

The Relationship Between Anxiety Level And Health Personnel Preventive Behavior In The Era Of The Covid-19 Pandemic In Padang Pasir Community Health Center, Padang City

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ABSTRACT

More than 1,500 health workers in the city of Padang have confirmed Covid-19. At the Padang Pasir Health Center from June 2020 to July 2022, there were 47 health workers and 36 family members who were confirmed to have COVID-19. Preventive behavior carried out by health workers during the Covid19 pandemic, by implementing the 3M strategy: wearing masks, maintaining distance and washing hands, implementing Infection Prevention and Control (PPI). Anxiety felt by health workers while working during the Covid-19 pandemic, decreased stamina, increased work demands and an uncomfortable work environment because many were confirmed by Covid-19. The purpose of the study, the relationship between anxiety levels and preventive behavior of health workers in the era of the Covid-19 pandemic at the Padang Pasir Public Health Center, Padang City. This type of research, quantitative with analytical descriptive method through a cross-sectional approach. The results of the study, from 83 respondents, there was the highest score on the moderate level of anxiety (26.5%) of the respondents, and the highest score on the good preventive behavior (57.8%) of the respondents. The results of the Chi-Square statistical test obtained a p value of 0.029 (p 0.05), it is known that there is a relationship between anxiety levels and preventive behavior of health workers during the Covid-19 pandemic era at the Padang Pasir Public Health Center, Padang City. Suggestions, it is hoped that health workers carry out preventive behavior, in carrying out services, especially during the Covid-19 pandemic.

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1. INTRODUCTION

Preventive action is an effort to take various actions to avoid the occurrence of various health problems that threaten themselves and others in the future. As for the purpose of the action Preventive is to prevent or reduce the possibility of occurrence unwanted things and reduce the impact of an adverse event what has happened or what will happen. Meanwhile, preventive behavior is a form Actions taken to deal with an incident that occurred environment with the hope that it will not be repeated in the future come. The goal is to protect yourself from bad things that are maybe it could happen. [1]

Preventive behavior carried out by health workers during the Covid-19 pandemic was by implementing the 3M strategy, namely wearing masks, keeping a distance and washing hands as well as procedures for the implementation of Infection Prevention and Control (PPI) established by the Ministry of Health related to the use of Personal Protective Equipment (PPE)) are correct, disinfecting the work environment, providing hand washing containers with running water and soap and providing hand sanitizers that are displayed on the walls at service locations, installing boosters related to Covid-

19 prevention, providing education. Implement additional measures for Infection Prevention and Control empirically.[2]

Anxiety or also known as anxiety is an emotional state unpleasant, in the form of a psychophysiological response that arises as unreal or imagined anticipation of danger, apparently caused by intrapsychic conflict that is not directly realized, which occurs in life and can have an impact on physical and psychological health man[3]. This anxiety is also felt by health workers at the Padang Health Center Sand while working during a pandemic, officers feel that their stamina has started to decline due to increased job demands, feelings that unstable with the large number of health workers at the Padang Pasir Health Center and families exposed to Covid-19, and the Infection Control Prevention program (PPI) has not been fully implemented according to SOP, especially regarding use and disposal of Personal Protective Equipment (PPE). Still limited at that time availability of facilities and infrastructure for officers at the health center involved in do service. Frequent contact with patients who receive a lot of medication to the puskesmas and visitors to the PCR Swab examination.

Coronavirus is a disease that attacks the respiratory tract. Type The known coronavirus can cause disease, namely the Middle East type Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).Coronavirus Disease 2019 (Covid-19) is a new type of disease that has not been previously identified in humans. Covid-19 can be transmitted from human to human by close contact and by droplet. People who are at risk of contracting this disease are people who are in contact with Covid-19 patients and those who are not with the exception of health workers who provide services and care for patients Covid-19. Standard recommendations for preventing the spread of infection are wash your hands regularly or after doing activities outside the home, apply coughing and sneezing ethics, avoiding direct contact with people who have symptoms such as coughing and sneezing, and don't forget wear a mask when doing activities, especially when leaving the house.

