
Stress and anxiety among adolescents, during the covid-19 outbreak

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Abstract

Covid-19 affects every aspect of human life, especially psychological aspects. Furthermore, adolescents experience difficulties because of the pandemic and therefore require extra change due to the occurring situation. In this situation, adolescents felt stress from having to adjust to the unpredictable situation, as well as anxiety, from facing an uncertain situation. Meanwhile, from the previous year, the news has been updated daily, concerning the number of deaths and positive cases. Teens are able to access news through the internet by listening, watching or imagining the current situation. This study used Indonesian adolescent as the research subjects and was conducted online through survey Monkey platform. A total of 98 participants aged above 17 years were obtained from several provinces and region in Indonesia. In addition, the study used DASS as the instrument of research DASS, while the data was analyzed using JASP. According to the results, the stress and anxiety of adolescents during the covid-19 outbreak are in the heavy and very heavy categories, respectively, indicating tremendous pressure is experienced due to the Covid-19 pandemic.

Keywords: Stress, anxiety among adolescent, covid-19 outbreak

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Introduction

Covid was first detected in December 2019 (Ung, 2020), and the virus' existence shocked the entire world. The corona virus was first discovered in Wuhan, China (Lu et al., 2020). Initially, this emergence was regarded as the pros and cons in society. However, over time the number of patients testing positive for Covid-19, as well as the death rate for infected patients, continued to grow. The disease is curable and several cases have been cured, however, the virus' spread remains unpredictable. In mid-March 2020, WHO proclaimed Covid-19 as a global pandemic (Hua and Shaw, 2020; WHO, 2020).

Indonesia is one of the countries affected by the Covid-19 pandemic, and the country's first case was recorded in early March 2020 (Djalante et al., 2020; Moriarty et al., 2020). Subsequently, the number of positive cases continued to increase, and this greatly affected people's daily activity. Currently, people are encouraged to conduct each activity from home. This was also implemented in education, in the form of online learning system. Furthermore, activities originally carried out outside the home are now conducted through the internet.

The rapid spread of covid-19 has also been followed by the development of information in the media (Chan et al., 2020), whether printed or electronic. Information about Covid-19 is being disseminated with increasing intensiveness, and most media in Indonesia have raised awareness of the covid-19 topic, including, TV, YouTube, online/offline newspapers, and all social media platforms. Initially, this was done to increase public awareness (Fletcher et al., 2020; Rousseau and Deschacht, 2020; Wu et al., 2018), however, this has changed into something else, and resembles popularity of rating.

This information dissemination not only raised public awareness, but also a negative psychological impact on individuals (Lu et al., 2020; Soroka, 2012). Numerous people fear being affected by covid-19, losing loved ones, suddenly dying and therefore, wash hands excessively and suffer from unreasonable anxiety. This is due to numerous hoax news and excessively conveyed news on the part of the media. Thus,

the information conveyed information actually causes excessive stress and worry in individuals, especially adolescents.

According to Guessoum et al., (2020), Adolescents require extreme adjustment during the covid-19 pandemic, and are currently the most vulnerable to experiencing stress and anxiety due to the pandemic. Everything tends to happen unpredictably during the pandemic (MacPhail, 2010), and this causes difficulty in adjusting to uncertain situations, as well as news spreading rapidly. Thus making adolescent psychological well being even worse, including stress and anxiety levels.

Stress is define as a pressure-causing condition, and may be due to several factors in adolescents, including unexpected events, including the Covid-19 pandemic. The symptoms of stress in adolescents include, changes in emotions/moods, (for instance, sadness, crying easily), intellectual changes (for instance, forgetfulness, difficulty in focusing as well as making decisions), and physical symptoms (for instance, illness head, dizziness, irregular sleep, or other physical illness) (Ifdil, 2019; Murphy et al., 2017).

Meanwhile, anxiety is an individual psychological condition caused by improperly handled stress (Ifdil, 2019). This is often interpreted as feeling uncomfortable and worried (Craske and Barlow, 2006; Spielberger, 2013). The symptoms of anxiety in adolescents during covid-19 pandemic include feeling anxious, sensitive and irritable, the fear of losing loved ones, worrying about testing positive for Covid-19 (Ifdil, 2019).

