

Anxiety Profile of Parents and Teachers During the Pandemic COVID-19 At SDS. ST. Antonius VI Medan

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ABSTRACT

At the beginning of 2020, the world was shocked by a new incident, namely an outbreak of the corona virus disease. The spread of the infection is very fast every day and has spread to almost all parts of the world, including Indonesia. The government has implemented several steps so that the corona virus does not spread faster, such as work from home (WFH), social distancing, and others. This causes many people to feel anxious, panicked, and even stressed. The online learning system in schools also adds pressure to the community, which are teachers and parents of students. This results in an increase in the incidence of anxiety experienced by teachers and parents of students. The objective of the study was to know the description of anxiety in teachers and parents of students in SDS. St. Antonius VI Medan during the COVID-19 pandemic. This study used a descriptive research method with a cross sectional approach and sampling was carried out by using a total sampling technique. From 132 respondents, 63 people (48%) experienced anxiety and 69 people (52%) did not experience anxiety.

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1. Introduction

Anxiety or anxiety is an emotional state which can cause feelings of discomfort and feeling threatened. This itself is caused by unknown causes.¹ Anxiety can be experienced by anyone, but if a person's anxiety exceeds reasonable limits, it will have an impact on the person's anxiety.² Anxiety is usually triggered by certain environmental situations. A person may feel anxious when they experience a new event.³

At the beginning of 2020, the world was shocked by a new incident where there was an outbreak of a disease, namely the corona virus. The infection first occurred in China and spread so quickly and widely that it resulted in a global pandemic that has lasted to this day.⁴ This sudden condition makes people unprepared to deal with it both physically and psychologically.¹ In Indonesia, COVID-19 was first reported on March 2, 2020, with two cases.⁵ On November 3, 2020, according to data from the Indonesian Ministry of Health, there was already 418,375 COVID-19 sufferers spread across various provinces. While the number of COVID-19 sufferers who died was 14,146 people.⁶

The government implements There are several steps so that this corona virus does not spread faster, such as work from home (WFH), Social Distancing, and others. Not a few people feel anxious, panicked and even stressed.⁷ The Association of Indonesian Mental Medicine Specialists (PDSKJI) conducted an online survey on mental health which was attended by 1522 people spread across several provinces in Indonesia, ranging in age from 14 to 71 years. The survey showed that 63% of respondents experienced anxiety due to the COVID-19 pandemic.⁸

Learning systems in schools that are carried out online of course also add pressure which results in increased anxiety experienced by teachers and also parents of students.¹ Because to create an active learning atmosphere, cooperation is needed between the school, in this case teachers and parents. Here the teacher will do learning or give assignments online and then parents will supervise students at home in the teaching and learning process. However, after running for some time, in fact various obstacles arise in its implementation.⁹ Based on this description, the researcher is interested in conducting research on the anxiety profile of teachers and parents of students during the COVID-19 pandemic. Researchers will conduct research at SDS. St. Antonius Medan. This is because in the school the learning system is carried out online. And it is also known that no research has been conducted on the anxiety profile during this pandemic at SDS. St. Antonius Medan

2. Method

This study uses a descriptive research method with a cross sectional approach, and Sampling was done by using total sampling technique. Respondents in this study were 132 people who came from teachers and parents of grade 4, grade 5 and grade 6 students. Respondents were asked to fill out questionnaire sheets and also questionnaires. Taylor's Manifest Anxiety Scale (TMAS) which is done online using google form.

