ANXIETY LEVEL RESPONSES OF NURSING STUDENTS WHO WILL TAKE COMPETENCY TESTS IN WIRA MEDIKA INSTITUTE OF HEALTH SCIENCES

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Abstract

Competency test is a process to measure the knowledge level, skills and attitudes that are required for professional standards. Competency test is compulsory to be followed by all health workers as a requirement to obtain a registration certificate letters. This competency test must be followed by all final year student who have been completed their Ners education. Of course, it will lead anxiety to final student because if they do not pass the competency test, they will not get an STR and considered as incompetent. The level of anxiety is a condition that makes Ners student feel uneasy, worried, afraid, and tense when they are about to face the competency test. The level of anxiety categorized by various responses such as effective, cognitive, physiologic, and behavioural. The purpose of this study was to determine the level of anxiety in Ners student at STIKES Wira Medika regarding competency test seen by various responses. This type of study is quantitative with a total sampling of 69 students. The results of this study showed most of the respondents were experiencing mild anxiety with 55 students (79.7%), effective response mostly with mild anxiety as well as 54 students (78.3%), cognitive response mostly in mild anxiety with 69 students (87%) and physiological response with 56 students (81.2%) and the response of attitudes mostly in mild anxiety category with 64 students (92.8%). Based on the results of the study above, it is expected that the level of anxiety can be reduced by giving frequent enrichment questions.

Keywords: Response; Anxiety; Competency Test; Ners

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1. Introduction

Nurse is someone who has completed a nursing education program both domestically and abroad and has been recognized by the Government of the Republic of Indonesia to be authorized to carry out nursing practice (Sari & Kholifah, 2012). The health profile in Indonesia in 2010-2015 noted that the number of nurse graduates reached 141,347 people or an average of 26,928 people per year. This number of graduates does not meet the needs of nurses in Indonesia. Indonesia, which has 240 million population, only has 624.000 graduated nurses. This number is still far from meeting the needs of nurses in Indonesia (Anggraeni, 2015).

Nurses have three aspects that need to be considered in measuring the competency of the nurse itself, namely knowledge, skills and attitudes, to find out these three aspects, a competency test is held. Competence is a set of smart, responsible actions owned by a nurse as a condition to be considered capable of carrying out their duties in the health sector (Sari & Kholifah, 2012). Competency test is a process to measure knowledge, skills and attitudes so that they are in accordance with professional standards (Sari & Kholifah, 2012).

This competency test is intended to achieve nurse competency standards that meet work competency standards (Ristekdikti, 2017). Competency testing is mandatory for all health workers to take because it is a requirement to obtain a Registration Certificate (STR). Health workers must have a Registration Certificate (STR) to carry out their professional duties (STR) (Anggraeni, 2015).

The Minister of Health of the Republic of Indonesia issued the Ministry of Health Regulation / 1796 / Menkes / per / VII / 2011. The article 2 of the regulation, on the registration of health workers, regulates the passing of competency tests that is proven by a competency certificate (Anggraeni, 2015). The competency certificate is a requirement

for health workers so that they can register as nurses and to be allowed to carry out work or practice according to the profession in the territory of Indonesia. Students who have taken the competency test and passed is considered competent, and this would allow the student to work anywhere.

However, the students who have taken the test and failed to pass the competency test would be considered incompetent, so that the struggle for 3-5 years will be in vain and the student in question would be unable to work because they cannot get STR (Bakri, 2018). Competency tests on nursing students in Indonesia in 2017 was divided into three waves, namely the first, second and third waves. The first wave with a number of 21,447 students who took the competency test showed that the number of students passed the competency test was 41.2% (8,823 students) and did not pass the competency test was 58.8% (12,624 student).

The second wave of competency tests was participated by 15,025 students where 36.2% of those passed the competency test (5,445 students) and 63.8% (9,500 students) did not pass the competency test. The last wave was participated by 21,930 students, with 37.2% of students passing the competency test (8,164 students) and 62.7% of students not passing the competency test (13,766 students). In Bali alone the number of students who took the 2017 competency test was 1405 students with the number of participants passed the competency test was 49.8% (689 students) while those who did not pass was 50.2% (716 students) (Ristekdikti, 2017).

