



Career anxiety and covid-19 phobia in students of the faculty of nursing of Universitas Padjadjaran

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ABSTRACT

Covid-19 is a global pandemic that is still happening today, the spread of the virus affects aspects of education that are closely related to students. Nursing students are one of the individuals affected by Covid-19, especially professional students who are undergoing clinical practice education. Professional students can experience problems such as career anxiety and phobia of Covid-19 which can trigger career anxiety. This study aimed to discover the description of career anxiety and Covid-19 Phobia among professional students of class 41 and 42 of the Faculty of Nursing, Universitas Padjadjaran during the Covid-19 pandemic era. The design of this study is quantitative descriptive using hypothetical statistical data analysis and sampling technique using the total sampling (n=176). The instruments used in this study were Career Anxiety Scale (CAS) and Covid-19 Phobia Scale (C19P-S). The results showed that the description of career anxiety and Covid-19 Phobia among professional students of class 41 and 42 of the Faculty of Nursing, Universitas Padjadjaran during the Covid-19 pandemic era was in the moderate category (49.4%) and (55.1%). The conclusion in this study is professional students of class 41 and 42, experience career anxiety and Covid-19 Phobia in the moderate category. Therefore the results of this study may be used as advice for educational institutions to pay attention to students who experience career anxiety and Covid-19 Phobia and support students to reduce anxiety disorders by designing special programs such as counseling and career guidance

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ABSTRAK

Covid-19 is a global pandemic that is still happening today, the spread of the virus affects aspects of education that are closely related to students. Nursing students are one of the individuals affected by Covid-19, especially professional students who are undergoing clinical practice education. Professional students can experience problems such as career anxiety and phobia of Covid-19 which can trigger career anxiety. This study aimed to discover the description of career anxiety and Covid-19 Phobia among professional students of class 41 and 42 of the Faculty of Nursing, Universitas Padjadjaran during the Covid-19 pandemic era. The design of this study is quantitative descriptive using hypothetical statistical data analysis and sampling technique using the total sampling (n=176). The instruments used in this study were Career Anxiety Scale (CAS) and Covid-19 Phobia Scale (C19P-S). The results showed that the description of career anxiety and Covid-19 Phobia among professional students of class 41 and 42 of the Faculty of Nursing, Universitas Padjadjaran during the Covid-19 pandemic era was in the moderate category (49.4%) and (55.1%). The conclusion in this study is professional students of class 41 and 42, experience career anxiety and Covid-19 Phobia in the moderate category.

Therefore the results of this study may be used as advice for educational institutions to pay attention to students who experience career anxiety and Covid-19 Phobia and support students to reduce anxiety disorders by designing special programs such as counseling and career guidance

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INTRODUCTION

Indonesia is one of the countries affected by the Covid-19 pandemic outbreak (Wahidah et al., 2020). It is known that the confirmed cases of Covid-19 in Indonesia until July 2022 have reached more than six million fatalities (Satuan Tugas Penanganan Covid-19, 2022). The spread of the Covid-19 virus affects all aspects of each individual's life, including educational aspects (Nuryana, 2020). The impact of the Covid-19 pandemic that has significantly affected aspects of education is a sudden change in learning methods.

The change in in-person learning methods to online or distance learning is a new thing that is felt by every student. The sudden change from offline (off-network) to online (online) due to Covid-19 resulted in confusion and stress in students (Andiarna & Kusumawati, 2020). Learning carried out online during the Covid-19 pandemic is a factor that can cause high anxiety in nursing students (Li et al., 2021). This is supported by the results of the study Temiz (2020) which mentions that nursing students do experience anxiety regarding distance learning difficulties. Ramos-Morcillo et al. (2020) also mentioned that nursing students who have entered clinical practice lectures or professional education feel that online learning methods can make clinical practice lectures not optimal.

