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Level of Anxiety about Covid-19 in the Community RT I RW XII Kelurahan Manyar Sabrangan Surabaya

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ABSTRACT Anxiety is a judgement and emotional response to something dangerous. Anxiety is strongly associated with feelings of uncertainty and helplessness. During the COVID-19 pandemic, there was a lot of instability, decreased income, sudden layoffs, difficulty finding employment, and loss of life in a matter of days after contracting COVID-19 which could cause anxiety. This study aimed to determine the anxiety level about COVID-19 in the community of RT I RW XII Manyar Sabrangan Village. The sampling technique in this study used an incidental sampling technique with a total of 110 people. The results of this study indicate that people with anxiety levels based on age mostly experience severe anxiety with the highest presentation at the age of 18-25 years (57.15%), while based on education, most experience moderate anxiety with the highest presentation in junior high school education (33.3%) and anxiety levels based on work almost all experience moderate anxiety with the highest presentation as self-employed (88.88%). It is expected for every community to continue to discipline themselves in implementing health protocols to maintain health and prevent the transmission of COVID-19 through a clean and healthy lifestyle, such as wearing masks, washing hands, keeping a distance, and stopping COVID-19. Such as wearing masks, washing hands, maintaining distance, and carrying out Covid-19 vaccinations.

INDEX TERMS Anxiety, Community, Covid-19.

I. INTRODUCTION

Covid-19 is an infectious disease caused by SARSCoV-2 (Indonesian Ministry of Health, 2020). SARS-CoV-2 is a new type of virus discovered at the end of 2019 that has never been identified in humans, a collection of viruses that attack the human respiratory system (Fitria, 2020). Covid-19 can be transmitted through droplets coming from the nose or mouth when a person infected with Covid-19 coughs or sneezes and the droplets are inhaled or exposed to others (Who.int, 2020). The spread of Covid-19 is very fast exceeding the ability of scientists to create effective vaccines and drugs, it is very worrying, no wonder many people experience anxiety. This condition unwittingly causes anxiety and if anxiety occurs continuously, it can lead to stress to depression (Murtiwiidayanti and Ikawati, 2021).

Based on data from the Indonesian Ministry of Health in 2020 in (Livia Prajogo and Yudiarto, 2021) there are 450 million people who have to live with anxiety and in the prevalence of adult individuals (aged 18 years and over) to the elderly, there are 11.6% who experience anxiety.

According to the Indonesian Mental Medicine Specialist Association (PDSKJI) 14 May 2020, people in East Java who experience anxiety disorders due to Covid-19 reach 12.8% and the most respondents are women (76.1%) with a minimum age of 18 years to a maximum of 70 years. Based on a preliminary study conducted by researchers in the Manyar Sabrangan RT 01 RW 12 Kelurahan community conducted in August 2021, it was found that 8 out of 10 people experienced high anxiety and worry, which not only worsened mental health conditions but also affected financial conditions. Covid-19 is a large family of respiratory infectious diseases, from the common cold to serious diseases such as Middle East

Respiratory Syndrome (MERS) and severe acute respiratory syndrome (SARS). Covid-19 can spread through small droplets from the nose or mouth when coughing or sneezing. The droplets then fall on surrounding objects, then if someone else touches an object contaminated with the droplets and then that person touches the eyes, nose or mouth then that person can be infected with Covid-19 or it can also be someone who is infected with Covid-19 when

accidentally inhaling droplets from the patient. This sudden condition makes people unprepared to deal with it both physically and psychologically. The government carried out a lockdown policy and prohibited people from travelling outside the home. This causes people to respond with an attitude of worry, panic, and anxiety, which are symptoms of anxiety. According to Sintha Pratiwi (2021) regarding the description of the level of public anxiety about the covid-19 pandemic, the results showed that the level of community anxiety in Banjar found that most people had severe anxiety. In the context of this pandemic, these anxiety symptoms can drive panic buying decisions, layoffs that lead to increased poverty, and teaching and learning activities carried out online according to Saragih's research (2022) concerning level Of Anxiety and Analysis of Factors Affecting Patient Anxiety of Covid-19.

