

# Analysis of Anxiety and Community Activities in the Covid 19 Period in Bengkulu Province

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## ABSTRACT

**Background:** Community activities have decreased due to the COVID 19 pandemic, which has an impact on productivity. Public fervor over the COVID 19 pandemic is one of the causes of a decline in community activity in Bengkulu Province.

**Aim:** To analyze the anxiety and community activity during the COVID 19 pandemic in Bengkulu Province

**Study Design:** Quantitative research with analytic description design correlates the relationship of anxiety during the COVID 19 pandemic with economic, educational, employment, and social life. The number of samples was 712 respondents using a random sampling method.

**Results:** The COVID 19 pandemic affected public health, in the form of feeling anxious and very anxious as many as 531 people (74.6%). Bivariate analysis has an anxiety relationship with economic life, education, work, and social life. A pandemic and a new normal era of community activity can be accomplished by implementing health protocols to prevent and control COVID 19. During the COVID 19 pandemic, most of the impacts on public health were feeling anxious and impacting on economic life, education, work, and society.

**Conclusion:** Community activities in the pandemic and post-pandemic periods can be carried out with due regard to and discipline in applying health protocols including wearing masks, managing physical distance, and applying clean and healthy living behaviors.

**Keywords:** Anxiety, Activities, Public Health

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## INTRODUCTION

The COVID-19 pandemic period in Indonesia, including in Bengkulu Province, is still ongoing. The Indonesian government issued a policy of large-scale social restrictions by issuing several health protocol guidelines to continue to be able to carry out activities outside the home. Some provinces and districts/cities have implemented large-scale social constraints (PSBB) in the effort to stop the spread of the virus. The COVID 19 case in Bengkulu Province is relatively small and can still be controlled by implementing a disciplined health protocol by the community. The government has implemented a normal era facing during the COVID 19 pandemic, after many efforts to control the chain of transmission of COVID-19 transmission were undertaken. Prolonged efforts to control COVID 19 create a burden on society, both psychological and financial. Several studies have reported cases of psychosocial anxiety and depression occurring in several countries. The COVID-19 pandemic has caused widespread concern, depression, and anxiety among people throughout the world. Mental health problems caused by COVID-19 have a psychological impact on the well-being of individuals from the whole community including students, workforce, health workers, and the general public living in conditions of anxiety, including health workers at the forefront and most at risk of contracting<sup>1</sup>.

The COVID 19 pandemic is still occurring and after several months of impact on the psychosocial community, Li (2020) compares the differences before and after a pandemic on the psychological profile, finding an increase in negative emotions (anxiety, depression, and anger), and sensitivity to social risks, and decreasing positive emotions (happiness) and life satisfaction after the establishment of

the COVID-19 pandemic status in China. People are more concerned about health and family, and less concerned about society<sup>2</sup>. Based on the background description, this study aims to analyze the anxiety and community activity during the COVID 19 pandemic in Bengkulu Province.

## METHOD

Data collection was carried out online to find out the anxiety felt by the community during the COVID 19 pandemic. Data collection was carried out for 8 days (6-13 June 2020). In this research, the psychosocial burden is measured based on the level of anxiety is self-assessment of anxiety in aspects of economic life, education, work, and society. Assessment based on the choice of answers using a Likert scale of scores from 5 to 1. There are 4 dependent variables analyzed are economy, employment, education, society. All research variables were performed a bivariate test with Chi-Square to examine the relationship between independent and dependent variables using SPSS 22.

## RESULTS

**Characteristics of Respondents:** The results of the univariate analysis of the majority of the respondents' education were 447 people colleges (62.8%) and only 0.1% had an elementary school education. Respondents' occupations included ASN/TNI/Polri 354 people (49.7%) and only 0.8% employed farmers / fishermen / laborers. The marital status of respondents is married 383 people (53.8%) and only 1.4% are widowed. The sex of the respondent is 75% female (534 people). Details of the characteristics of respondents can be seen in Table.1

**Impact of Anxiety on Activity:** The results of the univariate analysis of the majority of respondents described feeling anxious and very anxious 531 people (74.6%), normal and not very anxious 181 (25.4%) during the COVID 19 pandemic period. Respondents had very anxious and anxious feelings in the economic context of 400 people (56.2%) and 303 people (42.6%). Anxiety in the economic context is large due to reduced income 294 people (41.3%) and 6 people (0.8%) due to being fired from work. Actions to overcome economic problems by determining priority needs and saving expenses by 60 people (22.5%).

