



AN OVERVIEW OF THE RESILIENCE OF NURSES EXPOSED TO COVID-19

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ABSTRACT

Resilience is a person's ability to adapt in stressful situations, be able to rise from the trauma experienced, and have a solution in solving every problem. Resilience is needed for nurses, as a foundation to always think positively in providing nursing care, especially during this covid-19 pandemic so that nurses have good sources of resilience. This study aims to describe the resilience of nurses exposed to COVID-19. The method used in this research is a descriptive research design with univariate data analysis. The sampling technique in this study is total sampling with a population of 89 nurses. The results show that the resilience of nurses exposed to COVID-19 at Bunda Thamrin General Hospital has a high category of resilience as many as 67 people (75.3%).

Keywords: covid-19; nurse; resilience

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INTRODUCTION

Nurses play an important role in connecting directly with patients in the hospital. Nursing resources are an important element of hospital services, in fact almost 80% of health services are carried out by nurses (Safitri & Astutik, 2019). Coronavirus is a virus that attacks the respiratory tract. The covid-19 infection process is triggered by the release of droplets containing the SARS-CoV-2 virus into the air when an infected patient coughs or sneezes. When droplets are inhaled by people who have not been exposed to covid-19, they enter through the nose and mouth, then go to the lungs and cause an infection process (Astuti et al., 2021). Covid-19 can also be transmitted by using the same object or surface that has previously been used or in direct contact with someone who has been infected with COVID-19. Therefore, WHO advises to always use appropriate personal protective equipment such as face masks, wash hands, and maintain distance to control the spread of infection (Setiyo Adi Nugroho, 2021).

With this pandemic, it causes work stress, resulting in mental illnesses such as fear, anxiety, sadness, depression, rejection, anger to frustration. This kind of condition is not only felt by the general public, but by all medical personnel around the world. The mental health of 1,257 healthcare workers treating covid-19 patients in 34 hospitals in China with 50% results of depressive symptoms, 45% anxiety, 34% insomnia and 71.5% psychological distress. Meanwhile, in Indonesia, the most frequent response in nurses is feelings of anxiety and fear as much as 70%. High anxiety in nurses can have negative impacts such as weakening of social relations, stigma towards nurses, the emergence of anger, hostility towards the government and drug abuse (Diinah & Rahman, 2020).

Information obtained from the province of Central Java obtained the results that the province of Central Java has the third highest number of deaths of medical personnel due to covid-19. Indonesia became the third country in Asia to have 647 medical personnel who died. The stress felt by health workers, especially nurses, covid-19 officers, is in the form of pressure due to natural disasters and conflicts (Stevani & Y. E. Kusumiati, 2021). Reporting from PPNI North Sumatra on Friday, February 12, 2021, a nurse from the DPK of Pringadi Medan Hospital who was on duty in the chemotherapy room has died in the isolation room of Pringadi Hospital Medan after undergoing treatment for 12 days due to exposure to covid-19 (PPNI Sumut, 2021). There was also a nurse from belawan navy hospital who passed away on Saturday, October 10, 2020 who had previously been admitted to the Covid-19 referral hospital of the North Sumatra Provincial Government (PPNI Sumut, 2020). Therefore, with the pandemic situation that has not ended until now, nurses need to improve their ability to heal themselves and the strength to overcome problems is called resilience.

Resilience is a person's power to be able to maintain psychic stability at the time of experiencing problems. Resilience to work is a way for a person to adapt to an environment full of problems such as the sphere of nursing (Asih et al., 2019). High resilience is able to create communication skills, realistic experiences for planning life and finding ways to turn situations full of problems into opportunities for self-improvement in making decisions (Utami, 2017). Aspects of this resilience include emotion regulation, impulse control, optimism, problem analysis ability, empathy, self-efficacy, achievement (Nashori & Saputro, 2021). With this background, researchers are interested in conducting research on the description of the resilience of nurses exposed to COVID-19 at Bunda Thamrin General Hospital in 2022 with the aim of identifying the characteristics of nurses, as well as knowing the resilience of nurses exposed to COVID-19.

