

"A STUDY ON ATTITUDE AND ANXIETY TOWARDS COVID-19 PANDEMIC AMONG NURSING STUDENTS".

Nursing

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ABSTRACT

COVID-19 pandemic came up with a numerous disruptive effects and with deep negative effect on mental health. Nursing students are affected more due to their vulnerability in getting infection leading to anxiety. A cross sectional descriptive design was adopted to assess attitude and anxiety level among 377 nursing students towards COVID-19 in Schools of Nursing of Assam, who were selected by convenient sampling technique. Goggle form of likert scale of attitude related to COVID-19 and likert scale of fear and anxiety related to COVID-19 were used for data collection through online mode. The study found that attitude of the nursing students towards COVID-19 varied and they have high level of anxiety. Anxiety among nursing students is common and now during pandemic it has increased further so it mental health of students needs to be handled carefully through various interventional techniques. Nursing students need proper moulding of their personality to cope up with any circumstances in future.

KEYWORDS

Pandemic, Attitude, Anxiety, COVID-19

INTRODUCTION

Nursing education have consistently been associated with anxiety throughout the curriculum and it is also proof that nursing students are exposed to additional stressful factors during an epidemic or pandemic state and thus their anxiety increases further making them vulnerable to mental problems. Anxiety is the commonest psychiatric symptoms due to stress and it is most common psychiatric disorder in general population.² A new stressor called COVID-19, a global pandemic declared on 30 January by WHO has been responsible for millions of infections globally and causing thousands of deaths.³ The resulting lockdown policies has far ranging effects in all aspects of health professions education including student⁴ and has also been reporting a sharp rise of mental health problems including anxiety, depression, stress, sleep disorder as well as fear, among its citizens, that eventually increased the substance use and sometimes suicidal behavior.⁵

Dewart G , Corcoran L, Thirsk L, Petrovic K found that within the health field, schools of nursing are going through various challenges.⁶ The students' nurses are the future warrior of health profession and need to be developed strong both physically and mentally. Therefore investigator decided to assess the mental health component of students during this COVID-19 pandemic.

SPECIFIC OBJECTIVES

1. To assess the attitude and anxiety of nursing students towards COVID-19
2. To find out the association between anxiety and selected socio demographic variable of nursing students.

MATERIALS AND METHODS

Study Design: Cross sectional descriptive

Study setting: Schools of Nursing, Assam

Sampling technique: Convenient Sampling technique

Tools used in the study: Data collection was done online with goggle form

Tool I: Demographic variables,

Tool II : Likert scale related to attitude towards Covid-19

Tool III : Modified Likert scale related fear and anxiety related to COVID-19⁷

DATA COLLECTION PROCEDURE

Data was collected from 18th August 2020 to 31st August 2020 from nursing students after obtaining permission from respective school authority. A goggle form of questionnaire was created and circulated through whatsapp app, on receiving and clicking the link, the participants got auto directed to the information about the study and informed consent. After their acceptance to take the survey they filled up the answer.

ANALYSIS AND FINDINGS

Section I: Demographic data

Study shows mean age with standard deviation of students was 22 ±

2.31. 98%(370) of the nursing students were female and 45%(171) were in 1st year GNM nursing. 75%(282) of students were Hindu by religion out of which 65%(243) of the students were staying with their family during lockdown. 88%(333) of them selected nursing course by themselves and 96% (362) participants were aware about the nursing education. 47% (176) has got information about COVID-19 from various sources of media.

Section II: Frequency distribution of Attitude of nursing students

Table I:-Percentage of Attitude of nursing students towards COVID-19

N=377

Slno.	Attitude of nursing students towards covid-19	Frequency	Percentage (%)
1.	Covid-19 is a fatal disease	Agree	235
		Disagree	92
		Undecided	50
2.	COVID-19 patient can be identified from the external appearance	Agree	161
		Disagree	163
		Undecided	53
3.	Don't worry if you come across a COVID-19 patient	Agree	145
		Disagree	181
		Undecided	51
4.	COVID-19 patient must be treated at COVID Care Centre or COVID hospital	Agree	346
		Disagree	20
		Undecided	11
5.	Asymptomatic patient can be cured at home	Agree	197
		Disagree	138
		Undecided	42
6.	COVID-19 is dangerous to the community	Agree	337
		Disagree	22
		Undecided	18
7.	Health worker play important role in prevention of COVID-19	Agree	366
		Disagree	6
		Undecided	5

Section III: Frequency distribution of Anxiety

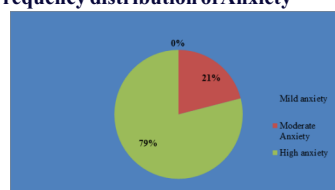


Fig 1: Percentage distribution of Nursing student level of anxiety towards COVID-19.