3. Results and Analysis

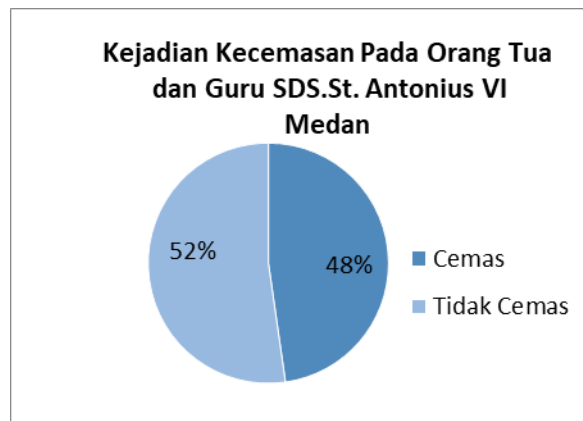


Figure 1. Incidence of anxiety in parents and teachers

Figure 1 shows the proportion of parents and teachers who experience anxiety. There are 63 people (48%) who experience anxiety while there are 69 people (52%) who do not experience anxiety.

TABLE 1.
DISTRIBUTION OF THE FREQUENCY OF ANXIETY EVENTS IN PARENTS AND TEACHERS BY GENDER

Gender	Worried		Don't worry	
	Person	%	Person	%
Man	25	18.9	10	7.6
Woman	38	28.8	59	44.7
Total		132		100

Table 1 shows that the most frequent anxiety experienced by women is 38 people (28.8%).

TABLE 2.
DISTRIBUTION OF THE FREQUENCY OF ANXIETY EVENTS IN PARENTS AND TEACHERS BY AGE

Age	Worried		Don't worry	
	Person	%	Person	%
Early adulthood (<35 years)	23	17.4	11	8.3
Late adulthood (35-44 years)	27	20.5	42	31.8
Early elderly (45-54 years)	11	8.3	13	9.9
Late elderly (>54 years)	2	1.5	3	2.3
Total		132		100

Table 2 shows the highest incidence of anxiety in the late adult age range as many as 27 people (20.5%) and the least in the late elderly age as many as 2 people (1.5%).

TABLE 3.
DISTRIBUTION OF THE FREQUENCY OF ANXIETY EVENTS IN PARENTS AND TEACHERS BY ETHNICITY

Ethnic group	Anxiety events			
	Worried		Don't worry	
	Person	%	Person	%
Batak	58	43.9	69	52.3
Malay	0	0	0	0
Java	1	0.8	0	0
Chinese	0	0	0	0
And others	4	3	0	0
Total			132	100

From table 3, it can be seen that the incidence of anxiety that is mostly found in the Batak tribe is 58 people (43.9%).

TABLE 4.
DISTRIBUTION OF THE FREQUENCY OF ANXIETY EVENTS IN PARENTS AND TEACHERS BY EDUCATION LEVEL

Level of education	Anxiety events			
	Worried		Don't worry	
	Person	%	Person	%
Elementary (\leq Junior High)	2	1.5	0	0
Intermediate (high school)	25	18.95	25	18.95
Height (\geq S1)	36	27.3	44	33.3
Total			132	100

Table 4 shows that at the higher education level, the most anxiety is as many as 36 people (27.3%).

TABLE 5.
DISTRIBUTION OF THE FREQUENCY OF ANXIETY EVENTS IN PARENTS AND TEACHERS BY PLACE OF RESIDENCE

Residence	Anxiety events			
	Worried		Don't worry	
	Perso n	%	Perso n	%
green zone	0	0	0	0
yellow zone	0	0	0	0
orange zone	63	47.7	69	52.3
Red zone	0	0	0	0
Total			132	100

Table 5 shows that at residences in the orange zone there are 63 people (47.7) who experience anxiety.

4. Discussion

In the study conducted in Figure 4.1, there were 63 people (48%) who experienced anxiety while there were 69 people (52%) who did not experience anxiety. Anxiety is an emotional state which can cause feelings of discomfort and feeling threatened.¹ Symptoms that can appear are unpleasant feelings, false fears, autonomic symptoms such as headache, sweating, palpitations, chest tightness, abdominal discomfort, restlessness, inability to sit or stand and remain still for long periods of time.¹⁰