Therefore, the covid-19 pandemic dramatically affected adolescents' life. Stress and anxiety interfere with the effective daily lives, and may obstruct growth and development, especially psychologically. Thus, analyzing the level of stress and anxiety of adolescents during the pandemic covid-19 is an interesting research area.

Method

This research utilized a descriptive method (Creswell and Creswell, 2005), and the study population were adolescents aged above 17 years in Indonesia. A total of 96 participants were obtained using the snowball sampling technique (Abubakar et al., 2016; Kaplan et al., 1987). Furthermore, the study was conducted online using a survey monkey platform (Fenin, 2017), while DASS 21 was the research instrument used. Meanwhile, JASP (Jeffrey's Amazing Statistics Program) was used to conduct descriptive analysis (Goss-Sampson, 2019).

Results and Discussion

The tables and figures below the level stress and anxiety in adolescents during the covid-19 pandemic.

Stress in adolescents during the covid-19

Tabel 1. Descriptive Statistics: the average adolescents stress during pandemic covid-19

	Listening				Watching/Reading				Imagining				Average							
	Heavy	Low	Moderate	Normal	Very Heavy	Heavy	Low	Moderate	Normal	Very Heavy	Heavy	Low	Moderate	Normal	Very Heavy	Heavy	Low	Moderate	Normal	Very Heavy
Valid	38	7	26	1	22	38	7	26	1	22	38	7	26	1	22	38	7	26	1	22
Mean	15.053	8.429	11.423	7.000	19.500	15.684	9.143	12.269	7.000	21.545	14.974	8.429	10.385	7.000	20.818	15.263	8.714	11.385	7.000	20.636
Minimum	12.000	8.000	7.000	7.000	15.000	11.000	8.000	8.000	7.000	17.000	8.000	7.000	7.000	7.000	14.000	13.000	8.000	9.000	7.000	18.000
Maximum	20.000	9.000	14.000	7.000	25.000	21.000	10.000	21.000	7.000	28.000	19.000	10.000	13.000	7.000	28.000	17.000	9.000	13.000	7.000	26.000

Table 1 shows the average adolescents stress during pandemic covid-19 is in the heavy category. In addition, watching or reading about Covid-19 is the factor causing adolescents to experience the most stress in this pandemic. Table 1 also describes the number of adolescents for each category. According to the table 38 adolescents experienced stress in the heavy category, 22 were in the very heavy category, 7 were in the moderate category, and 1 was in the normal category. This means the pandemic greatly affects the stress levels of adolescents (Lavanco et al., 2020).

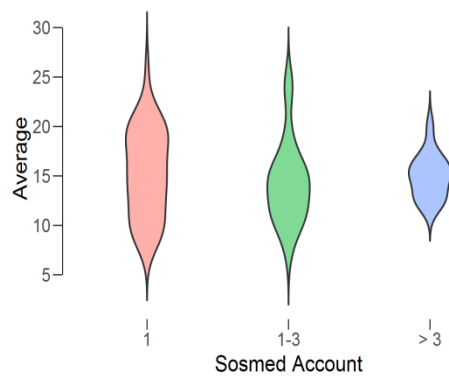


Figure 2: Adolescent stress level in the covid-19 pandemic, based on the number of social media accounts.

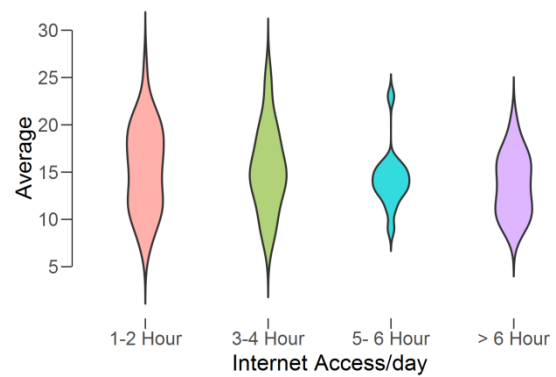


Figure 3: Adolescent stress level in the covid-19 pandemic, based on the number of phones.

