



## Overview of Community Stress Levels Against Covid-19 Disease in Simangalam Village, South Kualuh District, North Labuhanbatu Regency 2021

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ARTICLE INFO	ABSTRACT
<p><b>Article history:</b></p> <p>Received March 10, 2022 Revised April 20, 2022 Accepted May 30, 2022</p>	<p>Stress is a condition of tension that occurs when someone gets a problem or challenge and the person has not been able to find a way out when he gets a problem, so it can be because many other thoughts interfere when he starts looking for a solution, here there is an imbalance between guidance and the ability to overcome it. The purpose of this study was to identify a description of the level of public stress on the Covid-19 disease in Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara 2021. This study used a descriptive research design. The population in this study was the Simangalam village community, Labuhan Batu Utara sub-district as many as 51 respondents were studied by researchers. The technique of taking the number of samples in this study is using the proportional sampling technique. The measuring instrument in the study used a questionnaire. Based on the results of the study, it was concluded that the community's stress level against the Covid-19 disease was the highest, respondents answered light stress levels as many as 26 people (88.2%) and the lowest answered moderate stress levels as many as 6 people (11.2%).</p>
<p><b>Keywords:</b></p> <p>Covid-19 Depressed Mentality Pandemic Stress</p>	

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### 1. Introduction

Covid-19 is a non-natural disaster that has an impact on the wider community. This condition has a physical and psychological impact on every individual, especially people who experience isolation or quarantine due to Covid-19. People have to stay in special quarantine hospitals because they are considered unable to self-quarantine at home and have the potential to spread Covid-19. This can cause emotional disturbances in the form of excessive stress due to responses from the surrounding community (Handayani et al, 2020).

Corona virus in 2019 or Covid-19 is a new type of Corona virus, besides having a physical impact it can also have a serious effect on a person's mental health (Huang and Zhaou, 2020), various psychological disorders have been reported and published during the Covid-19 outbreak in Indonesia. China, both at the individual, community, national, and international levels. On an individual level, people are more likely to experience fear of infection and experience severe symptoms or dying, feel helpless, and stereotype others. The pandemic even causes psychological crises such as prolonged stress, anxiety, depression and trauma (Qinge Cheung & Chee H, 2020).

Stress is a normal reaction to a threatening and unexpected situation such as the Coronavirus pandemic. Possible stress-related reactions in response to the Coronavirus pandemic could include changes in concentration, irritability, anxiety, insomnia, reduced productivity, and interpersonal conflict, particularly true for groups directly affected. Apart from the threat posed by the virus itself, there is no doubt that quarantine measures, which are being implemented in many countries, have a negative psychological effect, further increasing the symptoms of stress. General uncertainty, threats to individual health and quarantine measures can exacerbate pre-existing conditions such as depression, anxiety, and post-traumatic stress disorder. Besides that, the risk of disease transmission may increase contamination in patients with obsessive-compulsive disorder and hypochondria, or individuals with paranoid ideas. Although quarantine measures protect against the spread of the corona virus, they require isolation and loneliness which creates major psychosocial stress and may exacerbate mental illness (Poltekes Kemenkes Kendari, 2020).

The Association of Indonesian Mental Medicine Specialists (PDSKJI) conducted a survey on mental health through an online self-examination. Examinations were conducted on 1,552 respondents regarding three psychological problems, namely anxiety, depression, and trauma. Most respondents were women (76.1%) with a minimum age of 14 years and a maximum of 71 years. Most respondents came from West Java 23.4%, DKI Jakarta 16.9%, Central Java 15.5%, and East Java 12.8% (PDSKJI, 2020). The survey results show that 63% of respondents are anxious and 66% of respondents are depressed due to the Covid-19 pandemic.

Furthermore, as many as 80% of respondents have symptoms of post-traumatic stress. Psychological due to experiencing or witnessing unpleasant events related to Covid-19. Symptoms of severe psychological post-traumatic stress experienced by 46% of respondents, symptoms of moderate psychological post-traumatic stress experienced by 33% of respondents, symptoms of mild psychological post-traumatic stress experienced by 2% of respondents, while 19% had no symptoms. The symptoms of post-traumatic stress that stand out are the stress of feeling distant and separated from others and feeling constantly alert, careful, and on guard. Meanwhile, the follow-up examination conducted on 2,364 respondents in 34 provinces stated that the results were not much different from the previous examination. As many as 69% of respondents experienced psychological problems. As many as 68% experienced anxiety, 67% experienced depression, and 77% experienced psychological trauma. As many as 49% of respondents who are depressed even think about death (PDSKJI, 2020). The

data illustrates that mental health problems, such as anxiety, depression, trauma due to the Covid-19 pandemic are felt by Indonesian people at this time.

