



THE EFFECT OF SOCIAL SUPPORT AND SPIRITUAL INTELLIGENCE ON THE NURSES ANXIETY LEVEL OF “IS” HOSPITAL PEKANBARU DURING COVID-19 PANDEMIC

Anov Satria Pamungkas¹, Nurul Hidayah², Siti Urbayatun³

^{1,2,3}Psychology, University of Ahmad Dahlan Yogyakarta

¹email: anovsatria@gmail.com

Abstract

COVID 19th pandemic situation adversely affect every aspect of life, not excluding the nursing profession who are at the forefront of dealing with patients affected by COVID-19. This causes nurses to experience stress, depression and anxiety due to increased work demands. This study aims to determine the effect of social support and spiritual intelligence on the anxiety level of nurses in the hospital. The subjects in this study were 87 nurses at the “IS” Hospital Pekanbaru. The sampling technique used in this study was purposive sampling technique. The instruments used were the COVID-19 Intelligence scale, the Social Support scale, and the Spiritual Intelligence scale. The data analysis technique used is multiple linear regression analysis. The results of the data analysis showed that $F = 10.531$ with a value of $p = 0.000$ ($p < 0.01$) indicated that there was a very significant influence between social support and spiritual intelligence on nurses' intelligence. The results of further analysis with a partial value = -0.254 . $p = 0.018$ ($p < 0.05$) indicates a significant negative effect between social support and anxiety. The results of further analysis with a partial value = -0.215 . $p = 0.047$ ($p < 0.05$) indicates a significant negative effect between spiritual intelligence and anxiety. Based on these results, it can be concluded that there is a very significant negative effect of social support and spiritual intelligence on nurse anxiety. This means that the higher the social support and spiritual intelligence that is owned, the level of anxiety will be lower and behave harshly.

Keywords: social support, spiritual intelligence, nurse anxiety

INTRODUCTION

December 2019, countries in the world were shocked by the outbreak of the Corona virus or known as *COVID-19*. *Corona Virus Disease (COVID-19)* is a new type of virus that is transmitted to humans and attacks respiratory system disorders until it leads to death (Thalia, 2020).

According to the World Health Organization (WHO) on April 6, 2020, the number of sufferers in the world is 1,278,523 infected with cases *COVID-19*. Of the 1.2 million positive cases of corona, 69,757 (5.46%) patients *COVID-19* have died and 266,732 (20.9%) people have recovered from the total positive cases. Meanwhile in Indonesia, the latest data on the number of positive cases of the corona virus (*COVID-19*) still shows

an increase of 2,491 cases. The death rate for patients *COVID-19* also continues to increase, 209 people (8.39%) and 192 people (7.70%) recovered from the number of positive sufferers. The comparison of these data shows that in Indonesia there is still an increase in

Nurses are one of the professions affected by the pandemic *COVID-19*, in addition to having a high risk of contracting *COVID-19* because working as the front guard in handling nurse patients is also at risk of experiencing several psychological impacts. Like Lai, et al. (2020) stated that health workers are at risk of experiencing psychological problems in treating patients *COVID-19*, such as the results of a study which showed that 50.4% of respondents had depressive symptoms and 44.6% had anxiety symptoms due to feeling



depressed. The most important thing to prevent anxiety problems is to provide complete personal protective equipment, so that health workers in carrying out their duties do not feel worried about themselves even with their family.

According to the IASC (2020) the causes of health workers experiencing anxiety are the demands of high employment, the length of time worked and the increasing number of patients. In addition, they are also increasingly difficult to get social support due to the bad stigma of society towards health workers. Then self-protection equipment (PPE) is also less convenient to use because of restrictive movement, lack of information about long-term exposure to infected people, and the fear that officers will transmit COVID-19 to friends and family because of their field of work.

Referring to this case illustrates that medical personnel desperately need support from their social environment. Such as family, close friends or from neighbors and society in general. As the opinion of Lieberman (in Kartika, 2011) which suggests that theoretically social support can reduce the emergence of anxiety because social support can change the relationship between individual responses to events that can cause anxiety.