This shows that there are still many who do not pass the competency test in 2017, which is more than 50%. The implementation of the competency test is felt as a burden for some students, because the competency test must be passed by all nursing students. This causes a phenomenon that can cause feelings of worry, fear, tension, pressure and anxiety in students (Sari & Kholifah, 2012).

Anxiety experienced by students when facing competency tests is evidenced by several studies, namely research that were was by Anggraeni, as well as research that was done by Lukmanuhakim and Pusporini. Anggraeni's research results (2015) showed that almost half of the students [48% (12 students)] experienced mild anxiety levels, where viewed from the anxiety level the response to physical changes affected was the affective response of 52% (13 students) and 60% of cognitive response (15 students), whereas based on physiology responses of 56% (14 students) and behavioral responses of 56% (14 students) did not show symptoms of anxiety. The results of Lukmanulhakim & Pusporini (2017) research also showed that students who experienced anxiety in the face of the test competency was of 50% (53 people) and those who are not anxious was of 50% (53 people) so that it shows that half of the study participants experienced anxiety in facing the competency test.

It can be concluded from the two studies that there are still many students who experience anxiety when facing a competency test. Anxiety is a term that is very familiar with everyday life that describes a state of worry, anxiety and fear. Such conditions can occur or accompany living conditions and various health disorders (Anggraeni, 2015).

According to Taylor (in Sari & Kholifah, 2012), anxiety is a subjective experience of disturbing mental tension as a general reaction and inability to deal with problems or the presence of insecurity. According to Dalami, Suliswati, Farida, Rochimah & Banon (2009) anxiety consists of four responses namely affective response, cognitive response, physiological response and behavioral response. Affective response is characterized by feelings of being easily disturbed, impatient, tense, nervous, fear and others (Anggraeni, 2015).

Cognitive responses in the form of barriers to thinking, confusion, preoccupation, forgetfulness and others (Direja, 2011). Physiological response is characterized by problems in cardiovascular, respiratory, neuromuscular, gastrointestinal, urinary tract fractures, and integument (Anggraeni, 2015). The last response is a behavioral response in the form of anxious response, decreased productivity, observing and alert, bad eye contact and others (Direja, 2011).

Research conducted by Sarason et al (in Rahman, Nursalam, & Tahir, 2015), shows that perceived anxiety has an impact that is reducing student performance, where anxiety will produce negative values that cause harm and can interfere with the physical and psychological state of the individual concerned. Wira Medika Institute of Health Sciences is one of the health institutes in the Bali area. Nursing students at Wira Medika Institute of Health Sciences are also required to take competency tests as a requirement to get STR (Registration Certificate)

Based on a preliminary study conducted on 10 students who will face the competency test the initial data obtained is 70% (7 people) stated to be experiencing mild anxiety which is characterized by insomnia, anxiety, worry and heart palpitations, while 30% (3 people) stated that they did not experience anxiety. Based on the above background, the researchers on this occasion were interested in conducting research on the level of anxiety of nursing students who would face competency tests in nurses study programs at Wira Medika Institute of Health Sciences.

2. Research Methods

This research uses descriptive quantitative research. Subjects studied were nursing students at Wira Medika Institute of Health Sciences who will face competency tests with the total sampling of 69.

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The instrument in this study was an instrument developed by the researcher which is consisted of 23 question items and had been tested for validity and reliability at the Bina Usada Institute of Health Sciences in Bali to 30 respondents in February 2019. Questions in the questionnaire described an anxiety response consisting of affective, cognitive, physiological and behavioral responses.

Valid test results found 23 items of *r-count* statement that are greater than *r-table (r-count> 0.361)* and thus declared valid, and the reliability test results was stated to have r-Alpha value = 0.946> 0.60, and thus the questionnaire was declared reliable, therefore the questionnaire used in this study is a valid questionnaire. This research was conducted by distributing questionnaires to 69 students, before handing out the questionnaires. The respondents were given explanation with regard to the objectives, benefits and ways of research, afterwards respondents were asked to be willing to fill out the informed consent sheet. The questionnaires that were collected were then given univariate analysis covering gender, age, specialization and the frequency of each anxiety response.

