The stress of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19

Dosi Juliawati[1], Hengki Yandri[2], Farid Imam Kholidin[3], Agung Tri Prasetia[4],
Nur Rusliah[5], Aan Putra[6]

[1,2,3,4,5,6,] Institut Agama Islam Negeri Kerinci

***Corresponding author**, e-mail: dosi@konselor.org

Abstract. Since the emergence of coronavirus disease (COVID-19) in Indonesia, Indonesian people have begun to show symptoms of anxiety and unrest in their days. It is also demonstrated by the community of Kerinci Regency and Sungai Penuh City so that the attitudes and behaviors indicated the signs of stress. This research aims to reveal the stress level of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19. This research is early to uncover the stress data of the community by utilizing a descriptive quantitative study. The population of this research is the entire community of Kerinci Regency and Sungai Penuh City. They are willing to become respondents with a sample of 400 research people taken with convenience sampling techniques. Data is revealed using a scale of stress levels filled online and made anonymously; then, the research results are processed using the ideal score. This study showed that the average community of Kerinci Regency and Sungai Penuh City addressed the symptoms of stress analyzed from the emotional, physical, and behavioral responses. The results of this study suggest that counselors and psychologists take preventive measures to reduce the stress of the community by working with local governments.

Keyword: stress, coronavirus disease, COVID-19.

Introduction

Since the beginning of the emergence of Coronavirus Disease (COVID-19) or better known as the corona, in the city of Wuhan, China, at the end of December 2019 (www.who.int), which has taken many victims, now many other countries are also affected by the COVID-19 pandemic including the State of Indonesia. COVID-19 can infect the respiratory tract or human respiratory system, and this virus is very easily transmitted through droplets from the saliva or snot of someone who positively contracts COVID-19 when coughing or sneezing (Pane, 2020; WHO, 2020). The latest information update from WHO as of July 7, 2020, by Allegranzi as who is the technical leader of infection prevention and control, revealed that the current transmission of COVID-19 is not only through droplets from saliva and snot but can be through airborne particles (Pristiandaru, 2020).

They saw the high transmission capabilities of COVID-19 transmission and the absence of vaccines and pharmacological treatments to cure COVID-19 infection (Xu, et al., 2020; WHO, 2020). Many people have positively confirmed COVID-19. From the latest data, as of July 8, 2020, in Indonesia, 68,079 cases were confirmed positive for COVID-19, 31,585 cases recovered, and 3,359 cases died (www.covid19.go.id). Furthermore, the distribution of COVID-19 case data in Jambi Province as of July 8, 2020, 121 cases were confirmed positive for COVID-19, 81 cases recovered, and one case died. Of the 121 cases confirmed positive for COVID-19 in Jambi

Province, there were 20 cases from Sungai Penuh City confirmed positive for COVID-19, and as many as 11 cases recovered. From Kerinci Regency, two cases were confirmed positive for COVID-19, one case was cured, and one died (http://corona.jambiprov.go.id).

Seeing the development of COVID-19 cases today, many people have been confirmed positive for COVID-19, allowing a decrease in a person's mental health condition. The decline in mental health conditions is characterized by mood disorders and decreased thinking skills, giving rise to less adaptive behavior (Kemenkes RI, 2018). Usually, common problems occur due to diseases of reduced mental health conditions such as worry, anxiety, stress, and even depression. Stress is a condition of emotional disorder in individuals caused by pressure on the individual that has not been able to be overcome by the individual who drives a physical reaction (Hartono & Soedarmadji, 2012; Yusuf & Nurihsan, 2012).

Furthermore, stress is an emerging feeling characterized by feeling overwhelmed, worried, devastation, stress, fatigue, and lethargy that can affect a person's physical and psychological health (American Psychiatric Association, 2004). Stress in a person can occur due to the body's reaction to changing situations in which the individual is forced to act that requires a response, regulation, and physical, psychological, and emotional adaptation, but the individual cannot bear the mental strain that afflicts them (Rice, 2005; Sarafino & Smith, 2011; Juliawati, et al., 2019).

The current condition of the community that is being hit by the COVID-19 pandemic certainly has a physical and psychological impact. Psychologically, individuals will experience mental health disorders, such as the following study results that revealed that during the COVID-19 pandemic in China, there were as many as 35% of the total 52,730 respondents experiencing psychological, mental disorders (Qiu, et al., 2020). Another study conducted in China revealed that 53.8% of the total 1,210 respondents experienced psychological disorders from moderate to severe levels, 16.5% of respondents experienced symptoms of depression, 28.8% experienced symptoms of anxiety, and 8.1% experienced extreme stress during the COVID-19 pandemic (Wang, et al., 2020). Then the results of other studies revealed that during the COVID-19 pandemic, Indonesians showed 7.6% experienced high anxiety (Rinaldi & Yuniasanti, 2020).