In addition to being anxious due to changes in learning methods, Covid-19 has also caused nursing students to experience fear of being infected with the Covid-19 virus and they also feel anxious about the health of their families and the health of their loved ones (Kochuvilayil et al., 2021; Temiz, 2020). Research conducted by Kochuvilayil et al. (2021) said that due to Covid-19, there are nursing students who have sleep disorders, eating disorders and difficulty concentrating and there are also students who feel anxious related to the clinical placement they have to carry out. In addition, based on research conducted by Savitsky et al. (2020) explained that during the Covid-19 pandemic, nursing students were found to experience higher anxiety compared to other health professional students..

Another thing that can make nursing students experience anxiety is in the form of negative experiences and psychological disorders that occur in nurses during the Covid-19 pandemic and this can affect student career choices (Bai et al., 2021). According to Kementerian Kesehatan Republik Indonesia (2021) health workers are one of the individuals who are at high risk of being infected with Covid-19, because health workers play a role in treating patients before they know the patient is infected with the virus (WHO, 2020b). Nurses are the largest group of health professionals in the health sector, accounting for the number of nurses in the health professions sector reaching 59% (WHO, 2020c). In the era of the Covid-19 pandemic, nurses are tasked with providing nursing care directly to patients, this of course makes nurses very high risk of exposure to Covid-19 (Ashley et al., 2021). Other studies conducted by Hu et al. (2020) also mentioned that nurses who are struggling on the front lines of fighting the pandemic have

been shown to have various mental health disorders such as anxiety disorders.

Research conducted by Hacımusalar et al. (2020) mentioned that nurses did experience quite high anxiety during the Covid-19 pandemic because nurses' working hours were longer than other medical personnel. Research by Spoorthy et al. (2020) states also that nurses have more psychological disorders than doctors. The high risk and psychological disorders that occur in nurses during the Covid-19 pandemic can make nursing students experience anxiety and undo their intention to choose nursing as their future career (Bai et al., 2021; Turan et al., 2021). This is in line with the statement Taylor (2019) in the book *The Psychology of Pandemics* which mentions that pandemic events can indeed affect a person's emotional reactions and result in the emergence of negative feelings such as anxiety disorders.

Relating to career anxiety, according to Alici & Copur (2021) the feeling of anxiety experienced by nursing students is a psychological problem during the Covid-19 pandemic that can affect students' career plans as nurses in the future. This is supported by research Turan et al. (2021) which explains that the anxiety that occurs in the era of the Covid-19 pandemic can have an impact on students' careers as nurses, the research explains that nursing students who have the mind to change careers or move from the nursing profession to other professions are students who have a high level of anxiety. The student considers that nursing is a very risky profession during the Covid-19 pandemic, and according to the study, students who have such thoughts are students who do not have sufficient knowledge of risk control measures (Turan et al., 2021).

Covid-19 Phobia is a continuous anxiety and fear of Covid-19 and this is included in the specific Phobia anxiety disorder (Arslan et al., 2021). The main characteristic of Specific Phobia is anxiety and fear that is limited by the source of the phobia in this case it is Covid-19. It is important to know this level of anxiety because if left unchecked, this anxiety will interfere with the functioning of the individual's life including his work and career functions (American Psychiatric Association, 2013). Research conducted by Mahmud, Rahman, et al. (2021) in individuals who have completed their undergraduate education in Bangladesh explained that Covid-19 Phobia has a significant influence in triggering future career anxiety.

Referring to the phenomenon from the results of preliminary studies on professional students of the Faculty of Nursing, Padjadjaran University which totaled 15 people (batch 41 consisted of 7 people and batch 42 consisted of 8 people) data was obtained, namely that almost most professional students revealed that they experienced anxiety when they were thinking about their career as a nurse during the Covid-19 pandemic.. Then there are some students who say that they experience sleep disorders, are easily dizzy and nauseous, acne arises, feel stressed, like to cry, eat a lot, and experience hair loss when they feel anxious

thinking about their career as a nurse during the Covid-19 pandemic..

