

NURSING CARE FOR STUDENTS RELATED TO COVID-19 VACCINATION ANXIETY

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ABSTRACT

Introduction: Covid-19 is a virus that causes a prolonged pandemic to date. Many efforts have been made by the government and the state to overcome the pandemic. One of the efforts made by the government at this time to prevent the spread of Covid-19 is by vaccinating. Vaccination is the administration of vaccines with the aim of actively increasing a person's immunity against a disease, so that if one day they are exposed to the disease, they will not get sick or only experience mild illness and will not be a source of transmission.

Purpose: The goal is to overcome the anxiety experienced by students regarding the Covid-19 vaccination.

Methodology: The method used is a case report or approach to clients with counseling interventions via WhatsApp video calls which are held 3 times for which the HARS (Hamilton anxiety rating scale) questionnaire will be given before and after the intervention.

Findings: From the results of the pretest before counseling was carried out, the score was 21 in the moderate category, after the intervention the client got a post test score of 14 in the mild category.

Implications: This nursing care can be applied with counseling interventions to clients who experience anxiety to overcome and increase the client's enthusiasm in carrying out daily activities and can determine the decisions that have been taken.

Keywords: covid-19 vaccination, anxiety, college student

INTRODUCTION

The Covid-19 pandemic that has occurred since 2020 has caused a lot of unrest and anxiety in the community. One form of anxiety that the author often finds is in students. The anxiety stems from information about Covid-19 circulating on social media, especially related to vaccinations.

Vaccination is the most effective method for long-term future COVID-19 prevention and control strategies. Many different vaccine platforms against SARS-CoV-2 are under development, the strategies of which include recombinant vectors, DNA, mRNA in lipid nanoparticles, inactivated viruses, live attenuated viruses and protein units. (Hu et al., 2021).

Covid-19 began to spread starting from Wuhan, China and became a pandemic almost all over the world (WHO, 2020). This virus originated in the city of Wuhan in China. At first, it was thought that the virus was caused by exposure to the seafood market, which sells many species of live animals. This condition quickly to other cities in China (Dong et al., 2020). The emergence of Covid-19 in Indonesia and became the first case in March 2020 after it was found that 2 Depok residents were infected after interacting with Japanese citizens (Zulva, 2020).

Various countries and governments are making various efforts to prevent the spread of Covid-19 (find sources). One of the current efforts by the government to

prevent the spread of Covid-19 is by vaccinating its citizens (Sari, 2021). The Indonesian government plans for everyone to vaccinate from school age to the elderly. Vaccine coverage as of May 13, 2022, nationally for the first dose reached up to 95.80%, for the second dose it reached 79.75%, while for the third dose it reached 20.27% (Kemkes, 2022). Vaccine coverage as of May 13, 2022 in Yogyakarta province for the second dose reached 103.8% (Kemkes, 2022).

A survey was conducted where respondents were asked whether they would receive the COVID-19 vaccine, 47.5% answered yes, 22.1% probably, 18.4% probably, 7.3% probably not, and 4.8% definitely not (Putri et al., 2021). The number of answers reflects the public's perception of the process of implementing the Covid-19 vaccination.

The implementation of the Covid-19 vaccination process has a lot of doubts that are increasing among the public and students who are associated with world conspiracy views (Salali & Uysal, 2020). Over time, a lot of information has been found regarding COVID-19. The information that is spread freely has also been mixed, starting from official and accurate information with hoax information that is deliberately circulated on social media. This situation has an impact on student anxiety with many of them being reluctant to vaccinate for reasons of fear that their health will be disturbed later, feel that their bodies are in good health, fear of becoming zombies in the coming year, do not believe in the effectiveness of the vaccine and many other reasons. again. The amount of information about the COVID-19 pandemic and vaccines will affect people's anxiety.

The anxiety experienced by the Indonesian people occurs in all demographics of the population, including students. According to (Darwis, 2021) explained that it was found that some respondents had a level of anxiety about the COVID-19 vaccine in the category of mild anxiety, namely 113 people (75%), moderate anxiety level 35 people (23%), and severe anxiety level as many as 3 people (2%). One of the population groups that have high anxiety is college students (Walean et al., 2021).

Anxiety related to vaccination felt by students cannot be separated from several factors, namely internal factors and external factors. Internal factors, namely the age of adolescence to early adulthood and the female sex are more prone to experiencing anxiety reactions. On external factors, there is a lot of wrong and misleading information that is spread through social media, negative experiences related to vaccination, lack of trust in health and lack of knowledge from health workers about the possibility of anxiety reactions related to vaccination and how to handle it (Maulidya & Suwandewi, 2021).

Public anxiety about the covid-19 vaccination affects a person's immunity to decrease and a person's acceptance of the covid-19 vaccine. Where, this decrease in immunity will increase a person's exposure to the Covid-19 virus. At this time there are many diverse responses from the

public to the Covid-19 vaccination. In order to overcome anxiety during the COVID-19 pandemic, it is very possible to provide counseling to students in overcoming their anxiety.