As a preventive effort, the government is trying to cope with the impact of the Covid-19 pandemic, especially for mental health by developing guidelines for mental health and psychosocial support in the Covid-19 pandemic. This service aims to provide public education, public consultation, initial psychiatric consultation and assistance in dealing with potential mental health disorders for people affected by the Covid-19 pandemic.

The role of community nurses at the forefront, especially in promotive and preventive efforts during the Covid-19 period, is very important, especially in preventing negative public stigma about Covid-19. In addition, nurses also act as educators who are tasked with providing health education to patients undergoing isolation (both independent isolation and isolation in hospitals), families and the general public (WHO & UNICEF, 2020). Based on the description above, a study was conducted on "Community Anxiety Level towards Covid-19 in RT I RW XII Manyar Sabrangan Village Surabaya".

II. METHODS

This research uses descriptive research methods with quantitative methods that aim to describe or explain phenomena. In this study, researchers wanted to identify the level of community anxiety during the Covid-19 pandemic in RT I RW XII Manyar Sabrangan Village, Surabaya. This type of descriptive research is research that aims to describe or reveal a phenomenon that occurs (Nursalam, 2015). In this study using a cross sectional approach. The cross-sectional approach is a research approach in which data collection is only done once observation or measurement, namely at the time of measurement using a planned questionnaire (Nursalam, 2015).

Population is a generalisation area consisting of objects or subjects that have certain qualities and characteristics set by researchers to study and then conclusions can be drawn (synthesis) (Nursalam, 2015). The population in this study were all residents of RT 1 RW 12 Manyar Sabrangan Village, Surabaya City with age criteria ≥ 18 years, totalling 150 people based on data obtained by researchers in September 2021 with a sample size of 110 samples.

The sampling technique in this research uses incidental sampling technique, which is a sampling technique based on chance, that is, anyone who happens to meet the researcher can be used as a sample, if it is deemed that the person who happens to be suitable as a data source (Sugiyono, 2013). The variables in this study are anxiety level towards Covid-19, age, education and occupation.

In this study, researchers used the Zung Self-Rating Questionnaire (ZSAS). The level of anxiety measured using the Zung the level of anxiety measured using the Zung Self-Rating Scale (ZSAS) is a community study and was developed based on anxiety symptoms that arise in the Diagnostic and Statistical Manual of Mental (DSM-II). The Zung Self-Rating Anxiety Scale (ZSAS) questionnaire contains 20 questions, there are 15 questions towards increasing anxiety and 5 questions towards decreasing anxiety. The final score obtained by the respondent will be classified based on the category. Each question item is worth 1-4. If you answer never then score 1, sometimes score 2, often score 3, and very often have a score of 4.

III. RESULTS

A. GENERAL DATA

The general data in this research is about the level of community anxiety about COVID-19 with isoman based on age, education, and occupation in RT I RW XII Manyar Sabrangan Village Surabaya. The details of the general data in this study are as follows:

TABLE 1.
Characteristics of respondents based on age at RT I RW XII Manyar Sabrangan Village

No.	Characteristic	Frequency	Percentage (%)
1.	Teenagers 18-25 years old	35	32%
	Adults 26-45 years old	28	25%
	Early Elderly 46-65 years	24	22%
	Late Elderly ≥ 65 years	23	21%
	Total	110	100%
No.	Education	Frequency	Percentage (%)
2.	Elementary school	24	22%
	Junior High School	15	14%
	Senior High School	58	8%
	Bachelor's degree	13	11%
	Total	110	100%
No.	Work	Frequency	Percentage (%)
3.	Students	20	18%
	Housewife	26	24%
	Entrepreneurs	9	8%
	Government employee	13	12%
	Self-employed	42	38%
	Total	110	100%

The Data shows that 110 people were found to be mostly (53%) with a high school education and a small proportion

(11%) with a university education. Based on the study's results, shows that out of 110 people, almost half (38%) are employed, and a small proportion (8%) work as entrepreneurs.