3. Result and Discussion

Overall results of the research shows that respondents of nurses in Wira Medika Institute of Health Sciences who will face the competency tests are 48 (69.6%) female students (majority). Syahputra (2009), states that more women choose to become nurses because the basic attitudes of women are identical with friendly, patient, patient, gentle and compassionate characters which are the traits of maternal instincts. These instincts of caring are in accordance with the basis of nursing. This research is in line with the theory of Sya'Bani, Sri and Hana (2012) who also stated that women have maternal instincts and caring nature towards others, which is the basis in achieving nursing actions in bio-psycho-spiritual context.

Table 1. Frequency Distribution of Respondent Gender

Gender	Frequency (f)	Percentage (%)
Male	21	30.4
Female	48	69.6
Total	69	100

Table 2. Age Frequency Distribution of Respondents in Nursing Students at Wira Medika Institute of Health Sciences

Age	Frequency (f)	Percentage (%)
< 35	43	62.3
> 35	26	37.7
Total	69	100

The majority of nursing student respondents at Wira Medika Institute of Health Sciences who will face the competency test are <35 years old [43 people (62.3%)]. Slameto (2010), states that interest in continuing to be a nurse is influenced by internal factors and external factors, internal factors that influence is one's interest where this interest is influenced by family factors, the desire to increase knowledge and motivation from oneself to continue the professional education of nurses. This study is in line with the opinion of Slameto (2013) who also states that a person's interest influences the desire of students to join nursing education, interest is one of the motivational factors of students that originates from the inner self of the individuals, where interest is a sense of preference and a sense of attachment to a thing or activity without a party asking.

Table 3. Frequency Distribution Based on Professional Interest of Respondents

Specialization	Frequency (f)	Percentage (%)
Medical surgery	6	9.7
Maternity	3	4.3
Children	8	11.6
Mental	12	17.4
Gerontology	0	0
Family	0	0
Emergency Room	28	40.6
Community	10	14.5
Management	2	2.9
Total	69	100

Table 4. Frequency Distribution of Respondent Anxiety Levels

Anxiety Level	Frequency (f)	Percentage (%)
Mild	55	79.7
Medium	13	18.8
Severe	1	1.4
Total	69	100

The majority of respondents of nursing students at Wira Medika Institute of Health Sciences who will face the competency test choose the emergency room specialization [28 people (40.6%)]. Mallyya, Rachmadi and Hafizah (2016) stated that nurses in the emergency room are different from other nurses, demands to have a better level of knowledge and skills than other nurses in handling patients, nurses are also required to treat patients both in emergency conditions as well as to patients who do not experience critical conditions due to the initial treatment is also carried out by nurses. This research is in line with Mathar (2018) who also stated that critical thinking patterns will help students and nurses in identifying emergency cases within 5 minutes, bearing in mind nursing is not only done in the

hospital but also outside the hospital both in the event of a natural disaster or accident.

The majority of respondents of nursing student nurses in Wira Medika Institute of Health Sciences who will face the competency test experienced mild anxiety [55 people (79.7%)] this fact is supported by the four supporting responses, namely affective, cognitive, physiological and behavioral. The highest responses which cause the anxiety are the affective and physiological responses. Tresna (2011) stated that the uncontrollable affective response in facing an exam arises as a result of students experiencing excessive feelings so that it is manifested in the form of feelings of worry, anxiety and fear in facing the exam.

Dalami, et al. (2009) also stated that the vigilance experienced can cause a person to feel anxious in affective responses that are marked by emotional changes and physiological responses that are characterized by physical changes such as swallowing difficulty. The anxiety response level of nurses who will face the competency test at Wira Medika Institute of Health Sciences is in the category of mild anxiety which means students feel anxious in facing the competency test.