METHOD

This study used a descriptive method. The population in this study was nurses who had been exposed to covid-19 as many as 89 nurses. The sampling technique uses total sampling. The resilience questionnaire consists of 35 statements. In collecting researcher data using google form which has been carried out in May 2022. Statistical tests using descriptive analysis.

RESULTS

This study was conducted by providing questionnaires regarding nurse resilience through a google form, as well as providing informed consent to 89 respondents. After all respondents filled out the questionnaire, data processing was then carried out using excel and SPSS applications to see a picture of the respondent resilience.

Tabel 1.
The Respondents Related to Demographics of Nurses Exposed to Covid-19 (n=89)

Characteristics	f	%
Years		
17-25	10	11.2
26-35	67	75.3
36-45	7	7.9
46-55	5	5.6
Gender		
Male	7	7.9
Female	82	92.1

Characteristics	f	%
Education		
D3	54	60.7
S1	35	39.3
Length of work		
≤5 Tahun	29	32.6
>5 Tahun	60	67.4
Income		
< 2.000.000	0	0
2.100.000 – 3.000.000	18	20.2
3.100.000 – 4.000.000	59	66.3
>4.100.000	12	13.5

Tabel 2.
The Nurse Resilience Levels Exposed to COVID-19 (n=89)

Resilience	f	%
High	67	75.3
Medium	22	24.7
Low	0	0

DISCUSSION

The results of the research on demographic data from 89 respondents showed that the majority of respondents aged 26-35 years were 67 people (75.3%) and the minority aged 46-55 years were 5 people (5.6%). Researchers assume that a person's adult age can increase resilience. This is because age affects a person's mindset and emotions in making decisions and solving problems. This analysis is in line with research by Salamah et al (2020) which suggests that the older the individual, the better at choosing and drawing conclusions. This is because the emotions of a more mature age are more constant than at a young age and are also more skilled in solving a problem (Salamah, Suryani, 2020).

The results of the research on demographic data from 89 respondents based on gender found that the majority of respondents were female as many as 82 people (92.1%), and a gender minority as many as 7 people (7.9%). Researchers assume that the majority of respondents are female because women have a higher art of caring than men. Women tend to have high resilience than men because women are more able to rise and struggle in the face of a problem. And every problem encountered is immediately evaluated. Women in dealing with problems prioritize emotional feelings and focus on these problems compared to men who are accustomed to relying on their own logic. So women are often more optimistic in solving problem

This research was supported by Nuari (2017) to 30 nurses with the majority of nurses being 17 women (56.7%) and 13 men (43.3%). The nature of women is more dominant in emotions than men who focus on reason so that it often triggers stress in women. It's just that women are able to measure and assess their abilities than men at work. Generally women can also make changes in their lives so that they get peace. This proves that women can get out of every problem and can turn a stressful situation into a prosperous one (Nuari, 2017).

The results of the research from the demographic data of respondents based on educational

characteristics showed that the majority of respondents had a D3 nursing education as many as 54 people (60.7%), and the minority had an undergraduate education level of 35 people (39.3%). Researchers assume that nurses must have a minimum formal education of D3 nursing, where nurses with a minimum of D3 nursing education will have good skills and knowledge to work and be able to develop a strong character to maintain a tenacious attitude to be able to overcome any problems or challenges faced in the workplace.

This research is supported by research conducted by Paendong et al (2022) which found that the characteristics of respondents having a D3 nursing education level were 132 people (83.74%). A nurse must follow a formal education at least D3 nursing. This study is in line with the research conducted by Wulandari (2011) on 48 respondents. The results of the study found 39 respondents had a D3 nursing education level where nurses with a minimum education level of D3 had good skills and knowledge in an effort to develop character strengths to maintain resilience in order to be able to overcome various problems or challenges faced at work (Paendong, Buanasari, 2022).

The results of the research on demographic data of respondents based on the characteristics of length of service showed that the majority of respondents had worked for >5 years as many as 60 people (67.4%), and the minority had worked for 5 years as many as 29 (32.6%). Researchers assume that the length of time a nurse works can affect the performance and quality of nurses positively. Which means that the longer the nurse works, the higher the expertise in building personality so that it can increase resilience.

This research is supported by research conducted by Diah (2021), which states that nurse resilience arises from an adaptive attitude in fulfilling positive efforts based on their professional attitude so that they can carry out their duties and responsibilities. Nurses with more than 5 years of professional experience have higher work skills that make coping mechanisms better (Diah eko martini, Nurul Hikmatul, 2021).