Based on a survey that was conducted by dr. Petrin Redayani L.in his research on the impact of Covid-19 on mental health health workers at the hospital. Cipto Mangunsarkoro in 2021, health workers those who tested positive understood the situation well and obtain sufficient information. Meanwhile, health workers who have the risk of worrying about their health condition, doubt about the condition health, declared the work environment unsafe, did not feel protected at workplace, worried about the possibility of infecting members family, worried that they would be ostracized if they were suspected of being infected with Covid-19, and fear that they will be discriminated against if they are positively infected with Covid-19. Respondents tend to feel the need for counseling and psychotherapy, done individually, both online and face-to-face.

The initial survey that the researchers conducted on June 4, 2022 on 5 people health workers at the Padang Pasir Health Center who had been infected with the virus Through interviews with Covid-19, all of them had a high level of anxiety with different characteristics. Anxiety to be confirmed back, less stable stamina after confirming before, easy dizziness and sometimes a feeling of nausea. Assume that the workplace already uncomfortable with the increase in confirmed health workers positive for Covid-19, fear of being discriminated against by the environment residence if confirmed positive for Covid-19. They also said to To overcome the conditions of the Covid-19 pandemic, we have implemented preventive behavior according to the rules that have been set, such as wearing a mask, guarding distance and wash hands.

2. METHOD

This type of research is a quantitative type with an analytical descriptive design, using a cross-sectional approach, to study the correlation between the relationship with the approach at the same time between the anxiety level variable and the preventive behavior variable of health workers in the Covid-19 pandemic era at the Padang Pasir Health Center in Padang City. The population in this study were all health workers working at the Padang Pasir Health Center in Padang City, totaling 83 people consisting of general practitioners and dentists, nurses and dental nurses, midwives, analysts, nutritionists, kesling, pharmacists, medical records. The sample in this study were all health workers at the Padang Pasir Health Center, Padang City, totaling 83 people. This study used a total sampling technique, in which all health workers at the Padang Pasir Health Center in Padang City were sampled

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in this study, and all respondents met the inclusive and exclusive criteria set by the researchers. There are two types of data analysis in this research, namely Univariate Analysis Bivariate Analysis

3. RESULTS AND DISCUSSION

Research Results

Research data collection was carried out from August 8 2022 to August 10, 2022 with a total of 83 respondents health workers on duty at the Padang Pasir Health Center in Padang City. Data presented in the form of Univariate and Bivariate analysis. Univariate analysis describe the characteristics of the variable level of anxiety and behavior variables preventive. While the Bivariate Analysis presents the level relationship Anxiety with Preventive Behavior of Health Workers in the Pandemic Era Covid-19 at the Padang Pasir Health Center in Padang City.

Univariate analysis

1. Level of anxiety

Frequency distribution based on the level of anxiety in the region research can be seen in the table below

Table 1. Frequency Distribution of Health Workers' Anxiety Levels During the Covid-19 Pandemic Era at the Padang Pasir Health Center Padang city

Anxiety Level	F	%
Normal	12	14,5
Light	17	20,5
Currently	22	26,5
Heavy	15	18,0
Very heavy	17	20,5
Total	83	100,0

Based on table 1, 83 respondents, there were 22 (26.5%) respondents experienced a moderate level of anxiety.

2. Preventive Behavior

Frequency distribution based on preventive behavior in the region research can be seen in the table below.

Table 2 Frequency Distribution of Preventive Behavior of Health Workers in The Era of the Covid-19 Pandemic at the Padang Pasir Health Center Padang city

Preventive Behavior	F	%
Not good	35	42,2
Good	48	57,8
Total	83	100,0

Based on table 2, more than half of 48 (57.8%) respondents have good preventive behavior.

Bivariate analysis

Table 3 Frequency Distribution of Anxiety Level Relationship with Preventive Behavior of Health Workers in the Era of the Covid-19 Pandemic at the Padang Pasir Health Center in Padang City

Anxiety Level	Preventive behavior				Total		P value
	Not good		Good		N	%	
	f	%	f	%			
Normal	7	8,5	5	6,0	12	14,5	<u>0,029</u>

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Light	12	14,5	5	6,0	17	20,5
Currently	7	8,5	15	18,0	22	26,5
Heavy	5	6,0	10	12,1	15	18,0
Very heavy	4	4,7	13	15,7	17	20,5
Amount	35	42,2	48	57,8	83	100,0

Based on the results of the relationship analysis of anxiety levels with preventive behavior shows that the number of respondents who have good preventive behavior are more in the respondents who medium level of anxiety, namely 15 (18.0%) respondents and those who behaved badly were more at a mild level of anxiety namely 12 (14.5%) respondents. From the results of the Chi-Square statistical test obtained a p value of 0.029 ($p \leq 0.05$), thus it can be It is known that there is a significant relationship between levels anxiety with preventive behavior of health workers in the era the covid-19 pandemic at the Padang Pasir Health Center in Padang City.

