

Supportive Therapy For Reducing Anxiety In Certified Nurse Students Who Are Confirmed Covid 19 Who Are Undergoing Home Quarantine

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ABSTRACT

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Covid 19 is a respiratory disease with a high transmission rate and can lead to death. The high number of cases day by day makes patients exposed to Covid-19, both those treated in hospitals and those who are home quarantine felt physical pain, also show somatic symptoms with high anxiety, so it can affect mental health. One of the efforts to overcome anxiety is with supportive therapy. The purpose of this study is to find out supportive therapy for reducing anxiety in certified nurse students who are confirmed Covid 19 who are undergoing home quarantine at the Muhammadiyah University of Gorontalo. This research is a quantitative research with pre-test and post-test designs without control group. The population in this study were certified nurse students who were confirmed Covid 19. The sampling technique used non-probability sampling with the quota sampling technique. The number of sample used was 18 people. Data analysis using paired t test. The results of the study after the intervention showed that there was no anxiety as much as 33.3% and mild anxiety 66.7%. The difference in the average level of anxiety before and after supportive therapy was obtained p value of 0.0001. To reduce the level of anxiety providing psychological support will increase calm. Supportive therapy is also needed to support recovery and prevent further worsening of confirmed Covid-19 patients.

Keywords: Supportive Therapy; Anxiety Level; Covid 19

INTRODUCTION

Covid-19 is a new type of coronavirus that is contagious with common symptoms of fever, cough, seizures to diarrhea (WHO, 2020; Repici et al., 2020). The case was first reported from wuhan in china with mysterious pneumonia (Phelan, Katz, & Gostin, 2020). The transmission of this virus by moving from human to human through direct contact, splashing saliva both when sneezing and when coughing or when talking (Li et al., 2020)(Rothe et al., 2020).

From day to day the incidence of covid-19 cases is increasing where most of the incubation period is 1-14 days. On August 18, who as the World Health Organization announced that the number infected with covid-19 was recorded at 209,324,107(209

million), of which 4,365,962 (4.3 million) cases died and 187,974,336 (187 million) cases that had recovered. Meanwhile, in Indonesia alone, covid-19 cases also continue to increase by 3,892,479 cases, as well as the increasing death rate of 118,833 cases and recovered cases totaling 3,414,109 cases. From this data, Indonesia has experienced an increase between the number of deaths and the recovery rate of patients (Ministry of Health ri, 2021). In Gorontalo Province alone, the number of infected cases was 11,276 cases, of which the number of recovered cases was 10,278 cases, who died 434 cases, while those who experienced treatment both in hospitals and at home by self-isolating amounted to 564 people (Dikes Provinsi Gorontalo, 2021).

Based on this data, patients exposed to Covid-19, both those who are hospitalized and who isolate at home in addition to feeling physical pain, also show somatic symptoms with high anxiety. There are several aspects that can affect the mental condition of Covid-19 patients, namely the absence of contact with other people, the environment even with one's own family, the absence of covid-19 antivirals, and the number of circulations on social media related to the news of covid-19 which causes trauma to patients due to excessive levels of fear and worry. This can lower the level of immunity in the patient's body (Yang et al., 2020).

One of the psychotherapeutic therapies used to reduce anxiety is supportive therapy. Supportive therapy is a psychiatric-based therapy that aims to understand a person to be able to change in overcoming anxiety. This supportive therapy is very effective where the beginning of the implementation of this therapy by identifying problems with the sources of coping to overcome the anxiety that is experienced so that anxiety can decrease and can be prevented (Viederman, 2018).

Based on the description above, researchers are interested in conducting research with the title "supportive therapy against reducing anxiety in students of the nursing profession confirmed with COVID-19 who are undergoing isolation".

METHODS

This research is a quantitative research with a research design using pre-experimental with a quantitative approach of pre-test and post-test without control group. The location of this study was conducted at the University of Muhammadiyah Gorontalo. The research was carried out in July 2021 – November 2021 which includes the stages of proposal, preparation, research process, data processing, and report preparation. The population used is professional students of Gorontalo university patients who have been confirmed positive for Covid-19 who are undergoing self-

isolation. The sample in this study was 18 respondents who had met the requirements according to the inclusion criteria determined by the researcher. The sampling technique is used non probability sampling technique with the type of sampling quota sampling((Safruddin, Asri, 2022).

The tools used in the collection of instrument data in measuring anxiety are questionnaire sheets and observations using the HARS (Hamilton Anxiety Rating Scala) scale. The instrument assessed 14 signs and symptoms in respondents with rating items of 0-5. In determining the degree of anxiety, it was seen from the results of respondents with the following intepretation values if there was no anxiety score less than 6, mild anxiety if the score was 7 – 14, moderate anxiety if the score was 15 – 27, and severe anxiety if the score was more than 27. Supportive therapy using existing SOPs (Standard Operating Procedures). SOPs are made in the form of modules to make it easier for respondents to receive directions from researchers.

