

Description of the Level of Anxiety in the Community Villages in Facing the Covid-19 Pandemic in the Village of Selagedang Kec. Cibeber Cianjur Regency in 2021

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ABSTRACT

The 2020 COVID-19 Positive Rate reported by the World Health Organization (WHO) updated data as of May 10 2020 that 215 countries have been confirmed infected with COVID-19 including the State of Indonesia, with a positive number of confirmed COVID-19 cases in the World 3884434 and the number Confirmed mortality in the world is 272859 people, with data estimates continuing to grow. Based on the updated PIKOBAR data on May 10, 2020, the number of confirmed cases in Indonesia is 14032, with a confirmed recovery rate of 2698, with a confirmed mortality rate of 973, with estimates that the data will continue to grow. COVID-19 causes anxiety due to changing lifestyles and limited space for movement due to restrictions made to prevent transmission of COVID-19

INTRODUCTION

This mental health problem is estimated by WHO in 2030 to be ranked first as the cause of death in 2030 after coronary heart disease. Mentally healthy citizens are the fundamental foundation of the nation's progress. "wake up the soul, wake up the body" is the fundamental message of our national anthem "Indonesia Raya".

RI Law No. 38 concerning nursing that the nursing profession is also one of the professions that are responsible for improving public health. WHO or the World Health Organization or the world health organization formulates that the concept of health is a broad scope, namely a perfect condition both physically, mentally, and socially, not only limited to disease or weakness and physical disability.

Mental health problems in society are very complex. Based on data from Basic Health Research or Riskesdas (2018) concerning mental health, the prevalence of households with schizophrenia/psychosis family members is 7.0%, the prevalence in people aged more than or equal to 15 years is 6.1%, the prevalence of mental disorders emotional mental in the population aged more than or equal to 15 years is 9.8%. Where when compared with previous research, namely in 2013 the results of Riskesdas concerning the prevalence of mental-emotional disorders in residents aged more than or equal to 15 years were only at 6%, this showed an increase of 3.8%.

According to the journal Biomedical and health, vol 3 no 1 (2020) Researchers at the Institute of Virology in Wuhan have carried out a metagenomics analysis to identify the new coronavirus as a potential etiology. They call it novel coronavirus 2019 (2019-nCoV) and now the disease is popularly known as coronavirus disease-19 (COVID-19).

Indonesia itself only confirmed a case of the coronavirus on March 2, 2020, it was announced directly by President Jokowi Dodo at the presidential palace, he confirmed that the corona case had occurred in Indonesia for the first time involving two residents of Depok, Answerarat.

The positive cases of corona continued to increase drastically, confirmed by Achmad Yurianto on March 11 2020, that the new confirmed cases of positive corona became 34 people. Until finally the Ministry of Communication and Information (Kemkominfo) on March 19 created a hotline via the WhatsApp application at +62811- 3339-9000 and named it COVID-19.GO.ID which is freely accessible to all Indonesian people.

Medical Database Coordinator Prixai.Ai Kafi H Khaibar Lubis (2020) self-examination in PIKOBAR specifically examining symptoms of respiratory disease, especially COVID-19. Patients are directed to stay at home, buy their own medicine, or need immediate treatment from a doctor. This is done to break the chain of Covid-19.

Based on the updated PIKOBAR data on May 10 2021 that 215 countries have been confirmed infected with COVID-19 including the State of Indonesia, with a positive number of confirmed COVID-19 cases in the world of 3884434 and a confirmed mortality rate in the world of 272859 people, with estimated data continuing to grow.

Based on the updated PIKOBAR data on May 10, 2021, the number of confirmed cases in Indonesia is 14,032, with a confirmed recovery rate of 2,698, with a confirmed mortality rate of 973, with estimates that the amount of data continues to grow.

Based on the updated PIKOBAR data dated May 10, 2021, the number of confirmed cases in West Java is 1437, with a confirmed cure rate of 202, a confirmed mortality rate of 95, people under monitoring (ODP) 1437 people, and patients under supervision (PDP) 2526 people with an estimated the amount of data continues to grow.

Based on the updated PIKOBAR data dated May 10, 2021, the number of confirmed cases in Cianjur is 12, with a confirmed cure rate of 11, with a confirmed mortality rate of 1, 768 people under monitoring, 53 patients under surveillance with an estimated number of data continuing to grow.