Section IV: Association between anxiety and selected socio demographic variable

Table II: Chi square value between anxiety and selected socio demographic variable
N=377

Demographic variable	Categories	Anxiety level		Calculated ²	Df	P Value <0.05	S/NS
		<40	40				
Gender	Male	2	5	1.32	1	.249	NS
	Female	187	183				
Religion	Hindu	142	143	0.44	1	0.833	NS
	Others	47	45				
Years of education	1 st year GNM Nursing	82	88	.446	1	.504	NS
	2 nd year and 3 rd year GNM Nursing	107	100				
Types of family	Nuclear	161	138	7.92	1	0.005	S
	Joint	28	50				
Domicile	Urban	40	51	1.83	1	.176	NS
	Rural	149	137				
Residing presently	With Family	53	194	.257	1	.689	NS
	Without Family	25	105				
Selection of course	By Self	170	161	1.63	1	.201	NS
	Others	19	27				
Awareness of nursing education	Yes	178	183	2.31	1	.128	NS
	No	11	5				
Parents occupation	Salaried	64	70	.468	1	.494	NS
	Not salaried	125	118				
Education of father	Formal education	180	176	.471	1	.493	NS
	No formal education	9	12				
Education of mother	Formal education	172	167	.492	1	.483	NS
	No formal education	17	21				

* S=Significant

NS=Not significant

DISCUSSION

The present study found that 98% of the students were female which is similar to a study by Bella et al⁸ on anxiety and coping strategies among nursing students during the COVID-19 where the majority of students were female. The investigators believed that reason for the majority of female nursing students in Assam is due to lack of seat for boys in admission in schools or colleges, lack of awareness and interest towards nursing profession.

The findings of present study showed that 75% of students were living in urban area which is similar to the study by Islam et al⁵ and Amin Olimat et al⁷ where 64.9% and 1642 number of students belongs to urban area. The investigator believed that reason behind most of the subjects were from urban area is as setting of the study was in urban area. Present study found that 65% of students were living with family during lockdown which is similar to the study by Amin Olimat et al⁹ that is 97.1% living with family. The reason behind most of the students staying with their family was closure of schools, colleges, hostels during lockdown. Present study found that 79% of the students were from nuclear family which is similar to the study by Deepika Sehroun et al¹⁰ where 86.2% of the student belongs to nuclear family. The investigator believed that reason behind increase nuclear family is industrialisation, urbanisation etc.

Present study found that 79% of students were having high level of anxiety which is similar to the study by Bella et al⁸ where 13.1% were having severe anxiety and this finding is also similar to a online survey study by Miron et al¹⁰ on perceived stress, anxiety and depression among undergraduate students where 50.22% of all subjects showed moderate to severe levels of anxiety symptoms. The investigators believe that the reason for this high prevalence of anxiety is explained by the sudden disruption in normal life, lockdown, isolation, infection, crisis, no source of income of parents, challenges of learning during COVID-19 pandemic.

In the present study it was found there was no significant association between anxiety level and with year of education which is similar to the study by Bella et al⁸ where academic year of study was not found to

be associated with level of anxiety.

CONCLUSION

Sudden disruption due to pandemic has a deep impact in everyone's normal life routine. The current study found that attitude of the students varied towards COVID-19 and anxiety level has increased during lockdown. It is necessary to carry out some interventional studies in large group to manage the student's anxiety level and to prepare them both physically and mentally for future generations.

RECOMMENDATIONS

Mental health of the students is very important aspects of health which need to be developed. Interventional studies can be done to check the effectiveness of various techniques in nursing school and college for student's good mental health. There should be provision for including stress management technique in Nursing Curriculum.

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