

# Examining the level of hope for the future of Corona and non-Corona on duty interns and the factors affecting it

Jamshid Ayatollahi<sup>1,2</sup>, Zohre Akhondimeybodi<sup>1,3</sup>, Fahime Ghorbanzade<sup>4</sup>, Mahdie Hamidfar<sup>1</sup>,  
Seyed Hossein Shahcheraghi<sup>1</sup>

<sup>1</sup> Infectious Diseases Research Center, Shahid Sadoughi Hospital, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

<sup>2</sup> Hematology and Oncology Research Center, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

<sup>3</sup> Infectiologist, Fellowship of prevention and control of nosocomial infections, Shahid Sadoughi Hospital, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

<sup>4</sup> Medical Student, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

\*Corresponding Author: Dr. Seyed Hossein Shahcheraghi, Infectious Diseases Research Center, Shahid Sadoughi Hospital, Shahid Sadoughi University of Medical Sciences, Yazd, Iran Email: shahcheraghi@gmail.com

## Abstract

Due to the fact that health care workers are at the forefront of the fight against infectious diseases and COVID-19 disease, they are the first to be exposed to the virus. The aim of current study was to evaluate the level of confidence for the future among Corona and non-Corona interns and the factors affecting it. This study was descriptive research. The aim population consists of all interns of Medical School in Yazd (2021). To analyze the data was used SPSS software (version 22). In the present study, there was no significant difference between married and single interns in terms of future hope. There was also no significant difference between the two groups of male and female interns in terms of hope for the future. Because, interns are highly at risk of disease during COVID-19, social support can play an important role in improving treatment and increasing hope for the future.

**Keywords:** Interns, COVID-19, Future Hope.

## INTRODUCTION

The pandemic situation of Covid-19 disease, which has affected all the important economic, political and social aspects of the world, the discussion of the psychological effects, including the level of anxiety of this viral disease, on the mental health of people at different levels of society is very important [1,2].

Health is one of the vital human needs for growth and development. Today, it seems that hope has a special place in mental and physical health and, as a result, a person's progress [3]. Hope is a construct that is closely related to optimism [4].

One of the most important reasons for creating anxiety among students is the concern about the impact of the Covid-19 on the future of education, the future job situation and the reduction of social connections [5-7].

Thus, the present study aimed to assess the level of hope for

the future among Corona and non-Corona interns.

## MATERIALS AND METHODS

This study was descriptive research. The aim population consists of all interns of Medical School in Yazd during 2021. The required information was collected by the researcher using a questionnaire.

This study was approved in the ethics committee of Shahid Sadoughi University of Medical Sciences of Yazd, Iran. The sampling of the research was in the form of a census.

To analyze the data was used SPSS software (version 22).

In this study,  $p < 0.05$  was considered statistically significant.

## RESULTS

The number of interns examined in this research was 80. The demographic characteristics of the interns are as described in Table 1.

The average age of interns was 25 years. The minimum age was 24 years and the maximum age 30 years. Also, the average hope for the future of interns was 69.22.

Totally, there was no significant difference between the two groups of married and single interns ( $p=0.173$ ), two genders

(0.520) in terms of hope for the future.

There was no significant difference in the hope for the future in the on duty interns of Corona ( $p=0.39$ ) and non-Corona ( $p=0.9$ ) according to gender.

Also, there was no significant difference in the hope for the future in the on duty interns of the Corona (infectious) ( $p=0.39$ ) and non-Corona ( $p=0.09$ ) in terms of marital status (Table 2).

There was no significant difference in the hope for the future among the Corona interns based on the month of entry ( $p=0.73$ ).

**Table 1:** Demographic characteristics of interns

Parameters		Number	
		Number	Percent
Gender	Female	55	68.75
	Male	25	31.25
Marital status	Single	54	67.5
	Married	26	32.5
Infectious ward	Passed	61	76.25
	No pass	19	23.75

**Table 2:** The hope for the future in the interns of the Corona and non-Corona

Ward		Marital status	Number	Mean	p-value
Non-infectious	Hope for the future	Single	14	2.9	0.09
		Married	5	2.55	
Infectious	Hope for the future	Single	21	2.8	0.39
		Married	40	2.9	

## DISCUSSION

According to results of the present study, there was no significant difference between the two groups of married and single interns, two genders in terms of hope for the future. Also, there was no significant difference in the hope for the future among the on duty interns of the Corona and non-Corona based on marital status.

An investigation inspected the impact of trust on post-stress development (PSD), how seen pressure might intervene this impact, and in conclusion the way that sympathy might direct the different circuitous and direct pathways during Coronavirus pandemic. Results from the ongoing review utilizing a huge example of Chinese understudies exhibited that trust was emphatically connected with PSD while adversely connected with apparent pressure, which thus, was adversely connected with PSD. Sympathy amplified the impacts of trust on apparent pressure and PSG while buffering the impact of seen weight on PSD. These outcomes propose that compassion might assume a significant part in expanding wanted results and moderating undesired consequences [6].

Another study aimed to investigate the condition of students' confidence and hope throughout the COVID-19 in the world. It also assessed the character of educational package engagement attempts in instructing the hope of students, their educational gratification, and loyalty purpose to continue as a key point and profession. The results display that student's

assignment capability is positive in spite of many disasters. Engagement efforts, particularly from faculties and the generally college situation, meaningfully inspired hope in students. Satisfaction and hope were two influential factors for student's profession. The consequences not only offered a gold opportunity on students' assignment practice, academic gratification, and loyalty purpose throughout the COVID-19, but also suggest a hope-focused outline to direct academic packages among the students [9].

The next study explored the mediation of internet-fixed managing, in the association between remaining in quarantine and feeling psychological problems. A total of contributors (275) were cleaved into two parts – first one group who were in quarantine and second those who no – and all filled the surveys including: internet-zoomed handling, separation, confidence, and slow sign inventory measures. Consequences discovered that persons who were in quarantine described greater rates of psychological problems than did the assessment cluster. The intervention model exhibited that presence in quarantine was connected with more significant rates of web-centered coping, and more significant levels of mental trouble. The intercession of reliance anticipated diminished trouble, anticipated expanded trouble. The outcomes had significant consequences for individuals who have encountered remaining in quarantine. Recognizing their mental assets might assist with diminishing their susceptibility to physiological anxiety [10].

## CONCLUSION

Considering that medical interns are highly exposed to disease during the Corona, social support can play a significant role in improving their performance and increasing their life expectancy. Therefore, the authorities should seek to create a reliable environment with beneficial interactions, and after that, they will be able to improve the mental injuries inflicted on the medical staff, especially the interns.

### Acknowledgments

The authors want to thank the staff of Infectious Diseases Research Center of Shahid Sadoughi University of Medical Sciences, Yazd.

### Conflict of Interest

None declared.

### Financial Support

None declared.

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