Talking about professional education or clinical practice education in nursing, this education is a stage of transition of nursing students from students to prospective professional nurses (Arreciado Marañón & Isla Pera, 2015). At this stage students of the profession will apply what has been previously taught in academic classes regarding theories of nursing into clinical practice education (Arreciado Marañón & Isla Pera, 2015). However, if students experience career-related anxiety and Covid-19 Phobia which plays a role in triggering career anxiety, this will have an impact on the lives of professional students.

These impacts include conflicts in students that can make students avoid everything related to their future careers, then cause mental disorders such as feeling worried and depressed, resulting in withdrawal from the profession, low commitment to the profession, and affecting the behavior of nursing students in their career readiness in the field of nursing (Rachel et al. 2021; Scarvanovi & Putri, 2020). In addition, it can make students' social functions and physical health also disrupted (APA, 2013; Mahmud, Rahman, et al., 2021).

The purpose of this study is to find out the Picture of Career Anxiety and Covid-19 Phobia in Professional Students Batch 41 and 42 of the Faculty of Nursing, Padjadjaran University in the Era of the Covid-19 Pandemic.

METHOD

This type of research uses a quantitative descriptive research design which is a specific, clear and detailed research that has the aim of providing an overview of an existing phenomenon (Priyono, 2008; Sugiyono, 2013). The purpose of this study is to provide an overview of career anxiety and Covid-19 Phobia in professional students of batch 41 and 42 of the Faculty of Nursing, Padjadjaran University in the Era of the Covid Pandemic.

The population in this study, the population that has been determined by the researcher is all professional students of batch 41 and 42 of the Faculty of Nursing, Padjadjaran University because the 41st batch is dominant in undergoing online learning and the 42nd batch has also experienced a change in learning methods to online, with a total population of 238 students. The sampling method in this study used a non-probability sampling technique with a total sampling method, namely sampling was carried out by taking all members of the population to be used as samples. In sampling using total sampling, the author will set a response rate method which means that the researcher will set a sample target according to the response rate formula according to theory Yang & Miller (2008).

Response rate calculation formula according to theory Yang & Miller (2008) i.e. as follows:

$$\text{Response Rate} = \frac{\text{The number of who answered the survey}}{\text{The number of people in the sample}} \times 100$$

Table 1. Response Rate Criteria

No	Response Rate	Criteria
1.	≥ 85%	Excellent
2.	70% - 84%	Very Good
3.	60% - 69%	Acceptable
4.	51% - 59%	Questionable
5.	≤ 50%	Not Scientifically Acceptable

Referring to the theory Yang & Miller (2008), the target set by the author is ≥ 60% of the population or ≥ 143 respondents, because the target is included in the acceptable, very good, and excellent criteria. However, after distributing the questionnaire through google form, the author received 176 respondents consisting of a batch of 41 as many as 124 respondents (70.5%) and a batch of 42 as many as 52 respondents (29.5%). Therefore, in accordance with the previously set target (≥143), research respondents have exceeded the target and are included in the very good criteria (70%-84%).

$$\text{Response Rate} = \frac{176}{238} \times 100 = 73,9\%$$

Career instruments used Career Anxiety Scale (CAS) validated by Mahmud, Rahman, et al. (2021). This scale was adopted by Mahmud, Rahman, et al. (2021) which has previously been developed and validated by Tsai et al. (2017) and Schmalbach et al. (2020). The instrument has 6 question items using a likert scale with a scale range of 1 to 5, namely 1: Strongly Disagree (STS), 2: Disagree (TS), 3: Neutral (N), 4: Agree (S), 5: Strongly Agree (SS). Mahmud, Rahman, et al. (2021) adopt aspects of the working environment that on the instruments developed by Tsai et al. (2017) which consists of four items namely CA1, CA3, CA4, and CA5. Then Mahmud, Rahman, et al. (2021) adopt aspects of work-related concerns developed by Schmalbach et al. (2020) which consists of two items namely CA2 and CA6. Both instruments were later modified by Mahmud, Rahman, et al. (2021) and adjusted to the current state of the Covid-19 pandemic.