Figure 1 shows most of the adolescents have 1 social media account and intensively access the internet daily. This means adolescents with one social media account and 1-2 hour daily internet access become focused on covid-19 updates, and check the account for updates. Thus, adolescents access Covid-19 news by listening, watching/reading and imagining. Adolescents have the most proximity to the internet (Loades *et al.*, 2020; Mills, 2016), and therefore have more opportunities to hear, watch/read and imagine the news from media.

Anxiety in adolescents during the covid-19

Adolescent Anxiety of Covid-19

	Listening			Watching/Reading			Imagining			Average		
	Heavy	Moderate	Very Heavy	Heavy	Moderate	Very Heavy	Heavy	Moderate	Very Heavy	Heavy	Moderate	Very Heavy
Valid	16	5	73	16	5	73	16	5	73	16	5	73
Mean	8.875	7.200	14.041	10.125	8.800	17.096	8.938	7.000	15.288	27.938	23.000	46.425
Minimum	7.000	7.000	7.000	7.000	7.000	10.000	7.000	7.000	7.000	25.000	21.000	32.000
Maximum	13.000	8.000	25.000	12.000	10.000	28.000	11.000	7.000	28.000	31.000	24.000	79.000

Table 1 shows the average adolescents anxiety during covid-19 pandemic is in the very heavy category. Most of the adolescents feel anxious about the situation of Covid-19 (Guessoum *et al.*, 2020; Sahoo *et al.*, 2020; Smirni *et al.*, 2020), and the virus' spread brings about the fear of death or infection (Fido *et al.*, 2020).

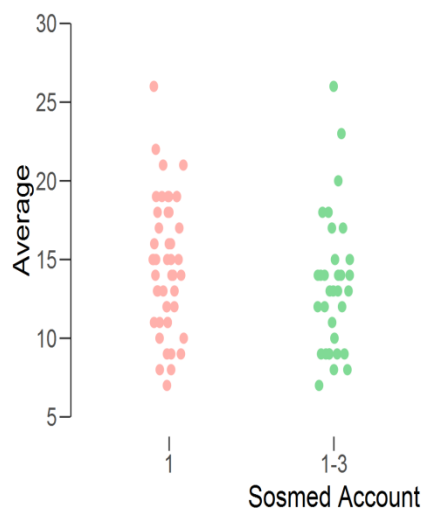


Figure 4: Adolescent anxiety based on the number of social media

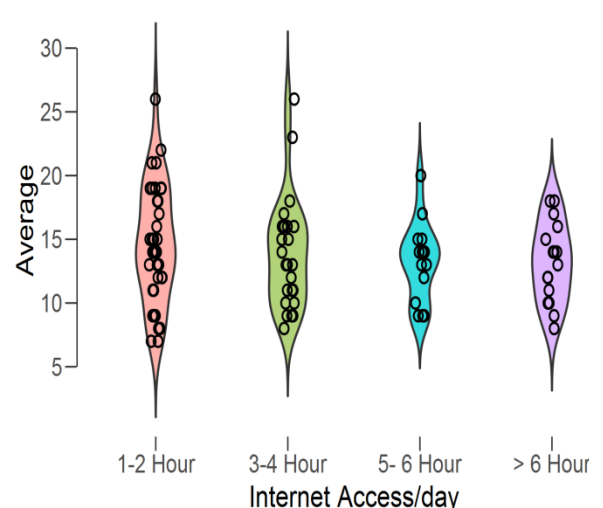


Figure 5: Adolescent anxiety based on internet access

In addition, social media factors and the intensity of internet access have the capacity to influence anxiety in adolescents during the covid-19 pandemic (O'Keeffe and Clarke-Pearson, 2011; Londoño-Herrera *et al.*, 2020). Based on this study, the average adolescent anxiety is in the very heavy category. This means the Covid-19 pandemic greatly affected adolescent anxiety. The symptoms of the anxiety felt include, shaking while hearing,

reading, or even thinking about Covid-19, as well as palpitation of the heart, even without activity (Ifdil, 2019). Other symptoms include panic attacks while accessing or learning about Covid-19 information.

Conclusion

This study therefore concluded the average adolescents stress during the Covid-19 pandemic is in the heavy category, while adolescent anxiety is in the very heavy category. These results are influenced by several factors, including the number of phones as well as social media accounts, and the intensity of daily internet access.

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