This opinion is supported by the results of research by Abdurrohim & Rahayu (2019) which discusses the relationship of social support with anxiety in dealing with operational assistance (BKO) for members of the Satbrimob Semarang City, whose results indicate that there is an indication of a significant negative relationship between social support and anxiety facing BKO among SatBrimob members in Semarang city.

Apart from social support, the ability to interpret the events that are happening and the belief that there will certainly be lessons that have been prepared by the creator of this pandemic event will also affect to reduce the level of anxiety experienced by nurses, which is commonly called spiritual intelligence. As the opinion of Levin (in Safaria, 2007) which states that spiritual intelligence is a perspective that directs our way of thinking towards the deepest essence of human life, namely self-servitude to the Most Holy and Incomprehensible

Spirituality in various religions has been shown to reduce one's anxiety. As the results of several studies which state that spirituality greatly influences the level of anxiety, if spirituality is good according to religious values and customs, the level of anxiety will be low (Rahmawati, et al. 2016; Affendi 2008; Nasution, L, H & Rola, F., 2011) ..

Such as research conducted by Lesmana (2014) on Civil Servants (PNS) who work in the Regional Government of East Lombok Regency, NTB, especially those assigned to the Ministry of Religious Affairs. This research shows that there is a relationship which proves that one of the factors that can reduce anxiety is spiritual intelligence. The study also revealed a significant negative relationship between spiritual intelligence and anxiety facing retirement..

Based on the description above, it can provide an illustration that *COVID-19* has a very large impact on people in Indonesia, especially those who work as medical personnel. The impact that occurs on medical personnel is such as having the risk of being infected, even many medical personnel who died because of being infected with *COVID-19*. In addition, medical personnel are also prone



to experiencing anxiety due to the high risk of infection. Social support and spiritual intelligence are some of the factors that are considered capable of helping nurses or medical personnel cope with feelings of stress and anxiety caused by *COVID-19*.

This study aims to examine the influence between social support and spiritual intelligence with anxiety in the nurse at the IS Hospital Pekanbaru. Based on these objectives, the researcher has the following:

1. Major Hypothesis

There is an influence of social support and spiritual intelligence on nurse anxiety.

2. Minor Hypothesis

- a. There is a negative effect of social support on nurses' anxiety
- b. There is a negative effect of spiritual intelligence on nurses' anxiety

METHOD

The variables used in this study were the independent variables in the form of social support and spiritual intelligence and the dependent variable in the form of nurse anxiety. The population in this study were 166 nurses who worked at the IS Hospital in Pekanbaru. The sample used in this study were the IS Hospital nurses, amounting to 87 people. The sampling technique in this study is to use *purposive sampling*. Researchers used a quantitative approach in conducting this research. The research testing was carried out quantitatively with techniques *multiple linear regression analysis*. The data was processed computationally with the help of the program *SPSS 19.0*. The data collection method in this study is to use the social support, scale the spiritual intelligence scale, and the anxiety scale

COVID-19. The scale model used is the scale *Likert*, with four alternative answers (STS) that are not very suitable, (TS) are not suitable, (S) are suitable, (SS) are very suitable. In *favorable conditions*, very suitable answers (SS) were given a score of 4, In accordance (S) was given a score of 3, Not suitable (TS) was given a score of 2, and Very inappropriate (STS) was given a score of 1. While the answers *Unfavorable STS* were given a score of 4, Not suitable (TS) was given a score of 3, Fit (S) was given a score of 2, and Very suitable (SS) was given a score of 1.

RESULT AND DISCUS

Table 1.

Distribution Normality Test Results		
Variabel	Skor KS-Z	Sig (p)
DS	1,259	0,084
KS	0,648	0,796
KP	0,482	0,974

Based on distribution normality test results in the table above is known that variable social support have $p = 0.084$ ($p > 0,05$) it can be said to have normal data distribution. The spiritual intelligence variable has $p = 0.796$ ($p > 0.05$) so it can be said to have a normal distribution. Nurse anxiety variable has $p = 0.974$ ($p > 0.05$) then it can be said to have a normal distribution. The results of the normality test above can mean that there is no difference in the distribution of data between the sample and the population in the research conducted..

