



## PRECEPTOR'S ANXIETY IN PERFORMING SUPERVISION AND SUPERVISION OF NURSING STUDENTS IN PRACTICES DURING THE COVID-19 PANDEMIC

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### ABSTRACT

The Covid-19 pandemic has become a top priority for crisis health especially around the world. The Covid-19 pandemic has changed the way the public works, learns, meets every day needs until interacts. Restrictions and Lockdown policy can increase level worry someone. Anxiety is feeling nervous or restless. People tend experience it moment be in a situation certain, wrong the only one when a mentor academic must guide and supervision college student his by directly on the ground practice. This present study aimed to explore the preceptor's anxiety in performing guidance and supervision of nursing students in practices during the covid-19 pandemic. This quantitative research relied on a descriptive method with a descriptive survey approach towards 30 respondents that is whole preceptor or lecturer mentor academic college nursing students. The sample was selected by employing the purposive sampling technique. The data collection instrument used in this study was a questionnaire through Google forms. The results of the study based on age characteristics were 27 respondents (91%) of which aged 26-35 years, 2 respondents (6%) aged 46-55 years, and 1 respondents (3%) aged 56-65 years. Based on gender characteristics dominated by women as many as 21 respondents (70%). The results of the study on the level of anxiety were 28 respondents (88%) were in the low level of anxiety, while 2 respondents (12%) were in the category of moderate anxiety level. It is hoped that the preceptor must be able to control feelings of worry and anxiety so that it does not become an anxiety disorder. Besides that preceptors must have activity guidelines that are in accordance with health protocols according to applicable regulations so that they can reduce anxiety during the Covid-19 pandemic.

Keywords: anxiety; covid-19; preceptor

### INTRODUCTION

Currently, the Covid-19 pandemic is becoming one of the major health crises for every individual from all nations, continents, races, and socioeconomic groups. A pandemic is a disease outbreak that spreads simultaneously everywhere, covering a wide geographical area. A pandemic is an epidemic that spreads to almost all countries or continents and usually affects many people. An increase in the number of diseases above normal which usually occurs, this disease also occurs suddenly in the population of a certain geographic area (WHO, 2020). The Covid-19 pandemic is the first and foremost health crisis in the world, the outbreak of the Covid-19 pandemic has changed the way people's habits are in terms of working, studying, meeting daily needs, and even interacting. To have an impact on several fields including the health sector, extending to the economic, political, social to the educational fields which involve many activities that are routinely carried out face-to-face, which must be done by utilizing existing technology (Afrianto, 2020).

However, it is different with nursing students who are undergoing the practice of the Nurse Profession where they must receive guidance and supervision directly by an academic supervisor or so-called preceptor, because it is related to the competence and quality of their graduation who will become a nurse. Based on a survey conducted on 3 lecturers who became

preceptors, all three said that the preceptors felt anxious if they had to be present directly in the practice area both in hospitals and health centers when this pandemic was still happening. Excessive anxiety has a detrimental impact on the mind and body and can even cause physical illness because the immune system decreases. Based on the problems above, the researchers are interested in conducting research that aims to determine the description of preceptor anxiety in providing guidance and supervision to nursing students in practice areas during the COVID-19 pandemic.

**METHOD**

This quantitative research relied on a descriptive method with a descriptive survey approach towards 30 respondents that is whole preceptor or lecturer mentor academic college nursing students. Preceptors from Universitas Negeri Gorontalo namely 16 respondents (53.3%), and 14 respondents (46,7%) from Universitas Muhammadiyah Gorontalo. The sample was selected by employing the purposive sampling technique. The data collection instrument used in this study was a questionnaire through Google forms.

**RESULTS**

This study involved 30 preceptors, All characteristics of respondents, including age, gender, and based on university were obtained. These characteristics are presented in the following table. Table 1 shows that from a total of 30 respondents, 27 (91%) of which aged 26-35 years (early adulthood), 2 respondents (6%) aged 46-55 years (early elderly), and 1 respondents (3%) aged 56-65 years (older adults). The results of the study based on gender characteristics were dominated by women as many as 21 respondents (70%) and 9 respondents (30%) are males.

Table 1  
Characteristics of Respondents (n=30)

Characteristics of Respondents	f	%
<b>Age</b>		
26-35 Years		
46-55 years		
56-65 Years		
<b>Gender</b>		
Male		
Female		

Table 2 shows the results on the level of anxiety were 28 respondents (88%) were in the low level of anxiety, while 2 respondents (12%) were in the category of moderate anxiety level.