The Covid-19 Phobia instrument uses the Covid-19 Phobia Scale (C19P-S) used by Mahmud, Rahman, et al. (2021) and has previously been validated and developed by Arpaci et al. (2020). C19P-S consists of 4 factors, namely psychological, social, economic, and psycho-somatic factors. The psychological factor consists of 6 items, the social factor consists of 5 items, the economic factor consists of 4 items, and the psycho-somatic factor consists of 5 items. All question items in each factor use a likert scale with a scale range of 1 to 5 i.e. 1: Strongly Disagree (STS), 2: Disagree (TS), 3: Neutral (N), 4: Agree (S), 5: Strongly Agree (SS).

The Career Anxiety Scale (CAS) instrument validity test has an Average Variance Extracted (AVE) value of 0.64 (Mahmud, Rahman, et al., 2021). Meanwhile, the Covid-19 Phobia Scale (C19P-S) instrument which consists of four factors which in order, namely psychological, social, economic, and psycho-somatic factors have an Average Variance Extracted (AVE) of 0.548, 0.549, 0.637, 0.623 (Arpaci et al., 2020). According to Hamid et al. (2017) states that an instrument is declared valid if it has an AVE value of > 0.50. Based on this, it can be stated that both instruments are valid. Then the instrument can be declared valid if r counts > r table, the magnitude of the table r value if the trial sample is 30 respondents according to the significance level of 0.05 is 0.361 (Mat Nawi et al., 2020; Miysell & Wasisto, 2020). The results of the validity test conducted by the author used pearson correlation values with 30 respondents were 0.779 to 0.921 in the Career Anxiety Scale (CAS) instrument and 0.392 to 0.798 on the Covid-19 Phobia Scale (C19P-S) instrument.

The reliability test on the Career Anxiety Scale (CAS) instrument has a Cronbach's Alpha value of $\alpha = 0.89$ (Mahmud, Rahman, et al., 2021). While the Covid-19 Phobia Scale (C19P-S) instrument which consists of four factors which sequentially, namely psychological, social, economic, and psycho-somatic factors have Cronbach's Alpha of $\alpha = 0.876$, $\alpha = 0.853$, $\alpha = 0.880$, $\alpha = 0.897$ (Arpaci et al., 2020).

According to Mat Nawi et al. (2020) mentioned that Cronbach's Alpha values between 0.8 and < 0.9 have a very good level of reliability and above 0.9 are considered very good. Based on this, it can be stated that both instruments have high reliability and are very good.

Data analysis, In this study, the authors analyzed the data using hypothetical statistics because the authors wanted to describe the data in general and wanted to see the relative position of the group based on the instruments used. In addition, in analyzing and processing data, the author will also use the help of Microsoft Excel and SPSS (Statistical Package for the Social Sciences) for Windows version 25 which is an application program to analyze data that has the ability to analyze statistics and a data management system with a graphical environment (Lubis et al., 2017).

In categorizing the data the authors used hypothetical statistical formulas according to Azwar (2012). Hypothetical statistical calculation steps (Azwar, 2012):

1. Specify X_{min} = Number of items x Minimal score
2. Specify X_{max} = Number of items x Max score
3. Specifying Range = $X_{max} - X_{min}$
4. Determining Mean (μ)= $(X_{max}+X_{min})/2$
5. Specifying Standard Deviation (σ) = Range/6
6. Calculating categorization

In this study, to find out the picture of career anxiety and Covid-19 Phobia, the author used three categories, namely low, medium, high because the author wanted to know the standards for category division as shown in the table below.

Table 2. Categorization Formula

Low	$X < \mu - 1\sigma$
Medium	$\mu - 1\sigma \leq X < \mu + 1\sigma$
High	$\mu + 1\sigma \leq X$

In this study, the authors used the Career Anxiety Scale (CAS) instrument consisting of 6 items and the Covid-19 Phobia Scale (C19P-S) which consists of 4 factors, namely psychological factors with 6 items, social factors 5 items, economic factors 4 items, and psycho-somatic factors 5 items using a likert scale 1-5.