In the context of educational life, most were anxious and very anxious 400 people (66.2%) and ordinary and very uneasy 312 people (33.8%). The reason for these feelings was large because they could not understand the material delivered by the teacher/lecturer by 174 people (24.4%) and 15 people (2.1%) caused by the teacher/lecturer do not master e-learning features. Measures to overcome anxiety by still following the teaching and learning process despite facing obstacles of 363 people (51%).

Table 1: Distribution of Respondent Characteristics

Education	n	%
- Primary school	1	0.1
- Junior high school	17	2.4
- Senior High School	247	34.7
- College	447	62.8
Total	712	100
Profession		
- Does not work	174	24.4
- ASN / TNI / Polri	354	49.7
- Private employees	94	13.2
- Businessman	63	8.8
- Farmer / Fisherman / labor	6	0.8
- Housewife	21	2.9
Total	712	100
Marital status		
- Single	319	44.8
- Married	383	53.8
- Widow widower	10	1.4
Total	712	100.0
Gender		
- Male	178	25.0
- Girl	534	75.0
Total	712	100.0

In the context of work, some were anxious and very anxious 341 people (47.9%), ordinary and not anxious 371 people (52.1%). The cause of these feelings is because of the reduced income of 96 people (13.5%) and 3 people (0.4%) caused by the use of public transportation to get to the office. The act of overcoming anxiety at work with ko routine coordination with the team to share the workload for problem-solving by 140 people (19.7%) and looking for alternative solutions to the problem of 111 people (15.6%).

In the context of social life, most people were anxious and very anxious, 416 people (58.5%) were ordinary and 296 people were very worried (41.5%). The cause of these feelings is partly due to the can not interact / friendship directly with relatives, neighbors, and friends 210 people (29.5%) and 1 person (0.1%) were caused to live in a boarding house with lots of people. Actions to overcome

anxiety in social society with good at socializing by keeping a distance and wearing a mask of 250 people (35.1%).

#### ANXIETY AND IMPACT ACTIVITIES

**Economic Impact:** Feelings of a COVID 19 pandemic with Feelings in an Economic Context can be seen in table 2.

Based on bivariate analysis, the results showed that of 420 people (59%) who had anxiety in the middle of a pandemic, there were 236 people (75.9%) who experienced feelings of anxiety in an economic context. People who have normal feelings during the COVID 19 pandemic were 171 people (24%) there were 25 people (8%) had feelings of anxiety and 7 people (7.9%) were very anxious in the economic context of the COVID 19 pandemic. worried during COVID 19 pandemic as many as 3 people (0.4%) there are 2 people (0.7%) who have ordinary feelings in the economic context in the middle of the COVID 19 pandemic. Based on chi-square analysis using chi-square analysis shows p-value 0,000 can there is a correlation between the feelings of the COVID 19 pandemic. and the feelings of the economic context

**Impact of Education:** Feelings of the COVID 19 pandemic with Feelings in the Context of Education can be seen in table 3. Based on the bivariate analysis, the results showed that of 420 people (59%) who had anxiety in the middle of the pandemic, there were 221 people (66%) who experienced feelings of anxiety in the context of educational life. People who have normal feelings during the COVID 19 Pandemics coexist as many as 171 people (24%) there are 78 people (23.3%) experience feelings of anxiety and 4 people (3.6%) are very anxious in the context of educational life during the COVID 19 pandemic. Feelings are very no worries during the COVID 19 pandemic as many as 3 people (0.4%) there is 1 person (0.9%) who has a very anxious feeling in the context of educational life in the middle of the COVID 19 pandemic. The results of the analysis using chi-square analysis showed p-value 0.

