

Researching the Patience Tendency in People during Coronavirus Pandemic

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ABSTRACT

Aim: The purpose of this study was to research the tendency of patience in people in different age groups during the coronavirus pandemic.

Methods: The patient scale that was filled in by 416 volunteer females and 548 volunteer male participants was evaluated. T-test, one-way variance analysis, and LSD tests were utilized in statistical procedures.

Results: There is no statistically significant difference in interpersonal patience and short-term patience based on gender variable ($p > 0.05$) while the difference between long-term patience and total patience points ($p < 0.001$). On the other hand, there is a significant difference ($p < 0.001$) in interpersonal patience, long-term patience, short-term patience, and total patience points based on age groups during the pandemic.

Conclusion: It is concluded that tendency to patience in different age groups during the pandemic varies by gender, age and following the developments about coronavirus on social media. It should be paid attention to the news about the corona virus on social media is reliable and that it does not adversely affect the psychological state of people.

Keywords: Coronavirus epidemic, Patience, Age, Gender

INTRODUCTION

The word of patience means quietness, calmness against undesired situations and events in a person's daily life. Patience is to stay calm against disappointment, distress, and pain. The person who stays calm is characterized as patient while another worried person is defined as impatient.¹ The word of patience is also used for the values such as toleration, anger control, and being constant.² Patience tendency directs the behavior of individuals in the face of people and events. Patience can be psychologically divided into two subgroups as feeling and behavior. The feeling of patient means the sentimental side of patience and is accepted as an inner state. Patience behavior is an extroverted reaction against adverse events.³ Constant patience might be compulsorily experienced if required even the person has not gained a patient attitude. Constant patience can be developed by repeating patient behavior. Constant patience is accepted as the start-up phase of the process in which patience is learned and it becomes an attitude. There can be talked about constant patience when the patient becomes a tendency and evolves to a strength of character.^{4,5} People experience some feelings when they face worrisome situations. Again, people can minimize the effect of problems thanks to patience by coping with many possible conflicts. Problems and worrisome situations have negative effects on health and psychological well-being. The virus has a high level of infectiousness through the air, droplet, and touch.⁶ The unexpected widespread rate of the disease, an increasing number of confirmed cases, and deaths can cause psychological problems such as anxiety, depression, and stress for both healthcare professionals and the public. Moreover, quarantine increases the stress level and also brings along emotional problems.⁷ There are observed high-stress levels that result in post-traumatic stress disorder while depressive disorders emerged as the most common long-term psychological problem.⁸ Quarantine, commuting restrictions, and the Coronavirus-

19 epidemic that both negatively affected human health and resulted in death has increased the depression and anxiety level.⁹ Coronavirus epidemic triggers the psychological crisis and problems; the uncertain and constant threat in epidemic brings along the fear that becomes chronic.¹⁰ Much as strict public health measures can protect old adults from the epidemic, those precautions may cause other problems such as social isolation, limited access to routine health and social care services, and poor self-health management. Especially many experts emphasized that as social distancing measures are applied globally, social isolation and loneliness among older adults may increase.^{11,12} Covid-19 may create negative psychological states in individuals; they may fall into despair. Many problems such as depression, social desirability, self-esteem, physical health, and self-confidence can arise.¹³ Pandemics are known to cause traumatic effects and increase the anxiety and stress levels of individuals. The psychological states of healthy individuals under threat of pandemic can be affected by several factors such as the risk of disease for their family and social circles; losing job, freedom, and other financial possibilities; having difficulties in managing the routine. So, life results in various behavioural disorders.¹⁴

This study aimed to research the tendency of patience in people in different age groups during the pandemic. Answers for following questions were sought for this purpose:

1. What are patience levels according to gender in different age groups?
2. Do patience levels differ according to age groups?
3. What are the patience levels according to the hours of watching TV and following the developments related to the Coronavirus on the internet?
4. What are the patience levels based on exposure to news and information on social media in the last week about the coronavirus?

METHODS

The survey that was completely filled in by participants in different age groups was evaluated. Surveys of 416 female and 548 male volunteer participants were evaluated. Surveys were applied through social media. The age average was 24.92 years for males; 24.66 years for females. Height was 173.94 cm for males; 164.15 cm for females. Bodyweight was 74.27 kg for males; 57.59 kg for females.