A. SPECIALIZED DATA

1. ANXIETY LEVEL

The results of the study show that 110 people in RT I RW XII Manyar Sabrangan Surabaya Village found that anxiety about Covid-19 can be categorised based on the level of anxiety, a small proportion (3.63%) experienced mild anxiety, and most (51.83%) experienced severe anxiety.

TABLE 2
People's level of anxiety about Covid- in RT I RW XII Manyar Sabrangan Village Surabaya

Anxiety Scale	Frequency	Percentage (%)
Mild	4	3,63%
Medium	49	44,54%
Heavy	57	51,83%
Total	110	100%

2. ANXIETY LEVEL BASED ON AGE

Based on the results of the study, it shows that out of 110 people in RT I RW XII Manyar Sabrangan Village Surabaya, it is found that anxiety about Covid-19 can be categorised based on adolescent age (18-25 years) most (57.57%) experience severe anxiety. Adult age (26-45 years) most (53.57%) experienced moderate anxiety. In early elderly age (46-65 years), most (54.16%) experienced severe anxiety. Late elderly age (≥ 65 years), most (52.17%) experienced severe anxiety.

TABLE 3
People's anxiety level towards Covid-19 based on age in RT I RW XII Manyar Sabrangan Village Surabaya.

Age Range	Mild Anxiety		Moderate Anxiety		Severe Anxiety		Total	
	F	%	F	%	F	%	N	%
Teenagers (18-25)	0	0	15	42,85	20	57,15	35	100
Adults (26-45)	1	3,57	15	53,57	12	42,85	28	100
Early Elderly (46-65)	2	8,34	9	37,5	13	54,16	24	100
Late Elderly (≥ 65)	1	4,35	10	43,48	12	52,17	23	100
Total	4	3,63	49	44,54	57	51,83	110	100

3. ANXIETY LEVEL BASED ON EDUCATION

Based on the study's results, it was found that out of 110 people in RT I RW XII Manyar Sabrangan Village Surabaya, anxiety about Covid-19 can be categorised based on elementary school education; most (54.2%) experienced severe anxiety. In junior high school education, most (60%) experience severe anxiety. In high school education, half (50%) experience severe anxiety. In bachelor's education, most (53.9%) experienced moderate anxiety.

TABLE 4
People's level of anxiety about Covid-19 based on education. in RT I RW XII Manyar Sabrangan Village Surabaya

Age Range	Mild Anxiety		Moderate Anxiety		Severe Anxiety		Total	
	F	%	F	%	F	%	N	%
Elementary School	1	4,2	10	41,6	13	54,2	24	100
Junior high school	1	6,7	5	33,3	9	60	15	100
Senior high school	2	3,5	27	46,5	29	50	58	100
Bachelor	0	0	7	53,9	6	46,1	13	100
Total	4	3,63	49	44,54	57	51,83	110	100

B. ANXIETY LEVEL BASED ON OCCUPATION

The results of the study, it show that out of 110 people in RT I RW XII Manyar Sabrangan Village Surabaya, it was found that anxiety about Covid-19 can be categorised based on students, most of whom (52.63%) experience severe anxiety. Employment as self-employed most (69.24%) experienced severe anxiety. Employment as an entrepreneur (88.88%) experienced moderate anxiety.

TABLE 4.5.
People's anxiety level towards Covid-19 based on Occupation. in RT I RW XII Manyar Sabrangan Urban Village Surabaya

Occupation Range	Mild Anxiety		Moderate Anxiety		Severe Anxiety		Total	
	F	%	F	%	F	%	N	%
Student	0	0	9	47,37	10	52,63	19	100
Employed	3	11,53	5	19,23	18	69,24	26	100
Entrepreneur	0	0	8	88,88	1	11,12	9	100
Civil	0	0	7	53,84	6	46,16	13	100
Servants								
Housewife	1	2,33	20	46,51	22	51,16	43	100
Total	4	3,63	49	44,54	57	51,83	110	100

IV. DISCUSSION

A. ANXIETY LEVEL

The Data shows that 110 people in RT I RW XII Manyar Sabrangan Surabaya Village found that anxiety about Covid-19 can be categorised based on the level of anxiety, a small proportion (3.63%) experienced mild anxiety and most (51.83%) experienced severe anxiety.

