

Male and Female: Differences of Student Anxiety Levels on COVID-19 Based on Hamilton Anxiety Rating Scale (HARS)

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Male and Female: Differences of Student Anxiety Levels on COVID-19 Based on Hamilton Anxiety Rating Scale (HARS)

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Covid-19 pandemic is a complex problem and almost all aspects of life, making everyone anxious, worried, panicked about survival. Starting with children, young and old, male and female [6] are anxious about the threat of Covid-19. This study aims to look at the different levels of anxiety between men and women with Covid-19 for students based on the Hamilton Anxiety Rating Scale (HARS).

This research uses a survey method with a descriptive design. Sampling using accidental sampling, 396 respondents consisted of 99 male, 297 female. Analysis of the data used in this study was univariate and bivariate analysis using Chi-Square. The measurement scale was developed based on Dadang Hawari's theory using the Hamilton Anxiety Rating Scale (HARS).

The results showed male and female students had very high anxiety as much as 54.8% of Covid-19, there was no difference in anxiety levels between male and female students in dealing with the Covid-19 pandemic, with a p-value of 0.23. This research proves that gender is not always a significant predictor of emotional reactivity, such as anxiety and fear. Anxiety will come when there is pressure from outside that can hinder a person's activities, both male and female.

To find out the different levels of anxiety of male and female students affected by the Covid-19 pandemic, so that the provision of guidance and counseling services is appropriate for the problems faced by students.

Keywords: Anxiety, Male and female, HARS, and Covid-19

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Introduction

On March 11, the World Health Organization (WHO), established Coronavirus disease 2019 (Covid-19) as a pandemic. This condition clearly should not be underestimated since, throughout history, only a few diseases have been classified as pandemics. Determination of the global pandemic status is not the first time carried out; several virus outbreaks in the past have also been designated as a pandemic. The Covid-19 pandemic cannot be underestimated, the process of transmission is so fast, and the spread model that is difficult to detect makes it difficult for us to avoid it. This virus can affect anyone, babies, children, adults, pregnant women, nursing mothers, and the elderly. Characterized by flu-like symptoms, coughs, colds, fevers, and colds or nasal disorders. Until now the cause is unknown from the Coronavirus, but it is known that this virus is spread by animals and is capable of transmitting from one species to another, including humans (Zaharah & Kirilova, 2020)

It is known, the origin of this virus comes from Wuhan, China. Discovered at the end of December 2019 (Yuliana, 2020). Spread to various parts of the world, and almost all countries led to the emergence of Covid-19 disease everywhere, including in Indonesia within a period of just a few months. The latest update (WHO) on June 7, 2020, has confirmed there are 216 countries or regions that have contracted this virus. Six million seven hundred fifty thousand five hundred twenty-one confirmed positive cases of this virus, and 395,779 died. While in Indonesia until now there have been 31,186 positive cases of Covid-19, 10,498 declared cured and 1,851 dead (Covid-19, 2020).

This death rate continues to grow, over time, although several countries have established policies to impose Lockdown to break the chain of the spread of the Covid-19 virus. In Indonesia, the Government has established the Covid-19 pandemic as a type of disease with risk factors that cause public health emergencies. To overcome the impact of the Covid-19 outbreak, the Indonesian Government has implemented large-scale social restrictions (Ihsanuddin, 2020). Problems that are so complex and almost all aspects of life make everyone anxious, worried, panicked about their survival. Whether it's children, young and old, men and women feel the same anxiety. Whether this pandemic will end soon when will end until when it ends will only be a question behind which the answer is uncertain

Anxiety is a feeling that can be experienced by every person at a particular time in his life. This feeling arises due to the response to changes that occur and is required to be able to adapt to the situation. Anxiety is a normal reaction to a situation that is very stressful in a person's life. Still, if this persists and lasts for a long time and disturbs the peace of the individual, then an immediate response to this is needed (Bulantika, Wibowo, & Jafar, 2018).