Career Anxiety Scale instrument categorization steps

1. X_{min} = Number of items x Minimum score = $6 \times 1 = 6$
2. X_{max} = Number of items x Max score = $6 \times 5 = 30$
3. $Range = X_{max} - X_{min} = 30 - 6 = 24$
4. Mean (μ)= $(X_{max}+X_{min})/2 = (30+6)/2 = 36/2 = 18$
5. Standard Deviation (σ) = Range/6 = $24/6 = 4$
6. Categorization Criteria

Table 3. Career Anxiety Categorization

Low	$X < \mu - 1\sigma$
	$X < 18 - 4$
	$X < 14$
Medium	$\mu - 1\sigma \leq X < \mu + 1\sigma$
	$18 - 4 \leq X < 18 + 4$
	$14 \leq X < 22$
High	$\mu + 1\sigma \leq X$
	$18 + 4 \leq X$
	$22 \leq X$

Steps for categorization of the Covid-19 Phobia Scale instrument

1. X_{min} = Number of items x Minimum score = $20 \times 1 = 20$
2. X_{max} = Number of items x Maximum score = $20 \times 5 = 100$
3. $Range = X_{max} - X_{min} = 100 - 20 = 80$
4. Mean (μ)= $(X_{max}+X_{min})/2 = (100+20)/2 = 120/2 = 60$
5. Standard Deviation (σ) = Range/6 = $80/6 = 13.3$
6. Categorization Criteria

Table 4. Categorization of covid-19 Phobia Scale

Low	$X < \mu - 1\sigma$
	$X < 60 - 13,3$
	$X < 46,7$
Medium	$\mu - 1\sigma \leq X < \mu + 1\sigma$
	$60 - 13,3 \leq X < 60 + 13,3$
	$46,7 \leq X < 73,3$
High	$\mu + 1\sigma \leq X$
	$60 + 13,3 \leq X$
	$73,3 \leq X$

After the author performs data analysis on the data processing application, the data from the study will be presented in the form of a frequency and percentage distribution table. Then the results will be interpreted according to the concept Arikunto (2013).

Table 5. Data Interpretation

Interpretasi	Persentase
None of the respondents	0%
A small percentage of respondents	1% - 25%
Less than half of respondents	26% - 49%
Half of the respondents	50%
More than half of respondents	51% - 75%
Most respondents	76% - 99%
All respondents	100%

This research received ethical approval from the Ethics Committee of Padjadjaran University with ethics number 471 / UN6. KEP/EC/2022.. In this study, the authors also emphasized ethical principles for the subjects of the study. Ethical principles of the study.

RESULTS AND DISCUSSION

Table 6. Frequency Distribution of Respondents

Characteristics of Respondents	f	(%)
Ages	17-25 year	171 97,2%
	26-35 year	5 2,8%
Gender	Man	26 14,8%
	Woman	150 85,2%
Tribe	Sundanese	143 81,3%
	Javanese	21 11,9%
	Batak	3 1,7%
	Betawi	0 0%
	Other	9 5,1%

Table 7. Frequency Distribution of Career Anxiety of Professional Students

Force		Category		
		Low	Moderate	High
41	<i>f</i>	19	58	47
	(%)	15,3%	46,8%	37,9%
42	<i>f</i>	10	29	13
	(%)	19,2%	55,8%	25%
Combined	<i>f</i>	29	87	60
	(%)	16,5%	49,4%	34,1%

The data on the characteristics of respondents in this study consisted of age, gender, and ethnicity. Regarding age, researchers categorized them into two groups, namely late adolescence and early adulthood according to age categories based on the Ministry of Health in 2009 (Amin & Juniati, 2017). Based on table 6, data were obtained, namely that most of the respondents were in the age range of 17-25 years $n = 171$ (97.2%) with gender, most of the respondents were women $n = 150$ (85.2%) and most of the respondents were from the sundanese tribe $n = 143$ (81.3%).

