

RELATIONSHIP BETWEEN ANXIETY AND STUDENT WILLINGNESS TO PARTICIPATE IN THE COVID-19 VACCINATION AT MTSN 1 WONOGIRI

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ARTICLE INFO	ABSTRACT
Received: Revised: Approved:	<p><i>In an effort to overcome the covid-19 pandemic, the covid-19 vaccination aims to reduce the transmission/transmission of covid-19, reduce morbidity and mortality due to covid-19, achieve group immunity in the community (herd immunity) and protect the community from covid-19 so that they remain safe. productive socially and economically. Anxiety, which was one of the problems that occurred during the Covid-19 pandemic, turned out to be a problem also when the Covid-19 vaccine was available.</i></p> <p><i>The purpose of the study was to determine the relationship between anxiety and students' willingness to participate in the covid-19 vaccination at MTsN 1 Wonogiri. The results of the research eliminate anxiety in the face of vaccination and publication of scientific journals as a form of the tri dharma of higher education.</i></p> <p><i>The analytical descriptive research method with a cross sectional approach was chosen in this study to determine the relationship between anxiety and the willingness of students at MTsN 1 Wonogiri. This study uses a snowball sampling technique considering the condition is still a pandemic, so filling out the questionnaire using a google form with the cooperation of the school.</i></p> <p><i>The results of his research from 150 respondents, 131 respondents experienced mild anxiety and 19 respondents experienced moderate anxiety. For data on willingness to be vaccinated, out of 150 respondents, 144 students were willing to be vaccinated and 6 students were not willing to be vaccinated. For bivariate data, out of 131 students who experienced mild anxiety, 4 of them were not willing to be vaccinated because they had never been exposed to information about vaccination. Meanwhile, of the 19 students who experienced moderate anxiety, 2 of them were not willing</i></p>

to vaccinate without a clear reason for not being willing to vaccinate.

In conclusion; there is a significant relationship between anxiety and willingness to vaccinate students at MTsN 1 Wonogiri. Suggestions for providing information and socialization about vaccination are very important to be carried out / given to increase the coverage of vaccination targets in the community.

KEY WORD

Student, Anxiety and Vaccination



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INTRODUCE

After knowing the origin of this virus came from the Wuhan area, Hubei Province, China. This virus was discovered at the end of December 2019 and so far hundreds of countries have been confirmed to be infected by this virus. Covid-19 is currently a serious problem worldwide, and the number of cases is increasing every day. Attacking everyone, regardless of age or gender, is considered a global pandemic. The global COVID-19 pandemic was first announced on March 11, 2020, indicating that the virus has infected many people in various countries (WHO, 2020).

Since the first positive case of COVID-19 was announced on March 2, 2020, this virus has spread rapidly to various regions in Indonesia. Until now, in February 2022, the Ministry of Health reported that there were 5.08 million positive cases of COVID-19, 3.34 million recovered, and 180,859 deaths (www.covid19.co.id)

As for Central Java province, the health office reported data on positive cases of COVID-19 sufferers until February 2022, there were 65,049 cases, 692,377 were declared cured and 41,389 died. For Wonogiri Regency itself, the number of cases of covid in the same month was 10,239 cases, recovered 9,094 and died 947 cases (<https://corona.jatengprov.go.id/data>).

Efforts to overcome COVID-19 must continue to be carried out massively with several strategies considering the prolonged Covid-19 pandemic has had a major impact on the economy and social life. The level of community vulnerability is also increasing due to a lack of public awareness of the implementation of health protocols. Therefore, intervention is needed not only in terms of implementing health protocols but also other effective interventions to break the chain of disease transmission through vaccination efforts (KemenkesRI, 2021).

Vaccination is the most effective and efficient public health effort in preventing several dangerous infectious diseases. History has recorded the large role of vaccination in saving the world community from illness, disability and even death from Vaccination-Preventable Diseases (PD3I). In an effort to overcome the covid-19 pandemic, the covid-19 vaccination aims to reduce the transmission/transmission of covid-19, reduce morbidity and mortality due to covid-19, achieve group immunity in the community (herd immunity) and protect the community from covid-19 so that they remain safe. productive socially and economically (KemenkesRI, 2021).