The above research data increasingly demonstrates the importance of disclosing stress levels in public during the COVID-19 pandemic. Stress in society occurs when people feel that the mental pressure that befalls them is unacceptable with positive thoughts and feelings. The forces of life will always be there as long as the individual lives in this world; Allah SWT has conveyed this in the Qur'an, which means "... We will test you with evil and good as trials..." (Q.S. Al-Anbiya: 35). So, the stresses of life or test life will always be there as long as humans are still breathing. Suppose the individual is not equipped with the knowledge, information, and knowledge that is good and correct about COVID-19. In that case, the individual will likely experience excessive worry and anxiety to the stage of stress and depression.

From the exposure of previous studies, researchers concluded that stress experienced by the community would be able to interfere with practical daily life, so action is needed to reduce the level of stress experienced by the community. Based on this, the researchers conducted an assessment and analysis to uncover the people's stress of Kerinci Regency and Sungai Penuh City to the spread of COVID-19. The purpose of this study is to discover (1) the stress of the people
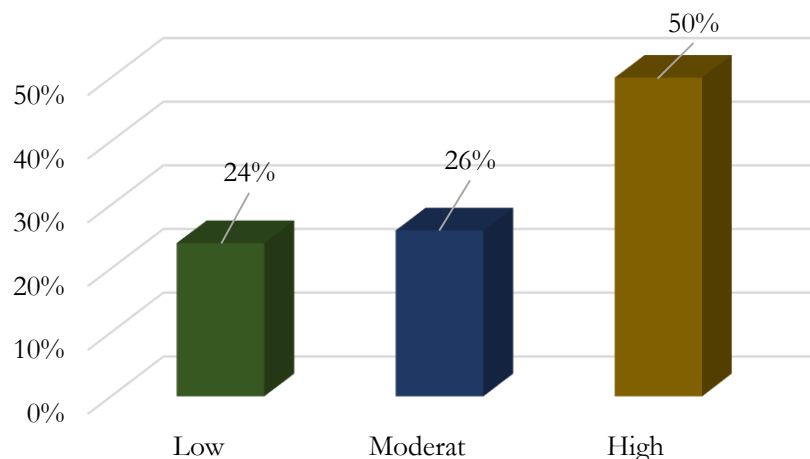
of Kerinci Regency and Sungai Penuh City to the spread of COVID-19 judging from the emotional response, (2) the stress of the people of Kerinci Regency and Sungai Penuh City to the spread of COVID-19 judging from the physical response, and (3) the stress of the people of Kerinci Regency and Sungai Penuh City to the spread of COVID-19 judging from the behavioral response.

Method

This study is a type of descriptive quantitative research that is an initial review to uncover cases of stress experienced by the community against the spread of COVID-19. The population in this study is the entire community domiciled in Kerinci Regency and Sungai Penuh City. Who is willing to be study respondents; then, the research sample is drawn using convenience sampling techniques (Saunders & Thornhill, 2012) with 400 people. Data collection is done by spreading the scale of stress levels by utilizing various social media such as Facebook, WhatsApp, Instagram, and telegram. Online questionnaires can reach more people and can be filled anonymously so that respondents can more freely express what they feel. This developed stress level scale has gone through a trial process that shows Cronbach's Alpha score of 0.812. The data collected is then processed descriptively to analyze the characteristics of the distribution of respondents' scores by utilizing the ideal score (Azwar, 2010).

Results and Discussions

The results research that has been conducted related to the disclosure of stress of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 can be seen in the following graph:

Graphic 1. Results of Stress Analysis of Kerinci Regency Community and Full River City against the Spread of Coronavirus Disease (COVID-19)

