



JNK

JURNAL NERS DAN KEBIDANAN
(JOURNAL OF NERS AND MIDWIFERY)

<http://jnk.phb.ac.id/index.php/jnk>



Dealing with Covid-19: Between Risk and Anxiety in Students



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Article Information

History Article:

Received, 28/09/2021

Accepted, 06/04/2022

Published, 15/04/2022

Keywords:

covid-19, anxiety level,
risk level

Abstract

The COVID-19 pandemic has had a serious psychological impact on people around the world, especially those at high risk of contracting COVID-19. The purpose of this research was to determine the correlation between risk and student anxiety in dealing with the Covid-19 outbreak. The research design used a cross sectional study with a student population of the Faculty of Health, Tribhuwana Tungadewi University, Malang. The sample size of 93 respondents was taken by simple random sampling. The data were collected using a questionnaire and the HARS scale. The data were analyzed by Spearman's test with $\alpha=0.05$. The results showed that students of the Faculty of Health Sciences, Tribhuwana Tungadewi University had a risk of contracting Covid-19 at a median of 3.0 (minimum-maximum = 1-6) and had anxiety at a median of 7.0 (minimum-maximum = 0-27). The results of the statistical test showed that there was a significant correlation between the risk of contracting Covid-19 and anxiety in the students of the Faculty of Health Sciences, Tribhuwana Tungadewi University, Malang ($p = 0.000$; $r = 0.360$). Correct education about Covid-19 is very important to be given to the public so that there is no misunderstanding so that it can provide peace.

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DOI: [10.26699/jnk.v9i1.ART.p058-062](https://doi.org/10.26699/jnk.v9i1.ART.p058-062)

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P-ISSN : 2355-052X

E-ISSN : 2548-3811

INTRODUCTION

The Covid-19 pandemic has caused various problems or multidimensional crises in society (Supartinah & Anwar, 2021). One of the most serious problems is anxiety. Anxiety does not only affect people of productive age, but also teenagers and young adults such as college students (Fitria & Ifdil, 2020). Anxiety arises as a response to the various possibilities of being exposed to Covid-19 (Fitria, 2020). The very high mortality rate and the very easy spread of disease cause people to feel worried when interacting with other people, especially with people diagnosed with Covid-19 or suspected of having Covid-19 (Ilpaj & Nurwati, 2020).

The number of cases of Covid-19 from time to time continues to increase sharply. Likewise, the death rate also experienced a significant increase. At the end of January 2021, the number of Covid-19 cases in the world had reached 100,455,529 cases with a death rate of 2,166,440 cases (WHO, 2021), while in Indonesia in early January 2021 it had reached 110,679 cases (14.46%) with the death rate reached 22,734 cases (2.97%) (Satgas Covid Nasional, 2021). At the same time, East Java province was ranked third with the highest number of cases in Indonesia, namely 86,361 cases with a death rate reaching 6,009 cases (National Task Force, 2021) and in Malang Raya reaching 6,484 cases with a death rate reaching 559 cases (Satgas Covid Kab. Malang, 2021).

Anxiety is a person's response to certain situations that are considered threatening (Sadock, et al., 2010). The high morbidity and mortality of COVID-19 with very easy transmission is a real threat to the community, causing its own anxiety for the community. Especially for people who are in the red zone (Vibriyanti, 2020). Public anxiety due to the COVID-19 pandemic is seen in the emergence of sleep disorders that are very risky for committing suicide, anxiety, shortness of breath, tense muscles, and panic buying and OCD (obsessive compulsive disorder) which interfere with mental health risks (Sari, 2020).

Meanwhile, the anxiety that often arises in students during the COVID-19 pandemic is

concern for the health of themselves and their families, worried about the failure of their studies, worries about difficult jobs to find, and a lot of college assignments. Finally, students tend to be passive in attending lectures, especially when students face several obstacles such as the internet network, the availability of quotas and other technical obstacles (Fauziyyah, Awinda & Besral, 2021). Various ways that can be done by the public to overcome anxiety in the midst of the Covid-19 pandemic, including by reducing watching television or YouTube broadcasts related to the occurrence of covid-19, especially from channels that are not credible, reducing the intensity of reading or listening to news about covid-19, Looking for information from official and trusted sources. Trying to find news only 1-2 times a day and at a specific time. In addition, looking for information related to efforts to maintain mental health during the pandemic both online and offline (Banerjee, 2020). Meanwhile, efforts that can be made by students to overcome their anxiety are by doing exercise and regulating rest patterns (Fauziyyah, Awinda & Besral, 2021).