Data Collection Tools:

Patience Scale: The patience scale has three sub-dimensions. 1st, 4th, 7th, 9th, and 11th items of the scale are called the first sub-dimension "Interpersonal Patience"; these related items measure patience based on human relations. 2nd, 5th and 8th items of the scale are called the second sub-dimension "Patience to life's difficulties/Long-

term patience"; these related items measure the patience to long time difficulties in life. The third sub-dimension consisting of 3rd, 6th, and 10th items is called "Short-term patience/Daily problems"; these related items measure the patience to daily problems of life. Expressions in the scale are aligned from "Strongly Disagree" to "Strongly Agree"; the scale is a 5 point Likert Scale. 9 of the expressions were prepared as positive; 2 of them were negative (7th and 10th items). Negative items are reversely coded. The highest point of the scale is 55; the lowest point is 11.³

Statistical Procedures: SPSS 25.00 packaged software was utilized in statistical procedures. Kolmogorov-Smirnov test determined whether data normally distributed. It is found that data displayed normal distribution. T-test, one-way variance analysis, and LSD tests were used in statistical procedures.

RESULTS

Table 1. Comparison of the tendency to patience during a pandemic by gender

Parameters	Gender	N	Mean	Sd. deviation	t- test
Interpersonal patience	Female	416	16,51	3,90	-0,94
	Male	548	16,74	3,38	
Long term patience	Female	416	9,28	1,94	-5,13**
	Male	548	9,88	1,66	
Short term patience	Female	416	8,72	1,57	-0,31
	Male	548	8,74	1,23	
Total Point	Female	416	29,89	4,97	-7,76**
	Male	548	32,29	4,56	

**p<0,001

Table 2. Comparison of a tendency to patience during the pandemic by age groups

		n	Mean	Sd. deviation	F/LSD
Interpersonal patience	14-20 years (1)	222	16,00	3,76	7,02** 1<2,3 2<3
	21-40 years (2)	584	16,68	3,09	
	41-55 years (3)	158	17,39	4,85	
	Total	964	16,64	3,61	
Long term patience	14-20 years (1)	222	9,21	1,87	24,13** 1<2,3 2<3
	21-40 years (2)	584	9,55	1,59	
	41-55 years (3)	158	10,46	2,19	
	Total	964	9,62	1,81	
Short term patience	14-20 years (1)	222	9,08	1,63	12,59** 1>2,3 2>3
	21-40 years (2)	584	8,70	1,24	
	41-55 years (3)	158	8,38	1,46	
	Total	964	8,73	1,39	
Total Point	14-20 years (1)	222	28,50	4,46	60,89** 1<2,3 2>3
	21-40 years (2)	584	32,49	4,59	
	41-55 years (3)	158	30,56	4,82	
	Total	964	31,26	4,89	

**p<0,001

Table 3. Comparison of Patience by watching TV and following developments about coronavirus on the internet during the pandemic

		N	Mean	Sd. deviation	F/LSD
Interpersonal patience	0-2 hours (1)	802	16,89	3,28	11,30** 1>2,3
	3-4 hours (2)	104	15,31	4,42	
	5 hours and above (3)	58	15,66	5,42	
Long term patience	0-2 hours (1)	802	9,74	1,78	14,88** 2<1,3
	3-4 hours (2)	104	8,73	1,70	
	5 hours and above (3)	58	9,55	2,02	
Short term patience	0-2 hours (1)	802	8,77	1,38	2,10
	3-4 hours (2)	104	8,56	1,54	
	5 hours and above (3)	58	8,48	1,25	
Total point	0-2 hours (1)	802	31,55	4,63	9,18** 1>2
	3-4 hours (2)	104	29,54	5,75	
	5 hours and above (3)	58	30,28	5,96	

**p<0,001

Table 4. Comparison of patience by exposing to news and information about coronavirus on social media for the last week

		N	Mean	Sd. deviation	F/LSD
Interpersonal patience	Never+Occasionally (1)	346	16,77	3,48	0,50
	Sometimes (2)	210	16,64	3,32	
	Usually (3)	282	16,43	3,96	
	Too often (4)	126	16,76	3,65	
Long term patience	Never+Occasionally (1)	346	9,81	1,81	9,50** 2<1,3,4
	Sometimes (2)	210	9,05	1,72	
	Usually (3)	282	9,72	1,65	
	Too often (4)	126	9,86	2,08	
Short term patience	Never+Occasionally (1)	346	8,61	1,30	15,15** 2>1,3,4
	Sometimes (2)	210	9,24	1,53	
	Usually (3)	282	8,70	1,05	
	Too often (4)	126	8,29	1,76	
Total point	Never+Occasionally (1)	346	31,47	4,54	0,64
	Sometimes (2)	210	30,89	5,57	
	Usually (3)	282	31,29	5,01	
	Too often (4)	126	31,19	4,28	

