



An Overview of Public Anxiety to the COVID-19 Cases in the Arang Limbung, Kubu Raya West Kalimantan Province

Annisa Rahmawati¹, Usman², Almumtahanah³, Uji Kawuryan⁴, Sri Ariyanti⁵, Ridha Mardiyani⁶

¹ ITEKES Muhammadiyah Kalimantan Barat, Indonesia

² ITEKES Muhammadiyah Kalimantan Barat, Indonesia

³ ITEKES Muhammadiyah Kalimantan Barat, Indonesia

⁴ ITEKES Muhammadiyah Kalimantan Barat, Indonesia

⁵ ITEKES Muhammadiyah Kalimantan Barat, Indonesia

⁶ ITEKES Muhammadiyah Kalimantan Barat, Indonesia

Abstract

COVID-19 or Severe Acute Respiratory Syndrome Coronavirus 2 (SARS Cov-2) is a global pandemic disease that attacks the respiratory system. Common signs and symptoms of COVID-19 include fever, cough, and shortness of breath. In addition to causing physical health problems, COVID-19 can also affect psychological health problems. Kubu Raya is an area affected by the Covid-19 and ever entered the red zone several times. The cases of COVID-19 will certainly arise anxiety in the community, especially death cases. The respondents were the people of Kubu Raya who were impacted by COVID-19. The study aimed to find out an overview of public anxiety to the impact of COVID-19 in Kubu Raya Regency. The research method was an analytic survey with a cross-sectional design. Sample selection technique used consecutive sampling with 90 respondents. The results of the univariate analysis showed the anxiety using the Anxiety Rating Scale (HARS) questionnaire that more than half of the respondents did not experience anxiety which was 56 people (62.2%). Mild anxiety was experienced by 18 respondents (20%). Followed by severe anxiety of 9 people (10%) and moderate anxiety of 7 people (7.8%). The finding hopefully provides benefits for hospitals and another health services, in the context of planning the development and implementation of nursing actions related to COVID-19. Moreover, it provided an overview of public anxiety. In the end, public anxiety can be minimized.

Keywords: Anxiety, COVID-19, People

*Corresponding Author: Annisa Rahmawati

*Corresponding Email: annisa@stikmuhptk.ac.id





1. Introduction

COVID-19 or Severe Acute Respiratory Syndrome Coronavirus 2 (SARS Cov-2) is a global pandemic disease that attacks the respiratory system. The disease, which was firstly known in Wuhan, China in December 2019, is a highly contagious disease to humans. Any regardless of age, everyone may be affected by the disease, starting from children, adults, and the elderly, whether special groups or not.

Epidemiologically, the prevalence of COVID-19 worldwide is increasing rapidly. As of December 2, 2020, it spread to 216 countries with a total of 25,602,665 confirmed cases. The United States is the number one of the most infected country with a total of 5,968,380 cases. It followed Brazil with 3,908,272 cases and India with 3,769,523 cases¹ (WHO, 2020).

The COVID-19 was firstly detected in Indonesia starting in March 2020. On December 21, the Indonesian government reported 671,778 people were confirmed of COVID-19 and 546,884 patients were cured. And, the number of deaths was 7,750 cases¹ (WHO, 2020). The government always intensively reminds the public of the health protocols, such as the 3 M (washing hands with soap/hand sanitizer, keeping the distance, and using masks), and prohibiting activities that involve many people. This effort is certainly an effective prevention effort done by the government² (Ministry of Health 2020).

Common signs and symptoms of COVID-19 include fever, cough, and shortness of breath. The average incubation period is 5-6 days with the longest incubation reaching 14 days. In cases of COVID-19 with severe conditions, it can be complicated by pneumonia, respiratory syndrome, and death³ (Ministry of Health 2020). The situation will certainly trigger anxiety in the middle community. Not only physical health problems, but the pandemic of COVID-19 also causes mental health problems⁴. (Ipaj and Nurwati, 2020). Excessive anxiety has an impact on changes in a person's behavior into manifestations such as nightmares, insomnia, denial of reality, depression, and anxiety⁵ (Black & Hawks, 2014). Zulfa (2020) explained that information obtained in the community can lead to the emergence of psychosomatic symptoms, due to the tension, anxiety and panic felt⁶. Stuart (2013) states the anxiety can affect a person's physical state, self-perception, and relationships with others⁷.