Anxiety, which was one of the problems that occurred during the Covid-19 pandemic, turned out to be a problem also when the Covid-19 vaccine was available. According to Zulva (2020) the cause of this anxiety is hoax information that makes people anxious and eventually a negative response occurs and can have a psychosomatic impact. In addition, there are research results which state that different exposure to

information related to COVID-19 that is received by the public is related to anxiety. Anxiety related to vaccination is caused by side effects that may appear after the vaccine, so people are reluctant to follow the vaccination (Bendau, et al. 2021 dalam Putri et al. 2021).

Vaccination coverage in Indonesia until January 2022 reaches 90% for vaccination I, 70% for vaccination II and 7% for vaccination III. In Central Java province, the coverage of vaccination I was 91.75%, vaccination II was 79.48%, and vaccination III was 9.18%. As for Wonogiri district, the coverage of vaccination I was 87.13%, vaccination II was 83.77% and vaccination III was 12.81% (<https://vaksin.kemkes.go.id/#/vaccines>).

From the above phenomenon, researchers are interested in conducting a study entitled "The Relationship between Anxiety and Students' Willingness to Participate in the Covid-19 Vaccination at MTsN 1 Wonogiri"

Anxiety is a fear or concern, tension, or restlessness that stems from the anticipation of danger, the source of which is largely unrecognizable or unknown (Miyazaki et al., 2016 dalam D'Prinzessin 2021). In the traditional sense, the term anxiety refers to an opposing or unpleasant emotional state that includes subjective interpretation and arousal or physiological arousal (Morrison dan Heimberg, 2013 dalam D'Prinzessin 2021).

The cause of anxiety comes from within and its source is largely unknown while fear is an emotional response to a threat or danger whose source is usually external that is faced consciously. Anxiety is considered pathological when it interferes with daily functioning, goal attainment, and normal satisfaction or pleasure (*Anxiety and Depression Association of America*, 2017 dalam D'Prinzessin 2021).

According to Patel and Greydanus (2011) types of anxiety include:

1. Objective anxiety (realistics) is a type of anxiety that is oriented to aspects of external dangers such as seeing or hearing something that can have a bad effect.
2. Neurotic anxiety is a type of anxiety that if the instincts in the five senses cannot be controlled and cause someone to do something that can be subject to legal sanctions.
3. Moral anxiety is a type of anxiety that arises from a deep feeling of guilt when someone does something wrong (D'Prinzessin, 2021).

According to Starosta and Brenner (2018), anxiety symptoms are classified into 3, namely:

1. Physical symptoms of anxiety, namely: restlessness, shaking limbs, sweating a lot, difficulty breathing, racing heart, feeling weak, hot cold, irritable and irritable.
2. Attitude symptoms of anxiety, namely: avoidance behavior, shaken, attached and dependent.
3. Cognitive symptoms of anxiety, namely: worrying about something, feeling disturbed by fear of something that will happen in the future, belief that something scary will happen, fear of not being able to cope with problems, feeling confused or confused thoughts, and difficulty concentrating (D'Prinzessin, 2021).

The following are factors that affect anxiety

1. Negative experiences in the past

The main cause of anxiety is a traumatic experience that occurs in childhood. These events have an impact on the future. When individuals face the same event, they will feel calm, causing discomfort (Yehuda et al., 2015).

2. Irrational thoughts

Irrational thoughts can be further divided into 4 forms (Brook and Schmidt, 2008), namely:

- a. Catastrophic failure: the individual assumes that something bad will happen and happen to him so that the individual is unable to overcome the problem.
 - b. Perfection: individuals have certain standards that must be achieved in themselves so that they demand perfection and there are no behavioral defects.
 - c. Agreement
 - d. Improper generalization, i.e. overgeneralization, this happens to people who have little experience.
3. Age and stage of development
This factor plays an important role in each individual because of different ages, so different stages of development, it can affect the dynamics of anxiety in a person
4. Environment
Environmental factors can influence the behavior of both internal and external factors. The creation of a conducive environment will reduce the risk of anxiety in a person.
5. Knowledge and experience
Knowledge and experience of an individual can help solve psychological problems, including anxiety.
6. Role Family
The role of the family that puts excessive pressure on their children makes the individual depressed and experiencing anxiety.