**p<0,001

DISCUSSION

Some studies express that gender variable does not affect patience; female students are more patient than male students.¹⁵ Tönbul (2020) found a significant relationship between gender and psychological hardiness. For findings, the psychological hardiness of females is higher. Gül and Çeliköz (2018) conducted a study and found that there is a significant difference in all the sub-dimensions of patience tendency points of university students. Ceylan et al., (2019) did not find a difference in patience tendency in boxers by gender. Ermiş and İmamoğlu (2019) found a significant difference among interpersonal patience, long-term patience, short-term patience sub-dimension, and total patience points in different faculty students by gender. Doğan and İmamoğlu (2020) did not find a statistically significant difference in patience tendency in university students by gender before the pandemic ($p>0.05$). A statistically significant difference in interpersonal patience and short-term patience was not found by gender in this study ($p>0.05$). On the other hand, this paper also reveals that the difference between long-term patience and total patience is statistically significant ($p<0.001$). Higher points in males compared to females can be explained by the reason that males are more chary, tolerant in daily routine; more determined in long-termed works than females.

Doğan (2017) emphasized in his study that the psychological well-being level of the group with a higher patience level is higher than the group whose patience level is lower. The highest point of the patience scale is 55; the lowest point of the scale is 11.³ Total points of patience tendency were found as 28.89 in females; 32.29 in males. The highest point that can be got from the scale for females is 52.53% ($28.89*100/55$) and 58.71% ($32.29*100/55$) for males. We can say according to this scoring that they show a moderate tendency to patience. Doğan and İmamoğlu (2020) expressed that students decrease their patience tendency during the pandemic. For findings, patient people display more positive attitudes more than other people against problems; they also can cope with problems more easily. Moreover, patient people have more positive

perspectives than others; again, negative perspectives and anxiety levels of patient people are lower. Patient people are inclined to cooperate more than impatient people. Since the patient is the tendency to voluntarily endure, resist, and wait for the result in the face of all kinds of difficulties, threats, and losses; it can be accepted as a psychological process.³

This study found a significant difference ($p<0.001$) in patience tendency (interpersonal patience, long-term patience, short term patience, and total points) by age groups during the pandemic. The lowest patience tendency score belongs to the group whose age is under 20. The highest patience tendency score belongs to the group whose age is between 21 and 40 years. It is emphasized that individuals with high patience levels are the people who believe in their own thoughts, are independent, have free will, can organize their behaviours, stand against social pressure, and does not allow to be governed by causes or institutions beyond their control. Again, the individuals who have a high level of patience are the people who can direct their own lives in line with their demand and needs and also have not a passive expectation against the situations.¹⁷

Following the coronavirus news negatively affects the psychological hardiness level. The reason for this statement is the negative news that increases anxiety level.¹⁶ Social media is one of the main channels that informs on updated information about coronavirus-19. Social media can also play a remarkable role for people in quarantine to communicate with their relatives. Social media, at the same time, is not always a reliable information source for updates on the pandemic. Indeed, rumors and false information can spread from the internet. This situation creates unfounded fears among many people.^{18,19,20} Gao et al., (2020) revealed mental health problems that are positively associated with frequent exposure to social media during the Covid-19 pandemic in Wuhan, China. Those problems are expressed as depression and anxiety or the combination of both of them. According to Doğan and İmamoğlu's (2020) survey,

patience in students does not significantly vary by watching TV and the time when they follow the developments on coronavirus. For findings, interpersonal patience sub-dimension and total score of patience tendency significantly vary by watching TV and following developments about coronavirus on the internet ($p < 0.001$). The score of students who watch TV for 0-2 hours is higher. Tönbul (2020) found differentiation between information style for coronavirus and psychological hardness. According to Doğan and İmamoğlu (2020), patience in students did not significantly vary by exposure to information about coronavirus on social media in the last 1 week. On the other hand, this paper reveals a statistically significant difference in patience by exposure to information about coronavirus on social media ($p < 0.001$). This difference was observed in long-term patience and short-term patience subscales.

CONCLUSION

It is concluded that patience tendency in different age groups varies by gender, age groups, and the status of following the news about coronavirus on social media. The news about the coronavirus on social media should be reliable to protect the psychological state of people.

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