Quality of life nurses on covid-19 pandemic with curhat online

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ABSTRACT

Background: Nowadays people are prefer to used social media to explore their feeling, 90 % Indonesian people using social media like facebook, instragram and whatups. Their feeling comfort during expessing by social media. Covid 19 nurses experienced discriminasing and stigma in community. Therefor their using social media to explaine their emotional feeling. Culun is media for Nurses who carring covid 19 patient to expressing their anciety and fear and quality of life is survival indicator when their accepted the codition.
Objective: To described the effect of Culun (group discussion) for Quallity of Life Nurses on Covid-19 Pandemic
Method: The method in this research is a quasi experiment with one group pre and post design. 26 respondents were included in the discussion group (CULUN) and then measured the Quality of Life using the (WHOQOL) -BREF instrument. Subject in this reasearc is nurses who caring covid 19 patient in hospital around Pekalongan city. The data was analized by paired sample T-Test.
Result: The result for this study is there are effect of culun for quallity of life nuses who taking care of covid 19 patient.
Conclusion: We interveneby creating online groups for discussion using whats app. We sent instrument for pretest before discussion and post test after discussion via whats app groups. Appraisal for this research is increasing for quality of life. There is effect of culun of quality of life nurses on covid 19 pandemic.

Keywords: Culun, quality of life, nurses.

INTRODUCTION

Quality of life is an individualized perception of its position in life, in the context of culture, the value system in which they are and its relation to life objectives, expectations, standards and other related ones. Issues that include very broad and complex quality of life include physical health problems, psychological status, level of freedom, social relations and the environment where they are located.[1]

People who feel more able to express themselves online tend to use social media to express themselves emotionally in order to gain acceptance, attention and support from others. Individuals tend to make social media such as Facebook as a way to express their feels. While individuals use social media in a disruptive way, individuals like this tend to have low self-esteem which ultimately gets less positive feedback from their friends.[2]

Psychological factors have an influence on quality of life, this is because someone who is a young adult with a high risk of work or unemployee causes a stress. Life satisfaction and happiness where these factors can affect a person's quality of life.[3]

Age difference is a factor that determines the purpose of using social media. Early adulthood confides in social media with the aim of, among others, seeking

attention, feeling relieved after pouring out their hearts on social media, expecting advice or input on what they display on social media, even though they don't get any solutions from social media. Site findlaw with 1000 respondents, found that in the age range 18-34 years, as many as 29 percent said that they feel worried about their current job or their future job after posting photos, comments, and pouring out emotions on social media.

Furthermore, this survey also stated that more than 75 percent occurred at the age of 18-34 years because that concern had erased the outpouring they post on social media as a way to avoid negative reactions from co-workers at work now or co-workers in the end who may meet in future jobs.[4]

The ability to adapt oneself, accept all changes and setbacks that are experienced and the proper treatment of the environment are factors that influence the quality of one's life.[5]

Corona Virus Disease 2019 or known as COVID-19 has been in the world spotlight in recent months. Its spread is so fast a relatively short time, becoming the main reason people in the world are more aware of the transmission of this virus. WHO recorded that there were 167,511 cases with 6,606 deaths. In Indonesia, the Ministry of Health released data on 1,528 people who were confirmed positive and 136 others died.[6]

The Indonesian Government has responded to this severe condition by taking several policies in order to break the chain of the spread of COVID-19. These steps include regulations for working from home, temporarily deactivating activities in all sectors, enforcing self-isolation calls, and preparing COVID-19 referral hospitals in every city throughout Indonesia. This policy in the end has an impact on health service facilities that are directly appointed by the government as a reference for COVID-19 patients. Health facilities, both hospitals and health centers, are required to prepare health personnel, facilities and infrastructure amid the increasing infection rate.[7]

Ironically, amidst the struggles of health workers who are even willing not to return home to look after patients and minimize transmission to their families, another condition is suffering, namely the scarcity of personal protective equipment (PPE). anic buying that is happening in society today causes high demand and soaring prices for PPE. In fact, if people can obey to stay at home and reduce the number of PPE purchases, maybe they can help these medical fighters in dealing with COVID-19 patients.[8]

The factors that most influence the quality of work life of nurses are unsuitable hours and workload, lack of facilities for nurses, inability to balance work with family needs, insufficient vacation time for nurses and their families, lack of professional development opportunities, working in a low-level environment. security, equipment,

including the community's view of nurses. The quality of life of nurses will be good if there are several components including job satisfaction, compensation, good working conditions, good management and other personnel relationships.[9]

METHOD

This research is a quantitative research design with pre-experimental one group pre post test. This study aims to identify the influence of Culun (Curhatan Online) influence on the Quality of Life (QoL) of nurses in dealing with Covid-19. The population in this study were nurses who worked at the Pekalongan and Batang hospital with a total sample of 26 nurses. The sampling technique is purposive sampling technique.