Table 2.

Linearity Test Results				
Var	Linearity		Dev From Linearity	
	F	Sig (p)	F	Sig (p)



DS with KP	15,296 0,00	0,82 3	0,721
KS with KP	14,023 0,00	0,91 7	0,593

Based on the above table can be seen between the variables of Social Support Nurse anxiety shows a significance level of p value (*linearity*) of 0.000 ($p < 0.05$) and a significance level of p (*deviation from linearity*) of 0.721 ($p > 0.05$), which means that the correlation is linear. The correlation between Spiritual Intelligence and Nurse Anxiety shows a significance level of p (*linearity*) of 0.000 ($p < 0.05$) and a level of p (*deviation from linearity*) of 0.593 ($p > 0.05$) which means that the correlation is linear..

Table 3.

Multicollinearity Test Results

Variabel	Tolerance	VIF
DS	0,714	1,401
KS	0,714	1,401

Based on the table above shows that the Social Support variable has a *tolerance* of 0.714 ($toll > 0.10$) and a VIF of 1.401 ($VIF < 10$). The Spiritual Intelligence variable has a *tolerance* of 0.714 ($toll > 0.10$) and a VIF of 1.401 ($VIF < 10$). These results indicate that there is no multicollinearity between the independent variables used so that it meets the requirements for hypothesis testing.

Table 4.

Results of Simultaneous Analysis

Hypothesis	F	R ²	Sig (p)
X ₁ and X ₂ with Y	10,531	0,2	0,000

The results of the analysis show the magnitude of the influence of social support and spiritual intelligence variables on nurses' anxiety, namely $F = 10.531$ with p value = 0.000 ($p < 0.01$) so that the major hypothesis can be accepted. Based on these results, it can be said that there is a very significant influence between the variables of social support and spiritual intelligence on nurses' anxiety at the "IS" Hospital Pekanbaru.

Table 5.

Results of Analysis of Partial

Variable	Partial	Significance
DS KP	-0.254	0.018
KS with KP	-0.215	0.047

The result of the next analysis is that the variable social support for nurse anxiety has a partial value of -0.254 with a significance level of 0.018 ($p < 0.05$). This shows that there is a significant negative influence between social support on nurse anxiety. Then the spiritual intelligence variable on nurse anxiety has a partial value of -0.215 with a significance level of 0.047 ($p < 0.05$). This illustrates that there is a significant negative influence between spiritual intelligence on nurse anxiety

Table 6.

Contribution Value of Independent Variables to the Dependent

Variable	Beta	Zero Order
DS with KP	-0,278	-0,402
KS with KP	-0,232	-0,381

$$\begin{aligned}
 SE_{DS} &= \text{beta} \times \text{zero order} \times 100\% \\
 &= -0,278 \times -0,402 \times 100\% \\
 &= 11,18\%
 \end{aligned}$$



$$\begin{aligned} SE_{KS} &= \text{beta} \times \text{zero order} \times 100\% \\ &= -0,232 \times -0,381 \times 100\% \\ &= 8,84\% \end{aligned}$$

Based on the results of the analysis of the effective contribution, it is known that the variable social support for nurses' anxiety has an effective contribution of 11.18%. The spiritual intelligence variable on nurses' anxiety has an effective contribution of 8.84%. This means that the social support variable has a greater effective contribution than the spiritual intelligence variable. The total contribution of social support and spiritual intelligence variables to nurses' anxiety was 20%, while the remaining 80% was influenced by other variables not examined in this study

Several other variables that may also have an influence on the anxiety experienced by nurses during the *COVID-19* pandemic include the availability of Personal Protective Equipment (PPE), family status, gender and nurses' knowledge of the pandemic *COVID-19*. As the results of research from Fadli et al (2020), the availability of personal protective equipment has an effect of 51.7% on the anxiety of health workers and 48.3% is influenced by factors of family status, knowledge, and other factors. Then Cheng et al. (2020) stated that of the 13 participants experienced anxiety because protective supplies had not been fulfilled when taking action on patients.

