

Coping Strategies of Nursing Students during the COVID-19 Pandemic

Ibtihal Alnefaie*, Gout Alotaibi, Wafaa Alseraty

.Department of Nursing, College of Applied Medical Sciences at Dawadami, Shaqra University, KSA

* Presenting Author

Introduction:

The COVID-19 pandemic has had a significant impact on nursing students' mental health, with many experiencing psychological anguish, sadness, anxiety, and an increase in suicidal thoughts and behavior. This study sought to discover the most often used and useful coping mechanisms among nursing students in dealing with the pandemic, which impacts their psychological, physical, and social health.

Methods:

A descriptive study was conducted from January 2023 to February 2023, after seeking informed consent, an online questionnaire of modified Brief COPE was distributed to 30 nursing students at Shaqra University. Data were analyzed using frequency, percentage, and arithmetic mean, to assess the coping method utilized by nursing students.

Conclusion:

The majority of nursing students used religion to cope with the Covid-19 pandemic in a healthy way, with many students finding comfort in getting closer to God and accepting the occurrence of this pandemic and learning to live with it, while a small number of students used the denial strategy, ignoring the seriousness of the situation and refusing to acknowledge what happened. The educational system must develop a mechanism to assess whether coping skills are helpful in maintaining students' mental health.

References:

1. Leake B, Brook RH, 20. Carver CS. You want to measure coping but your protocol's too long: consider the Brief COPE. *Int J Behav Med* 1997; 4: 92-100.[16250744] 21. Wei JT, Dunn RL, Litwin MS, Sandler HM. *Br J Health Psychol*. 2003;8:125-34.
2. Savitsky B, Findling Y, Erell A, Hendel T. Anxiety and coping strategies among nursing students during the covid-19 pandemic. *Nurse Educ Pract*. 2020;46:102809.

Result:

Table 1: Demographic Profile of the Respondents

	Profile	Percentage
Gender	Female	100%
	less than 20 years old	36.70%
Age	21 years old and above	63.30%
	Single	93.30%
Marital Status	Marriage	6.70%
	Fifth	30%
Level	Eight	20%
	Eleventh	50%

Coping strategies mostly used by female students at Shaqra University during the COVID-19 pandemic were emotion-focused coping (religion and venting) and avoidant coping (self-distraction). Female nursing students used coping mechanisms to maintain their optimism. 'Religion' was indicated as the most often employed coping mechanism (56.67%).

Emotional-Focused Coping (acceptance 56.67%) denotes coping mechanisms aimed at regulating emotions related to the Covid-19 epidemic. Unfortunately, avoidant coping mechanisms (self-distraction 33.33% and denial 30%) were adopted, which is also a predictor of fear as clear in Table 2.

Table 2: Coping Strategies & Percentage

Coping strategies	Frequency	Percentage
Religion	17	56.67%
Acceptance	17	56.67%
Self-distraction	10	33.33%
Denial	9	30%