Based on research by Sulis (2020) there are 63% of respondents experiencing anxiety and 66% of respondents experiencing depression due to the Covid-19 pandemic. The main symptoms of anxiety are worrying that something bad will happen, worrying too much, being irritable, and having trouble relaxing. While the main symptoms of depression that appear are sleep disturbances, lack of confidence, tiredness, lack of energy, and loss of interest. Furthermore, as many as 80% of respondents have symptoms of psychological post-traumatic stress due to experiencing and witnessing unpleasant events regarding Covid-19. Symptoms of severe psychological post-traumatic stress experienced by 46% of respondents, symptoms of moderate post-traumatic psychological stress experienced by 33% of respondents, symptoms of mild psychological post-traumatic stress experienced by 2% of respondents, while 19% had no symptoms. The prominent symptoms of post-traumatic stress are feeling distant and separated from others and feeling constantly alert, cautious, and on guard. Meanwhile, the follow-up examination conducted on 2,364 respondents in 34 provinces stated that the results were not much different from the previous examination. As many as 69% of respondents experienced psychological problems. As many as 68% experienced anxiety, 67% experienced depression, and 77% experienced psychological trauma. As many as 49% of respondents think about death. The data illustrates that mental problems due to anxiety, depression, trauma due to the Covid-19 pandemic are felt by the people of Indonesia at this time. 364 respondents in 34 provinces said the results were not much different from the previous examination. As many as 69% of respondents experienced psychological problems. As many as 68% experienced anxiety, 67% experienced depression, and 77% experienced psychological trauma. As many as 49% of respondents think about death. The data illustrates that mental problems due to anxiety, depression, trauma due to the Covid-19 pandemic are felt by the people of Indonesia at this time. 364 respondents in 34 provinces said the results were not much different from the previous examination. As many as 69% of respondents experienced psychological problems. As many as 68% experienced anxiety, 67% experienced depression, and 77% experienced psychological trauma. As many as 49% of respondents think about death. The data illustrates that mental problems due to anxiety, depression, trauma due to the Covid-19 pandemic are felt by the people of Indonesia at this time.

Mental health problems such as anxiety, depression, and trauma due to Covid-19 are felt by most Indonesians. Some of the main risk factors are social distance and isolation, economic recession, stress and trauma to society and discrimination. Against this stigma, the government has launched a soul service to help deal with the psychological threat of the community due to the Covid-19 pandemic (Thakur. 2020).

Researchers took a survey of community data from Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency, there were 756 people so I was interested in identifying the description of community stress on Covid-19 in Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency.

## 2. Research Methods

The research design is descriptive, this research was conducted in Simangalam Village, Kualuh District, Labuhan Batu Utara Regency. The total sample in this study was the Simangalam village community, Labuhan Batu Utara sub-district as many as 51 respondents, the criteria for respondents were not in a state of illness and were willing to become respondents using proportional sampling technique.

## 3. Analysis And Results

Table 1  
Respondent Frequency Distribution Based on Community Data Respondent Community Stress Level on Covid-19 In Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency

Characteristics	F	%
Age		
30-40	26	51.0
41-50	15	29.4
>50	10	35.3
Total	51	100
Gender		
Man	25	49.0
Woman	26	51.0
Total	51	100
Education		
SENIOR HIGH SCHOOL	35	68.6
DII	6	11.8
S1	10	19.6
Total	51	100
Profession		
Farmer	15	29.4
garden worker	16	31.4
Farmer	5	9.8
civil servant	11	21.6
IRT	4	7.8
Total	51	100
Religion		
Catholic	18	35.3
Protestant	22	43.1
Islam	11	21.6
Total	51	100

Based on the age category of respondents, most of them are aged 30-40 years, namely 26 people (51.0%) Based on gender, most of them are women, 26 people (51.0%). Based on the last education of respondents, most of them graduated from high school, 35 people (68.6%). Based on the occupation of most of the garden workers as many as 16 people (31.4%). Based on the religion of the respondents, most of them are Protestant, namely 22 people (43.1%).