Based on table 7, it is known that less than half of respondents in the class of 41 experienced career anxiety that was in the "high" category $n=47$ (37.9%), in the class of 42 experienced a level of career anxiety in the "high" category $n=13$ (25%). Then when viewed as a whole from the two batches, the data shows that less than half of respondents experienced career anxiety during the Covid-19 pandemic at the "high" category level with $n = 60$ (34.1%).

Table 8. Frequency Distribution of Covid-19 Phobia professional students

Force		Category		
		Low	Moderate	High
41	<i>f</i>	52	63	9
	(%)	41,9%	50,8%	7,3%
42	<i>f</i>	17	34	1
	(%)	32,7%	65,4%	1,9%
Combined	<i>f</i>	69	97	10
	(%)	39,2%	55,1%	5,7%

Based on table 8, it is known that half of the respondents in the class of 41 experienced a Covid-19 Phobic disorder which was in the "moderate" category $n= 63$ (50.8%). Then more than half of the respondents in the class of 42 experienced a Covid-19 Phobic disorder in the "moderate" category $n =34$ (65.4%). The data also explained that overall from the two batches, more than half of the respondents experienced a Covid-19 Phobic disorder which was in the "moderate" $n = 97$ (55.1%) category.

showed that there was no significant difference related to age with the level of student career anxiety. Then when associated with the anxiety disorder Covid-19 Phobia which is included in the specific type of phobia, this anxiety usually develops in childhood, adolescence or early adulthood, but it is possible that it can also develop in all age ranges. However, if the phobia persists into adulthood, the phobic disorder tends to be difficult to disappear (APA, 2013). M according to the research conducted by Zorlu et al. (2021) in Turkey explained that there was no significant relationship between age and the occurrence of Covid-19 Phobia. On research Widyastuti (2021) and Zorlu et al. (2021) does show an uneven distribution of age, and this may be one of the causes of differences in the results of such studies with previous concepts.

DISCUSSION

Career anxiety during the Covid-19 pandemic is under generalized anxiety disorder (GAD) and can be triggered by Covid-19 Phobia (APA, 2013; Mahmud, Rahman, et al., 2021). When associated with the respondent's characteristic data related to age, conceptually usually generalized anxiety disorder will increase at the age of 18-34 years. In adolescents and early adulthood, this will be related to anxiety about individual competencies related to education and career, while for adulthood it will be related to anxiety about one's own health and family well-being (APA, 2013; Martin, 2003). Concept Kaplan et al. (2010) regarding anxiety also explains that most anxiety can occur at the age of 21- 45 years.

Based on the results and discussion above, according to the authors, differences in results that occur in several studies related to career anxiety and Covid-19 Phobia which are associated with age, gender, and ethnicity can occur due to the influence of several other factors that exist in research respondents. For example, in the age factor, differences may occur due to the uneven distribution of age in each study, then it can also be influenced by family factors that do have anxious traits, then the occurrence of past experiences regardless of the age of the individual may be able to play a role in creating trauma that is feared by individuals so as to cause an anxiety disorder. Then regarding gender, the distribution of respondents by gender can also be one of the factors that cause differences in each study, in this study the difference in the number of female and male respondents seemed quite far apart.

According to the above concept, it can be seen that the age of professional students (18-25 years) is included in the age of individuals who often experience anxiety. But this concept is inversely proportional to the research conducted by Widyastuti (2021) in Indonesia, the results of the study

Student Career Anxiety

Nursing professional students are students who are undergoing clinical practice education to become a professional nurse in the future (Arreciado Marañón & Isla Pera, 2015). However, due to the Covid-19 pandemic, there are many negative impacts felt by students that can trigger career anxiety and make students rethink related to careers that will be lived in the future (Rachel et al. 2021; Scarvanovi & Putri, 2020). The impact of Covid-19 that triggers career anxiety in nursing students includes student feelings of anxiety related to the transmission of Covid-19, negative experiences of nurses while serving Covid-19 patients such as discrimination and stigmatization in nurses, and the risk of contracting the virus which is very high in the nursing profession, as well as changes in learning methods that cause clinical practice lectures to be not optimal (Bai et al., 2021; Kochuvilayil et al., 2021; Ramos-Morcillo et al., 2020; Temiz, 2020).

