

## The Relationship of Needs during Pandemic with Nurse Coping Strategies in the Covid-19 Emergency Period in Riau Islands, Indonesia

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### ABSTRACT

Indonesia experienced an emergency period of the Covid-19 pandemic in 2020. Nurses, as one of the medical personnel, are at the forefront of handling Covid-19. The high incidence and death rate of Covid-19 has changed the work situation and income of every medical worker, especially nurses. Many nurses worry about meeting unmet needs during the pandemic, such as the need for personal protective equipment, changing income needs, and the need to get support from family and the workplace. This study aimed to determine the relationship between needs during the pandemic and nurse coping strategies during the Covid-19 emergency in the Riau Islands, Indonesia. The design of this study was a cross-sectional test on 224 respondents with accidental sampling. Data analysis using chi-square. This study found a relationship between needs during the pandemic and nurse coping strategies during the Covid-19 emergency period in the Riau Islands, Indonesia.

**Keywords:** needs; nurses; coping strategies

### INTRODUCTION

Covid-19 is a disease that is still causing a relatively high mortality rate. According to WHO, the number of Covid-19 cases in April 2020 reached 2,883,603 people, with a death toll of 198,824. <sup>(1)</sup> In Indonesia, the number of cases of Covid-19 is still very high. As of September 11, 2020, there were 210,940 confirmed cases of Covid-19 and 8544 deaths in 34 provinces. <sup>(2)</sup> The transmission of COVID-19 is extremely high, namely through coughing or sneezing, where droplets stick to the surface of objects to infect other people who touch them <sup>(1)</sup>. The Indonesia Government announced a public health emergency caused by Covid-19 based on the Presidential Decree of the Republic of Indonesia number 11 of 2020. Therefore, to reduce the number of cases of Covid-19, the Indonesian government announced the enactment of Large-Scale Social Restrictions (PSBB) based on Government Regulation No. 21 of 2020, published March 31. These large-scale social restrictions include restrictions on going to schools and workplaces. The government also urges to do all activities at home. Moreover, activities in public, social facilities, entertainment places, and public transportation modes were also restricted. <sup>(3,4)</sup>

The government has imposed social restrictions since June 2020 in various red zone areas in Indonesia, including Riau Islands. <sup>(5)</sup> This policy has affected the society, especially for most of the Riau Islands population that relies on the business and fishing industry. <sup>(6)</sup>

Nurses are one of the medical teams on the front line in the current Covid-19 response. In this case, Hospitals require efforts to develop their occupational safety and health (P3KRS) <sup>(7)</sup>. Based on the results of a study conducted by Pasaribu and Ricky in 2021, the stress level of 75 nurses at the Advent Hospital in Lampung during the Covid-19 pandemic was very high at 71, 85% because Covid-19 caused a high death rate. <sup>(8)</sup> Therefore, it is necessary to continuously have social support and nurses' spiritual intelligence (52.7%) in dealing with stress during the Covid-19 pandemic. <sup>(9)</sup>

A coping mechanism is an effort to deal with stress or its signs and symptoms. It also protects oneself from problems with positive or negative mechanisms. <sup>(10)</sup> From the results of the literature review conducted by Yuliarti, Imardiani and Majid in 2021, of 11 published studies, 7 used emotion-focused coping strategies, such as maintaining distance and being responsible for handling Covid-19. Meanwhile, the other 4 studies used problem-focused coping strategies by seeking support, either information or support from institutions. <sup>(11)</sup>

This study aimed to determine the relationship between needs during the pandemic and nurse coping strategies during the Covid-19 emergency in the Riau Islands, Indonesia.