Anxiety is a response to a threat, real or imagined. Individuals experience anxiety from a threat, real or imagined. Anxiety can also develop into a disorder if it

causes intense and persistent fear in the individual (Ipaj and Nurwati, 2020). The results of this study are in line with Shinta and Pratiwi (2021), who stated that most respondents had anxiety in the severe category, namely 62 people (60.2%), had moderate anxiety as many as 28 people (27.2%) and mild anxiety as many as 13 people (12.6%). These results show that some people feel high anxiety and worry about the pandemic that has broken out in the neighbourhood. The results of research conducted in RT I RW XII Kelurahan Manyar Sabrangan Surabaya based on anxiety levels showed that most, a total of 57 people, experienced severe anxiety levels, and a small proportion with a total of 4 people experienced mild anxiety levels. Anxiety occurs because with the Covid-19 pandemic that is endemic and with the increasing number of infection cases in Indonesia, everyone feels anxious and wants to protect themselves and their families from being infected by Covid-19. Fear, especially of the increased risk of exposure, infection and the possibility of infecting their loved ones is also a burden. Efforts that can be suggested to the community in overcoming anxiety during the pandemic are that people can access information correctly, precisely and from trusted sources, can think positively, and do fun activities, and do sports. Always maintain the health protocols set by the government during the Covid-19 pandemic to reduce the risk of spreading the coronavirus.

B. ANXIETY LEVEL BASED ON AGE

The data shows that out of 110 people in RT I RW XII Manyar Sabrangan Village Surabaya, it is found that anxiety about Covid-19 can be categorised based on adolescent age (18-25 years). Most (57.57%) experience severe anxiety. Adult age (26-45 years) most (53.57%) experienced moderate anxiety. In early elderly age (46-65 years), most (54.16%) experienced severe anxiety. Late elderly age (≥ 65 years), most (52.17%) experienced severe anxiety. Age is the age from the time of birth until the current birthday. It can be concluded that ages more than 18 years have a higher prevalence of anxiety levels than other ages who have sufficient coping skills to overcome anxiety (Vellyana et al., 2017). The results of this study are in line with research conducted by Aliefia and Milla, (2022) stating that the age group 17-25 years experienced anxiety (38.9%), which indicates that there is a relationship between the age of adolescence to early adulthood with the level of anxiety of residents during the Covid-19 pandemic. The results of research conducted in RT I RW XII Kelurahan Manyar Sabrangan Surabaya showed that most people aged less than equal to 45 years experienced severe anxiety and in the age range of more than 46 years a small proportion experienced mild anxiety. Anxiety can be influenced by the level of maturity of the individual. Age shows the size of a person's growth and development time. Maturity in the thought process of an adult individual is more likely to allow him to use good coping mechanisms. This may be because in adolescence to late adulthood, individuals will experience anxiety more easily than the age

group above because adolescents have poor coping mechanisms in dealing with unexpected conditions. The age range of 46 to ≥ 65 years has a lower level of anxiety because they have more information and are able to overcome their anxiety. Another study also conducted by Saidi et al (2021) also found that age significantly contributes to anxiety levels. Based on the above results it can be concluded that age can affect anxiety. The results of the study also showed that there was one respondent whose level of anxiety reached panic. This may be due to the fact that at a young age it is easier to experience anxiety due to immature mental readiness and related to lack of knowledge and experience that makes someone more prepared to deal with something (Mamesah, et al, 2018). Pasongli and Malinti (2021) also stated that the older you get, the lower your anxiety level. Efforts in overcoming anxiety during the pandemic are by accessing information correctly, precisely and from trusted sources and applying 3M (washing hands, using masks, and maintaining a minimum distance of 1 metre).

C. ANXIETY LEVEL BASED ON EDUCATION

The data shows anxiety about Covid-19 can be categorised based on elementary school education. Most (54.2%) experienced severe anxiety. In junior high school education, most (60%) experience severe anxiety. High school education, half (50%) experience severe anxiety. In bachelor's education, most (53.9%) experienced moderate anxiety. Education is one of the factors that can affect anxiety. The higher a person's level of education affects a person's thinking ability, so it is likely that someone with a low education will experience anxiety disorders (Utami, 2019).