The graph above explained that as many 211 respondents experienced stress with a high category against the spread COVID-19 with a percentage of 53%. As many 111 respondents were in the moderate category with a rate of 28%, and as many 78 respondents were in a low class with a ratio of 19%. In general, the stress analysis of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 is in the high category.
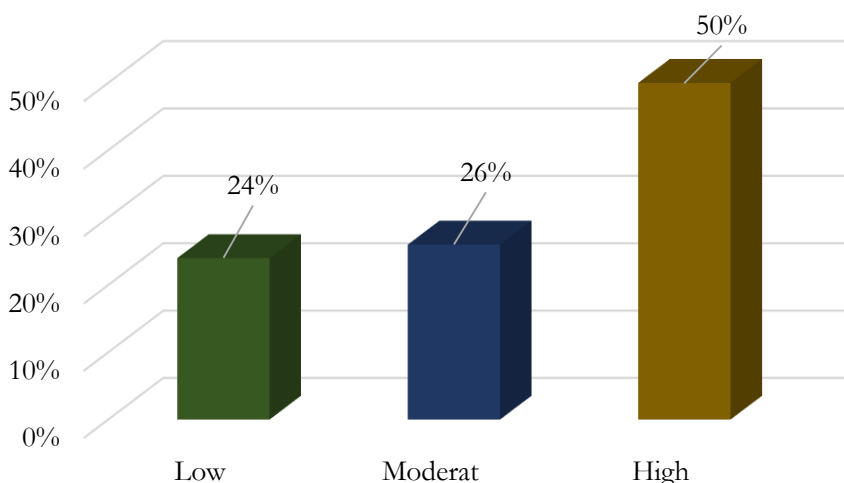
Then to see the stress analysis of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 judging from the emotional response can be seen in the following graph 2:
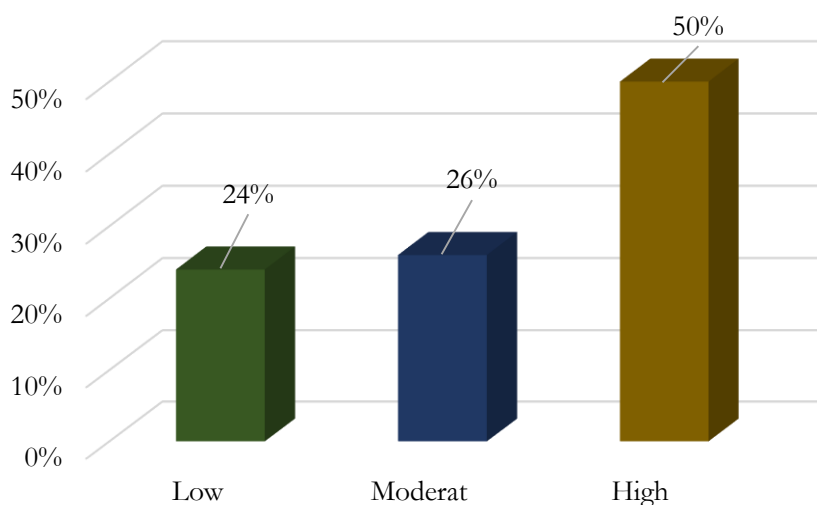
Graphic 2. Stress Analysis of Emotional Responses

Graph 2 above illustrates that as many as 261 respondents are experiencing stress judging from the emotional response with a high category to the spread of COVID-19 with a percentage of 65%. As many as 113 respondents are in the moderate category with a rate of 28%, and as many as 26 respondents are in the low sort with a percentage of 7%. The average stress analysis of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 judging by the emotional response is in the high category.

Then to see the stress analysis of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 seen from the physical response can be seen in graph three below:
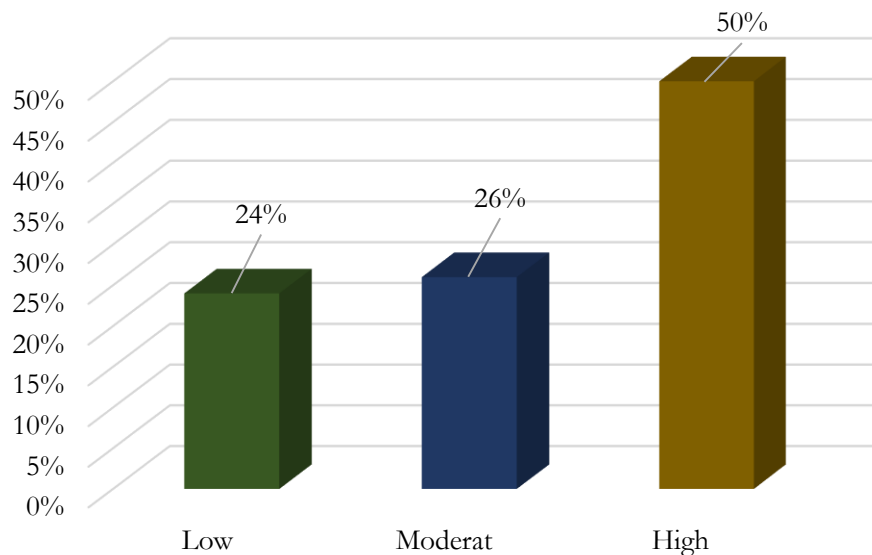

Graphic 3. Stress Analysis of Physical Responses

From graph three above, it can be explained that there are as many as 102 respondents experiencing stress judging from the physical response with a high category to the spread of COVID-19 with a percentage of 26%. As many as 230 respondents are in the moderate category

with a rate of 58%, and as many as 68 respondents are in the low sort with a percentage of 17%. Overall, the stress of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 judging by the physical response is in the moderate category.