Talking about career anxiety, based on the results of the study shown in table 4.2, it can be seen that less than half of respondents (batches 41 and 42) who are undergoing professional education in the era of the Covid-19 pandemic experience career anxiety levels in the moderate category. If separated by batch, the results of data analysis showed that in batch 41 less than half of respondents experienced career anxiety in the moderate category and in batch 42 more than half of respondents experienced career anxiety in the moderate category. This proves that there are career anxiety problems in professional students of batch 41 and 42 in the era of the Covid-19 pandemic. This career anxiety is a feeling of doubt, confusion, and worry in continuing a career that the individual feels right, and this career anxiety can make it difficult for the individual to make choices related to his career so that it can hinder the career decision-making process (Mariah et al., 2020; Widyastuti, 2021).

Then when viewed from the results of the research conducted, less than half of the respondents experienced career anxiety in the moderate category. In accordance with the theory of Peplau (1963), explaining that individuals who experience anxiety disorders in a moderate level will have a negative impact on the individual, such as the individual will only focus on things that he thinks are important and the field of perception will narrow (Peplau, 1963 dalam Stuart, 2013). Students who experience moderate anxiety can be said that they already have targets related to their careers, but career planning has not been clearly formed so it is necessary to carry out career development in these students (Rachel et al. 2021).

The results of this study are supported by research Mahmud, Talukder, et al. (2021) towards Bangladeshi students who will face the job market within the next 6 to 12 months explaining that the Covid-19 pandemic can make students experience anxiety about their future careers. This is in line with research that has been carried out on professional students batch 41 and 42 who will face the job market within 6 to 12 months, where these students experience career anxiety at the category level during the Covid-19 pandemic.

Referring to Goodstein's theory (1972) it is stated that there are two perspectives related to career anxiety. One of them is the perspective of consequences that give rise to career uncertainty. In this perspective, individuals experience career uncertainty due to limited experience and lack of information related to oneself and work, so this can generate anxiety about the individual's career. The same is the case with the research that has been carried out on

professional students of batch 41 and 42. The majority of students are fresh graduates (71%) and the other part are students who are still continuing their professional education (29%). The student is still in the process of becoming a nurse and does not yet have enough experience and information related to his job or profession as a professional nurse and according to Goodstein's theory, this can cause anxiety regarding future careers. (Goodstein, 1972 dalam Whiteley & Resnikoff, 1978).

Based on the results and discussion of career anxiety during the Covid-19 pandemic, according to the author, this anxiety can have a direct impact on student life, such as the possibility of withdrawal from the nursing profession, the difficulties experienced by students in deciding their future careers, disruption of student social functions, and physical health which may also be disrupted as a result of these problems. Referring to the theories and some of the concepts mentioned above, the author argues that this can happen due to a lack of experience and knowledge related to oneself and the work or career related to the student, then the anxious nature that may exist in some students can also play a role in causing career-related anxiety.

Covid-19 Phobia Students

Anxiety experienced by individuals is actually common, but if the individual experiences excessive anxiety it can turn into a problem called an anxiety disorder, and this can affect the individual's life (Mahmud, Rahman, et al., 2021). Covid-19 Phobia is an anxiety disorder that is included in specific phobia where individuals experience real fear and anxiety related to certain objects or situations (APA, 2013). According to Arpaci et al. (2020) any disaster either due to human behavior or a natural disaster that can cause deadly effects will be considered a specific phobia. In this study, Covid-19 is a disaster that can cause specific phobia and this is referred to as Covid-19 Phobia.