The implementation of therapy, there are several rules that must be obeyed by respondents, namely: therapy and respondents play an active role in two-way communication, involving family and social support, therapy avoids interrogation and confrontation and provides feedback, physical comfort and emotions must be maintained. The procedure for implementing the intervention in this study was carried out as many as 4 sessions for 4 weeks. Interventions are carried out once a week with a duration of 1-2 hours per session using discussion, question and answer and role play methods. Session 1 was carried out pre-test observation I and identified the client's ability related to understanding covid 19, Session 2 therapy using a support system in the family, monitors and obstacles, Session 3 Therapy using a support system outside the family, monitors and obstacles, Session 4 Evaluating the results and obstacles to the use of existing supporting sources and conducting a Post test. The provision of interventions is carried out online .

RESULTS

Based on the results of statistical tests depicted in the bar chart above, respondents' characteristics based on the age of the majority were in the adult category (20-35 years) as many as 18 people. the characteristics of respondents based on the gender of the majority of women were 14 people. Differences in respondents' anxiety levels before the intervention were given an average of 13 people and 3 people who experienced severe anxiety. After being given the intervention, it changed where the average respondent's

anxiety level was at a moderate anxiety level of 18 people.

Tabel 1. Distribution of Characteristics of Covid 19 Sufferers Is Related to anxiety levels

Variable	Frequenci	Percentage (%)
Age		
Early Adult (26-35 years old)	18	100
Gender		
Male	4	22,3%
Female	14	77,7%
Prior Anxiety Level Intervention		
No Anxiety	0	0
Mild Anxiety	2	11,1
Moderate Anxiety	13	72,2
Severe Anxiety	3	16,7
Anxiety Levels After Intervention		
No Anxiety	6	33,3
Mild Anxiety	12	66,7
Moderate Anxiety	0	0
Severe Anxiety	0	0
Amount	18	100

Based on the results of statistical tests in table 2, it was found that the average anxiety level of Covid-19 sufferers, which amounted to 18 respondents who underwent isolation before being given supportive therapy interventions, was obtained a mean value of 3.06 with a standard deviation of 0.539 and a minimum value of 2-4. Meanwhile, after being given the intervention, it decreased to 1.67 with a standard deviation value of 0.485 and a minimum value of 1-2. the average value of the anxiety level of covid-19 patients who underwent isolation before and after being given intervention in the form of supportive therapy was obtained a value of $p = 0.001$ ($p < 0.05$) meaning that there was an influence between the level of anxiety before and after being given supportive therapy.

Tabel 2 Differences In the average level of anxiety of Covid-19 sufferers undergoing Isoman before and after the administration of intervention in 2021 (n=18)

Anxiety Level	Mean	Standard Deviation	Minimum - Maximum	P Value	N
Before	3,06	0,539	2 – 4	0,0001	18
After	1,67	0,485	1 – 2		

DISCUSSION

The results of statistical tests show that the age of Covid-19 patients who are associated with anxiety levels is mostly in the adult category (20-35 years) as many as 18 people. This research is in line with research conducted by Bachri et.al (2017) which

explains that age is related to the level of anxiety where a person's anxiety level will decrease with age. According to (Stuart & Lararia, 2005) that a person's coping mechanisms are influenced by the maturation or maturity of the individual himself. Individuals who are more mature have greater adaptability than individuals who have not yet mature. This is also strengthened by Sutejo, 2011 who explained that the more mature a person is, the more mature one's psychological condition is and the wiser one is to deal with various problems. On the contrary, adolescents also very often experience anxiety due to the lack of knowledge and experience possessed by the teenager so that they are not prepared to face something.

Women are more at risk of experiencing anxiety compared to men. According to research conducted by (Li et al., 2020) which explains that one of the risk factors that affect the anxiety of covid-19 patients based on gender is the female sex. In line with the theory put forward by (Sadock & Sadock, 2010) that a woman's feelings of anxiety are influenced by her emotions that are very sensitive to a situation.

The results of the statistical test in table 2 found that the average anxiety level of Covid-19 sufferers, which amounted to 18 respondents who underwent isolation before being given supportive therapy interventions, obtained a mean value of 3.06 with a standard deviation of 0.539 and a minimum value of 2-4. Meanwhile, after being given the intervention, it decreased to 1.67 with a standard deviation value of 0.485 and a minimum value of 1-2. The results of this research are in line with the research conducted by (Gusdiansyah & Susanti, 2020) Stated that there was a change in the level of anxiety before and after being given supportive therapy in the intervention group with a value of 1.53, a standard deviation of 0.516 and a value of at least 2 and a maximum of 3 (Nurcahyani et al., 2017) the research also stated that supportive therapy affects the change in the level of anxiety before and after being given an invention where the average value is 8.46 with a standard deviation of 1.761.