Anxiety causes discomfort with something or conditions that make him feel tense (Thahir & Rizkiyani, 2017), the statement was reinforced by Hofmann and Otto who stated that anxiety is a state of worry that complains that something terrible is imminent and an unpleasant feeling of fear or problem that is not so clear (Hofmann & Otto, 2017). Anxiety is a manifestation of various mixed emotional processes, which occur when a person experiences psychological distress (frustration) and inner conflict (conflict) anxiety that has conscious aspects such as fear, surprise, helplessness, and guilt, threatened and so on (Ripper, Boyes, Clarke, & Hasking, 2018). Anxiety is found in all disorders and mental illness, and there are also various kinds. People with anxiety always feel threatened, think something terrible will happen soon, and experience changes psychologically, physically, and behavior that can cause a person to experience interference with himself. (Daradjat, 2016).

Anxiety caused by Covid-19 was strengthened by a survey conducted by the American Psychological Association (APA) of more than 1000 adults in the United States, found that 48 percent of respondents felt anxious they would contract the coronavirus. About 40 percent worry that they will be seriously ill or die from Covid-19, and 62 percent worry about their families or loved ones getting infected. More than one-third of the respondents (36 percent) said the Covid-19 pandemic had a severe impact on their mental health, and 59 percent said the effect was quite harsh in daily life.

Respondents' most significant anxiety about the epidemic is its influence on finances, food shortages, medicine, and other needs (Anna, 2020).

The CESPELS Research Center (Center for Social, Political, Economic, and Law Studies) also surveyed community views regarding Covid-19, the handling of government, and its socio-economic impacts. Involving 1053 respondents, one of the findings of this survey is the level of public anxiety that tends to be high amid the Covid-19 pandemic (Ranasinghe, 2020). The survey involving 34 provinces in Indonesia stated that the level of public anxiety was quite high, reflected in the finding that the majority of respondents felt anxious (54.4%) and very worried (35.6%) due to Covid-19. Besides, the majority of respondents (51%) also thought that the surrounding environment was less safe. At the same time, working at home and studying at home has also made people uncomfortable. This is reflected in as many as 50% of respondents who feel painful, and as many as 13.2% feel very uncomfortable studying and working at home.

The Covid-19 pandemic has a far-reaching impact on all aspects of human life, including education being one of them. Formal education, which was initially carried out face-to-face in schools and tertiary institutions, has shifted to teaching and learning activities at home by online or virtual means. In this world of education, the anxiety experienced by students also occurs, the stress experienced by students both men and women have differences, A study found significantly higher anxiety levels in students in the second year compared with students in the first year. That 5.4% of women and 2.6% of male students at a large public university have anxiety (Fawzy & Hamed, 2017).

Other studies say that based on predictors of anxiety that is female sex is a significant predictor of all anxiety actions (Macauley et al., 2018). Women have more anxiety than men. 51% of women and 37.5% of men have at least a high enough anxiety (Salkind, 2009). From some of these studies, it means that there are differences between anxiety levels of men and women. Therefore researchers are interested in seeing the difference in anxiety levels between men and women with COVID-19 in students based on the Hamilton Anxiety Rating Scale (HARS).

Method

Research Design

This study uses a survey method, with a comparative descriptive design, because the sample used consisted of two groups: a group of male students and a group of female students. Data collection techniques using structured questions in the form of research questionnaires.

Research Sample

Respondents in this study were final year guidance and counseling students in Indonesia. Sampling using accidental sampling, 396 respondents consisted of 99 male, 297 female. Analysis of the data used in this study was a bivariate analysis used to analyze the distribution and presentation of respondents' characteristics, differences in anxiety levels between male and female students regarding the Covid-19 pandemic. The results of each variable are displayed in the form of frequency distribution and then analyzed to determine differences in anxiety between male and female students.

Anxiety Measurement

The measurement scale of each questionnaire variable developed by researchers is based on Dadang Hawari's theory using the Hamilton Anxiety Rating Scale (HARS). By giving value by category:

22 There are no symptoms at all

1 = Low

2 = Medium

3 = High

4 = Very high

Determination of the degree of anxiety by adding up the scores and items 1-14 with the results:

21 The score of less than 14 = No anxiety

2) Score 14-20 = Low anxiety

3) Score 21-27 = Medium anxiety

4) Score 28-41 = High anxiety

5) Score 42-56 = Anxiety is very high.

The questionnaire consisted of 2 parts, namely part A containing demographic data, which included gender, age, and semester. Part B questionnaire contains a statement regarding the level of anxiety spread using Google Form.