DISCUSSION

Univariate analysis

1. Level of Anxiety

From the research that has been done at the Padang Pasir Health Center Padang City on August 8 2022 to August 10 2022 obtained from the 83 health workers studied there were 12 (14.5%) experienced normal anxiety, 17 (20.5%) health workers experienced mild anxiety, 22 (26.5%) health workers experienced anxiety moderate, 15 (18.0%) health workers experienced severe anxiety, and 17 (20.5%) health workers experienced very severe anxiety. Results This study is almost the same as the results of research in the journal issued by Tri Rosa Setianda, Ratih Indraswari, Priyadi Nugraha Prabamurti (2021), related research on Anxiety Levels Society in Facing the Covid-19 Pandemic in Semarang City, with the results of the study (66.8%) of respondents were at the level of anxiety moderate, (27.3%) respondents at mild anxiety level and (5.9%) respondents with severe anxiety levels[6]. It's the same with research results in a journal issued by Suratmi, Rukman Abdullah, M. Taufik (2017), research on the relationship between anxiety levels and Student Learning Outcomes in Education Study Programs at the University Sriwijaya with research results (78.13%) of respondents who have moderate anxiety category, (17.71%) respondents in the anxiety category low and (4.17%) respondents with high anxiety category[8].

The results obtained in research and in journals that used as a comparison in this study, approaching the concept anxiety which states that anxiety is someone who have a fear that something will happen. On the concept of level of anxiety explained that at a moderate level of anxiety is to make someone to focus on things that are felt important with putting aside other aspects of things, so that someone enters in a condition of selective attention but still able to do something certain with more focused while the level of mild anxiety can described from the anxiety that occurs because of the disappointment that associated with tension in everyday life, temporary the level of severe anxiety is the anxiety that causes a person more alert and increase the scope of his perception. can cause one tends to focus on something more detailed, specific and unable to think calmly about other things and will requires a lot of direction to be able to focus on another object.[9]

In accordance with the description above, it can be analyzed that anxiety experienced by health workers at the Padang Pasir Kota Health Center Padang, there is fear and threat in carrying out the task. This is illustrated from the daily life where the anxiety of health workers is marked with a sense of suspicion, high anxiety, so very paying attention to personal safety and comfort as well as the work environment in an excessive and protective manner. Judging from the results of the questionnaire which have been filled in by the respondent there are officers who complain of being constrained to rest, the mouth sometimes feels dry for no reason, and sometimes shortness of breath when dealing with Covid-19 patients, and even often seen health workers who are gloomy and sometimes confused about the conditions that must be lived while working. Beside it is also due to the large number of health workers at the Padang Pasir Health Center Padang city and family confirmed positive for Covid-19. With

Conditions like this cause anxiety among health workers in carrying out their duties due to increased working hours and Stamina has started to decrease.

2. Preventive Behavior

Preventive behavior in research on health workers in Padang Pasir Health Center in Padang City showed that 35(42.2%) Respondents still have poor preventive behavior and 48 (57.8%) respondents already have good preventive behavior, Results this study is in line with the results of research conducted by Muhammad S (2021) regarding Level Relationship research Anxiety and Preventive Behavior among Health Workers at Puskesmas Jongaya and the Tamalate Health Center in Makassar City have results research 57 (75.0%) respondents who have preventive behavior good and 19(25.0%) respondents who had poor preventive behavior[10]. Likewise in Kokom Komalasari's research (2021) regarding The relationship between the Knowledge Level of Health Workers and Covid-19 Preventive Actions at the Tambun Bekasi Health Center, obtained results 33(73.3%) of respondents had good preventive behavior and 12(26.7%) respondents who behave less well[11].