Kind of level anxiety according to Stuart (2007) and Videbeck (2008) is divided into 4, namely:

- a. Mild Anxiety
Mild anxiety associated with tension in everyday life this anxiety causes individuals to become alert and increase their field of perception. This anxiety can motivate learning and result in growth and creativity. The feeling that something is different and requires special attention. Sensory stimulation enhances and helps individuals focus attention on learning, problem solving, thinking, acting, feeling and protecting themselves (Romli; & Yulia Fitri Wulandari, 2022).
- b. Moderate anxiety
Moderate anxiety allows the individual to focus on what is important and put everything else aside. This anxiety narrows the field of individual perception. Thus, the individual experiences selective inattention but can focus on more areas if directed to do so. Moderate anxiety is the nagging feeling that something is really different; the individual becomes nervous or agitated (Romli; & Yulia Fitri Wulandari, 2022).
- c. Severe Anxiety
Greatly reduces the field of individual perception. Individuals tend to focus on something detailed and specific and don't think about it. All behavior is aimed at reducing tension. The individual needs a lot of direction to focus on this area. Experienced when the individual believes that something is different and that there is a threat; he shows a response of fear and distress (Romli; & Yulia Fitri Wulandari, 2022).
- d. Panic
Panic is associated with being affected, fear and terror. The details are split out of proportion. Due to experiencing a loss of control, individuals who experience panic are unable to do anything even with direction. Panic includes personality disorganization and causes increased motor activity, decreased ability to relate to others, distorted perceptions and loss of rational thinking. This level of anxiety is incompatible with life: if it persists for a long time, exhaustion and death can occur. All rational thinking stops and the individual experiences a fight, flight or freeze

response there are, the need to leave immediately, stay in place and struggle or become frozen and unable to do something (Romli; & Yulia Fitri Wulandari, 2022).

Coronavirus Disease 2019 (covid-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). SARS-CoV-2 is a new type of coronavirus that has never been previously identified in humans. There are at least two types of coronavirus that are known to cause diseases that can cause severe symptoms such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) (Kemenkes, 2020).

Coronavirus is a positive single-strain RNA virus, unsegmented and encapsulated, this virus belongs to the order Nidovirales, a family with Coronaviridae, the coronavirus is sensitive to heat and can be inactivated with a liquid disinfectant containing chlorine, ether, alcohol, non-ionic detergent, chloroform and lipid solvents. in terms of 56 degrees in 30 minutes (Yuliana, 2020).

This type of virus can infect animals, the first case was found in the United States of a tiger infected with COVID-19. At first this virus in fact infects animals by circulating between animals to animals, but this virus can also be called a zoonotic virus, which is a virus that can spread from animals to humans. Many animals that can carry this virus such as bats, bamboo rats and civets where these animals are hosts that can be found. In fact, bats are the main source for the spread of viruses such as SARS and MERS (Zezen, 2020).

A person infected with COVID-19 has varied symptoms, mild, moderate and severe symptoms. Severe symptoms that can appear are fever above 38 degrees, cough, and shortness of breath and sometimes accompanied by diarrhea. In severe cases this virus can cause kidney failure, acute respiratory syndrome, pneumonia and even death (Kemenkes, 2020).

