



## RESEARCH ARTICLE

# WHAT CAUSES OF ADOLESCENT ANXIETY IN SENIOR HIGH SCHOOL?

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### ABSTRACT

**Background:** COVID-19 A new type of virus discovered in the city of Wuhan Cina, this COVID-19 pandemic virus causes a high death rate that puts the world on maximum alert. Some children and adolescents are more susceptible to psychosocial effects during a pandemic. The COVID-19 pandemic that occurs can add to the storm and stress on teens will cause anxiety. **Objective:** To find out whether there is a relationship between the impact of the COVID-19 pandemic and the level of adolescent anxiety. **Methods:** This research is a quantitative study designed using a descriptive correlation method with a *cross-sectional approach*. The sample in this study were 153 respondents in senior high school at Samarinda who fit the inclusion and exclusion criteria. The sample was taken using a total sampling technique. The instrument used in this study was a questionnaire. **Results:** The results of this study indicate that the impact of the COVID-19 pandemic with an average value of 35 has an impact of 33%-35% and the level of anxiety with an average value of 12 gives an anxiety level of 10%-13%. Based on the analysis results using *Pearson's Product Moment*, a significant value of  $0.000 < 0.005$  was obtained based on the value of count, namely  $0.552 > 0.159$ . There is a strong relationship between the impact of the COVID-19 pandemic and the level of adolescent anxiety leading to a negative relationship. **Research Conclusion:** There is a relationship between the impact of the COVID-19 pandemic with adolescent anxiety levels.

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## INTRODUCTION

Corona Virus Disease better known as COVID-19 is a new type of virus found in Wuhan, China, this COVID-19 pandemic virus can cause a global health crisis to high mortality rates (Manurung, 2020). Infection *emerging* The number of positive confirmed cases in Indonesia reached 4,241,090. 143,270 people died (Kemenkes RI, 2021). According to (UNICEF, 2019) there are more than 2.2 billion children in the world experiencing mental health changes around 28% of the world's child population. At a time when the COVID-19 pandemic puts the world in a state of highest alert, growing and developing on dimensions that have not been measured from a different perspective (Sonartra, 2021). According to UNICEF, (2019), there are more than 2.2 billion children in the world experiencing mental health changes around 28% of the world's child population. Most of them are aged 10 to 19 and make up 16% of the world's population. The immaturity experienced by adolescents is experiencing a turmoil of physical and mental changes that certainly require management for the balance between physical and mind. According to Zhang (2020) states that children and adolescents may be more vulnerable to psychosocial effects during the pandemic disaster than others. Because basically, they are still in a period of growth and development. The pandemic disaster that has occurred has had the impact of an invaluable change in world history from children's routines that have decreased drastically. Problems faced by adolescents according to Hasibuan & Riyandi (2019) that the current COVID-19 pandemic can add to the

storm and pressure on adolescents that will cause anxiety. In Indonesia every year the number of anxiety that occurs is increasing, which is estimated as much as 20% of the world's population and 47.7% of adolescents have anxiety. The results of interviews with 10 adolescent respondents in Samarinda in 2022 obtained data that they experienced the impact of the COVID-19 pandemic on their mental health. Respondents expressed their opinion that "the COVID-19 pandemic is very difficult and troubling both economically and health-wise. The negative impact makes people fearful, and anxious about COVID-19 transmission. Some respondents stated that the impact of the COVID-19 pandemic made it difficult to concentrate and understand learning until what had been delivered by teachers, thus making less interest in participating in learning. Respondents also stated that they "often feel burdened because of many assignments, often feel afraid and sad if they are late in submitting assignments to make students lose confidence and become moody. When the learning process occurs, most of the students experience difficulties when doing online learning so that in this situation makes students experience mental health problems such as anxiety about grades and assignments given for fear of not being able to meet the requirements set by the teacher. To overcome the existing problems, respondents do activities that they like such as listening to music, playing games, sleeping, or doing other activities at home. Respondents also stated that there were changes during the COVID-19 pandemic because they were required to complete piled-up tasks on time, and were required to understand technology in using online applications. They also cannot access out of the house due to the imposition of restrictions on

movement in general in the community. The existence of social movement restriction regulations will greatly affect them, so they will feel very bad. This makes adolescents experience many psychosocial problems because naturally, the phase of their developmental tasks is to expand their social life.