The instrument in the study was a questionnaire developed by WHO (2004) in a book entitled The World Health Organization Quality of Life (WHOQOL) -BREF. The instrument is named WHOQOL which measures four aspects included in the Quality of Life (QoL) dimension. The instrument is standard, 26 respondens for the intervention group that had met the inclusion criteria. This research was conducted for approximately 3 months starting from April to June 2020.

The characteristics of the sample in the intervention group were analyzed using the T-test and Chi square test to see if there was homogeneity between the intervention groups ($p > 0.05$). The characteristics of the group can be seen in table 1

RESULT AND DISCUSSION

Table I Respondens Distribucies

Variabel	Freq (n)	Presentase (%)
Age		
20-35 Tahun	14	58
>35 Tahun	12	42
Gender		
Female	18	58
Male	8	42
Education		
S1	12	46
S2	2	8
D3	12	46
Marital Status		
Marriage	21	80
Single	5	20
Intitusion		
Inside	13	50
Outside	13	50

Table 2 Average Quality of Life Improvement

Intervension	Mean ± SD		N
	Pre	Post	
Culun (Curhat Online).	88,8 ± 12,09	93,6± 9,99	26

To determine the level of success of the pre-test and post-test that has been carried out, it is necessary to test with a parametric test with the Paired T test.

Table 3 Different test on improving the quality of life of nurses (n = 26)

Intervensi	Mean± SD	p-value
Culun (Curhat Online).	4,76 ± 8,94	0,012

From table 3 it is known that the Asymp. Sig. (2-tailed) Paired T test on the difference test of 0.012 (<0.05) so that it can be stated that there is a significant difference before being given Culun (Curhat Online) and after being given Culun (Curhat Online) to the nurse.

1. **Quality of Life(QoL)**

Quality of life is a meaningful consideration for society in general, and health services in particular. However, there is currently no consensus on precise and specific definitions and measures of quality of life.This lack of consensus leaves the concept of quality of life in doubt. Simultaneous analysis of this concept is expected to produce a consensus definition of attributes and specific and precise measuring tools in formulating the concept of quality of life operationally through further development of various indicators that have been widely used in measuring the quality of life of an individual.[10]

According to the World Health Organization (WHO), depression is a common mental disorder characterized by a depressed mood, loss of pleasure or interest, feeling less energy, feelings of guilt or low self-esteem, eating or sleeping disorders, and low concentration. Research conducted at Udayana University Bali in 2015 which stated that the respondents who experienced depression were more likely to have low education. Low education makes it more difficult for a person to solve problems and receive information, so this can be a risk factor for depression.[11]

Quality of life or Quality of life is an individual's assessment of the positive and negative aspects of life. A good quality of life is something that must be maintained, because a quality life is an optimal condition for their daily life so that they can enjoy their old age happily, meaningfully and can be useful for the people around them.[4]

In this study, of the 100 respondents who were interviewed, it was found that 86% were categorized as having a good quality of life and 14% were categorized as having a bad quality of life. This study found a significant relationship between the likelihood of depression and quality of life. These results are consistent with research conducted at the SDM College of Medical Sciences in Ujire, India in 2013 which concluded that there is a correlation between depression and quality of life.[12] Another study conducted in Kali Anyar, West Jakarta in 2014 also stated that depression (mental disorders) has a relationship with the overall quality of life. Depression can cause physical changes, thoughts, feelings and behaviors, which can persist and interfere with a person's daily activities, so that it can interfere with a person's quality of life.[13]

2. Culun (Curhat Online)

The results of this study are consistent with what was conveyed by several study respondents, that the worry they feared is their immediate environment both at home and in the hospital. In the neighborhood, many of them do not wear masks and crowd, including small children. We start the research with provide "curhat online" (Culun) with create whatss app group for discussion. The content of discussion is about daily activity along doing job as a nurse. We sent a few topic about Covid-19 and support, motivation a nurse for decrease stressor everyday with consistent. During discussion the respondent expressing and told about the worried while they taking care with patient. Matrial about support, reduced stressor also gived in CULUN.

Meanwhile, around the hospital, not all nurse friends comply with all health protocols such as washing hands regularly and wearing complete personal protective equipment (APD). Apart from the environment, the factor that greatly affects the quality of life of the respondents is psychological. All nurse friends, especially those who joined the Covid-19 team, experienced a psychological decline and stress due to conditions of high job demands with the number of patients whose numbers were increasing. If nurse friends experience a psychological decline, it will certainly affect immunity or body resistance which will increase stressors.

CONCLUSION

1. There is an effect of online venturing (Culun) on the quality of life of nurses in handling Covid-19

2. Social media can be used as a means to explore feelings and discuss Covid-19, especially for nurse friends.

Conclusion for this research is the formation of the Covid-19 team for nurses should pay attention to psychological and professional requirements. Handling Covid-19 should not only focus on the patient but also on nurses both physically and psychologically.

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