This study's results align with Aliefia and Milla (2022) that respondents with high school education were 37 people, with 20 of them experiencing mild anxiety and 4 people experiencing panic anxiety. This is because the level of education affects the capacity to capture individual knowledge of an event or fear of a threat. The results of research conducted in RT I RW XII Kelurahan Manyar Sabrangan Surabaya showed that most of the community that all people with the final education of elementary and junior high school had mild anxiety and the community with the final education of high school a small portion experienced mild anxiety.

Education in general is a process of teaching a knowledge so it can be concluded that the higher the education, the wider the knowledge. Nowadays, information can be obtained easily, including information about Covid-19. This information can be obtained through television broadcasts, mobile phones and so on. So people do not need to worry about the lack of knowledge about Covid-19. Health cadres can help expand and improve community knowledge such as by creating Whatsapp groups to help convey the right information about Covid-19 or other health information. This can minimise the receipt of incorrect information, which can hurt the community, one of which is anxiety disorders.

D. ANXIETY LEVEL BASED ON OCCUPATION

The data shows that anxiety about Covid-19 can be categorised based on students, most of whom (52.63%) experience severe anxiety. Employment as self-employed most (69.24%) experienced severe anxiety. Employment as an entrepreneur (88.88%) experienced moderate anxiety. Work is an activity carried out to support a person's livelihood. A person's type of work is one of the factors that can affect a person's anxiety. A person's type of work has its own risks, so it can affect their psychology or mindset. This study's results align with Setyananda, et al. (2021) that people who do not work have more severe anxiety levels than people who work. As many as (68.8%) of people who do not work experience more moderate levels of basic anxiety than respondents who work. This happens because people who work have a lot of social support, while those who do not are considered useless in a social environment. The results of research conducted in RT I RW XII Kelurahan Manyar Sabrangan Surabaya show that most people who work as housewives experience severe anxiety, and a small proportion of people who work as self-employed experience mild anxiety. Individuals who work will spend more time outside and have activities to divert their anxiety than individuals who do not have jobs with more significant life pressure, so they are more prone to anxiety. The community continues to comply with and undergo health protocols set by the government to break the chain of Covid-19 spread. By carrying out Covid-19 vaccinations, 3M recommendations, namely wearing masks, washing

V. CONCLUSION

From the results of the research that has been carried out, the following conclusions can be drawn: The RT I RW XII Manyar Sabrangan Village Surabaya community found that most people experienced severe anxiety about Covid-19. People's anxiety about Covid-19 in RT I RW XII Manyar Sabrangan Surabaya Urban Village based on age, most people belonging to adolescence (18-25 years old) experience severe anxiety. Community anxiety towards Covid-19 in RT I RW XII Manyar Sabrangan Urban Village Surabaya based on final education, with people classified as having a high school education experiencing severe anxiety. Community anxiety about Covid-19 in RT I RW XII Manyar Sabrangan Urban Village Surabaya based on occupation, namely people who work as housewives are classified as having severe anxiety. After knowing the results of this study, it is hoped that community cadres can maintain the Covid 19 prevention health programs and protocols that have been established by the government to provide health education to avoid misinformation that can have a negative impact on families, communities, and surroundings. After knowing the results of this study, it is hoped that the community will continue and discipline themselves in implementing the health

protocol regulations that have been established and recommended by the government, namely implementing a system of wearing masks when travelling outside the home, washing hands for at least 40 to 60 seconds, maintaining a minimum distance of 1 meter, implementing a healthy lifestyle, consuming vitamin supplements and vaccinating Covid-19. The results of this study are not perfect due to the limitations of researchers. It is hoped that other researchers will be able to develop research with other types of research, other variables or by increasing the number of research respondents so that research results can be optimised from the previous one. It is hoped that this research can make material to be able to improve the health of families, communities and their surroundings and is expected to be a facilitator and educator for families, communities, and their surroundings, especially regarding community anxiety due to Covid-19.

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