



**THE ROLE OF NURSES IN MANAGING ANXIETY LEVELS OF PATIENTS WITH HIV/AIDS: A PHENOMENOLOGICAL STUDY**

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**ABSTRACT**

This study aims to explore the role of nurses in managing anxiety levels in patients with HIV/AIDS: Phenomenological Study in Papua Province. The method used is an exploratory phenomenology approach, data collection with in-depth interviews, determination of participants in this study is purposive sampling. Participants in this study were nurses who treat patients with HIV/AIDS, with the number of participants in this study as many as 3 participants. The results of the study obtained 3 themes, namely anxiety, support from those closest to them, the experience of health workers in providing services. The conclusion of the results of the study obtained 3 themes, namely anxiety, support from family and the experience of health workers. Statements from participants based on the experience of health workers in handling patients with HIV/AIDS that special attention is needed for HIV/AIDS sufferers, especially in terms of carrying out control and consuming drugs.

Keywords: HIV/AIDS; nurses' anxiety; patients

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**INTRODUCTION**

Nurses as health workers have a role as educators or educators. As an educator, nurses help clients understand their health. The availability of correct information can increase the knowledge of HIV/AIDS sufferers to implement a healthy lifestyle (Jahro & Mulyana, 2023). HIV/AIDS cases show an increase in this because there is no drug that can kill or eliminate the virus, the type of drug consumed by patients with HIV/AIDS, namely ARV, is a drug that has benefits only to suppress the virus in the body of a person with HIV/AIDS. However, there are obstacles that officers have in providing services to patients because the disease is considered a curse that causes people who experience it to feel ashamed, do not want to leave the house and do not want to socialize in the outside environment (Hukubun et al., 2024). HIV/AIDS is a dangerous and frightening disease because there is no medicine that can cure the disease, so people assume that HIV/AIDS is a deadly disease with a very fast spread process (Srinatania et al., nd)

The results of a study conducted by (Kresnsia et al., 2022) stated that there was no relationship between the age of nurses and the level of anxiety of nurses in caring for patients with HIV/AIDS and there was no relationship between the gender of nurses and the level of anxiety of nurses in caring for patients with HIV/AIDS. The purpose of this study is to explore descriptive phenomenology to determine the phenomena that occur in nurses in treating patients with HIV/AIDS. The benefits of conducting this research are: It is hoped that this research can provide nurses with knowledge in managing anxiety levels in patients with HIV/AIDS.

## **METHOD**

This study uses a qualitative design with a descriptive phenomenology approach, namely nurses who treat HIV/AIDS patients with three participants who were conducted through in-depth interviews, sample selection in this study was based on inclusion criteria, by considering, considerations in the form of objectives and questions from the study based on interview guidelines. Data analysis using the Colaizzi method, the steps are listening to the results of in-depth interviews that were conducted then reading transcripts and field notes, the results of in-depth interviews conducted were made in the form of a statement transcript script, reading the entire description of the participants according to the phenomenon, re-reading the transcript of the interview results and separating meaningful statements, describing the meaning and meaning in significant statements, formulating the meaning that has been obtained into theme groups, arranging themes obtained during the data analysis process and writing a form of description in the research results, meeting again with participants to validate the results of data analysis and reading keywords, re-analyzing the data that has been collected during the analysis process until the researcher understands the participant's experience, compiling it in the form of a research report.

## **RESULT**

The results of the research conducted by the researcher are presented systematically based on the findings obtained using in-depth interview techniques with nurses who treat HIV/AIDS patients with these themes formed into a theme scheme and analysis of statements from participants P1 to P3 as follows:

### **Anxiety**

The results of in-depth interviews conducted on 3 participants during the research process obtained the findings of theme one, namely participants expressed that they did not know the process of HIV/AIDS transmission occurred based on the keywords, namely " Fear of being infected, anxiety, the role of officers. Statements from 3 of 3 participants are as follows:

*P1 : We don't have any fear or anxiety about being infected because HIV is transmitted through fluids and injection needles.*

*P2: If you are worried, it is more like this patient does not want to hear about routine medication intake.*

*P3: Our role here in serving HIV/AIDS patients must be careful, even though sometimes we feel anxious.*