Based on the data from the Cianjur Regency COVID-19 Task Force, which was updated on May 10, 2021, the number of confirmed cases in Cibeber district is 0, with a confirmed cure rate of 0, with a confirmed mortality rate of 0, people under monitoring 56, patients under surveillance 2 with an estimated amount of data. keep growing.

Based on the data from the Cianjur Regency COVID-19 Task Force which was updated on May 10, 2021, the number of confirmed cases in Selgedang Village is 0, with a confirmed cure rate of 0, with a confirmed mortality rate of 0, people under monitoring 17, patients under surveillance 0 with an estimated amount of data keep growing.

Coronavirus has spread to all corners of the world including Indonesia very quickly. Because of its relatively short spread, with wide reach, it affects various sectors of human life, one of which is social and economic. So it causes mass anxiety. Not only has an impact on the physical, but the Coronavirus has also had an impact on mental health. One of them is the skyrocketing level of anxiety disorders or anxiety disorders.

This raises an interesting question, whether the skyrocketing rates of anxiety disorders due to the Covid-19 pandemic are also occurring in rural areas. Selagedang village is the village chosen by the researcher. Selagedang village is one of the villages located in Cianjur district, Cibeber district with a population of 2598 people, 1721 heads of families, and 28 villages with 16 hamlets.

Based on a preliminary study conducted in the Selagedang village area in May 2021 by randomly interviewing 10 family heads in Selagedang Village, it was found that 7 out of 10 respondents experienced anxiety and physical symptoms such as difficulty sleeping and no appetite due to anxiety due to fear of contracting and keep thinking about the worst possibilities that will occur as a result of the COVID-19 Pandemic.

THEORETICAL FRAMEWORK

Mental health problems in society are very complex. Based on data from Basic Health Research or Riskesdas (2018) concerning mental health, the prevalence of households with schizophrenia/psychosis family members is 7.0%, the prevalence in people aged more than or equal to 15 years is 6.1%, the prevalence of mental disorders emotional mental in the population aged more than or equal to 15 years is 9.8%. Where when compared with previous research, namely in 2013 the results of Riskesdas concerning the prevalence of mental-emotional disorders in residents aged more than or equal to 15 years were only at 6%, this showed an increase of 3.8%.

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METHODOLOGY

The design in this study uses a Quasi Experiment that uses designn One group pre and post test without controlTechniquetakingthe sample used by the author using purposive sampling as many as 17 respondents.Bivariate analysis in this study used the Wilcoxon test.

RESULTS

Univariate Analysis

a. An Overview of the Level of Anxiety in Village Communities in Facing the Covid-19 Pandemic in Selagedang Village, Cibeber District, Cianjur Regency in 2021

From the research results, it was obtained the percentage proportion of the village community's anxiety level in dealing with the COVID-19 pandemic in Selagedang Village, Cibeber District, Cianjur Regency in 2020, which can be seen in the table below:

Table 1. Frequency Distribution of Anxiety Level Descriptions in Village Communities in Facing the COVID-19 Pandemic in Selagedang Village, Cibeber District, Cianjur Regency Based on Anxiety Level Aspects

Aspects of Anxiety Levels	Frequency	Percentage
<14 (no anxiety)	19	19.8%
14-20 (mild anxiety)	47	49.0%
21-27 (moderate anxiety)	30	31.2%
Total	96	100.0%

Source: Primary Data

Based on table 1 above, it was found that the proportion of anxiety levels in rural communities in dealing with the COVID-19 pandemic with a total number of 96 respondents showed that as many as 19 respondents (19.8%) did not

experience anxiety, 47 respondents (49.0%) experienced anxiety and 30 (31.2%) Respondents experienced moderate anxiety.

DISCUSSION

a. An Overview of the Level of Anxiety in Village Communities in Facing the Covid-19 Pandemic in Selagedang Village, Cibeber District, Cianjur Regency in 2021

As has been emphasized in the research used is descriptive research which means describing a variable, symptom, or situation that does not intend to test a particular hypothesis. Where researchers only want to know the description of the level of anxiety of the village community in dealing with the COVID-19 Pandemic. After conducting research in Selagedang Village, Cibeber District, Cianjur Regency on May 26-June 8, the results were obtained.