Data Analysis

Data Analysis this research, Bivariate Analysis is used to test hypotheses that know the relationship or difference between the independent variable and the dependent variable. The statistical test used is Chi-Square. The error used is 5%. Based on the results of statistical calculations can be seen the significance of the relationship between the two variables viz, based on the comparison of Chi-Square count with Chi-Square table: if Chi-Square count > Chi-Square table or if sig < 0.005, then Hypothesis is accepted which means there is a significant difference and if Chi-Square count < Chi-Square table or sig > 0.005 then Hypothesis is rejected which means no significant difference.

Results

Univariate results were used to see the characteristics of respondents with anxiety levels between men and women. Hypothesis testing is done with the help of SPSS Windows version 20.00. The results of the level of anxiety and the characteristics of respondents between male and female students based on the Covid-19 pandemic can be seen in Figure 1.

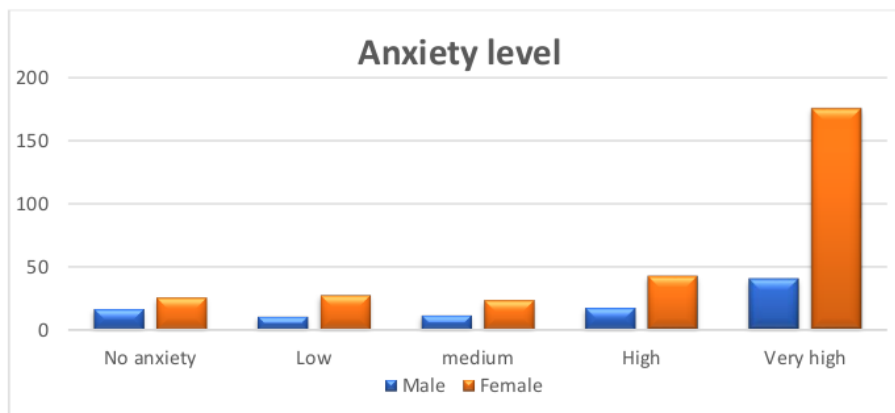


Figure 1. Level of anxiety between male and female on COVID-19

Based on figure 1, it is stated that the level of anxiety based on male gender with a total of 99 respondents, most located at a very high level of anxiety is 41 students. The high anxiety level of 18 students, the medium anxiety level of 12 students, the low anxiety level of 11 students, no anxiety for 17 students. Furthermore, the level of anxiety based on female gender with a total of 297 respondents, many are located at a very high level of anxiety namely 176 students, a high level of anxiety as many as 43 students, a medium level of anxiety as many as 24 students, a low level of anxiety as many as 28 students, and no anxiety as much 26 students. The percentage of students' anxiety levels toward Covid-19 based on the Hamilton anxiety rating scale (HARS) can be seen in Figure 2.

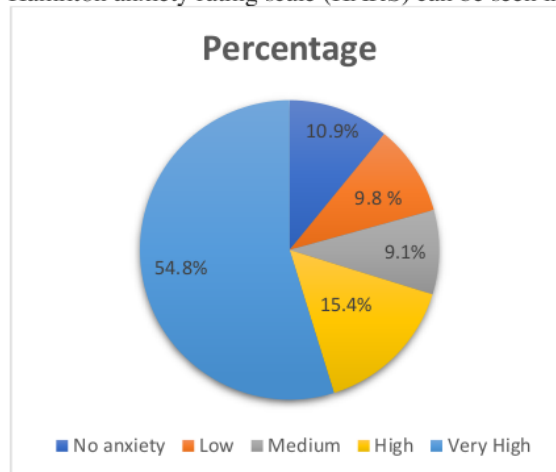


Figure 2. Percentage of anxiety level on COVID-19

Based on Figure 2, no anxiety has a value of 10.9%, a low anxiety level of 9.8%, a medium anxiety level of 9.1%, a high anxiety level of 15.4%, and a very high anxiety level of 54.8%. Henceforth, the results of hypothesis testing for the significance of the relationship or the difference in anxiety levels between men and women with COVID-19 can be seen in Table 1.

