

# The Relationship Between Social Support And Public Anxiety In Facing The Covid-19 Pandemic In Environment II Tangkahan Village, Medan Labuhan Subdistrict In 2021

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## ABSTRACT

Social support is assistance obtained from people around the environment whose relationship is helpful and has own meaning for the person who receives it.. Anxiety is a feeling worried about uncertain characterized by feelings of fear and other responses. Currently social support is needed, with social support can think positively and minimize anxiety faced. This study aims to determine the relationship between social support and public anxiety in facing COVID-19 pandemic in Environmental II Tangkahan Village, Medan Labuhan Subdistrict 2021. This research is a cross-sectional study, with 73 respondents. Sampling was done by purposive sampling technique, is technique of collecting samples with certain considerations or criteria. With criteria: ready to be a respondent, aged 25-55 years, respondent is in good health and cooperative. The results showed 79.5% of social support in enough categories and 67.1% moderate anxiety. Statistical test results show the value of p-value = 0.041 ( $p < 0.05$ ) with  $r = -0.24$ , which means that there is a negative relationship between social support and public anxiety in facing COVID-19 pandemic in Environment II, Tangkahan Village. Medan Labuhan District in 2021. Respondents expected to pay more attention and mutual care during this pandemic and always obey to the health protocol to reduce anxiety during a pandemic COVID-19

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## 1. Introduction

The corona virus outbreak (COVID-19) has been declared a public health emergency that is troubling the world and the virus has now spread to various countries (Febriyanti & Mellu, 2020). This epidemic has a negative impact on the physical and psychological health of individuals and society (Vibriyanti, 2020). Some of the psychological responses that arise are negative emotions such as fatigue, anxiety and helplessness caused by work, fear and anxiety (Agustin, 2020). This is what causes panic, stress and anxiety in all levels of society. Some complain of anxiety about economic problems, anxiety problems and anxiety about health problems and most importantly about death anxiety (Chodijah et al., 2020).

Anxiety is a feeling of restless mental tension as a reaction to the inability to overcome a problem or uncomfortable feeling (Irda Sari, 2020). Anxiety is almost the same as fear, fear is usually a response to some direct threat while anxiety is more characterized by worries about the future or the future and the unexpected (Annisa, 2016). Unreasonable fears, worries and anxieties ultimately present anxiety (Jarnawi, 2020).

The results of the research by Kılınçel et al., (2020) in Turkey showed that 58.1% of respondents were anxious because of the quarantine process, 15.2% were very anxious because of school, 14.5% said they were very anxious about social and economic life. The results of a study by the Indonesian Society of Public Health (PERSAKMI) regarding community psychosocial during the COVID-19 pandemic involving 8,031 respondents from 34 provinces in Indonesia, it was found that more than 50% of respondents experienced anxiety, with the categories of anxiety and very anxiety. (Putri & Septiawan, 2020).

In the research results of Gumantan et al., (2020) it was found that 48.9% experienced excessive anxiety about the corona virus, 39.1% experienced ordinary anxiety and 22.8% experienced anxiety due to the implementation of the new normal. In research conducted by Rayani, it showed that as many as 77 people experienced anxiety due to hoax news during the pandemic, namely (48.1%) of 160 respondents (Rayani & Dewi Nur Sukma Purqoti, 2020).

Anxiety disorders arise because of a threatening situation which is a normal reaction to stress (Jarnawi, 2020). This anxiety can be caused by many things, including negative thoughts, instability of the situation and environmental conditions. Many factors affect people who experience anxiety

such as age, gender and education (Gumantan et al., 2020), such as the family environment and social environment (Muyasaroh, 2020). Every stressor is the cause of an individual experiencing anxiety, so there will be an attempt to overcome it in various ways (Wahyuni et al., 2020). Where the community needs a strong strategy to overcome the anxiety experienced. Individual anxiety will be low if the individual has a social support (Santoso, 2020).

Social support is one part of the social environment. Social support is a helping action that involves providing information, instrumental assistance, emotions and positive assessments of individuals in dealing with their problems (Rosa, 2020). Currently, social support is very much needed for the general public, as well as medical personnel during the COVID-19 pandemic. Social support can be obtained from the closest people such as family, friends, relatives and co-workers for mental well-being in the face of the COVID-19 pandemic. With social support, a person can think positively and can minimize the anxiety they face (Santoso, 2020). In connection with facing the COVID-19 pandemic, anxiety needs to be managed properly so as not to cause excessive panic (Vibriyanti, 2020).

