iJETRM

International Journal of Engineering Technology Research & Management

DEATH ANXIETY AMONG NURSES DURING COVID-19 PANDEMIC

LIBIYA RAJU

First year MSW(Master of Social Work) student from Kristu Jayanti College, Bengaluru.

ABSTRACT

This comprehensive review explores the prevalence, correlates, and impacts of anxiety and death anxiety among nurses, highlighting the importance of understanding and addressing these psychological factors within the healthcare profession. Anxiety, a common mental health concern, can significantly impact nurses' well-being, job performance, and patient care outcomes. Similarly, death anxiety, or the fear of death and dying, is a unique stressor faced by nurses due to their frequent exposure to illness, suffering, and mortality in clinical settings. The review synthesizes empirical research findings from various disciplines, including nursing, psychology, and psychiatry, to examine the factors contributing to anxiety and death anxiety among nurses.

INTRODUCTION

According to the American Psychological Association (APA), anxiety is often accompanied by physical sensations like increased heart rate, sweating, and muscle tension (APA, n.d.). It can range from mild to severe and can be triggered by various factors, including stress, uncertainty, or perceived threats. The anxiety disorders are the most common, or frequently occurring, mental disorders (Munir et al., 2019). Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

Death anxiety, also known as thanatophobia, is the fear of death or the contemplation of one's own mortality. It's a complex psychological phenomenon that can affect individuals in different ways. According to Ernest Becker, a cultural anthropologist and author of "The Denial of Death," humans have an innate fear of death, which influences their thoughts, behaviors, and beliefs (Becker, 1973). Death anxiety can manifest as existential angst, fear of the unknown, or concerns about one's legacy and significance in the world.

HYPOTHESIS

Death anxiety among nurses is high especially during the contagion disease.
There is significant difference in death anxiety on nurses based on work experience.

LITERATURE REVIEW

1. Anxiety and Death Anxiety Levels of Nurses in the COVID-19 Pandemic and Affecting Factors and authors were Yiğit, Deniz; Açıkgöz, Ayfer**.** The objective of this research was to assess the levels of anxiety and death anxiety among nurses amidst the COVID-19 pandemic and identify the influencing factors. This cross-sectional study, conducted online with 617 nurses, utilized the Beck Anxiety Inventory and Death Anxiety Scale, along with an introductory information form. Statistical analyses, including descriptive statistics, Spearman, Mann-Whitney U, and Kruskal-Wallis H tests, were employed to analyze the data. The findings revealed high levels of anxiety and death anxiety among nurses. A significant portion of nurses (78.4%) expressed fear of contracting the virus, with 96.1% fearing transmitting it to their families. Moreover, over half of the nurses (53.2%) reported psychological needs, correlating with elevated anxiety and death anxiety levels (P < .001). The study also highlighted the impact of the nurses' family situations on their anxiety levels, indicating a need for psychological support for both nurses and their families. The study underscores the importance of recognizing and addressing the challenges faced by nurses during the pandemic, emphasizing the necessity for providing adequate support to safeguard their mental well-being.

iJETRM

International Journal of Engineering Technology Research & Management

2. Comparison of Death Anxiety, Death Obsession, and Humor in Nurses and Medical Emergency Personnel in COVID-19 Pandemic and authors were
Rahimeh Khajoei, Mahlagha Dehghan PhD, Nabiollah Heydarpour MSN, Mahbubeh Mazallahi MSN, Sajad Shokohian BS, Mansooreh Azizzadeh Forouzi MSN. This descriptive cross-sectional study involved 230 nurses and medical emergency personnel, utilizing the Templer Death Anxiety Scale, Death Obsession Scale, and Humor Styles Questionnaire for data collection. Nurses exhibited significantly higher levels of death anxiety (t = 2.33, P = .02) and death obsession (t = −2.68, P = .008) compared to medical emergency personnel. The study findings indicate that nurses experience higher levels of death anxiety and death obsession compared to medical emergency personnel.

3. The effect of nurses' death anxiety on life satisfaction during the covid-19 pandemic in Turkey. The aim of this study was to examine how nurses' death anxiety influences their life satisfaction during the COVID-19 pandemic. Conducted with 411 nurses in Turkey, this cross-sectional and correlational study utilized online data collection through Google Forms, including sociodemographic information, the Revised Death Anxiety Scale (RDAS), and the Satisfaction with Life Scale (SWLS). The study demonstrated that higher death anxiety among nurses was associated with lower life satisfaction, suggesting the need for increased psychological and communication support for nurses, alongside systematic physical and psychological assessments to enable early intervention.

4. COVID-19 Contagion and Death Anxiety of Nurses Working in Pandemic Clinics and the author was Naile Alankaya. A descriptive cross-sectional study involving 278 nurses. Data were collected using the Nurse's Information Form and the Thorson-Powell Death Anxiety Scale. Statistical analyses included Independent Samples t-test, ANOVA, and Tukey tests for post-hoc comparisons. A significant portion of nurses (60.4%) reported changes in their work environment, with 75.5% expressing a need for psychological support, and 53.3% experiencing loss due to COVID-19. The study findings indicate that nurses exhibited a moderate level of death anxiety. Factors such as concerns about transmitting the disease to their family, experiencing loss, long working hours, and lack of psychological support were associated with higher levels of death anxiety among nurses.