Table 1. Differences in the Anxiety Level between Male and Female on COVID-19

Category	N	M	SD	P	Chi Square Count	Chi Square table
Anxiety level between male and female	396	56.3	43.0	0.23	11.36	14.86

In table 1 there is a p-value of $0.23 > 0.05$, which means if the significance is > 0.05 . H_0 is rejected, meaning that there is no difference in the level of anxiety between male and female students in the face of a COVID-19 pandemic in final-year students majoring in guidance and counseling in Indonesia.

Based on the hypothesis test that is seen from the calculated Chi-Square_{count} 11.36, the value is smaller than the value of the Chi-Square_{table} of 14.86 which means that there is no difference in the level of anxiety between male and female students in the face of a COVID-19 pandemic in college students. The last major was the guidance and counseling majors in Indonesia. When viewed from the students' anxiety level score based on the Hamilton Anxiety Rating Scale (Hars) in Figure

2, male and female students had anxiety in the very high category of 54.8%, which means that at the time of the Covid-19 pandemic, male and female students feeling anxious and threatened.

Discussion, Conclusion and Recommendations

When viewed from the average score of male and female students' anxiety levels, the total number of female anxiety levels is higher than the male anxiety level, and that is because of an imbalance influences of respondents. It is known that the number of female respondents is 297, while male respondents are only 99, which makes women's anxiety scores higher than men. Besides, the statement item Hamilton Anxiety Rating Scale (Hars), respondents' answers to all items, namely 76 items, there are three items with a significant level indicate differences in levels of anxiety between men and women. These items are in item number 3, 9, and 15.

Of these three items, female students had higher anxiety levels than male students. Item number 3 is included in the aspect of feeling restless. The statement is a fear that comes from the mind, and female students have more concerns about their thoughts compared to male students. In item number 9 included in the aspect of tension, female students cried more efficiently during the Covid-19 pandemic compared to male students, and item number 15 entered the element of fear, female students had a higher fear of coronavirus than male students.

In these three items, female students have higher levels of anxiety. This is because females tend to have complicated thoughts or think things that haven't happened, and sometimes make their cognitive irrational, different from men who tend to think practically and don't like remembering too many details. A study also revealed that in boys' brains the volume of anterior insula or volume of gray matter grows more significant in the part that causes behavior to be less sensitive to feelings and emotions (Megeri & Khoosal, 2007), this also causes women to cry more easily. Besides, there is community stigma that men should not be whiny since childhood men have been emphasized to be strong figures; this also triggers men not to show their weaknesses.

This statement is reinforced by research, which states that gender is a demographic characteristic that plays a role in stress. There is severity of stress related to gender. Although exposed to the same stressors, females can have different responses from males (Balsam, 2017). In line with other studies that show that gender is a significant predictor of emotional reactivity, females tend to have higher levels of physical stress and anxiety than males (Portman, Brady, & Lewis, 2018).

Similarly, the results of research from Matud using the Utilizing the Life Event Stressful Success Questionnaire (LESSQ) in 1566 women and 1250 men in the age range 18-65 years showed women were more often reported to experience stress than men (Matud, 2004). Stressors in women are reported to be related to health and family problems, while stressors in men are related to financial and work issues. Different stress responses between women and men are closely associated with the activity of the HPA axis, which is related to the regulation of the hormone cortisol and the sympathetic nervous system related to heart rate and blood pressure. HPA and autonomic responses are found to be higher in adult males than in adult females, thus affecting one's performance in dealing with psychosocial stressors (Olf, 2017).

However, if we associate it with the current condition where the country is being shaken by a virus that can affect anyone, both women and men, men can have the same anxiety level as women. Based on statistical tests in table 2, there is no significant difference between male and female students' anxiety. This is because, during a pandemic, standard life patterns, as usual, must suddenly change at once, and some people are confused about what to do or act like and how. This is what causes anxiety, within reasonable limits, worry or anxiety is a sign that is needed by individuals for the existence of danger so that it is expected to be better prepared (Lenton-Brym et al., 2020).