Table 5. Frequency Distribution of Anxiety Levels of Affective Response

Affective	Frequency (f)	Percentage (%)
Mild	54	78.3
Medium	12	17.4
Severe	3	4.3
Total	69	100

The majority of nursing students [54 people (78.3%)] who will face the competency test, based on affective responses, have mild anxiety. 12 people (17.4%) have moderate anxiety and 3 people (4.3%) have severe anxiety. Febriyana (2018) stated that fear is a sign of anxiety felt in the affective response, aspects that cause fear are humiliation, shame, loss of social influence, future uncertainty and fear of disappointing others. This research is in line with Anangkota (2018) which also stated that fear is a natural trait experienced by humans so that humans can protect themselves and overcome difficulties that are felt so that when fear is overcome, the anxiety experienced by someone will disappear.

Table 6. Frequency Distribution of Anxiety Levels of Cognitive Responses

Cognitive	Frequency (f)	Percentage (%)
Mild	60	87
Medium	8	11.6
Severe	1	1.4
Total	69	100

Majority of nursing students [60 people (87%)] who will face a competency test based on cognitive responses experienced mild anxiety, 8 people (11.6%) experienced moderate anxiety and 1 person (1.4%) experienced severe anxiety. Semiun (2009) stated that dreams are stories created by the mind during sleep in the form of happy, sad or frightening situations, problems or events during the day will be remembered by the mind and turned into stories during sleep which is caused by having prolonged sleep, factors that can trigger a person experiencing nightmares are feelings of anxiety and fear of daily activities, one of which is a test. This study is in line with Putri (2015) who also said that sleep is a condition of a person experiencing a temporary decrease in the level of awareness of the surrounding environment.

Table 7. Frequency Distribution of Anxiety Level of Physiological Response

Physiological	Frequency (f)	Percentage (%)
Mild	56	81.2
Medium	12	17.4
Severe	1	1.4
Total	69	100

The majority of nursing students [56 people (81.2%)] who will face a competency test, based on physiological responses, experienced mild anxiety, 12 people (17.4%) experienced moderate anxiety and 1 person (1.4%) experienced severe anxiety. Yaunin (2012) stated that swallowing difficulty is a sign that the body is in a panic condition, where the body responds excessively to what is happening, the cause for a person to feel panicked is due to stress and major changes in life. This research is in line with Dharma (2018) who also stated that swallowing disorders are responses caused by feelings of panic that affect physical changes.

Table 8. Frequency Distribution of Anxiety Level Behavior Response

Behavior	Frequency (f)	Percentage (%)
Mild	64	92.8
Medium	3	4.3
Severe	2	2.9
Total	69	100

The majority of nursing students [64 people (92.8%)] who will face a competency test, based on the behavioral response, have mild anxiety, 3 people (4.3%) have moderate anxiety and 2 people (2.9%) have severe anxiety. Tumewah (2015), stated that tremor is a person's physiological reaction either caused by fear or panic when finding problems that cause anxiety. Tumewah (2015) also stated that vibrations that occur unconsciously, which are

characterized by rhythmic and back and forth movements, these movements arise due to contraction of opposing muscles alternately with a fixed frequency and amplitude for a long period of time.

4. Conclusion

Based on the results of research conducted on nursing students at Wira Medika Institute of Health Sciences who will face a competency test, the results obtained that the majority of students [55 students (79.7%)] out of 69 students in total experienced mild anxiety. Based on anxiety response results, 54 students (78.3%) experienced mild anxiety. Based on affective responses, 60 students (87%) experienced mild anxiety. Based on physiological responses, 56 students (81.2%) experienced mild anxiety, and based on the behavioral responses, 64 students (92.8%) experienced mild anxiety.

In overcoming anxiety felt by students, institution should increase the provision of test preparation and simulation so as to reduce the level of anxiety felt by students. Students who are going to face a competency test are expected to increase their self-preparation to face the competency test. For the next researchers on this topic, the results of this study can be used as reference material for further research by adding samples and variables. The next researchers should develop this research by linking the anxiety response with the competency test.

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