

Factors Affecting Community Anxiety In Facing Covid-19 In Traditional Markets, Sumbermanjing Wetan District, Malang Regency

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Abstract: During the COVID-19 pandemic, people's habits in daily life have changed a lot, so it's not surprising that many people often ask questions or even experience anxiety about current conditions. Public anxiety about events during this pandemic is influenced by several factors, one of which is gender, media exposure, education, and visiting status. The purpose of this study was to identify the factors that influence anxiety in dealing with Covid-19 in the community at the traditional market of Sumbermanjing Wetan District, Malang Regency. The research design used a cross-sectional study. The sample in this study was 115 respondents with a simple random sampling technique. Each independent variable was evaluated using Fisher's test analysis to determine the most influential variable. The results of the analysis showed the effect of gender ($p=0.509$); education ($p=0.080$); the purpose of visiting ($p=0.37$); mass media exposure (0.04582); The conclusion of this study showed that there was no effect of gender ($p=0.509$); education ($p=0.080$); the purpose of visiting ($p=0.37$) on anxiety; there is the influence of mass media exposure (0.04582); against anxiety. Based on this study, it was found that anxiety is influenced by various factors, so it needs to be studied further to determine the factors that influence it.

Keywords: Anxiety, Society, COVID-19

INTRODUCTION

The very rapid spread of the coronavirus outbreak is supported by the prognosis and onset of treatment time that sufferers must undergo so it is not surprising that many people who hear about it become restless, anxious, afraid, suffer from psychological problems, or experience anxiety (Liang et al., 2020). This feeling is a natural reaction during this Covid-19 pandemic. However, if it lasts for a long time, it can cause psychological, physical and cognitive disorders (He et al., 2021). At this time, the government and related parties have made efforts to reduce the number of new cases and at the same time try to provide an understanding to the general public about Covid-19. This outreach and effort aim to provide an understanding of Covid-19. With the hope of understanding and recognizing Covid-19, the symptoms of anxiety, a person is expected to be able to help himself and those around him (WHO, 2020).

Coronavirus disease 2019 or also known as COVID-19 has now become a pandemic in almost all countries in the world (Soltan et al., 2021). The existence of this pandemic outbreak hurts the physical and psychological health of individuals and communities (Conway et al., 2020). According to Brooks et al. (2020), psychological impacts during the pandemic include post-traumatic stress disorder, confusion, anxiety, frustration, fear of infection, insomnia, and feeling helpless. Even some psychiatrists and psychologists note that almost all types of mild to severe mental disorders can occur in this pandemic condition. Even cases of xenophobia and cases of suicide due to fear of being infected with the virus have started to emerge. Experts have agreed that physical and mental health are interrelated, and must be managed in a balanced way. The balance between physical and mental health during the pandemic has also become a concern for the government. The Ministry of Health has issued a guidebook for Mental Health and Psychosocial Support (DKJPS) during the COVID-19 pandemic. Research conducted on students at U.S. Universities reported moderate to severe symptoms of anxiety during the COVID-19 pandemic (Coakley et al., 2021)

The Corona Virus or what is currently known as Covid-19 causes many differences from previous habits and this greatly affects lives around the world. The existence of isolation, social restrictions, and changes in living habits will certainly have a new impact on

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a person or the wider community in general. According to WHO (2020), the COVID-19 virus can be transmitted during close contact through breathing (such as coughing) and vomiting. Therefore, to limit the transmission of the virus, WHO (2020) continues to recommend frequent hand hygiene, use of respiratory protection, regularly cleaning and disinfecting surfaces, maintaining physical distance, and avoiding people with fever or respiratory symptoms.

Prevention of the spread of the COVID-19 virus is a challenge for anyone, this is due to the high ability of virus transmission and treatment handling which takes a relatively long time (WHO, 2020). Thus the coronavirus disease 2019 (COVID-19) can be considered the 'perfect storm' to increase one's emotional stress (Ahmed et al., 2020). In such a short time, everything has changed, and almost all regions in the world and Indonesia have been affected by the Covid-19 outbreak.