Based on the initial survey conducted by researchers to 25 community respondents of the Environment II Kel. Tangkahan District. Medan Labuhan through indirect interviews using google forms in written form, the main cause of people's anxiety is because they are afraid of contracting the virus. As many as 15 people are afraid to leave the house for activities because 1 of them feels their immune system is weak and 14 people are afraid of affecting their family, while 10 others are not afraid to leave the house. Based on the above background, researchers are interested in conducting research to find out the extent to which "the relationship between social support and public anxiety in dealing with the COVID-19 pandemic in Environment II Kel. Tangkahan, District. Medan Labuhan Year 2021"

## 2. Method

The research design used was a correlational research design using a cross-sectional approach which was carried out to determine the relationship between social support and community anxiety in dealing with the COVID-19 pandemic in Environment II, Tangkahan Village, Medan Labuhan Subdistrict in 2021. The population of this study was the community in Environment II, Tangkahan Village. Medan Labuhan District, with a total of 73 respondents. Sampling technique using purposive sampling technique, namely the technique of collecting samples with certain considerations or criteria. With the criteria: willing to be a respondent, aged 25-55 years, the respondent is in good health and cooperative.

## 3. Results and Analysis

Respondents amounted to 73 people with the characteristics of the respondents include: age, education, ethnicity and gender. Based on the age of the majority of respondents, the majority are in the age range of 25-35 years (early adults) as many as 47 people (64, 4%), the majority have junior high school / high school / equivalent education as many as 49 people (67, 1%), the majority have the Batak tribe, namely as many as 57 people (78.1%), the majority are female.

TABLE 1.  
DISTRIBUTION OF FREQUENCY AND PERCENTAGE OF RESPONDENTS BASED ON DEMOGRAPHIC DATA OF RESPONDENTS IN ENVIRONMENT II TANGKAHAN VILLAGE, MEDAN LABUHAN SUBDISTRICT IN 2021

Characteristic	Frequency (f)	Percentage (%)
<b>Old</b>		
<b>25- 35 Years</b>	<b>47</b>	<b>64, 4</b>
<b>36- 45 Years</b>	<b>15</b>	<b>20,5</b>
<b>46- 55 Years</b>	<b>11</b>	<b>15, 1</b>
<b>Total</b>	<b>73</b>	<b>100</b>

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<b>Education</b>		
<b>SMP/ SMA/ Sederajat</b>	<b>49</b>	<b>67,1</b>
<b>D3</b>	<b>5</b>	<b>6,8</b>
<b>S1</b>	<b>19</b>	<b>26,0</b>
<b>Total</b>	<b>73</b>	<b>100</b>
<b>Ethnic</b>		
<b>Batak</b>	<b>57</b>	<b>78,1</b>
<b>Nias</b>	<b>3</b>	<b>4,1</b>
<b>Jawa</b>	<b>10</b>	<b>13,7</b>
<b>Melayu</b>	<b>1</b>	<b>1,4</b>
<b>Lainnya</b>	<b>2</b>	<b>2,7</b>
<b>Total</b>	<b>73</b>	<b>100</b>
<b>Sex</b>		
<b>Male</b>	<b>26</b>	<b>35,6</b>
<b>Female</b>	<b>47</b>	<b>64,4</b>
<b>Total</b>	<b>73</b>	<b>100</b>

Based on the data in Table 1. it can be seen that of the 73 respondents, the majority of respondents were in the age range of 25-35 years (early adulthood) as many as 47 people (64.4%), age 36-45 years (late adulthood). as many as 15 people (20.5%) and the minority aged 46-55 years (early elderly) as many as 11 people (15.1%). Based on education, the majority of respondents have junior high school education / high school / equivalent as many as 49 people (67, 1%), 19 people with undergraduate education (26%) and a minority of D3 education as many as 5 people (6, 8%). Based on ethnicity, the majority of respondents have Batak ethnicity as many as 57 people (78.1%), Javanese ethnicity as many as 10 people (13.7%), Nias ethnic group as many as 3 people (4.1%), other ethnic groups as many as 2 people (2 , 7%) and the Malay ethnic minority as many as 1 person (1, 4%). Based on gender, the majority of respondents are female, as many as 47 people (64.4%) and the male minority are 26 people (35.6%).