In addition to causing physical health problems, COVID-19 can also affect psychological health problems. Kubu Raya is an area affected by the Covid-19 and ever entered the red zone several times. The cases of COVID-19 will certainly arise anxiety in the community, especially death cases. The current COVID-19 pandemic will certainly cause anxiety in the community, especially the death cases. However, some community groups take the disease lightly because they are bored and the COVID-19 pandemic has been going on for too long period. Therefore, the article attempted to find out an overview of anxiety to the community impacted by COVID-19.

2. Research Method

The study aimed to find out an overview of the anxiety of the community in Arang Limbung village toward the situation of the COVID-19 pandemic. The research method was analytical survey research with a cross-sectional study design, where the researcher collected data only once and within a certain period. The sampling technique was the consecutive sampling technique, in which the sample was selected from subjects who met the research criteria within a certain period, such as healthy and willing to become respondents. The research was conducted in Kubu Raya Regency, Arang Limbung area to 90 respondents. The instrument of the research used the anxiety questionnaire of *Hamilton Rating Scale for Anxiety/ HRS-A*⁸ (Hawari, 2004). This research has passed through an ethical test with No. 73/II.1.AU/KET.ETIK/III/2021. A univariate analysis was used to show the demographics of the respondents, including age, gender, occupation, education, and an overview of anxiety of the community in Arang Limbung village, Kubu Raya Regency, West Kalimantan Regency.

3. Result and Discussion

- a) Characteristics of respondents based on age, gender, education, and occupation. The univariate analysis aimed to explain or describe the characteristics of each research variable.

Based on table 1 below this, the age distribution of respondents was mostly in the Late Adult group (36-45) years of 37 people (41.1%). The distribution of respondents by gender was also mostly female with 60 people (66.7%). Meanwhile, the distribution of education of the majority of respondents was from universities of 59





people (56.6%). And, the distribution of respondents by occupations was mostly others/housewives of 59 people (65.6%).

TABLE 1
 Frequency Distribution of Respondents Characteristics
 in Arang Limbung Village, Kubu Raya, (n=90)

Characteristics	Frequency	Presentation (%)
<u>Age</u>		
17-25 years (Late Adolescents)	20	22.2
26-35 years (Early Adulthood)	18	20
36-45 years (Late Adulthood)	37	41.1
46-55 Years (Early Elderly)	13	14.5
56-65 Years (Late Elderly)	2	2.2
<u>Gender</u>		
Male	30	33.3
Female	60	66.7
<u>Education</u>		
SD (Elementary School)	1	1.1
SMP (Junior High School)	1	1.1
SMA (Senior High School)	29	32.2
University	59	56.6
<u>Occupation</u>		
Employee	21	23.3
Civil Servant	3	3.3
Entrepreneur	6	6.7
Pension	1	1.1
Others	59	65.6

Source: Primary Data tahun 2021

b) Overview of Public Anxiety to the COVID-19 in Arang Limbung Village, Kubu Raya

TABLE 2
 Overview of Respondents' Anxiety on the impact of COVID-19
 in Arang Limbung Village, Kubu Raya, April 2021 (n=90)

Characteristics	Frequency	Presentation (%)
< 14 (no worried)	56	62.2
14-20 (Mild Anxiety)	18	20
21-27 (Moderate Anxiety)	7	7.8
28-41 (Severe Anxiety)	9	10
	0	0





42-56 (Extremely anxiety)

Based on Table 2, an overview of anxiety using the *Anxiety Rating Scale (HARS)* questionnaire showed that more than half of the respondents did not experience anxiety, which was 56 people (62.2%). Mild anxiety was experienced by 18 respondents (20%). Followed by severe anxiety of 9 people (10%) and moderate anxiety of 7 people (7.8%).