### **Support From Those Closest**

The results of in-depth interviews conducted on 3 participants during the research process obtained the findings of theme one, namely participants expressed that they did not know the process of HIV/AIDS transmission occurred based on the keywords, namely " family support, family assistance, support from closest people. Statements from 3 of 3 participants are as follows:

*P1 "Patients with HIV/AIDS need support from their families."*

*P2 : It is normal for HIV/AIDS patients to be ashamed of their status, that's why they need support from the family.*

*P3: If you have HIV/AIDS, you also need a family because they usually disappear suddenly and don't want to be checked.*

### **Health Worker Experience**

The results of in-depth interviews conducted on 3 participants during the research process obtained the findings of theme one, namely participants expressed that they did not know the process of HIV/AIDS transmission occurred based on the keywords, namely " stubborn, lazy

to control and drug ambio, do not accept themselves. Statements from 3 of 3 participants are as follows:

*P1 " In my experience of dealing with HIV patients, many of them are stubborn."*

*P2: We have to be extra careful because they are lazy to check and take medicine.*

*P3: HIV patients, especially those who have just been diagnosed, are initially reluctant to accept it, but because we provide education, some accept it, some don't.*

## **DISCUSSION**

### **Anxiety**

The results of in-depth interviews conducted with 3 participants during the research process found the first theme, namely that participants expressed that they did not know the process of HIV/AIDS transmission occurred based on the keywords " anxious, role of officers. Statements from participants suggest that there is a fear in handling patients with HIV/AIDS, especially if the immune system is susceptible to infection and there are wounds on the hands. So when serving patients, they are more careful but there is a sense of fear and anxiety about the risk of HIV/AIDS transmission. The results of research conducted by (Nurjanah, 2021) stated that nurses increased their role in helping reduce anxiety in patients. Holistic health services for patients with HIV/AIDS who require effective treatment and require special attention. Services for patients with HIV/AIDS must be provided with counseling regarding the consumption of ARV drugs and the time to take the drugs. Anxiety experienced by officers in providing services to patients with HIV/AIDS is a challenge in getting services, anxiety in carrying out daily activities is something that can interfere with a person's performance, so it will be at risk for the provision of services provided (Kecemasan et al., 2021)

### **Support from those closest to you**

The results of this study indicate that 3 participants stated that patients with HIV/AIDS need support from their families, usually if HIV/AIDS patients are ashamed of their status, that's why they need support from their families, if HIV/AIDS patients also need families because they usually suddenly disappear and don't want to control. Family support is very much needed in handling patients with HIV/AIDS, the role of the family is very important to monitor drug consumption, remind them to do routine check-ups, and provide positive support in continuing their daily lives. The results of a study conducted by (Cb et al., 2020) , stated that family support is very much needed by officers in terms of providing motivation to remain more enthusiastic in providing services to patients with HIV/AIDS. Support also needs to be given to patients with HIV/AIDS so that they remain enthusiastic in following the treatment program and regularly taking the medication. giving attention to patients and providing motivation is very much needed (Maharani, 2022) The family support provided is an action in the family or closest person which is of a nature of providing support and assistance, support from closest people is very important, in order to reduce the level of stress and anxiety experienced (Kedungdoro, 2007)

### **Health worker experience**

The results of the interview with Partipa are my experience in dealing with HIV patients, many of them are stubborn , we have to be extra because they are lazy to check and take medicine , HIV patients, especially those who have just been diagnosed, don't accept it at first, but because we provide education, some accept it and some don't. Based on the experience of health workers in handling patients with HIV/AIDS, special attention is needed for HIV/AIDS sufferers, especially in terms of carrying out control and consuming medication. The results of a study conducted by (Hukubun et al., 2024) stated that the experience of providing services to patients with HIV/AIDS when patients were first diagnosed with HIV/AIDS had varying characteristics, with patients who found out for the

first time experiencing stress. Experience is something that is experienced by someone in the past, events experienced by health workers in providing services to patients with HIV/AIDS are considered very important, in order to provide services to patients with HIV/AIDS, so that the lives of patients with HIV/AIDS are of better quality, from this experience health workers know how to provide services to patients with various characters and cultures (Hukubun et al., 2024)

## **CONCLUSION**

The results of the study obtained 3 themes, namely anxiety, family support and health worker experience. Statements from participants based on the experience of health workers in handling patients with HIV / AIDS that special attention is needed for HIV / AIDS sufferers, especially in terms of carrying out control and consuming drugs.

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