From some of the research results, it was found that Personal Protective Equipment (PPE) has an influence on the anxiety experienced by medical personnel such as nurses. This is very much in accordance with the conditions that occur in the field, where nurses who get personal protective equipment in

accordance with health protocols are only nurses who work in the *COVID-19 room* and handle patients *COVID-19*. Meanwhile, other nurses do not get the facility to use personal protective equipment, such as those who work in inpatient wards and other wards.

Based on the results of the analysis that has been carried out, it can be concluded that this study obtained results that indicate an influence between social support with Anxiety *COVID-19* and Spiritual Intelligence with Anxiety *COVID-19*. In addition, the results of the research obtained also show that there is a joint influence between the independent variables of Social Support and Spiritual Intelligence on the dependent variable of anxiety *COVID-19*.

As the results of research from Utomo and Sudjiwanati (2018), the results show that social support given to pregnant women makes the level of anxiety experienced by pregnant women low. This is in line with the opinion of Apollo and Cahyadi (in Rizqi & Ediaty, 2019) who also conveyed that the benefits of social support are to reduce anxiety, depression, body disorders in individuals who experience stress due to pressure or work.

In addition to social support, there is an effect of spiritual intelligence on anxiety as well. discussed in research from Lesmana (2014), where the results obtained from his research are that there is a significant negative relationship between spiritual intelligence and anxiety facing retirement.

As proposed by the Zohar and Marshall (2007) that the role of spiritual intelligence can be seen when people are dealing with the problem of existential which is when we personally feel worse, trapped by habit, fear or anxiety and the



problems of our past as a result of illness and grief

Results of research It also discusses the mutual influence between social support and spiritual intelligence on anxiety. These results are reinforced by the results of other similar studies, namely research conducted by Dewi, et al. (2019) where the results of their research show that there is a significant negative influence between spiritual intelligence, self-concept, and social support together on anxiety facing retirement. Employees of the Raden Fatah State Islamic University, Palembang

CONCLUSION

Based on the results of the research and discussions that have been explained, it can be concluded that the variables of social support and spiritual intelligence greatly affect the anxiety of the IS Hospital nurses during the pandemic. Each of the variables, both social support and spiritual intelligence has a partially significant negative effect on the anxiety of the "IS" Hospital nurses during the pandemic. Social support variable has a more dominant contribution than the spiritual intelligence variable in influencing nurses' anxiety. It is hoped that the "IS" Hospital Pekanbaru can maintain and will be better if it can increase social support and spiritual intelligence owned by the nurse. These two variables are proven to have a very significant effect on nurses' anxiety when facing the pandemic situation *COVID-19*.

ACKNOWLEDGEMENT

Researchers would like to express their deepest gratitude to both parents, lecturers, friends, and various parties for their guidance, assistance and support so

far in completing this research. May Allah repay all the kindness that you have given me so far

BIBLIOGRAPHY

- Ahdiany, Gina Nur, et al (2017). "The Level of Anxiety Against Death in PLWHA". *Sudirman Nursing Journal* volume 13 No. 3 (p. 1999)
- Andriani, DA (2013). Relationship between Social Support and Compliance with Limitation of Fluid Intake in Chronic Kidney Disease Patients Underwent Hemodialysis at Semarang City Hospital. *Thesis*. Muhammadiyah University Semarang
- Annisa, DF (2016). The Concept of Anxiety (*Anxiety*) in the Elderly (Elderly). *Counselor*. Vol. 5 No.2, 93-99.
- Asmaningrum, N., Wijaya, D., & Permana, C, A. (2014). Family Social Support as an Effort to Prevent Stress in the Elderly with Andropause in Gebang Village, the Working Area of Puskesmas Patrang, Jember Regency. *Journal of Nursing, Jember*, 10 (1). 78-87
- Asteria, PV (2014). *Developing Children's Intelligence through Learning to Read Literature*. Malang: Ub Press.
- Ariyanto & Anam, C. (2013). The Role of Social Support and *Self Efficacy* on Achievement Motivation in High School / K Student Pencak Silat