Table 2  
Frequency Distribution of Anxiety (n=30)

level of anxiety	f	%
Low	28	88
Moderate	2	12
High	0	0

**DISCUSSION**

The results of this study indicate that the anxiety level of the preceptors, as many as 2 respondents (12%) were in moderate anxiety level and as many as 28 respondents (88%) were in low anxiety level. So from the results above, it can be said that most of the respondents in this study have a level of anxiety that falls into the normal category. Based on the statement of respondents who have a moderate level of anxiety, it is known that the respondents answered that they often sweated even though the temperature was not hot or did physical

activity before. Respondents also answered that sometimes they feel afraid for no apparent reason and feel easily worried about situations where respondents may suddenly panic and can embarrass themselves.

According to Khumasyi (2020) that when a person is often in a situation that requires him to make decisions quickly and spotlessly but he cannot decide, then over time that person will always be accompanied by anxiety and fear in every condition. This condition causes doubt and a lot of consideration for a person but will lead to anxiety. This anxiety, if it cannot be controlled properly, will affect a person's activity and level of anxiety. This is similar to the research conducted by Fitriasari (2017) which states that the teaching style of the lecturer will affect the level of anxiety because the teaching style given by the lecturer to his students will determine how well the learning outcomes and achievements will be achieved by the student. Teaching style is one of the abilities to provide direction and measure how well a person conveys material to others. If the learning outcomes of the recipient are good, it will have a positive effect indirectly on the teacher. However, if the learning outcomes of the recipient are not good, then the teacher will automatically feel anxious and think that he is not good or fails in delivering the material (Lestari, 2014).

Furthermore, the majority of respondents in this study who had a low level of anxiety were 28 respondents or 88%. It can be seen from the respondents' answers in the questionnaire that sometimes they only experience situations that make them anxious and will be relieved that the situation will be over soon and sometimes they are afraid that they will be hampered by trivial tasks that they cannot do. Apart from these 2 points, it can be seen that the respondents are not too worried about the things that are happening. This condition can still be included in the normal category because sometimes humans already predict what will happen in the future even though it is not necessarily the case (Asri, 2017). This is the same as research conducted by Haniba (2018) that anxiety is a thing that is generally normal. However, when a person is experiencing anxiety, he must be able to control the anxiety so that it is not released excessively which might damage the environment.

Based on the characteristics of the respondents based on age, it was found that most of the respondents were in the late adult age category (26-35 years), as many as 27 respondents or 91%. Research conducted by Bachri (2017) states that the youngest age group will show the most frequent and high levels of anxiety compared to the older age group. This is because age is related to experience and views on something. The older you get, the more mature the process of thinking and acting in dealing with something. Maturity in the thought process in individuals who are more mature allows them to use good coping mechanisms compared to the age group of children (Lukman, 2016). In this study it can also be found that the least age group in this study is the late elderly (56-65 years) as many as 1 respondent or 3%. This is in accordance with the theory which states that as you get older, your anxiety will decrease.

When viewed from the gender of the respondents, the results showed that most of the respondents in this study were female, namely as many as 21 respondents or 70%. Compared to men, women are more at risk for experiencing anxiety because women are more sensitive and use their feelings than men who are considered physically and mentally strong in dealing with all kinds of responses and situations that occur (Bachri, 2017). Research conducted by Natalia (2016), stated that there are several differences between the way female and male teachers give lessons to students. Female teachers have a motherly nature that is gentle, heartfelt, and more feminine. Meanwhile, male teachers are masculine, powerful, more transparent and more relaxed. Male teachers when giving lessons to students teach more based

on their experience while still learning and deliver it calmly and relaxed, while female teachers use a teaching system that is more in accordance with applicable educational provisions and is more structured in its delivery.

## **CONCLUSION**

This present study concludes that most preceptors (28 respondents, 88%) are in a low level of anxiety. Meanwhile, the other preceptors (2 respondents, 12%) experience moderate anxiety. It is hoped that the preceptor must be able to control feelings of worry and anxiety so that it does not become an anxiety disorder. Besides that preceptors must have activity guidelines that are in accordance with health protocols according to applicable regulations so that they can reduce anxiety during the Covid-19 pandemic.

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