

**SELF-EFFICIENCY and ANXIETY DISORDER of DOCTORS and NURSE  
WORKING at SAKARYA EDUCATION and RESEARCH HOSPITAL  
DURING THE COVID-19 PANDEMIC PROCESS**

**SUMMARY**

In this study; The anxiety and self-efficacy levels of the doctors and nurses working in Sakarya Training and Research Hospital during the COVID-19 pandemic period, working in areas with risk of contamination and continuing the examination and treatment of the patients, were investigated, and the relationship between the anxiety and self-efficacy levels of the employees due to the COVID-19 pandemic was examined.

Our descriptive and cross-sectional research, permission was obtained from the Sakarya Provincial Health Department and Sakarya Training and Research Hospital's Chief Physician, within the framework of expert opinions and literature knowledge, to 252 people working at Sakarya Training and Research Hospital between August 2021 and January 2022; Questionnaire forms were created by the researcher and data were collected by using the socio-demographic information form, the General Self-Efficacy Scale and the Coronavirus Anxiety Scale (CAS). IBM SPSS Statistics 21.0 program was used for statistical analysis and calculations. Statistical significance level was accepted as  $p < 0.05$ . The number and percentage values of the questions in the demographic information questionnaire of the individuals included in the study were calculated.

In the research; 25,8% of the 252 participants were in the 18-25 age range, 55,6% were in the 26-35 age range, 15,5% were in the 36-45 age range, and 3,2% were in the 46-55 age range, 39,3% are male, 60,7% are female, marital status is married 42,1%, single employees 57,9%, having children 37,3%, childless personnel 62,7% is. 38,1% of the participants work as doctors and 55,6% as nurses. 17,9% of the employees are on duty 0-3, 32,9% 4-7, 35,7% 8-10, 13,5% 11 and over. 25,4% of the individuals thought of resigning, 74,6% did not. In the research, 79,8% of the employees did not receive psychological support, 8,3% received support and 11,9% wanted to receive support. 79,8% of the participants live with their family members, and 20,2% live alone. 45,2% of them got COVID-19 disease, 54,8% of them did not get the disease. 80,6% of the employees are self-confident while practicing their profession.

The coronavirus anxiety level averaged 3,26 in women and 2,01 in men; 3,47 for married individuals, 2,26 for singles; 3,24 for nurses, 1,98 for doctors; 3,31 for people without children, 1,87 for those with children; The highest level of anxiety was calculated with the rate of 4,44 in the workers with 11 or more shifts, and a statistically significant result was obtained in these variables. Coronavirus Anxiety Scale; Statistically significant results were seen in those working in the pandemic service or intensive care unit, those who were considering resigning from their duties

due to the pandemic, and those who received or wanted to receive psychological support during the pandemic process.

Considering the self-efficacy levels; 61,75 for married people, 65,02 for single people; It was calculated 65,01 for people who believed in themselves while practicing the profession, 58,30 for those who did not, and 57,87 for those who partially trusted, and when these results were evaluated statistically, significant differences were found. In questions about COVID-19, the level of self-efficacy was calculated as 64,43 for those who did not think to resign due to the pandemic, and 57,00 for those who thought to resign, and these results were statistically compared, and significant results were found.

As a result, it has been seen that the COVID-19 pandemic, which affects the whole world and has high mortality and morbidity of the disease, negatively affects health workers mentally. This situation of health workers who are actively working during the pandemic should be taken into account by health managers.

**Keywords:** COVID-19, Coronavirus anxiety, self-efficacy