With this impact, the government has taken a policy by taking decisive action to limit the community's movement, especially in the educational environment. The closure of all agencies that were previously carried out face-to-face was immediately changed to an online meeting (Supriyadi & Setyorini, 2020). The government's policy of instructing restrictions and Lockdown policies makes some people restless and anxious. This can be a mental health risk during the COVID-19 pandemic in the community. Anxiety, lack of social contact and reduced opportunities for stress management are major concerns. Another major threat is the increased risk of parental mental illness, domestic violence, and child maltreatment (Lee, 2020).

In a survey conducted by the American Psychiatric Association (APA) of more than 1000 adults in the United States, it was found that 48 percent of respondents were worried they might catch the coronavirus. Around 40 percent are worried that they will become seriously ill or die from Covid-19, and 62 percent are worried that their family or loved ones are infected. More than a third of respondents (36 percent) said the Covid-19 pandemic had a serious impact on their mental health, and 59 percent said the effect was quite severe on daily life. Respondents' biggest concern regarding this pandemic is the impact on finances, lack of food, medicine, and other necessities.

Anxiety reactions will be different for each individual. For some people, anxiety reactions are not always accompanied by physiological reactions. But in certain people, the complexity of the response to anxiety can involve momentary physiological reactions such as a faster heart rate, sweating, stomachache, headache, itching, and other symptoms. After a person begins to feel anxiety, the self-defense system will then reassess the threat accompanied by efforts to overcome, reduce or eliminate the feeling of being threatened. A person can use self-defense (defense mechanism) by increasing cognitive or motor activity (Ahmed et al., 2020).

Anxiety usually comes from the perception of events that are not controlled (uncontrolled), so individuals will focus on controlled actions. In the context of this pandemic, examples of controlled actions taken include exercising, meditation, painting, playing music, gardening, cooking, reading books, watching movies, and so on. These various activities are by individual interests and abilities as a formidable and protective strategy to deal with stress, anxiety, and panic (Hardiyati et al., 2020). Other studies also mention that providing appropriate information about psychoeducational-psychological support services is very much needed (Tasdemir Yigitoglu et al., 2021).

METHODOLOGY

This study was quantitative with observational analysis and used a cross-sectional design. The variables used in this study are public anxiety as the dependent variable and the independent variables as the causative factor, namely threats, impacts, experiences, and education. The population in this study is the public, namely the general public who visit traditional markets. Determination of the sampling technique using simple random sampling. Of the 213 total population that was targeted in the research subjects, there were 114 who returned the online-based questionnaires that were taken at random. So that the number of samples in this study was 114 respondents who were willing to be sampled in this study.

RESULTS AND DISCUSSION

Table 1. characteristics of respondents that affect anxiety in dealing with Covid-19

characteristics of respondents	Frequency (%)
Gender	
Man	41 (35,6%)
Woman	73(63,6%)
Education	
Elementary	5 (4,3%)
Junior high school	15 (13,1%)
Senior high school	78 (67,7%)

Bachelor	16 (13,9%)
Media Exposure	
Never	13 (11,3%)
Ever	101 (88,7%)
Purpose of Visit	
Pengunjung	85 (73,9%)
Marketer	30 (26,1%)

Table 2. Results of the Bivariate Test of Respondents' Gender Factors on Anxiety in Facing Covid-19

	Anxiety	No anxiety	P value
Sex			
Man	4	19	0,509
Woman	5	68	
	7	107	

Table 3. Bivariate Test Results of Respondents' Education Factors on Anxiety in Facing Covid-19

	Anxiety	No anxiety	P value
Pendidikan			
Elementery	1	4	0,080
Yunior High School	0	15	
Senior High School	3	75	
Bachelor	3	13	
	7	107	

Table 4. Results of the Bivariate Test of Respondents Visiting Objectives Against Anxiety in Facing Covid-19

	Anxiety	No anxiety	P value
Purpose			
Seller	5	61	0,370
Purchaser	2	46	
	66	107	

Table 5. Bivariate Test Results of Respondents' Media Exposure Factors to Anxiety in Facing Covid-19

	Anxiety	No anxiety	P value
Media Exposure			
Not Exposed	6	95	0,04582
Exposed	1	12	
	7	107	