## MATERIALS AND METHODOLOGY

This study uses quantitative methods with a *cross-sectional approach*. This study was conducted on high school adolescents in Samarinda using a total sampling of 153 respondents with inclusion and exclusion criteria. The data collection process uses a questionnaire sheet using *Google form* media. Univariate analysis used frequency distribution in adolescent characteristics, while *central tendential measures were used for independent variables* (impact of the COVID-19 pandemic) and dependent variables (anxiety levels) with bivariate analysis using the *Pearson Product Moment test*.

## RESULTS AND DISCUSSION

### Characteristic

**Respond:** Interpretation of Table 1. Based on the table above, it was found that respondents were 15 years old (7%), 16 years old (25.5%), 17 years old (67.3%), 18 years old (5.2%), 19 years old (1.3%). Based on the existing results, the majority of respondents have the age of 17 years (67.3%). According to (Ningsih, 2022), age is one element that can affect a person's anxiety level. Where the higher a person's age, the better the level of emotional development and the capacity of a person to be able to manage all the various problems faced by him such as anxiety. Researchers assume that adolescence can affect a person's anxiety level. This is due to the mental readiness and soul of a teenager in managing the problems faced. Based on the gender of high school adolescent respondents in Samarinda, the majority of respondents have female gender (54.9%) and male gender (45.1%). This is by research according to Redjeki, et al (2019) states that women are more vulnerable to anxiety than men because men are more actively exploratory to respond to anxiety than women who are more sensitive and harbor all their feelings, and it happens because women are too sensitive to their emotions so that they can cause anxiety in themselves. Researchers assume that gender affects anxiety, where women are more likely to have emotional sensitivities that can trigger anxiety in a person.

**Table 1. Impact of COVID-19 In Senior High School Adolescent**

Impact of COVID-19	Mean	Median	Standard Deviation	Standard Error	CI95%	
					Lower	Upper
	35	34	7	548	33,66	35,82

**Table 3. Respondent Data Normality Test**

Criterion	Normality Standards	Calculation Results	Normal / Abnormal
Rasio Skewness	-2 s/d 2	2	Normal
Rasio Kurtosis	-2 s/d 2	1,5	Normal
Koefisien Varians	<30%	64%	Abnormal
Histogram	Not tilted left or right	More tilt to the left	Abnormal
Detrended	Data scattered around a line (number 0)	Data scattered around (number 0)	Usual
Q-Q Plot	Data scattered around the lines	Data scattered around the lines	Normal
Box Plot	1. The median value in the middle of the box 2. The value of whiskers is evenly divided over the bottom 3. No extreme value or outliers	The median value is not in the middle of the box	Abnormal

**Table 2. Impact of the COVID-19 Pandemic with the Anxiety in Senior High School Adolescent**

Impact of COVID-19	Anxiety Level	CI95%		Pearson Correlation	Sig.(2-tailed)	N
		Lower	Upper			
1	1	-669	-418	-.552	.000	153

**Table 3. Frequency Distribution of Respondent Characteristics**

No	Characteristics of Respondents	Frequency	Percentage %
1.	Age		
	15 Years	1	0,2%
	16 Years	39	25,4%
	17 Years	103	67,3%
	18 Years	8	5,2%
	19 Years	2	1,9%
	Total	153	100%
2.	Gender		
	Man	69	45,1%
	Woman	84	54,9%
	Total	153	100%
3.	Class		
	IPA	82	53,6%
	IPS	71	46,4%
	Total	153	100%