METHOD

The research design used a cross sectional study with a student population of the Faculty of Health Sciences, Tribhuwana Tungadewi University, Malang. A sample of 93 respondents was taken at random (simple random sampling) that met the criteria. The sample criteria in question are students of the Faculty of Health Sciences who are active, residing in Malang. If there are respondents who have experienced Covid-19, then they are excluded from the study. Data were collected using a questionnaire to explore the risk of contracting Covid-19 and the HARS scale to explore anxiety. The data scale uses a numerical-numeric scale (risk of getting Covid-19 and anxiety). Data were analyzed using Spearman's test with $\alpha=0.05$. This test was chosen because it did not meet the requirements of the Pearson test (data distribution was not normal, $p = 0.000$ for the risk of contracting Covid-19 and $p = 0.001$ for anxiety).

RESULT**Table 1: General data of respondents**

Characteristics	n	f (%)
Age		
<20 years	16	17,20
20-24 years	64	68,82
>24 years	13	13,98
Sex		
Male	30	32,26
Female	63	67,74
Program		
Nursing	53	56,99
Profession of Nurse	40	43,01
Total	93	100%

Source: Primary Data

Based on the table above, it shows that most of the respondents are between 20-24 years old (68.82%), most of the respondents are female

(67.74%) and most of the respondents are from the Nursing Study Program (56.99%).

Table 2: Distribution of the risk of being exposed to Covid-19 and respondents' anxiety

Variable	Median	Min-max
The risk of getting Covid	3,0	1,0-6,0
Anxiety	7,0	0,0-27,0

Source: Primary Data

Based on the table above, it shows that the median value of risk of being exposed to Covid-19 is 3.0 with a minimum-maximum value of 1.0

- 6.0, the median value of anxiety is 7.0 with a minimum-maximum value of 0.0 - 27.0.

Table 3: Bivariate analysis of the risk of getting Covid-19 with anxiety

	Anxiety
The risk of getting Covid	r= 0,360 p= 0,000 n=93

Source: Primary Data

Based on the table above, it shows that there is a significant correlation between the risk of contracting Covid-19 and anxiety in students of the Faculty of Health Sciences ($p = 0.000$) with the strength of the correlation in the weak category ($r = 0.360$). A positive correlation value indicates that the greater the risk of contracting Covid-19, the greater the anxiety.

DISCUSSION

The results of this study indicate that there is a significant correlation between the risk of contracting Covid-19 and the anxiety of the students of the Faculty of Health Sciences. The results of this study also show that the risk value

of contracting COVID-19 and the anxiety of respondents is low. This is supported by the fact that almost all respondents did not experience problems with somatic (muscle), somatic (somatic), cardiovascular, respiratory, gastrointestinal, urogenital, autonomic and behavioral symptoms. Only mild symptoms appear in feelings of anxiety, tension, fear, sleep disturbances, impaired intelligence and symptoms of depression. The results of this study are also supported by the results of research conducted by Divine, Rachma, Janastri & Karyani (2021) which examined the level of anxiety of students during the COVID-19 pandemic where the results were

obtained that almost half of the respondents did not experience anxiety (normal).

Anxiety is an unpleasant emotional state in the form of a psychophysiological response that arises in anticipation of an unreal or imaginary danger, usually caused by an intrapsychic conflict that is not directly realized (Dorland, 2010). Anxiety is also a feeling of fear of something dangerous (Sutejo, 2018). Meanwhile, Covid-19 is a real threat to society today. This is because Covid-19 can cause respiratory tract infections, ranging from the common cold to serious diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). Although the number of cases of Covid-19 is much higher than that of SARS and the spread of Covid-19 is wider and faster, the death rate of Covid-19 is lower than that of SARS (Ministry of Health, 2020). So that Covid-19 often causes anxiety for the community.

Covid-19 is a serious threat to all circles of society regardless of economic status, age, gender or others. The spread that is very easy and difficult to avoid causes the risk of getting Covid-19 to be higher, especially if there are comorbidities. The risk of being exposed to Covid-19 makes people feel worried, afraid and anxious when interacting with people suspected of having COVID-19 such as coughs, colds and fever. The level of public anxiety is in line with the high and low risk of being exposed to Covid-19. The higher a person's risk of contracting Covid-19, the higher the anxiety. Therefore, the public must comply with government regulations regarding health protocols to minimize the transmission of covid-19, such as staying at home, leaving the house only if there is a very important need, avoiding crowds, maintaining distance, using masks and washing hands with soap or hand sanitizer. This reduces the risk of contracting COVID-19.

CONCLUSION

There is a significant correlation between the risk of contracting Covid-19 and anxiety ($p=0.000$) with the strength of the correlation in the weak category ($r=0.360$). The higher the risk, the higher the anxiety.

SUGGESTION

The public must remain vigilant by implementing health protocols as well as possible in order to reduce the risk of contracting Covid-

19. As well students who conduct online lectures to avoid or reduce going out of the house, use masks during interactions with other people, exercise and get enough rest.

ACKNOWLEDGMENT

The authors would like to thank Tribhuwana Tunggaladewi University for providing the opportunity and facilitating the author to conduct this research.

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