Based on the results of the study, shows that there is no influence between education on anxiety in dealing with Covid-19. This is because the respondents in this study are someone who needs to fulfill their daily needs tend to fulfill their daily needs so to achieve a certain goal according to their core needs, they will tend to ignore any risks that may arise. This study is different from research that states that there is a relationship between education and anxiety (Supriyadi & Setyorini, 2020). The education level of the respondents in this study was the majority of Junior High School 78 (67.7) people. (Hawari, 2001) states that the higher the level of education a person will be able to find information and receive information carefully it will motivate him to solve a problem can reduce the level of anxiety. Roestriyani in her research also said that the many sources of information obtained by someone about Covid-19, caused various impacts, both positive and negative impacts. In principle, the general public needs to update information regarding the latest Covid-19 cases in the hope that the information obtained is used as a basis for being more vigilant and careful in complying with health protocols.

This study also shows that the gender factor does not affect anxiety. This is because respondents who visit traditional markets are women who have a goal to carry out activities according to their needs so in this case, they have a more open and more stable emotional tendency to immediately respond to their needs. This is in line with research conducted by Tiara (2020) which states that gender is not always a predictor that has a significant effect on emotional reactivity, such as anxiety and fear. Anxiety will arise when there is pressure from the outside that can hinder one's activities and the results of this study also state that the respondent's visiting

status factor does not affect anxiety (Tsay et al., 2020). In a study conducted on patients diagnosed with Covid-19, it was also stated that there was no significant relationship between demographic status and anxiety (Thaweerat et al., 2021).

Based on a review in CNN Indonesia news (CNN Indonesia Team, 2020) it is explained that the flow of information both through mass media and social media affects mental health. Exposure to information from the media is known to affect stress and anxiety levels (Rohmi & Aditya, 2020). Information from the media on the one hand is also very important to build individual awareness of the dangers of COVID-19, but it is also stated that it is not uncommon for people to become anxious and afraid of this condition (Vibriyanti, 2020). Information in the digital era 4.0 through several media, one of which is also social media, is an important factor that determines respondents' anxiety during a pandemic like this. Collinson explained that sensational news in explaining an outbreak can cause anxiety and cause negative emotional responses to news reporters (Bender, 2020). Further explained by Adebayo, Neumark, Gesser-Edelsburg, Ahmad, and Levine (in Taylor, 2019) that social media is the main source of health information around the world and becomes a global platform as a risky communication for information on an outbreak or pandemic and health. Taylor (2019) explains that 147 most miscommunications are informed through social media. Then social media can influence the emotions and behavior of individuals. As stated by Quick (in Taylor, 2019) which explains that in the face of a pandemic that feels like terror, rumors, conspiracy theories, and panic, one of the solutions to solving it is to provide and maintain clear and honest communication. WHO (in Taylor, 2019) explains the important elements of a communication guide in dealing with these situations, including announcing the outbreak as soon as possible even though the information is incomplete to minimize the spread of untrue news and misinformation, providing information on what to do by the public to make themselves to be safe, maintain transparency to ensure the trust of the general public, demonstrate an effort has been made to understand the public's views and concerns about the outbreak and lastly evaluate the impact of the progress of the communication program to ensure that messages are conveyed appropriately and suggestions given has been followed by the general public. From this research it was found that various factors influence a person's anxiety, so providing the right intervention requires further assessment.

CONCLUSION

Based on the findings of this study, the following conclusions were drawn gender, education the purpose of visiting not significant, and mass was significant

LIMITATIONS

This research study is limited in several ways. The main limitation lies in the information obtained for filling out the instrument (limited by the date determined by the researcher) so that it is possible to change all psychological aspects such as the atmosphere. Generalization may be limited to the community around the research site. However, the sample included a diverse group of participants. The exact response rate cannot be calculated because the exact number of people who received the google form for the recruitment process was not determined.

RESEARCH ETHICS

Research permit Number 0238.1/LPPM/STIKes-KPJ/II/2020 from the Research and Community Service Institute of the Kepanjen School of Health Sciences. The principles of research ethics are applied in this study; Informed consent, Anonymity (without a name), Confidentiality (confidentiality).

CONFLICT OF INTEREST

The author declares that there is no conflict of interest

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