**Job Impact:** Feelings of a COVID 19 pandemic with Feelings in the Context of work can be seen in table 4.

Based on bivariate analysis, the results showed that of 420 people (59%) who had anxious feelings in the middle of a pandemic there were 213 people (77.5%) who experienced feelings of anxiety in the context of work-life. People who have normal feelings during pandemic COVID 19 as many as 171 people (24%) there are 28 people (10.2%) experience anxiety and 6 people (9.1%) are very anxious in the context of working life during the COVID 19 pandemic. Feelings are very not worried during COVID 19 pandemic as many as 3 people (0.4%) there is 1 person (0.4%) who has a normal feeling in the context of work-life in the middle of the COVID 19 pandemic. The results of the analysis using chi-square analysis showed p-value 0.

**Impact of Community Life:** Feelings of the COVID 19 pandemic with Feelings in Context Community life can be seen in table 5.

Based on the bivariate analysis the results showed that of 420 people (59%) who had anxious feelings in the middle of a pandemic there were 257 people (71.4%) who experienced feelings of anxiety in the context of social life and out of 111 people (15.6%) there were 64 people (17.8%) feel anxiety and 36 people (64.3%) experience very anxious feelings in the context of social life. People who have normal feelings during the COVID 19 pandemic

coexist as many as 171 people (24%) there are 39 people (10.8%) who experience anxiety and 3 people (5.4%) are very anxious in the context of social life in the pandemic

COVID 19. very uneasy at the epidemic COVID 19 period of 3 people (0.4%) there was 1 person (0).

Table 2: Feelings of the COVID Pandemic Period With Feelings in an Economic Context

Variable	Feelings in the economic context				Total		P-value
	not worried	Ordinary	Anxious	Very worried			
	%	%	%	%	n	%	
Feeling							0,000
Very worried	11.1	0.7	0	0	3	0.4	
Not worried	44.4	0.7	0.3	0	7	1.0	
Just ordinary	33.3	44.9	8	7.9	171	24	
Anxious	11.1	48.8	75.9	39.3	420	59	
Very worried	0	5	15.8	52.8	111	15.6	
Total	1.3	42.6	43.7	12.5	712	100	

Table 3: Feelings of the COVID 19 Pandemic Period with Feelings in the Context of Education

Variable	Feelings in the context of education						Total		P-value
	Cannot be applied	Very not worried	not worried	Ordinary	anxious	Very worried			
		%	%	%	%	%	N	%	
Feeling									
Very worried	0	25	16.7	0	0	0.9	3	0.4	0,000
Not worried	0.8	0	50	0.8	0.6	0	7	1.0	
Just ordinary	20	50	33.3	47.2	23.3	3.6	171	24	
Anxious	63.1	25	0	47.2	66	50.9	420	59	
Very worried	16.2	0	0	0.8	10.1	44.6	111	15.6	
Total	18.3	0.6	0.8	17.6	47.1	15.7	712	100	

Table 4: Feelings of the COVID 19 Pandemic Period with Feelings in the Context of Work

Variable	Feelings in the context of work						Total		P-value
	Cannot be applied	Very not worried	not worried	Ordinary	anxious	Very worried			
		%	%	%	%	%	n	%	
Feeling									0,000
Very worried	0	66.7	0	33.3	0	0	3	0.4	
Not worried	0.8	0	37.5	1.3	0.6	0	7	1.0	
Just ordinary	22.7	33.3	37.5	44.8	10.2	9.1	171	24	
Anxious	55	0	25	48.7	77.5	31.8	420	59	
Very worried	21.1	0	0	4.7	12.4	59.1	111	15.6	
Total	18	0.4	1.1	32.6	38.6	9.3	712	100	

Table 5: Feelings of the COVID 19 Pandemic Period with Feelings in the Context of Community Life

Variable	Feelings in the social context					Total		P-value
	Very not worried	not worried	Ordinary	anxious	Very worried			
	%	%	%	%	%	n	%	
Feeling								
- Very worried	33.3	10	0.4	0	0	3	0.4	0,000
- Not worried	0	30	1.4	0	1	7	1.0	
- Just ordinary	0	50	43.8	10.8	5.4	171	24	
- Anxious	0	10	51.2	71.4	30.4	420	59	
- Very worried	66.7	0	3.2	17.8	64.3	111	15.6	
Total	0.4	1.4	39.7	50.6	7.9	712	100	