Basically the corona virus cannot live in the air or cannot live without a host or through media such as saliva splashes when coughing or sneezing, the way of transmission of this virus is through the respiratory tract, this virus can also be transmitted through direct contact with infected people through fluid that comes out when coughing or sneezing, the incubation period of this virus is between 1-14 days but mostly occurs on the third to seventh day. The SARS-CoV2 virus is spread through droplets of saliva or droplets. When someone is infected and then coughs or sneezes, droplets or splashes will fall on the surface of nearby objects. Then when someone else who has not been infected accidentally touches the surface of an object with a droplet, then touches his mouth, nose, or eyes without washing his hands properly first, he will be at high risk of contracting it (Aditya, Dkk 2020). If we look closely, this virus cannot live in the air or fly, but its spread must pass through the host, namely through media such as sprinkling saliva from infected people, so in this case it is necessary to prevent the spread of the virus by limiting the distance between each other, this is in accordance with Presidential instructions calling for social distancing (Zezen, 2020).

Vaccination is the most effective and efficient public health effort in preventing several dangerous infectious diseases (KemenkesRI, 2021). Vaccination is the procedure of introducing vaccines into the body to stimulate the body's immune system and eventually produce immunity against a disease. Immunization is an effort to build a person's immunity against a disease, so that if one day he is exposed to the same disease he will not get sick or only experience mild illness (KemenkesRI, 2020).

RESEARCH METHOD

The design of this research is analytic with a cross sectional approach, which is a study to study the dynamics of the correlation between risk factors and effects by approaching, observing or collecting data all at once (Notoadmojo, 2010). With this design and approach, researchers can determine whether or not there is a relationship between anxiety and students' willingness to vaccinate at MTsN 1 Wonogiri. The location of the research was carried out in Madrasah Tsanawiyah Negeri 1 (junior high school level) Wonogiri district. Researchers used 150 samples with the snowball side technique. Data processed by SPSS with chi-square test to determine the relationship between anxiety and willingness to vaccinate

RESULT AND DISCUSS

1. Univariate Data

a. Student Anxiety

Tabel 1. Student Anxiety MTsN 1 Wonogiri

Category	Amount students	Prosentase (%)
Mild Anxiety	131	87,3
Moderate Anxiety	19	12,7
seriously worried	0	0
Panic	0	0
Total	150	100

From the results of the study, we all know that out of 150 respondents, 131 (87.3%) respondents experienced mild anxiety and 19 (12.7%) respondents had moderate anxiety.

b. Willingness of students to vaccinate

Tabel 2. Willingness of students to vaccinate

Willingness of student	Amount students	Prosentase (%)
Ready	144	96
Not Ready	6	4

From the table above, 144 students (96%) were willing to be vaccinated, only 6 students (4%) were not willing to be vaccinated. Next, the researcher will discuss further about the relationship between anxiety and students' willingness to be vaccinated against COVID-19

2. Bivariate Data

Tabel 3. Cross tabulation of student anxiety with vaccination readiness

		Willingness to get vaccinated		Total
		Not ready	Ready	
Student Anxiety	Mild Anxiety	4	127	131
	cemas sedang	2	17	19
Total		6	144	150

By cross tabulation, from 131 respondents who experienced mild anxiety, there were 4 respondents who were not willing to be vaccinated because they had never known information about vaccination. Meanwhile, of the 17 respondents who experienced moderate anxiety, there were 2 respondents who were not willing to be vaccinated

Anxiety is a fear or concern, tension, or restlessness that stems from the anticipation of danger, the source of which is largely unrecognizable or unknown (Miyazaki et al., 2016 dalam D'Prinzessin 2021). In the traditional sense, the term anxiety refers to an opposing or unpleasant emotional state that includes subjective interpretation and arousal or physiological arousal (Morrison dan Heimberg, 2013 dalam D'Prinzessin 2021).

According to Starosta and Brenner (2018), anxiety symptoms are classified into 3, namely:

- a. Physical symptoms of anxiety are: restlessness, shaking limbs, sweating a lot, difficulty breathing, racing heart, feeling weak, hot cold, irritable and irritable.
- b. Attitude symptoms of anxiety are: avoidance behavior, shaken, attached and dependent.
- c. Cognitive symptoms of anxiety are: worrying about something, feeling disturbed about something that will happen in the future, belief that something scary will happen, fear of not being able to cope with problems, feeling confused or confused, and difficulty concentrating (D'Prinzessin, 2021).

