to provide public knowledge in managing anxiety amid the COVID-19 pandemic. The method used in this community service is the lecture and discussion method. The target for this community service is 60 nursing professional students. The presentation of the material is carried out online through google meet. Anxiety is measured to find out how much anxiety is felt by students. Results. The results of measuring anxiety in nursing profession students found that most of the students had anxiety in the moderate category (55.00%). These results indicate that the COVID-19 pandemic has a real impact on student anxiety. This is due to the fear of being exposed to Covid-19 at any time. It is very important to carry out health education to the community to help the community overcome health problems or minimize the risk of health problems, including anxiety problems due to the threat of the COVID-19 pandemic.

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INTRODUCTION

The COVID-19 pandemic has become a new cause of stress. Uncertainty about the end of the pandemic, social distancing, isolation, stigma and discrimination against sufferers, to economic difficulties have an impact on the mental health of the wider community (Valdés-Florido et al., 2020). Adaptation to these habit changes becomes a new challenge. Not a few people who have difficulty adapting to this condition. The Association of Indonesian Mental Medicine Specialists (PDSKJI) noted that of the 4010 results of the self-examination of psychological problems that had been running for 5 months in Indonesia, 64.8% of them experienced psychological problems (Perhimpunan Dokter Spesialis Kedokteran Jiwa, 2020).

The magnitude of the death rate does not only cause symptoms and physical illness, but also has a major impact on well-being which includes mental health, then coupled with government policies in the form of physical distancing and Large-Scale Social Restrictions (PSBB) to deal with COVID-19, this for some people has had negative impacts such as anxious, depressed to experience stress. Pressure during the global pandemic has caused several disorders such as fear and anxiety, changes in sleep and eating patterns, feeling depressed and having difficulty concentrating, boredom, stress due to being constantly at home and the emergence of psychotic disorders (Ilpaj & Nurwati, 2020).

The COVID-19 pandemic accompanying impacts have become a burden that causes stress and anxiety also for students. The closure of schools, universities and educational institutions for maintaining social distancing as a preventive and precautionary measure against COVID-19, have all changed the mode of teaching from a conventional standard system to a virtual and online framework. Such a quick and sudden shift in the educational system might cause intense stress on students (Moawad, 2020). Stress rate to students in Indonesia during distance learning average of 55.1%, while for students outside Indonesia by 66.3%. Number student anxiety in Indonesia during distance learning average of 40%, while for students outside Indonesia by 57.2% (Fauziyyah et al., 2021).

Trishinta's research (2022) conducted early detection of mental and psychosocial problems in

nursing students who carried out online learning with the results of psychological problems as many as 97 (35%), psychoactive use as many as 4 (1%), PTSD 167 (61%), and unidentified psychological problems 8 (3%) (Trishinta et al., 2022). This result needs an intervention to students. Pressure from online learning and restriction in dormitory it may increase the risk of experiencing mental health problems. Based on the results of the preliminary study, it was found that sometimes students in dormitory children feel anxious and feel stressed by the pandemic that never ends. These projects aim to provide knowledge and increase awareness in improving mental health during the Covid-19 pandemic in nursing students at dormitory.

METHOD

The activity was carried out for one day on Friday, May 14, 2021 at 51 the new nursing students at dormitory UNITRI Malang. Before give an education, the community service projects team assessed mental health problem potential by SRQ-29. The education given via online by zoom. The community service projects team deliver education material related to the importance of mental health during the covid-19 pandemic supported by power points, so participants can more easily understand and become provisions for emotional management in the dormitory. After education is given, evaluation is carried out again by SRQ-29 questionnaire to assessed mental health problems potential. Analysis of the data obtained carried out descriptively using SPSS with frequency analytics.

SRQ (Self Reporting Questionnaire) questionnaire contains 29 questions. On questions 1-20 experiencing psychological problems, number 21 the use of psychoactive substances, number 25-29 symptoms of post-traumatic distress syndrome (PTSD). The question has an answer of "yes" or "no" by cut off point system. It means that if respondent >6 answers "yes" to the question asked, the respondent has a mental disorder or has one of the complaints from questions 21-29, the answer is "yes" in number 21 is an indication of the use of psychoactive substances, and if you answer "yes" in numbers "25-29 it is a symptom of post-traumatic distress syndrome (PTSD).

RESULTS

General data of respondents in this project include gender and age.

Table 1: Distribution of Gender and Age

No	Characteristics		f	%
1	Gender			
		Male	17	33.33
		Female	39	76.47
		Total	51	100
2	Age			
		18	16	31.37
		19	17	33.33
		20	13	25.49
		21	7	13.73
		22	3	5.88
		Total	51	100

The SRQ-29 questionnaires have been filled out before and after by 51 new nursing students at dormitory UNITRI Malang.

Table 2: Result Analysis Before and After Mental Health Education during The Covid-19 Pandemic

No	Classification	f		%		
		Before	After	Before	After	
1	Psychological Problem					
		Yes	23	19	45.10	37.25
		No	28	32	54.90	62.75
		Total	51	51	100	100
2	Psychoactive use					
		Yes	0	0	0	0
		No	51	51	100	100
		Total	51	51	100	100
3	PTSD (Post Trauma Stress Disorder)					
		Yes	40	35	78.43	68.63
		No	11	16	21.57	31.37
		Total	51	51	100	100
4	Unidentified psychological problems					
		Total	0	0	0	0

DISCUSSION

This community service project was conducted at 51 new nursing students at dormitory of UNITRI. The inclusion criteria in this study were respondents for the 2021 batch who are currently in 18-22 age and follow online learning. The most respondents are female 39 (76,47%) with most adolescents group 18 age (16; 31.37%) and 19 age (17; 33.33%). Although in previous study said no significant gender and age difference in levels of social anxiety, girl adolescents with anxiety disorders reported higher symptom severity than men. Several studies have shown that gender may have a

moderating role in the development of social anxiety across childhood and adolescence (Pickering et al., 2020).

This study shows before the community service project, respondents show psychological problem (45.10%) and PTSD (78.43%) because of covid pandemic. Previous study also showed that 56,8% of medical student respondents indicated psychological problems (Prameswari et al., 2022). Students also experienced PTSD in other study, 19.5% of French university students reported severe post-traumatic stress symptoms 1 month after the COVID-19 lockdown (Wathelet et al., 2021).

The community service project is provided facilitation of providing education about mental health promotion which is important to do in the face of the lockdown due to covid 19. After the intervention, the psychological problems and PTSD that previously found become decreased 7 until 10%. So, this community service project increases awareness and early intervention by promoting mental health issue (Bassi et al., 2021).

CONCLUSION

This community service activity is expected to increase knowledge in improving mental health during the COVID-19 pandemic. Thus, it can reduce various problems that arise during the pandemic and be able to make or increase body resistance by increasing mental health during the optimal covid-19 pandemic and increasing so as to reduce the incidence or saturation during the covid-19 pandemic.

SUGGESTION

This activity is expected to increase knowledge in improving mental health during the COVID-19 pandemic. Thus, it can reduce various problems that arise during the pandemic and be able to make or increase body resistance by increasing mental health during the optimal covid-19 pandemic.

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CONFLICTS OF INTEREST

This community project is part of roadmap community service plan of the Department of Mental Health, Faculty of Health Science, Tribhuwana Tungadewi University. We explained and collected data from participants on

behalf of The Research Team of the Department of Mental Health, Faculty of Health Science to avoid conflicts of interest.

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