At the time of the Covid-19 pandemic, the pattern of life changed dramatically. It was quite extreme, including social interaction, which was suddenly limited due to the implementation of social distancing, limited physical movement due to physical distancing rules and healthy lifestyle such as washing hands properly with antiseptic soap, cleaning the body, and objects and so on that were not usually done. This raises worries, panic and anxiety will be exposed to the virus. Research says Covid-19 has a severe impact on thoughts, feelings, and behavior. People have a concern about their health and the health of their relatives. Frightening thoughts are associated with a series of negative emotions and actions, such as stress, anger, avoidance, and isolation (de Jong, DeJong-Verhagen, Pols, Verbrugge, & Baldacchino, 2020). Furthermore, other studies say it takes time to get used to and be able to adapt during the Covid-19 pandemic. Still, if anxiety is not able to be controlled or controlled, then the emotional condition will overwhelm the mind and behavior so that it can cause further mental or psychological disorders (Huang & Zhao, 2020).

The subjects in this study were the final year students of guidance and counseling, which means students have an absolute obligation, namely learning. During this pandemic, students are still required to contribute to learning activities, fulfilling final assignments. Moreover, students are required to be able to develop and improve their thinking power towards the last project they have to complete, even though the physical condition of the environment, many students stay at the boarding house while doing their lectures. This condition can trigger anxiety symptoms. For example, the narrow boarding room makes students confused to do activities, especially the imposition of large-scale social restrictions in some areas that require to remain at home/boarding house, even though they are carrying out the final project involving time management and when this pandemic appears students tend to be hampered, such as research, limited consultation. Inadequate learning facilities also create symptoms of anxiety in students.

Pandemic Covid-19 makes lectures and other activities online, and not all students have adequate facilities to conduct online learning. Besides, other factors that can cause anxiety for students are economic factors. Because during this pandemic, a lot of income in the family is lost, which reduces allowance, even though basic needs must be met to ensure students' mental health.

From the explanation above, it can be concluded that male and female students have very high anxiety towards Covid-19, there is no meaningful difference between the anxiety levels of male and female students. This is reinforced by research that shows that male and female respondents generally, there is no significant difference in their perception of academic stress, anxiety will come when there is external pressure and can hamper the success of someone both male and female (Hill et al., 2016). Agree with other studies that say the factors that influence anxiety are the environment, emotional stress, and physical causes (Hopkins & Shook, 2017). During this pandemic, everyone is experiencing emotional pressure, and the threat of the virus is also physically attacking. Male and female students are being faced with the same conditions, unpredictable conditions, activity restrictions, conditions that can threaten safety regardless of feathers. Besides, curriculum and academic demands as emotional pressure are also equally felt between male and female students.

Based on the average empirical level of anxiety of male and female students against the Covid-19 pandemic is in the very high category, meaning that individuals show the existence of impulse thoughts and feelings of fear in the face of the Covid-19 pandemic so that the mindset, physical response, and behavior are disturbed and students are anxious in facing academic demands. Students who experience very high anxiety experience decreased attention so they are unable to concentrate while studying and the reduced strategies for cognitive regulation. Research says anxiety has a positive value if the intensity is not so robust and high stress disrupts cognitive function and mental activity (Andrews et al., 2018). Supported by research that found that someone who has high anxiety will show negative thoughts and perceptions of the activities undertaken (Garnefski & Kraaij, 2018). This is reinforced by research that says very high anxiety is harmful because it can cause psychological and physical disorders (Mikocka-Walus et al., 2016).

Based on the results of the analysis, it was found that gender was not always a significant predictor of emotional reactivity, such as anxiety and fear. Anxiety will come when there is pressure from outside and can hamper the activity of someone, both male and female. Pandemic Covid-19, which is transmitted quickly and can attack anyone, making people from any circle, both old, young, women, and men have a high fear and anxiety, especially in college students.

Based on the results of the study it can be concluded that male and female students have very high anxiety about Covid-19, there is no significant difference between the anxiety levels of male and female students with Covid-19. Male and female students are being faced with the same conditions, unpredictable conditions, activity restrictions, conditions that can threaten safety regardless of feathery. Besides, curriculum and academic demands as emotional pressure are also equally felt between male and female students. Therefore this research proves that gender is not always a significant predictor of emotional reactivity such as anxiety and fear. Anxiety will come when there is pressure from outside and can hamper the activity of someone, both male and female. Further researchers are advised to examine individual coping strategies in dealing with anxiety during the Covid-19 pandemic. And see if cultural factors also determine the differences of each individual or group in stress management.

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