## DISCUSSION

**The anxiety of the Pandemic Period :** The COVID 19 pandemic caused anxiety to the community, this happened also in various countries. The COVID-19 pandemic can have a mild stress effect since the COVID-19 pandemic is still ongoing. Zhang's study (2020) successfully identified several positive and negative impacts on mental health

from the COVID-19 pandemic<sup>3</sup>. The COVID-19 pandemic has caused many uncertainties in the lives of Indian people like other countries. Mental health-related surveys in India during the initial phase of the COVID-19 pandemic showed that most had psychological effects. The highest impact factors are the age of children, women, and physical comorbidities. Policymakers must consider mental health

issues while planning interventions to control pandemics<sup>4</sup>. ILO (2020), COVID-19 will have a wide impact on work outcomes, worker and family health, shake the economy will have an impact on three main dimensions of the world of work: 1) the number of unemployed and underemployed jobs; 2) quality of work, and 3) effects on vulnerable groups<sup>5</sup>. According to Qiu (2020), the pandemic is not over and continues to other countries, there is a possibility that a COVID-19 pandemic will cause excessive panic and anxiety in the population, due to the increasing number of cases worldwide. The results of the study suggest the following recommendations for future interventions, among others: accessibility to medical personnel and the public health service system must be further strengthened and enhanced. Comprehensive crisis prevention and intervention systems including epidemiological monitoring, screening, Targeted referrals, and interventions must be built to reduce psychological pressure and prevent mental health problems from the impact of COVID 19<sup>6</sup>. Most studies highlight the mental health vulnerabilities of health workers during and after the pandemic. Future research can explore specifically the impact of COVID-19 on the mental health of health workers such as fatigue<sup>7</sup>. Health workers are one of the community groups that has a high impact on contracting COVID 19 because the level of exposure is very high and fatigue provides services and wears personal protective equipment. A higher prevalence of psychological symptoms was found in medical health workers during COVID-19 as well as higher risk factors<sup>8</sup>.

Health workers and medical personnel need adequate health protection and working conditions, such as the provision of necessary and adequate medical protection equipment, adequate rest arrangements, and recovery programs aimed at empowering psychological well-being and endurance<sup>9</sup>.

**Economic Impact:** The COVID 19 pandemic period had an anxious impact on the economy of the community because of the reduction in income, so the community had to prioritize spending and savings. Acikgoz (2020) said the COVID 19 pandemic would provide several economic and political opportunities for several countries if they succeeded in ending COVID 19 earlier. Turkey's economy will be destroyed in the short term like many other countries if Turkey can immediately control COVID 19, it will bring sustainable growth with the acceleration of increased exports of manufacturing, tourism and foreign investment in the short term. Turkey must develop a new strategy to adjust the new post-pandemic order without much delay to gain profits and catch up<sup>10</sup>. Bengkulu Province could immediately adjust the new order with discipline and be responsible for implementing health protocols during the COVID 19 pandemic, to carry out community economic activities. Ferguson's analysis (2020), paints a grim picture of the choices about public health faced by policymakers in reducing the impact of the COVID-19 pandemic<sup>11</sup>. What is needed is an economic analysis of the economic consequences of the mitigation measures currently being carried out to move forward, so that between economics and public health can be considered quantitatively, researchers hope that economists, academics, and policy find effective models in conducting the analysis economy and public health<sup>12</sup>. Economists are not fully familiar with

the quantitative implications of public health efforts models, because they are not fully involved in policy discussions on public health and the economic implications of mitigation measures for the COVID 19 pandemic control<sup>13</sup>. Public anxiety that has an impact on the economy because income is reduced by 41.3%, can be overcome by setting priorities and saving expenses (75.3%). This condition is very helpful for the government to formulate policies to protect public health from the effects of the COVID 19 pandemic and to continue to carry out the reconstruction of the program by observing the health protocol.