- Athletes in Yogyakarta City.
Publication Manuscripts of
- Astuti, A., & Budiyan, K. (2013). Relationship between Received Social Support and a Meaningful Life for PLWHA (People Living with HIV / AIDS). *Publication manuscript.*
- Azwar, S. (2015). *Compilation of psychological scale edition 2.* Yogyakarta: Pustaka Belajar.
- Barmola, KC, & Srivastava, SK (2012). Social Support and Adjustment of Student. *International Journal of Social Science, vol. 28, no. 2. Pp 303-317.*
- Bebetsos. E. (2013). "Do Anxiety, Anger and Aggression Differentiate Elite Water-Polo Players?". *Journal Of Psychical Education And Sport (JPES)*, 13 (2), Art 35, pp 209-212
- Budiyono. (2009). *Statistics For Research.* Surakarta: UNS Press
- Budiyono. (2011). *Assessment of Learning Outcomes.* Surakarta: Postgraduate Program. UNS Surakarta
- Cheng, Q., Liang, M., Li, Y., He, L., Guo, J., Fei, D., Zhang, Z. (2020). Correspondence Mental health care for medical staff in China during the COVID-19. *Lancet*, 7, 15–26. [https://doi.org/10.1016/S2215-0366\(20\)30078-X](https://doi.org/10.1016/S2215-0366(20)30078-X)
- Creswell, JW (2015). *Qualitative research & research design.* ([Helly P. Soetjpto & Sri Mulyantini](#)
- [Soetjpto](#), Translators). Yogyakarta: Student Library.
- Cutrona, Carolyn E, et al. (1994). Perceived Parental Social Support and Academic Achievement: An Attachment Theory Perspective : *Journal of Personality and Social Psychology.* America: American Psychological Association, Inc.
- Dewi EP, Tarmizi N., and Choiriyah (2019). The Influence of Spiritual Intelligence, Self-Concept, and Social Support on Anxiety in Facing Retirement of Employees of Raden Fatah State Islamic University, Palembang. *Yönetim, Vol. 2 No. 1, 2019*
- Gail W. Stuart. (2006). *Mental Nursing Pocket Book.* Translation: Ramona P. Kapoh & Egi Komara Yudha. Jakarta: EGC
- Ghozali, I. (2011). *Concepts and applications with AMOS 22.0 program.* Semarang: Diponegoro University Publishing Agency.
- Huda, Nurul. (2013). Contribution of Social Support to Life Satisfaction, Favorable Affects and Unfavorable Affects of Young Unmarried Adults. *Thesis:* Gunadarma University.
- Hendrawati, N. (2004). The Relationship between Spiritual Intelligence and Work Motivation. *Thesis* (unpublished). Yogyakarta: Yogyakarta Islamic University
- Ikhsan, M. (2020). Six Research Results on CoronaSARS-CoV-2 Virus