1. Characteristics Respondent

Most of the respondents by age were in the range of 36-45 years (late adulthood) with the youngest of 18 years old and the oldest of 65 years old. Stuart (2013) stated that age shows a measurement of time, growth, and development of an individual. Age is correlated with experience, and experience is correlated with knowledge, understanding, learning processes, and views of a disease or event so that it will form perceptions and attitudes⁵. Also, Kaplan & Sadock (2010) stated that age can affect anxiety⁹. The older an individual, the more mature and constructive uses coping mechanisms in dealing with a problem. Velyana's research (2017) which states that there is a relationship between significant relationship between age and anxiety, mature age or adult level anxiety is lower than the adolescent age, this shows that Adults have better coping skills in dealing with anxiety¹⁰.

The majority of the respondent by gender were female of 60 people (66.7%). It was influenced by the number of respondents by gender during the data collection. Concluded that there is no significant relationship between gender and anxiety. This finding is contrary to the concept of anxiety proposed by Stuart (2013) which anxiety is influenced by gender. Females are more likely to experience anxiety than males⁷. Because females are considered more sensitive to problems, so women's coping mechanisms are less good than males¹¹ (Gunarso, 1995 in Mariyam 2008). Based on research by Ifdil (2020), explained about gender if mean size of male is smaller than





that of female, meaning that female are more anxious about the COVID-19 pandemic than male and contrast with the value of S.E Mean that mal¹².

Most of the respondents by educational background were university of 59 respondents (65.6%). Education is generally useful in changing the mindset and behavior in decision making. Most of the respondents by occupations were housewives/others of 59 respondents (65.6%). Velyana (2017) shows that there is a significant relationship between occupation and anxiety levels. In general, the occupation will affect the economic status of the family. A family with a good economy can certainly support the health of individuals and families while still providing good nutritional intake to keep the immune system in the body¹⁰. In addition, housewives rarely leave the house so social interaction with other people is rarely. This fact can certainly prevent the spread of COVID-19.

a. Overview of Public Anxiety to the COVID-19 in Arang Limbung Village, Kubu Raya

Most of the people in Arang Limbung village were not worried about the COVID-19 pandemic by 56 respondents (62.2%) answer no worries. This fact was based on the reason that people have often received information, both through TV and social media, such as WhatsApp groups, Facebook and Instagram. The information is related to prevention action to stop the spread of COVID-19, that is through the implementation of the 5 M steps health protocol (wearing masks, washing hands, keeping the distance, staying away from crowds, and reducing mobility).

Moreover, COVID-19 has occurred since late 2019, so people are now adapting to the situation. Currently, the government always spread information to the public on the prevention action of COVID-19 disease and making policies related to activity restrictions, such as teaching and learning activities restrictions that are recommended to switch to online learning.

Although most of the respondents were not anxiety about the COVID-19 pandemic, some respondents experienced mild to severe anxiety that 18





respondents experiencing mild anxiety (20%), 9 respondents experiencing severe anxiety (10%), and 7 respondents experiencing moderate anxiety (7.8%).

Some respondents experience anxiety because it relates to the news, especially the impact of the COVID-19 pandemic, which in several areas, shows a fairly high death rate. Moreover, some areas of West Kalimantan enter the red zone. The news increases the anxiety of respondents. In addition, moderate to severe anxiety can also be found in respondents who have comorbidities such as DM, hypertension, and other diseases. This factor makes the fear and anxiety arise in a person as well as the fear of the threat of death. Based on research by Yildirim (2021), he does research about The Effect of COVID-19 Anxiety on General Health: the Role of COVID-19 Coping, the result show if Anxiety level with mean value 18,62 and Deviation Standard 3,24. The result show if anxiety level bigger than COVID-19 Coping and General health. This suggests that experience of COVID-19 anxiety negatively affects the ability to cope with stress in the context of COVID-19 and general health¹³.

4. Conclusion

Most of the respondents are in the Late Adult age group (36-45 years) with 37 people or 41.1%. The gender distribution of respondents is also more commonly found in females, that is 60 people (66.7%). The majority of respondents by educational background is university level, that is 59 people (56.6%). And, the distribution of the respondents by occupations is mostly other/housewives of 59 people (65.6%).

Overview of anxiety using the Anxiety Rating Scale (HARS) questionnaire showed that more than half of the respondents did not experience anxiety which was 56 people (62.2%). Mild anxiety was experienced by 18 respondents (20%). Followed by severe anxiety of 9 people (10%) and moderate anxiety of 7 people (7.8%).

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