TABEL 2.  
DISTRIBUTION OF FREQUENCY AND PERCENTAGE OF SOCIAL SUPPORT IN FACING THE COVID-19 PANDEMIC IN ENVIRONMENT II TANGKAHAN VILLAGE, MEDAN LABUHAN SUBDISTRICT IN 2021

<b>Social Support</b>	<b>Frequency (f)</b>	<b>Percentage (%)</b>
<b>Good</b>	<b>14</b>	<b>19,2</b>
<b>Enough</b>	<b>58</b>	<b>79,5</b>
<b>Less</b>	<b>1</b>	<b>1,4</b>
<b>Total</b>	<b>73</b>	<b>100</b>

Based on the data in Table 2. it can be seen that of the 73 respondents, the majority had social support in the sufficient category as many as 58 people (79.5%) and the minority had social support in the less category as many as 1 person (1.4%).

TABEL 3.  
DISTRIBUTION OF FREQUENCY AND PERCENTAGE OF PUBLIC ANXIETY IN FACING THE COVID-19 PANDEMIC IN ENVIRONMENT II, TANGKAHAN VILLAGE, MEDAN LABUHAN SUBDISTRICT IN 2021

Anxiety	Frequency (f)	Percentage (%)
Light	10	13,7
Curently	49	67,1
Heavy	14	19,2
<b>Total</b>	<b>73</b>	<b>100</b>

Based on the data in Table 3. It can be seen that of the 73 respondents, the majority experienced anxiety in the moderate category, namely 49 people (67.1%) and the minority anxiety in the mild category, namely 10 people (13.7%).

TABEL 4.  
RESULTS OF THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND PUBLIC ANXIETY IN FACING THE COVID-19 PANDEMIC IN ENVIRONMENT II, TANGKAHAN VILLAGE, MEDAN LABUHAN SUBDISTRICT IN 2021

	Anxiety	Social Support
<b>Spearman's rho Anxiety</b>	<b>1,000</b>	<b>-,240*</b>
	<b>.</b>	<b>,041</b>
	<b>73</b>	<b>73</b>
<b>Social Support</b>	<b>-,240*</b>	<b>1,000</b>
	<b>,041</b>	<b>.</b>
	<b>73</b>	<b>73</b>

\*. Correlation is significant at the 0.05 level (2-tailed).

In the results above, the value of  $r = -0.24$  and the value of  $p = 0.041$  is obtained. The conclusion from these results: the relationship between social support and anxiety shows a weak relationship and has a negative pattern, which means that the better the social support, the lighter the public's anxiety in dealing with the COVID-19 pandemic in Environment II, Tangkahan Village, Medan Labuhan District. The results of the statistical test showed that there was a significant relationship between social support and public anxiety in dealing with the COVID-19 pandemic in Environment II, Tangkahan Village, Medan Labuhan District ( $p = 0.041$ ).

### 3.1. Analysis

#### Social Support in Facing the COVID-19 Pandemic in Environment II Tangkahan Village, Medan Labuhan Subdistrict

Based on Table 2. it shows that the majority of people in Environment II Tangkahan Village, Medan Labuhan Sub-district have social support in dealing with the COVID-19 pandemic in the sufficient category, namely 58 respondents (79.5%), in this case the community has family and relatives who provide attention and advice. in maintaining health conditions at home, in addition to following a healthy lifestyle at home and the family is willing to communicate virtually no need to face to face. According to researchers, this can be influenced by the awareness to maintain health. Sibua and Silaen (2020) say that this is influenced by feelings of emotional closeness and a sense of security or calm within and also guidance that can enable a person to get the information, advice and advice needed to overcome the problems at hand. In addition, the factor that affects the social support is the age of the respondents, where the majority of respondents in this study are 25-35 years old. This age is classified as productive age. This can affect the respondent's knowledge in getting social support, the older the person's strength level, the more mature they will think (Fridina et al., 2021).