Anxiety is usually triggered by certain environmental situations. A person may feel anxious when they experience a new event.³ So that when The world is shaken by the corona virus outbreak society is not ready to face it both physically and psychologically. Plus the learning system in schools

is also carried out online which of course adds to the pressure which results in increased anxiety experienced by teachers and also parents of students.¹

The results of the study based on the gender characteristics of the respondents Table (4.2) that the sex that experienced the most anxiety was female amount 38 people (28.8%). The results of this study are in line with the research of Xiao et al in 2020 where the gender that experienced the most anxiety was women, namely 125 people (19.1%).¹¹ This can happen because women are considered more sensitive and also use their feelings more, while men are usually considered to have a strong mentality to deal with dangerous responses.¹² High anxiety in women occurs as a result of an autonomic nervous overreaction with an increase in the sympathetic system, an increase in norepinephrine, an increase in the release of catecholamines, and an abnormal disturbance of serotonergic regulation.¹³

The results of the study based on the age characteristics of the respondents in Table (4.3) that most anxiety occurs in the late adult age range, which is 27 people (20.5%). The results of this study are in line with the research of Ediyar Mihajar and Dhita Fitrianti in 2019 where the highest incidence of anxiety was experienced in late adulthood, namely 11 people (32.7%).¹⁴ Because many people make that age as a limit for someone in achieving social and economic stability. This is what causes a person to experience high stress and anxiety at that age.¹⁵

The results of the study based on the characteristics of the tribe in Table (4.4) it was found that the tribe that experienced the most anxiety was the Batak tribe as many as 58 people (43.9%). The results of this study are in line with Imelda Napitupulu's research in 2019 where the highest incidence of anxiety was found in the Batak tribe, namely 33 people (76.7%).¹⁶ Tribes have a relationship with the environment around each individual that affects how a person thinks. So from this way of thinking can have an impact on the vulnerability of a person to experience anxiety.¹⁷

Research results based on characteristics education level of respondents Table (4.5) shows that respondents who have a higher education level experience more anxiety, as many as 36 people (27.3%). The results of this study are in line with Ivana Eko's research in 2021 which shows that at the undergraduate education level the most anxiety is 63.4%.¹⁸ This research is not in line with research Ediyar Mihajar and Dhita Fitrianti in 2019 where the highest incidence of anxiety was experienced in respondents with moderate education or high school / high school as many as 6 people (16%).¹⁴ This shows that a person's high or low level of education does not affect his level of anxiety.¹⁸

Research results based on characteristics respondent's residence Table (4.6) shows that all respondents are from the orange zone, and there are 63 people experiencing anxiety (47.7%). The medium risk zone or orange zone in general has a high risk of spreading COVID-19 and the potential for the virus to get out of control. So that all people living in the area are advised to stay at home except for things that are absolutely necessary. In this zone, certain facilities and schools are also closed. This can cause pressure and anxiety in the surrounding community.¹⁹

5. Conclusion

Based on the results and discussion of research on the Anxiety Profile of Parents and Teachers During the COVID-19 Pandemic at SDS.St. Antonius VI Medan can be concluded as follows:

1. From the research above, it can be concluded that not all parents and teachers at SDS.St. Antonius VI Medan is experiencing anxiety related to the COVID-19 pandemic.
2. In this study, there were 63 people (48%) who experienced anxiety while there were 69 people (52%) who did not experience anxiety. It can be concluded that the incidence of anxiety in parents and teachers at SDS.St. Antonius VI Medan belongs to the medium category.
3. By gender, kThe most anxiety experienced by women, namely 38 people (28.8%), while in men as many as 25 people (18.9).
4. Based on age, The most anxiety was found in late adulthood as many as 27 people (20.5%) and the least in late elderly age as many as 2 people (1.5%).
5. By tribe, kThe most common anxiety found in the Batak tribe was 58 people (43.9%).
6. Based on education level, kAnxiety is most experienced at the level of higher education as many as 36 people (27.3).
7. Based on place of residence, all respondents where they live in the orange zone and there are 63 people (47.7%) who experience anxiety.

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