



Online Interventions to Reduce Stress and Anxiety for Health Workers

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Abstract

Coronaviruses is a large family of viruses, which can cause illness with mild to severe symptoms. The virus that causes COVID-19 called Sars-CoV-2. Corona virus is zoonotic (transmitted between animals and humans). Coronavirus Disease 2019 (COVID-19) is a new type of disease that has never been identified in humans before. This diseases spread quickly, and can cause death. Meanwhile, there's no cure for this disease. This pandemic is causing anxiety in people, especially on health workers, because they're dealing directly with patients exposed to COVID-19. One way to reduce stress and anxiety is with online intervention. The purpose of this study was to examine the effectiveness of online interventions on stress and anxiety in health workers during pandemic. The analysis test using the Wilcoxon Signed Ranks Test showed that there was a significant difference between the pre-test and post-test groups, with a significance of $p < 0.05$. These results indicate that there was a change in the group before and after the training. The average stress score before the online intervention was 7.5 while the average score after the online intervention was 4.0. The average anxiety score before the online intervention was 7.0 and the score after the intervention was 3.3.

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INTRODUCTION

It has been more than a year since the Covid-19 virus pandemic hit almost all parts of the world. According to the WHO, coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without the need for special treatment. Older people, and those with underlying medical problems such as cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illnesses. The COVID-19 virus spreads primarily through saliva droplets or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice breathing etiquette (for example, by coughing into a bent elbow) (Fisher et al., 2008).

The transmission of this virus is very fast and continues to increase day by day. This makes people experience fear and anxiety about diseases caused by the Covid-19 virus. Not only ordinary people, health workers who are at the forefront are also spared from feelings of fear, discomfort and experiencing symptoms of stress and anxiety. Anxiety itself is a normal condition of a stressful situation, fear or uncomfortable feeling experienced by a person (Paulsen, 2003).

Anxiety is a part of human life, which means that there are worries in everyone. Anxiety is a source of motivation to act towards progress and success in life, when anxiety is normal, but high anxiety outside normal limits (neurotic anxiety) will disrupt one's self-stability and life balance. Therefore, anxiety needs to be controlled with the right control methods. Because if the anxiety condition experienced excessively, it may indicate a more severe anxiety and depression disorder (Flannery-Schroeder & Kendall, 2000).

Stress and anxiety are among the most common illnesses in society. Patients with depression often have the hallmarks of anxiety disorders, and those with anxiety disorders usually also suffer from depression. Both disorders can occur simultaneously, meeting the criteria for both. It can be difficult to distinguish between them but it is important to identify and treat both diseases, as they are associated with significant morbidity and mortality. General practitioners are well placed to identify and take a leading role in the treatment of these diseases, to facilitate better mental health outcomes. Nowadays there have been many methods and procedures used to control anxiety designed by psychotherapists and counselors, so that we can use which one is considered more suitable and easy to use. One possible way to reduce stress and anxiety is through online interventions for medical personnel. Therefore, this study aims to see the influence of online interventions to Reduce Stress and Anxiety in Health Workers (Greenberg, 2006).

METHOD

The subjects in this study are health workers at the Health Center. The research method is quasi-experimental with The One Group Pretest-Post Test Design (Santomero & Babbel, 1997). With the formula:

$$NR = O1 - X - O2 \quad (1)$$

Information:

O1 : Measurement before intervention (Pre test)

O2 : Measurement after intervention (Post test)

X : Online Intervention

NR : Non Randomized

The tools and materials used to support this research are:

1. Informed consent, which is verbally recorded with Zoom Meeting media of changes that occur in the group, observation of trainers and co-trainers.
2. Skala DASS (Depression , Anxiety and Stress Scale)

RESULT AND DISCUSSION

Results of Data Analysis with Statistics with the help of SPSS 16.

Stress Scale Results:

The analysis test uses a different test, namely the Wilcoxon Signed Ranks Test. The results of the data analysis show that the results of the stress scale show the result that the probability of 0.014 this value indicates that the probability is below 0.05. These results

showed that there was a significant change in stress levels in the group before and after training. The results can be seen in the following table:

Tabel 1. Ket. Wilcoxon Signed Ranks Test

	N	Mean Rank	Sum of Ranks
Post- Pre Negative Ranks	6a	3.50	21.00
Positive Ranks	0b	.00	.00
Ties	0c		
Total	6		

Tabel 2. Ket. Test Statisticb

	Post – Pre
With	-2.201a
Asymp. Sig. (2-tailed)	.028

Results of the Anxiety Scale:

The analysis test uses a different test, namely *the Wilcoxon Signed Ranks Test*. The results of the data analysis show that the results of the stress scale show that the probability of 0.033 this value indicates that the probability is below 0.05. These results showed that there was a significant change in stress levels in the group before and after training. The results can be seen in the following table:

Tabel 3. Ket. Wilcoxon Signed Ranks Test

	N	Mean Rank	Sum of Ranks
Post- Pre Negative Ranks	4a	2.50	10.00
Positive Ranks	0b	.00	.00
Ties	2c		
Total	6		

Tabel 4. Ket. Statisticb

	Post-Pre
With	-1.841a
Asymp. Sig (2-tailed)	.066

Discussion

The analysis test using a different test, namely the Wilcoxon Signed Ranks Test, showed that there was a significant difference between the pre-test and post-test groups, with a significance of $p < 0.05$. These results showed that there were changes in the group before and after the training. The average stress score before the online intervention was 7.5 while the average score after the online intervention was 4.0. As for the average anxiety score before the online intervention was 7.0 and the average score of the anxiety scale after the intervention was 3.3.

The results of this study show that online interventions are effective in reducing stress and anxiety levels in health workers. The intervention consisted of 2 sessions, namely, the first session of Cognitive Behavioral Therapy group to reduce negative thoughts in participants and the second mindfulness to open up participants' awareness to reduce their stress and anxiety.

The first session is the Cognitive Behavioral Therapy group. In this session, it is aimed at the participants in the group to think more positively about the problems they are

facing. If a person can think positively, it will not be easy to despair so that they are willing to make an effort to be able to regulate emotions properly. In the group of participants felt that they had friends, meaning that they did not feel alone in dealing with their illness. There are friends who have the same condition. So that this will increase a person's enthusiasm in trying to deal with their problems. So that they will be able to carry out activities or activities that are able to reduce the risk of stress and anxiety due to Covid-19. This is in accordance with research conducted by (Ming-Yen Teoh et al., 2013) that individuals with certain problems will be able to do self-management if they have other people who provide support to them.

The last session was mindfulness to train the awareness experienced by participants towards the disease they suffered. According to Zbaracki et al. (2004) show results that mindfulness techniques can reduce the stress experienced by individuals. If a person can reduce the stress they are facing, they will tend to be able to accept themselves and improve their self-management, at least being able to pay attention to their physical condition (Hajar, 2013).

CONCLUSION

Based on the results of this study, it can be concluded that online interventions are effective in reducing stress and anxiety levels in health workers. The type of intervention used is by using *Cognitive Behavioral Therapy* groups, as well as therapy *mindfulness*. *Cognitive Behavioral Therapy* itself is known to be able to reduce negative thoughts in participants. Meanwhile, mindfulness therapy is able to open full awareness in participants to reduce the stress and anxiety they experience.

Suggestion

If there are health workers who are experiencing stress and/or anxiety, online intervention can be carried out. This is very possible because considering that the pandemic is still ongoing and everyone must continue to maintain health protocols, so that online intervention is one way to intervene in a pandemic situation like today.

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