The results of the research conducted by researchers in Selagedang Village, Cibeber district, Cianjur Regency, as many as 19 respondents (19.8%) did not experience anxiety. categorized into the proportion of no symptoms of anxiety in dealing with the COVID-19 pandemic. This is because individuals can cope with stress and anxiety by using or taking coping resources from the environment both socially, intrapersonally and interpersonally. Sources of coping include economic assets, ability to solve problems, trusted socio-cultural support. With the integration of these coping resources, individuals can adopt effective coping strategies (Suliswati, 2015).

As many as 47 respondents (49.0%) experienced mild anxiety based on psychological symptoms and physical symptoms with HARS-A questionnaire scores in the range of 14-20 so that they were categorized as mild anxiety in the face of the COVID-19 pandemic. The individual's ability to deal with anxiety in a constructional way is the main factor that makes a client behave pathologically or not. When individuals are experiencing anxiety they try to neutralize, deny or eliminate anxiety by developing coping patterns.

According to the HARS-A questionnaire, mild anxiety is first level anxiety, which is an initial symptom that is considered reasonable as a reaction or response to a particular subject or object which is considered a stressor trigger.

Mild anxiety is anxiety that can still be tolerated which allows psychological and physical symptoms that can still be controlled by individuals (Suliswati, 2015).

The results of this study are in line with the results of research conducted by Nia Duniawati (2010) which said that a mild level of anxiety due to the Disease Outbreak occurred in the Tunggorono Jombang village community, this was due to positive coping responses and individual abilities in controlling stressors.

As many as 30 respondents (31.2%) experienced moderate anxiety, this was based on psychological symptoms and physical symptoms that occurred with HARS-A questionnaire scores in the range of values between 21-27 so that they were categorized into the proportion of moderate anxiety in dealing with the COVID-19 pandemic.

The individual's ability to deal with anxiety in a constructional way is the main factor that makes a client behave pathologically or not. When individuals

are experiencing anxiety they try to neutralize, deny or eliminate anxiety by developing coping patterns. In mild anxiety, coping mechanisms that are usually used are crying, sleeping, eating, laughing, imagining, cursing, smoking, exercising, reducing eye contact with others, limiting oneself to others (Suliswati, 2015).

Moderate anxiety, is anxiety that can still be tolerated which allows psychological and physical symptoms that can still be controlled by individuals, there are two types of coping mechanisms that can be carried out, Task-oriented reactions and ego-oriented (Suliswati, 2015).

Task oriented reactions or task-oriented reactions. The goal to be achieved by doing this coping is for individuals to try to face the reality of the stress demands of the COVID-19 disease outbreak by assessing it objectively aimed at overcoming problems, resolving conflicts and meeting needs.

Ego oriented reaction or ego-oriented reactions. Coping is not always successful in overcoming the problem. This mechanism is often used to protect oneself, so it is called an ego self-defense mechanism, usually this mechanism does not help to deal with problems in reality. To assess the use of individual defense mechanisms whether adaptive or non-adaptive.

The COVID-19 pandemic can affect a person's psyche or mentality, especially feelings of worry and anxiety. Bad memories about COVID-19 can cause symptoms of conditions that resemble those of COVID-19 or in psychiatric nursing science it is called psychosomatic. Select and limit information about COVID-19, so that you only receive information about the COVID-19 pandemic from trusted official sources such as WHO, CDC, IDAI, IDI, RI COVID-19 Task Force, and websites that have credibility.

This is in line with the results of research conducted by Dr Andri, Sp.Jk, FACM, (2020) that the COVID-19 pandemic can affect a person's psyche or mentality, with varying levels of anxiety, including moderate levels of anxiety that can still be tolerated as long as it does not lead to into pathological anxiety which causes excessive physical and psychological symptoms. one of the factors causing anxiety due to the COVID-19 pandemic is by reading news or information that is too contrived, then filtering or filtering news from sources that are guaranteed to be credible really helps prevent anxiety excess.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

Based on the results and discussion of research regarding the description of the level of anxiety in rural communities in dealing with the COVID-19 pandemic in Selagedang Village, Cibeber district, Cianjur regency in 2021, they are as follows:

1. An overview of the level of anxiety in village communities in dealing with the COVID-19 pandemic in Selagedang Village, Cibeber district, Cianjur Regency in 2021, the highest percentage proportion, namely at a mild level of anxiety, was 47 (49.0%) respondents.

FURTHER STUDY

It is hoped that future researchers can dig up more reference sources both theoretically and practically. So as to be able to develop research to be much better which will add to the body of knowledge, especially in the field of Psychiatric Nursing.

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