LITERATURE REVIEW

Covid-19

Corona virus or severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a virus that attacks the respiratory system. The disease caused by this infection is called Covid 19 (WHO, 2020)). Common clinical symptoms that occur in Covid-19 patients, namely fever, dry cough, dyspnea, fatigue, muscle aches, and headaches (Lapostolle et al, 2020). Based on research conducted by Huang et al (2020), the most common clinical symptoms in Covid-19 patients are fever (98%), cough (76%), and weakness (44%).

The transmission of Covid-19 is through droplets and contact with viruses that can enter the open mucosa. Transmission from 1 patient to about 3 people around him, causing the patient's contact period to people around him to be at greater risk of contracting (Handayani, 2020). The contagion that occurs has an impact on individuals and society. Based on research conducted by (Hanum, 2020) stated that many people are experiencing an economic crisis as a result of Covid-19. Employment terminations (PHK) are carried out by many companies to the point of causing psychological impacts due to this situation. Various efforts have been made by the state and government to break the chain of the spread of Covid-19. One of the efforts made by the government is the Covid-19 vaccination (Malau et al., 2022).

Covid-19 Vaccination

Vaccination is the administration of vaccines in order to actively generate or increase a person's immunity against a disease, so that if one day they are exposed to the disease, they will not get sick or only experience mild illness and will not become a source of transmission (Luis & Moncayo, nd., 2021). The types of vaccines used by the government include Sinovac, AstraZeneca, and Pfizer. All types of vaccines have been clinically tested and have been declared halal through the MUI fatwa no. 02 of 2021 regarding the Covid-19 vaccine from Sinovac Life Science Co. LTD China and PT. Bio Farma (Persero) (Dewi et al., 2022).

The acceptance of the Covid-19 vaccination in Indonesia has received a lot of assumptions from every public perception. Backed by research (Kholidiyah et al., 2021) stated that the public's perception of the Covid-19 vaccine is related to anxiety when going through the Covid-19 vaccination. Perceptions of each individual and society are very diverse, some are positive and some are negative. This negative perception makes certain individuals feel that the Covid-19 vaccination is a threat.

Worry

According to the Anxiety and Depression Association of America Anxiety is a normal condition of a person's life. However, if the individual experiences persistent and uncontrollable anxiety and excessive fear and interferes with daily activities, then it can be said to be an anxiety disorder (ADAA, 2019). Characteristics of anxiety are fear, discomfort, headache, cold sweat, tightness in the chest, abdominal pain, and restlessness. An indication of anxiety is the appearance of the inability to calm down or be still for a certain period (Maulidya & Suwandewi, 2021).

Anxiety has two general components, namely awareness of psychological sensations (palpitations and sweating) and visceral motor effects that affect the concepts of thinking, perception, and learning (Sadock et al., 2014). In research conducted by (Walean et al., 2021) stated that

almost most students experience anxiety only differs in the level of anxiety experienced by each individual. Of the 25,984 total students who were added up from each literature, there were 53% of students not anxious, 28.9% of students with mild anxiety, 10.7% of students with moderate anxiety, 6.6% of students with severe anxiety, 0.8% of students with very severe anxiety.

College student

College students someone who is enjoying the beauty of education in one of the higher institutions for some predetermined time. This institution is popularly known as a university or college (Siallagan, 2011). According to (Siallagan, 2011) mentions that students as campus communities have the main task of learning such as making assignments, reading books, making papers, presentations, discussions, attending seminars, and other activities that are campus-style. These daily activities make students experience very drastic changes with the existence of new learning methods, namely online or online.

METHOD

The method used in this case study is a case report or client approach. The author provides nursing care with counseling interventions related to Covid-19 vaccination anxiety experienced by students using Video Call media via WhatsApp. Nursing care is carried out online because the pandemic conditions have not allowed for direct socialization and students who are outside the island. The number of respondents in this nursing care is only 1 student in the Pontianak area, West Kalimantan.

In counseling nursing care to identify the client's problem to encourage the client to express feelings to overcome his anxiety. Clients are given a questionnaire before counseling and after counseling. The questionnaire used is the HARS (Hamilton Anxiety Rating Scale) questionnaire. This questionnaire is a short questionnaire containing 14 questions answered with a score of 0-4. This questionnaire aims to see the level of anxiety before counseling and after counseling whether there is a difference or not.

RESULT AND DISCUSSION

Based on the results of interviews conducted by the author with clients before getting counseling via online Via Video Call WhatsApp, they found that the client had anxiety due to the Covid-19 vaccination, which was characterized by emotional and cognitive aspects. The client said he did not want to do dose 2 vaccination, the client was worried about the post-vaccine effects, the client was confused, and the client rarely used a mask when leaving the house. The client also has difficulty sleeping. Clients also find it difficult to control their emotions when talking about vaccines and always make appropriate arguments circulating on social media. The client said that he was not free to do activities compared to before the pandemic occurred, where he tends to be active in various activities, both academic and non-academic activities.

Counseling Process

Counseling services carried out by the author with an approach to clients to overcome the anxiety experienced by clients as counselees during the COVID-19 pandemic, are carried out through the process of providing guidance to improve or support handling, problem solving, and interpersonal relationships. The counseling carried out by the author is in accordance with the guidelines in the Indonesian Nursing Intervention Standards book.