5. Influence of death anxiety on the preventive practices of healthcare professionals during covid-19 outbreak and the authors were Mahrosh Asif, Masooma Bakhtiari, Rimsha Tahir, Abu Hurraira Khan, Muhammad Ashraf Chaudhry. This cross-sectional study was carried out among healthcare professionals at Combined Military Hospital, Lahore, Pakistan, spanning from July 2020 to February 2021. A descriptive online questionnaire was used to assess demographic information, death anxiety using the Collette-Lester Fear of Death Scale Revised, and preventive practices using the WHO European Region COVID-19 survey tool and guidance. A notable proportion of healthcare professionals experienced moderate levels of undiagnosed death anxiety.

FINDINGS AND DISCUSSIONS

To initiate the findings and discussion section, here present a comprehensive analysis of the study's results, highlighting key insights into nurses' death anxiety amidst the COVID-19 pandemic. Studies consistently reported elevated levels of death anxiety among nurses, with various contributing factors identified. Fear of infection, concerns about transmitting the virus to family members, and the lack of adequate psychological support were highlighted as significant drivers of heightened anxiety levels. Additionally, the comparison with other healthcare professionals indicated that nurses often exhibited higher levels of death anxiety and death obsession. Through meticulous analysis, researcher observed a prevalent concern among nurses, with a notable proportion experiencing moderate to high level of death anxiety. This finding underscores the significant psychological burden faced by nurses, who confront the realities of mortality on a daily basis, compounded by the unprecedented challenges posed by the pandemic. The multifaceted nature of death anxiety, as evidenced by variations across different dimensions such as fear of one's own death, dying, and the death of others, underscores the complexity of this phenomenon and its impact on nurses' mental well-being. Moreover, the identification of contributing factors, including fear of infection, concerns about transmitting the virus to loved ones, and inadequate psychological support, highlights the urgent need for targeted interventions to address these challenges. Moving forward, it is imperative for healthcare institutions

IJETRM
International Journal of Engineering Technology Research & Management

and policymakers to prioritize the mental health of nurses, implementing comprehensive support systems and interventions to mitigate the effects of death anxiety and foster resilience amidst the ongoing crisis. Additionally, further research is warranted to deepen our understanding of the underlying mechanisms driving death anxiety among nurses and to inform the development of evidence-based interventions tailored to their specific needs.

CONCLUSION

In conclusion, study provides valuable insights into the level of death anxiety among nurses during the COVID-19 pandemic. Researcher found a significant proportion of nurses experiencing moderate to high levels of death anxiety, reflecting the profound psychological impact of the pandemic on frontline healthcare workers. The identification of contributing factors, such as fear of infection and inadequate psychological support, underscores the urgent need for targeted interventions to address these challenges and safeguard the mental well-being of nurses. Findings highlight the importance of prioritizing the mental health of healthcare professionals, particularly during times of crisis, and underscore the need for comprehensive support systems and interventions to mitigate the effects of death anxiety.

RECOMMENDATIONS

To address the challenges posed by death anxiety among nurses during the COVID-19 pandemic, several recommendations can be considered:

1. Implement Comprehensive Mental Health Support: Healthcare institutions should prioritize the mental well-being of nurses by providing access to comprehensive mental health support services. This may include counseling, peer support programs, and resilience-building workshops to help nurses cope with stress and anxiety effectively.
2. Enhance Communication and Information Sharing: Clear and transparent communication about the pandemic, including updates on safety protocols, infection control measures, and support resources, can help alleviate uncertainty and anxiety among nurses. Regular communication channels should be established to provide timely updates and address concerns.
3. Provide Training on Coping Strategies: Training programs should be developed to equip nurses with effective coping strategies to manage death anxiety and stress. This may include techniques such as mindfulness, relaxation exercises, and stress management skills to help nurses maintain their well-being during challenging times.
4. Promote a Culture of Peer Support: Peer support networks should be encouraged within healthcare settings to facilitate open discussions and sharing of experiences among nurses. Creating a supportive environment where nurses feel comfortable seeking help and advice from their peers can help reduce feelings of isolation and foster resilience.
5. Offer Flexible Work Arrangements: Flexible work arrangements, such as flexible scheduling and remote work options, can help nurses better manage their workload and balance their personal and professional responsibilities. This can help alleviate stress and reduce the risk of burnout among nurses.
6. Provide Regular Debriefing Sessions: Regular debriefing sessions should be conducted to allow nurses to process their emotions and experiences in a supportive environment. These sessions can help nurses cope with the emotional toll of caring for patients during the pandemic and provide an opportunity for reflection and support.

By implementing these recommendations, healthcare institutions can effectively support nurses in managing death anxiety and promoting their overall well-being during any pandemic and beyond.

REFERENCES

https://psychcentral.com/anxiety/death-anxiety
https://www.medicalnewstoday.com/articles/321939
https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961
https://www.healthline.com/health/anxiety

Literature review
1. Anxiety and Death Anxiety Levels of Nurses in the COVID-19 Pandemic and aAffecting Factors. | Journal of Education & Research in Nursing / Hemşirelikte Eğitim ve Araştırma Dergisi | EBSCOhost

iJETRM

International Journal of Engineering Technology Research & Management

2. Comparison of Death Anxiety, Death Obsession, and Humor in Nurses and Medical Emergency Personnel in COVID-19 Pandemic - ScienceDirect
3. Home | Journal of Religion and Health (springer.com)
4. 2292221 (acibadem.edu.tr)
5. INFLUENCE OF DEATH ANXIETY ON THE PREVENTIVE PRACTICES OF HEALTHCARE PROFESSIONALS DURING COVID-19 OUTBREAK | KHYBER MEDICAL UNIVERSITY JOURNAL (kmu.edu.pk)