In accordance with the results of the research above, the concept also explains that preventive behavior is an individual effort or group in preventing the occurrence of something unwanted. Preventive behavior carried out by staff health during the Covid-19 pandemic is to implement a strategy 3M namely wearing a mask, maintaining distance and washing hands as well SOPs in implementing Infection Prevention and Control (PPI) determined by the Ministry of Health related to the use of the Tool Correct Personal Protective Equipment (PPE), disinfecting the environment work, providing handwashing containers with running water and soap as well as providing hand sanitizers that are displayed on the wall at the location services, installing boosters related to prevention Covid-19, providing education. Implement additional steps for empirical infection prevention and control.\

Based on the description of preventive behavior above, it can be analyzed it is formulated that the health workers in the Padang Health Center Pasir Kota Padang has carried out preventive behavior well even though they have varying levels of internal anxiety run errands. And can also be seen from the results of the questionnaire that has been It is filled in that the majority of health workers have implemented the rules that have been correctly determined by the government, such as the 3M strategy (wearing a mask, keeping your distance and washing your hands), using Personal Protective Equipment (PPE) in carrying out services, disinfectants the room and the tools used during the service and perform Periodic health checks on the prevention of Covid-19 and drink Vitamins that have been facilitated from work

Bivariate Analysis

From the results of research data analysis that has been carried out on August 8, 2022 to August 10, 2022 against 83 health workers at the desert health center in the city of Padang, there are significant relationship between the level of anxiety with behavior preventive, with a p value of 0.029 ($p \leq 0.05$). Health workers who carry out more good preventive behavior in health workers who experienced a moderate level of anxiety, namely 15 (18.0%) of respondents. Meanwhile, more health workers who behave less well many at the level of mild anxiety, namely 12 (14.5%) of respondents. Results this study is in line with the results of research conducted by Muhammad S (2021) explains that there is a Level Relationship Anxiety and Preventive Behavior among Health Workers at Puskesmas Jongaya and Tamalate Community Health Centers in Makassar City, based on the chi test square results obtained p value 0.016 ($p \leq 0.05$)[11]. And based on the journal from Muhammad Raharjo, Qomariah,, Mulyani, and Andriani (2020), which carried out at Gunadarma University illustrated that the relationship between the level health workers' anxiety about preventive behavior in the Facility First-level health, from 73 research respondents it was stated that 21 (72.4%) of respondents experienced anxiety already carrying out preventive behavior by implementing guarding habits hygiene by washing hands more often, using masks and bring hand sanitizer every time you leave the house until immediately clean up after going out of the house, with chi test results square with a p value of 0.008 ($p \leq 0.05$)[11].

In general, health workers already know the behavior preventive in preventing the spread of the corona virus-19 during a pandemic, as for preventive behavior set by the Ministry of Health during a

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pandemic Covid-19 is to carry out the 3M strategy, namely wearing a mask, keep your distance and wash your hands, as well as procedures in implementation Infection Prevention and Control (IPC) related to use The correct Personal Protective Equipment (PPE), do the disinfecting in working environment, provide handwashing containers with running water and soap and provide hand sanitizer which is displayed on the wall in service locations, put up posters related to prevention Covid-19, providing education. Implement additional steps for empirical infection prevention and control. (Ministry of Health, 2020). But in changing one's behavior it is not it's as easy as talking about risk. This is also found in some health workers at the Padang Pasir Health Center who experience anxiety heavy and very heavy but still carrying out preventive behavior with not good[12].

4. CONCLUSION

Based on the results of research and discussion that has been done, then it can be concluded that The level of anxiety of health workers at the Padang Health Center is known The sand of Padang City during the Covid-19 pandemic era was as much as 12(14.5%) respondents experienced normal anxiety, 17(20.5%) respondents experienced mild anxiety, 22 (26.1%) of respondents experienced moderate anxiety, 15(18.0%) experienced anxiety severe, and 17 (20.5%) experienced very severe anxiety. The preventive behavior of health workers at the Padang Health Center is known Sand City of Padang during the Covid-19 pandemic era, namely 35 (42.2%) have unfavorable preventive behavior and 48 (57.8%) have good preventive behavior. It is known that there is a significant relationship between anxiety levels with preventive behavior of health workers in the era of the Covid-19 pandemic 19 at the Padang Pasir Health Center in Padang City with a p value of 0.029 ($p \leq 0.05$).

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