Anxiety is excessive worry characterized by feelings of discomfort due to an autonomous response (the individual does not know the source) so that the individual will be more vigilant to overcome it (Nanda, 2015).

Looking at the majority of respondents' anxiety levels both pre and post, before being given treatment an average of 13 people at moderate anxiety levels, 3 people were on severe anxiety and 2 people were at mild anxiety. Then after being given treatment who experienced mild anxiety became 12 people and 6 people who were not anxious. Of

course, the occurrence of this decrease in anxiety is influenced by the coping mechanism of the individual himself after being given a supportive therapeutic treatment (Bakri & Haris, 2021). A person who experiences anxiety will feel less confident, worry excessively and feel uneasy. So it will try to improve its feelings by trying to maintain the ego by using various coping mechanisms so that its anxiety level becomes light.

According to the assumptions of researchers according to the results of the study, it can be concluded that supportive therapy is effective in reducing the level of anxiety by changing a person's coping mechanism. This supportive therapy is a therapeutic psychotherapy that is formed with the aim that the individual can reveal all the problems he faces during the period of isolation. While other members of the group who experience the same problem will provide responses and solutions regarding what is felt and provide reinforcement to each other. This is what can lower their anxiety.

The results of the statistical test in table 2 obtained the average anxiety level of covid-19 patients who underwent isolation before and after being given intervention in the form of supportive therapy in obtaining a value of $p = 0.001$ ($p < 0.05$) meaning that there was an influence between the level of anxiety before and after being given supportive therapy.

This research is in line with the research conducted by (Katz, 2016) states that there is an effect of supportive therapy on the decrease in anxiety of adolescents who have learning disorders in building their social relationships. Moreover (Gusdiansyah & Susanti, 2020) it also states that there is an effect of supportive therapy on the anxiety of Juvenile Inmates in Class IIA Penitentiary. Although this study is different the subject of the study.

Supportive therapies take an important role in the care of COVID19 patients According to Research (Rahmania & Tasaufi, 2020) Supportive therapy accompanied by the act of providing relaxation therapy and breathing exercises can have an effect on patients with moderate anxiety levels and can determine the patient's recovery rate. This is because the therapy provided by providing psychological support will increase calmness. Supportive therapies are also needed to support recovery and prevent further aggravation of confirmed COVID-19 patients.

Saddock, B.J and Saddock (2018) explaining anxiety is an individual's normal response to growth, change, discovery of identity and meaning of life. In covid-19 patients, various causes of anxiety that can occur include physical and psychological

disorders if not treated immediately (Sadock et al., 2018) Patients who are confirmed with COVID-19 will require strict medical observation and isolation during treatment (Yang et al., 2020) The patient may think of negative ideas that will be detrimental to the patient's mental health (Li et al., 2020) Therefore, patients who are confirmed with COVID-19 need a strong support system from both families and people in their environment. One of them is with supportive therapy. This therapy is very effective for a wide variety of psychiatric disorders resulting from medical conditions.

It is hoped that in providing this supportive therapy, it will be able to open the insights of group members so that they can increase knowledge to solve the crisis they face by building supportive relationships (Siringoringo, 2021). Each member of the group will be given the opportunity to express what they feel so that they will give each other feedback in the form of praise and encouragement so that the client will feel the same way and will be aware that there are other people who also feel the same way. Group members will also be more open to telling what they feel until they feel calm and their behavior will also change.

Supportive therapy is more effective against reducing the anxiety of patients who have been confirmed with COVID-19 and are undergoing isolation compared to leaflete administration and so on. Through supportive therapy, it can be concluded that learning occurs due to experiences seen or observed from the environment so that it can be imitated into the behavior it has due to the same problem. Supportive therapy is also a mediation in the form of a therapeutic relationship that contributes to the reduction of stress levels (Sillup & Klimberg, 2010).

CONCLUSIONS

Supportive therapy is effective in reducing the anxiety level of patients who have been confirmed with Covid-19 and undergoing isolation compared to leaflete administration and so on. Supportive therapy can be a learning because of the experiences seen or observed from the environment so that it can be imitated into the behaviors they have due to the same problem. Supportive therapy is also a mediation in the form of a therapeutic relationship that contributes to a decrease in stress levels. This is because the therapy provided by providing psychological support will increase calmness. Supportive therapy is also needed to support recovery and prevent further aggravation of confirmed Covid-19 patients.

This intervention can be one of the considerations that can be used by health

workers or community service providers, in providing understanding and management of stress. This therapy can be given through consultation services through online networks or telemedicine so as to maintain the mental health of Covid patients while undergoing self-isolation at home.

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