Then to see the stress analysis of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 seen from the behavioral response can be seen in graph four below:

Graphic 4. Stress Analysis of Behavioral Responses

In graph four above, it can be seen that there are as many as 201 respondents experiencing stress judging from the behavioral response with a high category to the spread of COVID-19 with a percentage of 50%. As many as 103 respondents are in the moderate category with a rate of 26%, and as many as 96 respondents are in the low sort with a percentage of 24%. This data shows that the average stress of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 judging by the behavioral response is in the high category.

This study revealed that there are symptoms of stress experienced by people in Kerinci Regency and Sungai Penuh City against the spread of COVID-19 with a high category. This can happen because, during the COVID-19 pandemic conditions, people are in a severe stressor condition that affects a person's psychological state (WHO, 2020). Usually, more dominant anxiety occurs during the crisis by showing symptoms of fear and uncomfortable feelings (Nevid, et al., 2018). Pressure is one of the triggers for stress and depression that can inhibit psychological health and interfere with a person's emotional state (Yandri, et al., 2018; Juliawati, et al., 2019). This is supported by the results of research that shows that the anxiety of the Indonesian people towards the COVID-19 pandemic shows that 7.6% experience anxiety with high categories (Rinaldi & Yuniasanti, 2020).

Then the stress analysis of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 judging by the emotional response was in the high category. Emotions are subjective experiences related to feelings, behaviors, moods, decision-making, temperament, and character (Rahayu, 2015; Alfaiz, et al., 2019; Ulandari & Juliawati, 2019). Individuals who have good emotional intelligence will allow themselves to manage and use their emotions well (Yandri, 2017) so that the individual will likely avoid stress (Juliawati, et al., 2019; Ningsih, et al., 2020). The stress level scale results show that people are easily worried, restless, difficult to concentrate, lazy, and

irritable after reading or hearing news about COVID-19. This is in Collinson's opinion that the sensation of new information in explaining an outbreak will be able to cause anxiety and cause a negative emotional response to news reporters (Taylor, 2019), and social media can affect a person's emotions, behavior, and mood (Berry, et al., 2018; Taylor, 2019).

Furthermore, the stress analysis of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 is seen from the physical response to being in the moderate category. The stress level scale analysis results in the form of physical responses experienced by respondents such as easy shaking, heart beating faster than usual, easy headaches, quick tiredness, manageable nausea, and dizziness if they hear the increase in positive people for COVID-19. When a person feels excessive worry or anxiety, then the individual will feel the sensation of chest feeling shortness, breathless, or pain; this is a physical sign that arises by emotional reactions are not good, not because of COVID-19 (Peristianto & Anggawijayanto, 2020; Sujadi, et al., 2020). Then the results of another study revealed that stressed people would tend to experience an increase in blood pressure that makes the heart beat faster than usual (Gasperin et al., 2009). Furthermore, stress can impact the decline of the immune system so that the individual is susceptible to disease (Morey et al., 2015).

Finally, the stress analysis of the people of Kerinci Regency and Sungai Penuh City against the spread of COVID-19 is seen from the behavioral response is in the high category. Poor self-control in a person will trigger negative behaviors that will increase a person's risk of emotional disorders and depression (Anindya &Tomhisa, 2020). Conditions of worry, anxiety, stress, and even depression are psychological conditions that can occur to any individual exposed to the effects of the COVID-19 pandemic (WHO, 2020; Sujadi et al., 2021). So, the results of the analysis of the scale of stress levels reveal the attitudes and behaviors of the community that lead to psychological disorders such as avoiding others, being easily upset for no apparent reason, and becoming irritable.

Conclusion

Conclusions from the research results showed that the average community of Kerinci Regency and Sungai Penuh City experienced symptoms of stress in the high category against the spread of coronavirus disease (COVID-19). Specifically, the signs of stress symptoms experienced by the people of Kerinci Regency and Sungai Penuh City. To the space of COVID-19 are seen from the emotional response is in the high category, then when viewed from the physical reaction is in the moderate category and from the behavioral response is in the high class.

This study suggests that counselors, psychologists, and other experts take preventive measures to reduce the stress experienced by the community during the COVID-19 pandemic by collaborating with the government of Kerinci Regency and Sungai Penuh City.

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