Based on the results of research conducted by researchers in Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency. Overview of the community's stress level against Covid-19 in Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency in 2021 with a mild stress level of 45 people (88.2%) and 6 people with moderate stress level (11,8%). It can be concluded that the level of public stress on the Covid-19 disease in

Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency is in the mild category.

Table 2  
Frequency Distribution of Respondents' Stress Level to The Description Of Community Stress Levels on Covid-19 in Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency

Category	F	%
Normal	0	0
Light	45	88.2
Currently	6	11.8
Heavy	0	0
Total	51	100

Based on table 2 above, it is found that the number of respondents with mild stress levels is 45 people (88.2%) and 6 people with moderate stress levels (11.8%).

Based on the results of the study, the level of public stress on the Covid-19 disease in Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency, from 51 research respondents, 45 people (88.2%) had mild stress levels and 6 people (11.8%) had moderate stress levels. . From the data obtained, an overview of the community's stress level against COVID-19 in Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency, the stress level in the mild category. This study is supported by (Haris Suhamadani, et al 2020) anxiety or stress symptoms are very common in health workers especially nurses who are dealing with patients in the face of the Covid-19 pandemic (Pappa et al, 2020). The main source of stress for nurses when dealing with the covid-19 pandemic is when they are aware of the fear of being infected or infecting others, including the lack of personal protective equipment (Mo et al., 2020). The results of this study were dominated by low stress levels as many as 30 people or 57% of nurses who had mild stress symptoms, while nurses who had high stress levels were 23 people or 43%.

According to Atkinson (2013), stress occurs when there is an event which will then become something that is felt to be dangerous for the individual, from which the individual will react, both physically and psychologically. Furthermore, Lazarus (2013) says that stress is a physical or psychological event that is perceived as a potential threat to physical and psychological disorders. Another expert, Kartono and Gulo (2009) added that the notion of stress is a condition of physical and psychological tension caused by the perception of fear and threat.

Safari and Saputra (2013) provide the following statement about stress through the first approach, seen from the response to stress, the notion of stress is associated with pressure that makes a person helpless and has a negative impact, for example dizziness, irritability, sadness, difficulty concentrating, difficulty sleep. The second is that stress is related to the stressor system (source of stress), in this case stress is described as a force that causes pressure within a person. Helmi (2013), stated that stress arises when the pressure faced exceeds the optimum limit of each individual.

The results of the research carried out by researchers on the description of the level of public stress on Covid-19 in Simangalam Village, Kualuh Selatan District, Labuhan Batu Utara Regency, from 51 research respondents, 45 people (88.2%) had mild stress levels and 6 people (11.8%) moderate stress level. The results of this study are in line with research conducted by EkaRaisa et al, (2014)Based on the results of the study, it can be seen that the group who said they were not afraid of their own feelings about childbirth experienced a severe stress level of 1 person (9.1%), a moderate stress level of 2 people (18.2%), and a mild stress level of 8 people (72.7%). ). In the group who said they were afraid of their own feelings about childbirth, 6

people experienced severe stress levels (19.4%), 12 people experienced moderate stress (38.7%), and 13 people had mild stress levels (41.9%). In the group who said they were very afraid of their own feelings about childbirth, they experienced a mild stress level of 0 people (0%), a moderate level of anxiety as many as 0 people (0%), and a severe stress level of 1 person (100%).

#### 4. Conclusion

Based on the results of this study with a sample of 51 respondents about the description of the level of community stress against covid-19 in simangalam village, south kualuh sub-district, Labuhan Batu Utara district in 2021: (1). The level of public stress on the Covid-19 disease in Simangalam village, Kualuh Selatan sub-district, Labuhan Batu Utara district in 2021, the highest community stress level was mild stress level of 26 people (88.2%), (2). The level of public stress on the Covid-19 disease in Simangalam village, south kualuh sub-district, Labuhan Batu Utara district in 2021, the lowest community stress level was moderate stress as many as 6 people (11.8%), (3). The highest level of public stress regarding the Covid-19 disease, respondents answered a mild stress level of 26 people (88.2%) and the lowest answered a moderate stress level of 6 people (11.2%)

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