### METHODS

A correlational research design was used in this study. This research was conducted in hospitals in Tanjungpinang city in 2020, including the Raja Ahmad Tabib Hospital, Tanjungpinang City Regional Hospital, and Dr. Midiyanto Suratani Navy Hospital. The researcher submitted a request for ethical approval to the Raja Ahmad Tabib Hospital's ethics committee with letter 46/Panke.KKE/2020. The population in this study were all nurses who worked in hospitals in Tanjungpinang City, with a total of 527 respondents. The number of

respondents who filled out this study was 224. The validity of the research instrument done by Fathi (2019) with Cronbach's alpha. Coefficient for the reliability test was 0.86.<sup>(12)</sup> In the nurse's coping factor instrument, validity and reliability were measured with 78 respondents using google form and contained a reliability test of 0.703. The study used the Mann-Whitney statistical test because, in the Chi-Square test, 2 cells (33.3%) had less expected values of 5.

**RESULTS**

Table 1 shows that out of 224 respondents, most nurses were female 77.7%, and had an income higher than the regional minimum wage for the Riau Islands Region.

Table 1. Distribution of respondents based on demographic characteristics

Gender	Frequency	Percentage
Woman	174	77.7
Man	50	22.3
Income	Frequency	Percentage
< Regional minimum wage	56	25
≥ Regional minimum wage	168	75

Table 2. Distribution of needs during the Pandemic

Nurses needs during a pandemic	Frequency	Percentage
Fulfilled	125	55.8
Not fulfilled	99	44.2

Based on table 2, most of the needs of nurses during the pandemic have been fulfilled 55.8%

Table 3. Distribution of nurse coping strategies

Strategic coping	Frequency	Percentage
Problem-focused coping	118	52.7
Emotion-focused coping	8	3.6
Avoidance coping	98	43.7

Based on table 3, the nurse's coping strategy in dealing with the current pandemic is problem-focused coping 52.7%, and avoidance coping 43.7%.

Table 4. Analysis of the relationship between needs during a pandemic with nurse coping strategies

Strategic coping	Needs during the pandemic	Frequency	Percentage	p
Problem-focused coping	Not fulfilled	99	44.2	0.040
	Fulfilled	125	55.8	
Emotion-focused coping				
Avoidance Coping				

Based on table 4, it was found that there was a relationship between needs during the pandemic and nurse coping strategies (p = 0.040).

**DISCUSSION**

The majority of respondents are female 77.7%. This is because most nurses in the Riau Islands are dominated by women. According to Awaldah, gender is related to stress, including physical and psychological characteristics, as well as social characteristics between women and men.<sup>(15)</sup> The results of research by Awalia, Medyati, and Giay found a relationship between gender and work stress of nurses in the inpatient room.<sup>(16)</sup> This result might indirectly affect the individual's coping strategy.

This study's results show that most nurses earn above the minimum wage (75%). Nurses' income while working is the primary income in meeting their family needs. The results of a literature study conducted by Nowrouzi-Kia, Sithampanathan, Nadesar, Gohar, and Ott found that one of the factors that affect the performance and mental health of health workers during the Covid-19 pandemic is the lack of work readiness and financial problems related to changes in living income.<sup>(14)</sup>

One problem that affects nurses' coping strategies in hospitals is inadequate workplace facilities. This is the need for a sense of comfort for a nurse.<sup>(12)</sup> This problem was shown by one of the nurses' reports on stressful

situations during the Covid-19 pandemic, that there were concerns about the threat of death, and equipment or personal protection in the workplace.<sup>(13)</sup>

The coping strategies of nurses in dealing with the COVID-19 pandemic are mostly Problem-Focused coping (52.7%). The research results on nurses' coping strategies at the Surakarta Regional Mental Hospital on 20 informants with a phenomenological study obtained emotion-focused coping.<sup>(12)</sup> The results of another review of several articles on stress and coping nurses in Australia have coping strategies for seeking support, problem-solving, and self-control.<sup>(15)</sup>

### CONCLUSION

Most of the nurses' needs during the pandemic have been fulfilled and the nurse's coping strategies in dealing with the current pandemic are problem-focused coping and avoidance-coping. This study also shows a relationship between needs during the pandemic and nurses' coping strategies during the Covid-19 emergency. Hopefully, the central and regional governments can pay attention to the needs of nurses during the pandemic so that they can work optimally during the Covid-19 Emergency period.

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