Researchers assume that social support is lacking and still needs to be improved in Environment II, Tangkahan Village, Medan Labuhan District because there are still families who don't seem to care when someone complains about their health and the community also feels that there are still families who are even busy with their own affairs. Social support is assistance received from the closest people in the surrounding environment. The support given or received can be in the form of

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expressions of concern, concern, positive appreciation, advice and suggestions. And social support is not just providing assistance, but what is important is how the recipient of assistance interprets the assistance provided so that he feels valued and loved in his environment. According to Suprayitno et al. (2020) said that this was closely related to the accuracy of the support provided that the person receiving the assistance felt the benefits of the assistance for him. And also if someone who is facing a problem tends to seek social support from the people around him so that he feels cared for (Adnan et al., 2016). This is in accordance with research conducted by (Pratiti et al., 2021) which states that sources of social support are obtained by a person from the environment.

This is also in line with the results of Duhita's research (2020) which shows that a small proportion have poor social support, as many as 26 respondents, almost half are sufficient as many as 44 respondents and almost most have good social support as many as 96 respondents. This is because the role of the family implements good social support by paying attention to the elderly even though most of them only have basic education so that the elderly in the village have good family social support, so it needs to be maintained and improved so that social support that is quite good increases into good social support. This social support refers to the comfort, attention, appreciation or help that other people give to someone.

### **Anxiety in Facing the COVID-19 Pandemic in Environment II, Tangkahan Village, Medan Labuhan Subdistrict**

In the results of research conducted by researchers in Environment II, Tangkahan Village, Medan Labuhan Sub-district in 2021 regarding public anxiety in the face of the COVID-19 pandemic, it showed that the majority of respondents experienced anxiety in the moderate category, namely 49 people (67.1%), severe anxiety as many as 14. people (19.2%) and 10 people with mild anxiety (13.7%).

The results of the study on the community in Environment II Tangkahan Village, Medan Labuhan Sub-district, the majority had anxiety in dealing with the moderate category of the covid-19 pandemic, namely 49 respondents (67.1%), in this case the community already felt confident because they saw, heard or read from the media. related to COVID-19 such as; television, social media, etc. and the body's response is not to feel tense or shake when seeing, hearing or reading news about COVID-19. According to researchers, the anxiety experienced by respondents in the moderate category can be influenced by gender and education. The majority of respondents in this study were women, women were more worried about their inability than men and women were more sensitive. Rayani and Purqoti (2020) said that women are a vulnerable group affected by mental health such as anxiety and stress during the corona virus pandemic. In addition, the majority of respondents' education is dominant, namely the junior high / high school / equivalent level, this proves that the level of education is a risk factor for depression and anxiety symptoms in several studies (Wati, 2020).

The researcher also assumes that there are people in the Tangkahan Village, Medan Labuhan Sub-district, who have severe anxiety because there are still many respondents who are afraid to meet people from cities who are infected with COVID-19 and are afraid of contracting COVID-19 because the death rate in Indonesia is relatively high. This is obtained because the majority of people have mental aspects that cause anxiety and can cause irregularities in thinking and confusion. Anxiety like this can inhibit people's productive activities, therefore techniques are needed to overcome or reduce anxiety by applying anxiety management. Doing anxiety management does not mean eliminating anxiety but reducing anxiety. There are many anxiety management that can be done, one of which is emotion regulation techniques. Emotion regulation is a person's ability to balance emotional conditions by changing negative emotions and expressing emotions appropriately. So, we can manage the negative emotions that we get in pandemic conditions like this with our wisdom so that it brings up emotions that lead to positive things (Putri & Septiawan, 2020). As an example; gave positive affirmations with the words "I will always comply with health protocols anytime, anywhere so that my family and I stay awake from virus transmission and so that this pandemic ends quickly".

The results of this study are in accordance with the research of Rusdiatin (2021) which showed that the majority of respondents experienced anxiety in the moderate category as many as 31 people (58, 49%). Public anxiety in dealing with the COVID-19 pandemic can be caused by many

things, such as negative thoughts, to the instability of situations and conditions. Some people complain that they are not free to leave their homes for fear of contracting COVID-19. Other factors that can cause a person to experience anxiety are environmental, emotional and physical factors.

And also in line with Rayani's research (2020) which showed that the majority experienced moderate anxiety as many as 77 people (48.1%) of 160 respondents. This anxiety is caused by new habits that are faced everyday without any preparation which causes an increase in alertness. As for what causes anxiety for elderly families is the fear of contracting the virus and can transmit the virus to loved ones.