The results of the research from the demographic data of respondents based on income characteristics showed that the majority of respondents had an income of Rp. 3,100,000 – 4,000,000 as many as 59 people (66.3%) and the minority of respondents have incomes of more than Rp. 4,100,000 as many as 12 people (13.5%). Researchers assume that the greater the income received by nurses, the more it affects the work motivation of nurses for the better. Providing sufficient income in accordance with the workload to nurses will spur nurses to provide optimal services, especially during this pandemic period so as to make nurses have good resilience

This study is in line with the research conducted by Yanti et al (2020) on 193 nurses in Bali, it was found that most of the research participants answered strongly agree that the income they receive will affect their performance better. Income that is in line with expectations, is sufficient to meet needs so that it will make nurses perform good nursing care, especially during the pandemic even though the risk received by nurses is high (Darma Yanti et al., 2020)

The results of the study obtained based on the level of resilience obtained the results that the majority of respondents had resilience in the high category of 67 people (75.3%). Researchers assume that the high resilience of nurses at Bunda Thamrin Hospital is due to the

fact that nurses who work at Bunda Thamrin Hospital have severe challenges in their work, but they choose to stay because they have sufficient work experience, dare to make and make difficult decisions during the pandemic, and are able to adapt to the changes brought about by the pandemic.

This analysis is supported by research conducted by Paendong et al (2022) to nurses at Gunung Maria Tomohon Hospital to 154 nurses. It was found that the resilience of nurses at Gunung Maria Tomohon Hospital was in the high category of 63 people (40.9%). Some nurses who worked at Gunung Maria Tomohon Hospital when interviewed about factors that support their resilience continued to do their jobs and survived even though they were known to have a lot of work challenges that resulted in their own saturation to those who worked in the hospital. The reason they persist is because they have been working for a long time, have a lot of experience in the hospital, have the courage to make decisions, and are able to adapt to the circumstances of the hospital (Paendong, Buanasari, 2022).

The results of the study obtained based on the level of resilience found that the minority of respondents had a moderate level of resilience of 22 people (24.7%). Researchers assume that the resilience of nurses exposed to covid-19 at Bunda Thamrin Hospital is in the moderate category because a small number of nurses or as many as 7 nurses consider themselves to have no ability to handle patients exposed to covid-19. The number of things that nurses have to face in carrying out work during this pandemic, often causes work stress for nurses. When the nurse evaluates that she is capable of carrying out her duties, whatever her duties are, they will be resolved properly as well. On the other hand, a nurse who measures herself cannot most likely she is incapable of carrying out her duties.

This research is in line with the research conducted by Martini et al (2021) on 68 nurses, it was found that as many as 52 people (76.5%) nurses had a moderate category. The number of things experienced by nurses during this pandemic such as workload, responsibility coupled with psychological consequences when it comes to dealing with covid-19 patients can cause unusual work stress for nurses and even have an impact on psychological disorders. When a nurse measures or judges herself as capable, then whatever task she has to do will be able to do the task. On the other hand, the nurse who judges herself to be incapable or unable to, then it is very likely that she will really not be able to do and complete the work, and even if it is done, it may become a routine only (Diah eko martini, Nurul Hikmatul, 2021).

CONCLUSION

Research conducted at Bunda Thamrin General Hospital in 2022 showed that the majority of respondents were in the early adult age range, namely 26-35 years as many as 67 people, the majority of respondents were female as many as 82 people (92.1%), the majority of respondents graduated from D3 as many as 54 people (60.7%), the majority of respondents have a working period of more than 5 years as many as 60 people (67.4%), the majority of respondents have an income of 3,100,000 - 4,000,000 as many as 59 people (66,3%). From the results of the study with a total sample of 89 respondents about the resilience of nurses exposed to covid-19 at Bunda Thamrin Hospital in 2022, it can be concluded that the results of the distribution of the frequency and percentage of nurses exposed to covid-19 at Bunda Thamrin. The majority hospital has resilience in the high category, namely 67 people (75.3%), and the minority has moderate resilience, namely 22 people (24.7%).

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