**Analysis Univariate:** Based on the results of the study in Table 2, most respondents experienced the impact of the COVID-19 pandemic with an average score of 35. This means that COVID-19 has an impact on respondents by 33.6%-35.82%. According to (Married and Married 2021) During the COVID-19 pandemic, the world inside and outside the home can change drastically. This is because of the social restrictions that must be applied. According to Braun (2022) (Princess et al., 2022) The pandemic period is academic and social pressure which is one of the highest causes of stress in adolescents, where the learning process that occurs changes, not only but including behavior during the pandemic. This makes adolescents have to adjust to the environment, as a result of which many adolescents experience anxiety. Because it can be known the impact of stress, namely anxiety. Researchers assume that the impact of the COVID-19 pandemic can cause negative things to a person, so someone must adjust to the COVID-19 pandemic. And this can be a pressure for someone if they can't adjust to the COVID-19 pandemic, it will have mental and emotional consequences. Based on the results of research in Table 3 the value of normality test results is based on 7 (seven) descriptive criteria, 4 (four) data can be obtained with the results of the criteria showing normal so that it can be said that the data is normally distributed. According to (Pratiwi et al., 2019) in (Yunita & Kurniasari, 2022) Anxiety can have a bad impact on others, where anxiety can make a person's mind irrational so that it cannot overcome the anxiety problem experienced.

Researchers assume that the level of anxiety that occurs due to the COVID-19 pandemic influences a person. Where the level of anxiety can cause feelings of anxiety in each person due to the fear they have.

**Analysis Bivariate:** Based on the results of statistical tests in Table 4 using *Pearson product-moment* It was found that the correlation value was  $-0.552$  so it can be concluded that there is a strong relationship between the impact of the COVID-19 pandemic and adolescent anxiety levels. The direction of the relationship is negative, which means that the higher the impact of COVID-19, the lower the level of anxiety. This is due to the influence on the level of education experienced, where one can hear, see, and read news about the COVID-19 pandemic involving the media to convey news of the implementation of large-scale social restrictions in efforts to deal with COVID-19. So that adolescents and the community can carry out preparedness for the problems faced (Becker et al., 2020). According to (Prihantoro et al., 2022) research (Nurrahmawati & Rizza, 2022), the application of distance learning during the COVID-19 pandemic can be related to learning readiness that cannot be separated from student anxiety, which will later be a foundation or benchmark for one's ability to follow the learning process. Therefore, someone needs to pay attention to their mental health during the ongoing COVID-19 pandemic. In research (Lost & Amalia, 2022) psychological support can influence adolescents in anxiety reduction such as implementing self-isolation or quarantine. Such support can involve family and friends. Researchers assume that it can be concluded that the impact of the COVID-19 pandemic influences adolescent mental health, anxiety that occurs today is caused by a pandemic that can cause anxiety about learning and mental health.

## CONCLUSION

In the characteristics of respondents based on age, the majority of respondents were mostly students aged 17 years as many as 103 (67.3%), most of them were female because 84 (54.9%) and the majority of respondents came from the MIPA class Most of them were 82 (53.6%). The results of the study on the independent variable of the impact of the COVID-19 pandemic showed that most of the adolescents at senior high school Samarinda experienced the impact of the COVID-19 pandemic with an average score of 35. With a trusted trust value that COVID-19 has an impact on respondents by 33%-35%. While on the dependent variable the level of anxiety in adolescents at senior high school Samarinda experienced anxiety levels with an average value of 12 and was said to be included in the moderate category. With a trust value of 10%-13%. The results of statistical tests using *Pearson product-moment* obtained a significant value of  $0.000 < 0.05$  and based on the correlation results of  $0.552$  it can be concluded that there is a strong relationship between the impact of the COVID-19 pandemic and the level of anxiety in adolescents at senior high school Samarinda. With a trust value of  $-66\%$  to  $-41\%$ , it is believed that the relationship shows a negative relationship, which means that the higher the impact of COVID-19, the lower the level of anxiety in adolescents. Suggestions and recommendations for all relevant parties to increase prevention efforts related to education about the impact of the COVID-19 pandemic on anxiety levels can be in the form of leaflets, brochures which will later be distributed in the local environment and can also be through social media with website links that are already available. For adolescents, it is necessary to understand better that it is important to know the impact of the COVID-19 pandemic on anxiety levels that occur to reduce the adverse effects on anxiety levels. Adolescents also need to make good use of the facilities that have been provided to reduce the occurrence of anxiety levels and be good at finding deeper information about reducing anxiety levels during the COVID-19 pandemic.

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