Based on the theory APA (2013), it is explained that individuals who experience specific phobia will seek to avoid the source of the anxiety felt by themselves and will cause clinically significant disorders as well as have an impact on social functioning, career, work and other functions. Referring to this theory, it means that students of the nursing profession who experience Covid-19 Phobia can avoid something related to the source of their anxiety, namely something related to Covid-19 including her career as a future nurse which is closely related to Covid-19.

Talking about career anxiety is supported by research conducted by Mahmud, Rahman, et al. (2021) on individuals who have completed their undergraduate education and are looking for work as well as those who are working in various sectors in Bangladesh. The study explained that the psychological, social, economic, and psycho-somatic factors present in Covid-19 Phobia have a significant direct influence on triggering career anxiety during the Covid-19 pandemic. The first factor that can trigger career anxiety is the psychological factor. The Covid-19 pandemic can result in psychological disorders in individuals. Because of the virus, individuals tend to think about the health of themselves and their families and feel anxious for fear of being infected with Covid-19. As a result of this anxiety, the individual will experience career anxiety and think again about the career he will work for in the future.

The second factor is the social factor, in this factor explains the environment around individuals and individuals who are social beings who influence each other and need each other. Due to the spread of Covid-19, every individual

begins to worry about the social environment and its surroundings and this will affect individuals in thinking about the work environment they will choose in the future. When associated with the environment of nursing students, in the future they will work in an environment that has a high risk of transmitting disease viruses including Covid-19, and this will cause career anxiety in nursing students. Then when referring to aspects of career anxiety, there are aspects related to the work environment that explain that the surrounding environment can arouse individual concerns about their future work (Tsai et al., 2017 dalam Widyastuti, 2021).

The next factor is economic factors, in this factor explains the impact of the Covid-19 pandemic which has caused economies in various parts of the world to experience problems. Due to the virus, many companies in the world have reduced the number of employees and made salary cuts to minimize company costs. This could cause career anxiety for future workers including students of the nursing profession who are concerned about future cuts in nurse salaries. Then the last factor is the psycho-somatic factor, it is explained that during the Covid-19 pandemic individuals become more anxious about their psychological health to the point of resulting in physical disorders. Physical disorders arising from such psychological problems can increase anxiety and affect individuals who are thinking about their future careers (Mahmud, Rahman, et al., 2021).

Based on the results and discussion above, the author argues that Covid-19 Phobia can trigger career anxiety in students because the factors that exist in this anxiety disorder, namely psychological, social, economic, and psycho-somatic factors are interrelated in causing career anxiety. According to the author, students who experience Covid-19 Phobia may withdraw from their profession as nurses, because nurses are a very vulnerable job to the transmission of Covid-19, where in this phobia Covid-19 is a source of fear and anxiety that will be avoided by students who do experience the phobia.

CONCLUSIONS AND SUGGESTIONS

Based on the results of research that has been carried out on professional students batch 41 and 42 of the Faculty of Nursing, Padjadjaran University, it can be concluded that career anxiety, it is known that less than half of all respondents experience career anxiety during the Covid-19 pandemic in the moderate category. Then regarding the Covid-19 Phobia, it is known that more than half of the respondents experienced the Covid-19 Phobia disorder which is in the moderate category.

The results of this study may be used as a first step for educational institutions to pay attention to students who experience career anxiety problems and Covid-19 Phobic disorders and support and help students to reduce these anxiety disorders. However, in this case, educational institutions may be able to pay attention to factors related to the age, gender and ethnicity of professional students who may be able to play a role in influencing career anxiety and Covid-19 Phobia.

The author suggests to subsequent researchers to be able to conduct more in-depth research related to career anxiety and Covid-19 Phobia in students, especially nursing students. Researchers may then be able to link the two variables to other factors that can influence anxiety such as family factors, past experiences, genetic factors, environmental

factors, and other factors. The next possible stage that researchers can do is to first find sources or references related to factors that can affect anxiety, then be able to group them and compare them with some previous studies related to career anxiety and Covid-19 Phobia.

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