- 1) Identify capabilities and provide reinforcement. The author tries to identify and analyze the abilities of the

client and provide reinforcement to the client so that the counseling process goes well and the author knows what problems the client is facing.

- 2) Fostering a therapeutic relationship to build trust between the client and the author so that they are mutually open and kept confidential during the process.
- 3) Provide empathy, warmth, and honesty. The author provides empathy, warmth, and honesty to clients in order to create a harmonious and comfortable atmosphere during the process.
- 4) Setting goals and the duration of the counseling relationship aims to make the client feel comfortable with counseling activities and appropriate according to the initial agreement.
- 5) Provides privacy and defense of confidentiality. The author gives the right of privacy to the client and maintains confidentiality during counseling and the identity of the client.
- 6) Facilitates to identify problems. The author provides a place and time for the counseling process, namely online via WhatsApp. The author listens to conclude the problem presented by the client.
- 7) Encourages expressing feelings. The author asks the client to issue all the problems faced by the client that make the client feel anxious, the goal is that the author can provide advice or guidance to the client.
- 8) Suggest making a list of alternative solutions to problems. The author and the client agreed to list the problems encountered and resolved one by one.

Before the intervention, the patient's questionnaire results got a score of 21, namely anxiety in the moderate category. After the intervention with counseling nursing care for 3 online meetings, it was found that there was a decrease in the level of anxiety, namely getting a score of 14 with the category of mild anxiety. Evaluation of the first day the client complains of a problem that causes the client's anxiety. The client complains that he cannot solve the problem so that after being given nursing care with counseling the client becomes aware and realizes that the anxiety he is experiencing can be overcome by himself.

Evaluation after implementation, the client said he could carry out activities as usual without thinking about the problems he was experiencing. Backed by research (Freska et al., 2021) It was found that the effectiveness of implementing telemental counseling can reduce adolescent anxiety due to Covid-19 information. So it is very important the role of counseling on the problems faced by students who are experiencing anxiety in the current era of Covid-19 vaccination.

Anxiety experienced by clients includes emotional and cognitive. Anxiety is a condition that has characteristics such as worry and fear of a certain stimulus or event, with some somatic symptoms. (VandenBos, 2015). Anxiety that occurs continuously and is not treated immediately can cause more serious psychological problems.

Furthermore, anxiety is a condition of neurotic powerlessness, feeling insecure, less able to respond to the demands of reality and the environment, feeling difficult, and feeling depressed in daily life. (Fakhriyani et al., 2021). Anxiety experienced by students can affect the academic activities they are undergoing. This must be handled so that the level of anxiety felt by students can be resolved.

Research shows that college students show high anxiety about COVID-19 (Wang & Zhao, 2020). Furthermore, education on post-immunization events on adolescent anxiety facing Covid-19 vaccination has

decreased anxiety (Sari, 2021). Anxiety can arise from certain things, for example anxiety caused by certain events or events, including anxiety caused by the Covid-19 vaccination.

Counseling can be done for clients who experience anxiety due to the Covid-19 vaccination. News coverage in social media and conversations in the community can lead to increased anxiety towards clients. The role of counselors, psychology is really needed to reduce stress and anxiety caused by the COVID-19 pandemic (Dong et al., 2020). Providing counseling to clients is an alternative way to overcome anxiety problems that are being experienced by clients. Counseling can be interpreted as a process of providing psychological assistance by the author to clients with the aim of helping clients to be able to understand themselves and their environment, so that clients are in more effective living conditions. (Putri et al., 2021).

Tolbert was quoted from Winkel (1991) stating that counseling is a face-to-face personal assistance between two people, namely someone who helps a person gain an understanding both about himself and an understanding of the present and future situations. Counseling that is done online is effective for dealing with anxiety according to the case study above. During the current pandemic, it is highly recommended to continue to pay attention to physical distancing. By doing online counseling can reduce the transmission of the Covid-19 virus.

Counseling with an approach to the client is able to reduce the level of anxiety experienced by the client. The counseling provided by the author to clients is carried out through the WhatsApp application either through chat or via video call. Counseling can be done online which can be obtained like face-to-face counseling activities in general. To overcome anxiety, psychological assistance can be done online (Wulandari & Hidayat, 2020). Therefore, counseling can be carried out to minimize anxiety during the COVID-19 pandemic, while still paying attention to limitations in its implementation, for example the lack of non-verbal responses that can be given by the author during the counseling process such as body language, unable to control certain behaviors that can weaken counseling dynamics (Peter & Sudibyo, 2017).

CONCLUSION AND RECOMMENDATION

The conclusion from the results of the case study above shows that there is a change in the level of anxiety experienced by the client based on the results of the HARS (Hamilton Anxiety Rating Scale) questionnaire test, namely when the pretest before the support group was carried out, the group got a score of 21 in the moderate anxiety category. However, after the support intervention was carried out, the posttest score decreased to 14 in the category of mild anxiety. Although the client's anxiety has not disappeared, at least the client can decrease to one level. In addition, the client also experienced an increase in sleep quality.

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