**Education:** During the COVID 19 pandemic, people felt anxious, the cause of these feelings was largely due to not being able to understand the material presented by the teacher/lecturer, still following the teaching and learning process despite facing obstacles. Good education continuity is very dependent on students' health and a healthy learning environment. The COVID-19 pandemic affects the health of all people whois infected with a virus and can sometimes result in death<sup>14</sup>. Regional and local closure of schools in several countries to prevent the spread of COVID-19 is a threat to the future of children especially in developing countries because schools are not equipped with technology-based. The report shows that there are national school closures in 123 countries; more than 1.09 billion students have been affected<sup>15</sup>. The opening of schools after the COVID 19 pandemic, it is necessary to study effective learning models before implementation. Strong evidence is not available for the effectiveness of learning practices, they may be implemented with a much smaller disruption, cost, or hazard situation. Modeling and observational studies are urgently needed to guide policies on opening schools after a controlled COVID pandemic<sup>16</sup>. Education policy in Bengkulu Province after COVID 19, must pay attention to the condition of public health after a long pandemic, review effective and efficient health protocols so that the education process can be carried out as usual before the COVID 19 Pandemic.

**Profession:** During the COVID 19 pandemic, people were worried and very worried. Causes of reduced income. Overcome anxiety at work with ko routine coordination to share workloads and problem-solving. Immediately need measures are implemented and adjusted that might impact the COVID 19 pandemic. Medium and long-term planning is needed to rebalance and energize the economy after the crisis. A socio-economic development plan that encourages entrepreneurship is also needed so that those who have a strong and sustainable business model can develop. It is wise that governments and financial institutions continually reassess and evaluate the conditions needed until they have been reached<sup>17</sup>.

**Social life:** The cause of these feelings is partly due to the can not interact / friendship directly with relatives, neighbors, and friends. The act of overcoming anxiety in the social community good at socializing by keeping a distance and wearing a mask. Coronavirus, a zoonotic disease that has emerged at the end of 2019 and has spread rapidly throughout the world. Regarding transmission, it was suddenly announced as a pandemic and several social changes were implemented in many countries to prevent further spread, such as reducing

activity, physical distance regulation, self-isolation. These changes have in common and are often used interchangeably, there are slight differences and must be recognized for effective disease control. These three terms are explained thoroughly in terms of the synthesized explanation of how the situation at hand affects people in various aspects. The principle called "COVID" then set guidelines for adjusting personal lifestyles to control the disease. social change, helping them safely through stressful events<sup>18</sup>. The multi-country analysis shows that reducing CODIV 19 through a combination of restriction and relaxation interventions can be a pragmatic strategy for COVID-19 pandemic control. Physical distance regulation may be very relevant for low-income countries for sustainable restrictions. The efficient implementation policy of dynamic restriction interventions worldwide due will help: (1) prevent excessive service and death, (2) get time to develop preventive measures and clinical services, and (3) reduce global economic difficulties<sup>19</sup>. According to WHO / UNICEF (2019), washing hands with soap, if done properly, is very important in the fight against COVID 19, but 3 billion people do not have ready access to a place to wash hands with soap at home<sup>20</sup>. Clean and healthy living behavior must be implemented by the community to be able to prevent and control COVID 19, just like handwashing with soap. WHO (2020) released guidelines and recommended to all member countries that they must make hand sanitation facilities in front of public and private commercial buildings and at all transportation centers and certain community gathering places<sup>21</sup>. Community life in Bengkulu Province can be carried out by observing health protocols such as washing hands at a certain time, maintaining physical distance and wearing masks to prevent transmission through droplets or sprinkling of saliva when talking or coughing

## CONCLUSION

The COVID 19 pandemic affected people's anxiety, economic anxiety, work, education, social life. Community activities in the pandemic and post-pandemic periods can be carried out with due regard to and discipline in applying health protocols including wearing masks, managing physical distance, and applying clean and healthy living behaviors.

**Ethical Clearance:** Health Research Ethics Committee, The College of Health The Science Maluku Husada.

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