In line with the research of Sari & Utami (2020) showed that the majority experienced mild anxiety as many as 18 people (38%) of 47 respondents. The anxiety felt by respondents at the posyandu during the pandemic was that if they contracted COVID-19 from health workers or other posyandu visitors, this was felt because until now the COVID-19 number had not been resolved.

### **The Relationship between Social Support and Public Anxiety in Facing the COVID-19 Pandemic in Environment II, Tangkahan Village, Medan Labuhan Subdistrict**

The results of statistical tests using Spearman rank gave a coefficient value of  $r = -0,240$  with a  $p$ -value of  $0.041 (< 0.05)$ . This shows that there is a significant relationship between social support and public anxiety in dealing with the COVID-19 pandemic, where the strength of the relationship is in the category of weak correlation and the direction of the relationship is negative, which means that the better social support, the lower the public's anxiety in dealing with the COVID-19 pandemic, and vice versa. The less social support, the higher the public's anxiety in dealing with the COVID-19 pandemic. With this the initial hypothesis in the study can be accepted.

Based on statistical tests, the value of  $p = 0.041$  is said to be related if ( $p < 0.05$ ) and  $r = -.240$  which means that there is a significant relationship between social support and public anxiety in dealing with the COVID-19 pandemic. Where the level of correlation includes the category of weak correlation and the direction of the negative relationship, if people have good social support then anxiety will decrease, but people who have less social support will increase anxiety. Good social support does not guarantee that people do not experience anxiety but can reduce that anxiety little by little, because people feel that there are still family and relatives who pay attention. In this case, it is proven that even though in a pandemic situation like this they are only at home, they have good relations with family and other relatives, the community also receives social support provided by the surrounding environment. The researcher also assumes that the community in this environment has good communication between each other both inside and outside the family and gives each other good advice and advice. According to Sahrah (2020) saying that with good and positive social support, a person is more optimistic in dealing with something that causes anxiety, worry and anxiety, especially when facing situations such as the COVID-19 pandemic that we have not finished.

The results of this study are in accordance with the research of Alnazly et al. (2021) in showing that there is a weak significant correlation between social support with anxiety, stress and depression. This is influenced by what causes them stress and anxiety because they have direct contact with infected patients but with that health workers always have support when providing care for patients and can anticipate problems to reduce the impact of psychological stress that occurs on them in the current pandemic situation. This proves that social support is needed as a coping mechanism to reduce psychological pressure on health workers and encourage positive feelings.

This is in line with research conducted by Cao et al.(2020) which showed that of 7,143 students in China, the results of social support were negatively correlated with student anxiety in China ( $r = 0.151, p < 0.001$ ). With social support, a person can think clearly and can minimize the anxiety he faces. Social support can help a person in solving problems and more motivating to become a useful individual. Social support from the family in the form of emotional support is expected to help reduce anxiety (Fridina et al., 2021).

In line with Herlinda's research (2020) which shows that there is a negative relationship between social support and anxiety in dealing with COVID-19 at middle age, it can be interpreted that social support obtained by middle-aged individuals is proven to be able to reduce anxiety in dealing with COVID-19 at middle age. . The results of this study prove that the social support obtained by middle-aged individuals gives a more positive response in addressing a problem when dealing with this virus. On the other hand, if the middle age lacks social support in dealing with

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COVID-19, then the individual will give an uneasy response and cannot find the best solution when problems occur in dealing with COVID-19.

## 4. Conclusion

Based on the results of research and discussion with a total of 73 respondents regarding the relationship between social support and public anxiety in dealing with the COVID-19 pandemic in Environment II, Tangkahan Village, Medan Labuhan Subdistrict in 2021.

1. Social support in Neighborhood II Tangkahan Village, Medan Labuhan Sub-district in the sufficient category as many as 58 people (79.5%).
2. Moderate anxiety in Neighborhood II Tangkahan Village, Medan Labuhan Subdistrict as many as 49 people (67.1%).
3. There is a relationship between social support and anxiety in Neighborhood II, Tangkahan Village, Medan Labuhan Subdistrict with  $p$ -value = 0.041 ( $p < 0.05$ ) and a correlation value of  $r = -0.240$ .

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