- Problems. CNN Indonesia. <https://m.cnnindonesia.com>
- Indrawati, E, S, & Saputri, M, A, W., (2011). The Relationship Between Social Support and Depression in the Elderly Living in the Wening Wardoyo Nursing Home, Central Java. *Journal Undip Psychology* Vol. 9, No.1
- IASC. (2020). Notes on the mental and psychosocial health aspects of the Covid-19 outbreak (pp. 1–20).
- Jahja, Y., (2011). *Developmental Psychology*. Jakarta:. Golden.
- Jalil, A., (2013). *Entrepreneurship Spirituality: Transformation of Entrepreneurship Spirituality*. Yogyakarta: Lkis Pelangi Aksara
- Kang, L., Li, Y., Hu, S., Chen, M., Yang, C., Yang, BX, ... Liu, Z. (2020). The mental health of medical workers in Wuhan, China is dealing with the 2019 novel coronavirus. *Lancet Psychiatry*.doi: 10.1016 / s2215-0366 (20) 30047-x
- Ministry of Health of the Republic of Indonesia. COVID-19. Emerging infection [online serial]. April 7, 2020 [accessed April 7, 2020]. Downloaded from: <https://infemerging.kemkes.go.id>
- Kompas.com
<https://www.kompas.com/tren/read/2020/04/28/163240665/ada-25-dokter-yang-menaruh-terkait-covid-19-in-indonesia-pb-idi-form>. Accessed on 19 May 2020
- Lai, J., Ma, S., Wang, Y., Cai, Z., Hu, J., Wei, N., Li, R. (2020). Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019. *JAMA*, 3(3), 1–12. <https://doi.org/10.1001/zamanetworkopen.2020.3976>.
- Listiana. (2013). The Relationship Between Positive Thinking Against Elderly Anxiety at the Tresna Werda Home, Gowu Regency. " Volume 2 Number 2 of 2013. Makassar; STIKES Nani Hasanudin Makasar. *ISSN Journal 2302- 172*
- Nasution, L. H & Rola, F (2011) The Relationship Between Academic Anxiety and Academic Self Management in Class X Superior High School Students. Medan: Faculty of Psychology. University of North Sumatra *ISSN: 2231-5780*
- Nevid, et al (2003). *Abnormal Psychology*. Volume 1. Jakarta: Erlangga
- Puspitorini, M. (2008). *Hypertension: an easy way to deal with high blood pressure*. Jogjakarta: Image Press.
- Rahmawati and Rahmawati, R and Muhimmi A (2016) Spiritual Endang Sawitri * Spirituality Relationship ... 71 Care Reading Prayers and Dhikr Against Anxiety Pre Operation Sesaria Section. Unigres: *ISSN: 2541-2957*
- Rezki, A & Yunus, N, R., (2020). Lockdown Enforcement Policy in Anticipation of Corona Virus Covid-19 Spread. *Journal of Social*



- & Cultural Affairs Syarif Hidayatullah Islamic State Islamic University Jakarta
- Safaria, T. (2007). *Spiritual Intelligence*. Yogyakarta: Graha Science.
- Sartika, E., (2018). Peer Social Support Relationship With Problem Focused Coping in Adolescents. *Thesis*. Sultan Syarif Kasim Riau Islamic State University
- Satiadarma, M. P & Waruwu, FE (2003). *Educate Intelligence*. Jakarta: Graphic Media.
- Sarafino, EP (2006). *Health Psychology: Biopsychosocial Interactions*. Fifth Edition. USA: John Wiley & Sons, Inc
- Sarafino, EP, & Smith, TW (2014) *Health Psychology: Biopsychosocial Interactions*. 7th ed. New Jersey: John Wiley & Sons, Inc.
- Singh, T., Mn Miwong, A., Magh S., and Lalhriatpoia. (2015). Association Of Anxiety Disorder With Hypertension And Coronary Heart Disease. *Journal Of Dental and Medical Science*. Doi: 10.9790 / 0853-1602023033
- Subandi & Martono. (1994). Validity of the Astroloigi Description Regarding Cognitive and Affective Aspects. *Journal of Psychology*, 2, 25-37
- Sugiyono. (2015). *Educational Research Methods (Quantitative Approaches, Qualitative and R & D)*. Publisher CV. Alfabeta: Bandung.
- Tangkudung, J. & Mylsidayu, A. (2017). *Mental Training on Psychological Aspects in Sports*. Bekasi: Cakrawala Cendikia
- Thalia Yusuf., (2020). "The lifestyle of believers is based on Psalm 91: 1-16 in addressing the problem of the corona virus (Covid-19) today". TorajaState Christian Institute
- Utomo, YD C & Sudjiwanati., (2018). The Influence of Social Support on Anxiety Levels of Pregnant Women in the Maternity Hospital of Malang City Government. *Journal of the Faculty of Psychology*, Wisnuwardhana University Malang
- Wulandari, PD & Lestari, MD, (2018). The Effect of Self-Acceptance on Retirement Conditions and Social Support on Anxiety in Facing Retirement in Civil Servants in Bandung Regency. *Journal of Psychology Udayana Special Edition of Positive Psychology*, 87-99
- Zohar., D and Marshall. (2007). *Spiritual Intelligence*. Bandung: PT. Mizam Main Media.