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Managing Anxiety in The Middle of The Covid-19 Pandemic



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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

Anxiety is one of the health problems that often appears in everyone, especially during the COVID-19 pandemic (Endriyani, Damanik & Pastari, 2021). Covid-19 is a disease caused by the corona virus. This virus has the ability to mutate very quickly, so that in a short time new strains appear (Yuliana, 2020). In addition, the transmission of this disease is also very easy, namely through direct contact, indirect contact and droplets, through air transmission, fomite transmission (WHO, 2020). The unavailability of antiviral drugs for this disease causes high mortality and morbidity rates (Levani, Prastya & Mawaddatunnadila, 2021). Although the vaccine has been found, the number of new cases has not been optimally suppressed. This is because people who have been vaccinated can still get COVID-19 (Nugroho & Hidayat, 2021). This condition causes public anxiety has not subsided. Although there are no studies that mention the impact of anxiety on the transmission of COVID-19.

The number of confirmed cases of COVID-19 in the world at the beginning of 2021 reached 2.7 million new cases and increased by 2% from the previous week (WHO, 2021). Meanwhile, the number of confirmed cases of COVID-19 in Indonesia in early February reached 1,111,671 cases with the addition of 11,984 new cases. In East Java, the number of cases of covid-19 at the end of February 2021 reached 119,479 cases (Satgas Covid-19 Nasional, 2021), and in Malang the number of cases of covid-19 in the same month reached 5,956 cases (Satgas Covid-19 Kab. Malang, 2021).

Anxiety is a person's response to a stimulus or stimulus that is considered threatening or disturbing his existence. Threats can be either real or unreal (Sadock et al., 2010). Some of the symptoms that appear when a person experiences anxiety are feelings of tension, feelings of worry, and affect physical conditions such as a racing heart, increased blood pressure and others (Rani, 2020). If this anxiety is not handled immediately, it can harm the mind and body and can even

cause physical illness, lowering the body's immune system so that it becomes more at risk of contracting COVID-19 (Titasari & Fani, 2021). Some ways to overcome anxiety in the midst of the COVID-19 pandemic include reducing watching, reading or listening to news about the development of COVID-19 from unclear sources, seeking information from trusted sources such as the Ministry of Health, the Covid-19 task force and WHO, don't follow news related to covid-19 too often, look for information related to efforts to maintain mental health during the pandemic (Vibriyanti, 2020).

At Tribhuwana Tunggal University, a Covid-19 Task Force has been formed whose task is to prevent and control the spread of COVID-19 in the campus environment. Tribhuwana Tunggal University in collaboration with Kesdam Malang Hospital held vaccinations for all academics and communities around the campus. Nevertheless, the fear of the transmission of COVID-19 is still visible among students, especially students of the nursing profession. This is because they practice in hospitals, although the practice time and the number of students who practice are very limited and are given personal protective equipment.

METHOD

The target of this community service is the nursing profession students of the 2020-2021 generation as many as 60 participants. This community service is carried out online using Google Meet for 30 minutes with lecture and discussion methods. The material is given in the form of power point. Participants who do not follow the material from beginning to end, are excluded from this activity. After giving the material, the participants were given a questionnaire to find out the anxiety felt by the participants. Participants who still had high anxiety scores were followed up after the activity ended.

RESULT

Table 1: Frequency Distribution of respondent

Anxiety	Frequency	Percent (%)
Mild	13	21,67
Moderate	33	55,00
Severe	14	23,33

Source: Primary Data

Based on the table above shows that most students experience anxiety in the moderate category (55.00%).

DISCUSSION

Anxiety is the body's physiological response to stimuli. Anxiety can be triggered by various factors, one of which is due to the COVID-19 pandemic. This anxiety appears as a direct impact of Covid-19 on his health. Someone is afraid of getting COVID-19 and afraid of dying from Covid-19. Those who are still young feel that they are not ready if they have to be exposed to Covid-19 and die from Covid-19. As a result of that fear, many people try to consume various types of drugs, both chemical and herbal, to increase their immune system. In such conditions, people are more easily provoked by information or advertisements that offer various products to increase endurance. Many people fall into these advertisements. As a result, there is a shortage of goods, prices increase many times, even though the advertisements have not been verified. That is a psychological condition of someone who is experiencing anxiety. Various attempts were made to suppress something that was considered a threat to him.

Such conditions of society need an in-depth study of the factors that trigger anxiety, factors that can increase self-confidence and other factors in the hope of completely overcoming anxiety.

CONCLUSION

The incidence of anxiety due to COVID-19 among the academic community is still quite high even though a vaccine has been found. Various efforts have been made by educational institutions to prevent the spread of covid-19, including by carrying out blended learning, measuring temperature and washing hands for every academic community who enters the campus area, limiting the number of students entering, maintaining distance and wearing

masks. Convenience and security for all academic's during learning is expected to reduce anxiety and fear of academics against the transmission of COVID-19.

SUGGESTION

People need to realize the importance of protecting themselves from anxiety about the dangers of COVID-19, because anxiety can trigger new problems that are detrimental to their health.

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CONFLICTS OF INTEREST

Although this is a funding activity by Tribhuwana Tunggaladewi University, all findings will be used as material to improve student safety and comfort during the COVID-19 pandemic.

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