THE ASSOCIATION BETWEEN ADAPTABILITY AND ANXIETY AMONG HOSPITAL NURSES DURING COVID-19 PANDEMIC

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ABSTRACT

Background: Adaptability means the ability to be flexible and adjust to changing factors, conditions or environments. Being adaptable is highly valued in almost all workplaces, since every industry and business can be unpredictable. While stress might be an inevitable part of life for most, there are numerous ways to adapt. Stress crumbles in the face of those who choose to look at it more positive, which is why adaptability is key. Anxiety is a feeling of fear, worry, or unease. It can be reaction to stress, or it can occur in people who are unable to identify significant stressors in their life. The study aimed to determine the association between adaptability and anxiety among hospital nurses during COVID-19 pandemic.

Subjects and Method: This was a cross-sectional study conducted in Pontianak hospital, West Kalimantan, Indonesia, from May to July 2021. A sample of 129 nurses was selected for this study. The dependent variable was anxiety. The independent variable was the adaptability to new situation. Stress and anxiety were measured by Depression Anxiety Stress Scales (DASS). The data were analyzed by odds ratio and Chi-square.

Results: Adaptability to a new situation was associated with lower level of anxiety among hospital nurses (OR= 0.04; 95% CI= 0.02 to 0.09; p= 0.008).

Conclusion: Adaptability to a new situation is associated with lower level of anxiety among hospital nurses during COVID-19 pandemic.

Keywords: anxiety, adaptability, new situation, COVID-19, hospital nurses

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