Researchers analyzed the symptoms of anxiety according to the situation in the field with the existing theory. From the results of the study, 88% of respondents were not anxious, did not avoid and did not have special concerns regarding the vaccination to be carried out so that respondents were not anxious as indicated by the results of filling out the questionnaire

Tabel 4 Result data process of chi-square

	Value	Df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	2,413 ^a	1	,020		
Continuity Correction ^b	,859	1	,354		
Likelihood Ratio	1,809	1	,179		
Fisher's Exact Test				,167	,167
Linear-by-Linear Association	2,397	1	,122		
N of Valid Cases	150				

a. 1 cells (25,0%) have expected count less than 5. The minimum expected count is ,76.

b. Computed only for a 2x2 table

From the results of chi-square data processing, the value of asymp sig (2 sided) is 0.02. This figure shows a value of less than 0.05, meaning that there is a significant relationship between student anxiety and willingness to vaccinate.

Vaccination is the most effective and efficient public health effort in preventing several dangerous infectious diseases (Kemenkes RI, 2021). Vaccination is the procedure of introducing vaccines into the body to stimulate the body's immune system and eventually produce immunity against a disease. Immunization is an effort to build a person's immunity against a disease, so that if one day he is exposed to the same disease he will not get sick or only experience mild illness (KemenkesRI, 2020).

Of the 150 respondents, 96% were willing to be vaccinated, 4% were not willing to be vaccinated. From the results of filling out the questionnaire, there are 6 respondents who are not willing to be vaccinated, 4 respondents who are not willing to vaccinate have never received information about vaccination. According to researchers, someone who has never been exposed to information about vaccination is very likely not to be vaccinated because of lack of understanding of information about

vaccination. The other two (2) respondents had other reasons that were not stated in the questionnaire

This is in accordance with research by Niswatul Abidah (2021) which explains that socialization about COVID-19 vaccination is able to increase the level of readiness of citizens to receive vaccines. In addition, the level of knowledge of citizens about vaccines has also increased after residents received socialization (Abidah, Masroi, & Sunahrowi, 2021). Other studies explain that accurate information received by the public from trusted sources such as information provided from the government will increase the public's willingness to carry out vaccines (Putri et al., 2021). Thus, the researchers concluded that the socialization of the covid-19 vaccination and correct information about the covid-19 vaccination will greatly affect the willingness of students to vaccinate.

This research supports Putri's research (2021) which explains that anxiety is not only one of the problems that occurred during the COVID-19 pandemic, but also a problem of people's willingness to vaccinate against COVID-19 (Putri et al., 2021).

Other research suggests that not everyone experiences side effects after receiving the COVID-19 vaccine, this is because each person's immune system is different. Differences in the immune system can be influenced by genetic factors, gender, age, the surrounding environment, to previous conditions that have trained our immune system to respond to certain conditions. Accurate and reliable information can help individuals plan appropriate actions even though the situation seems vulnerable, otherwise misinformation will create a response of anxiety and panic that can hinder the individual's response in taking appropriate action. Good knowledge will increase the patient's willingness to be vaccinated. Health education for the community that is carried out comprehensively will be able to increase knowledge, willingness to be vaccinated and reduce anxiety (Romli; & Yulia Fitri Wulandari, 2022).

So that researchers have the assumption that information about side effects due to vaccination that is conveyed to the public from people who have experienced follow-up events after immunization has an impact on other people experiencing anxiety in facing vaccinations even to the point of making decisions about whether or not to be vaccinated.

Anxiety is also influenced by several factors. These include age, gender, education, occupation, and exposure to information. In this study, the average age that the researchers found was 14 years. As research conducted by Marni et al (2022) in their research with the theme of anxiety that age has a significant effect on the occurrence of anxiety in Covid-19 patients who undergo self-isolation. Meanwhile, gender, education, occupation, exposure to information, and length of isolation have no significant effect on the incidence of anxiety in COVID-19 patients (Marni, Ratnasari, Nurtanti, Soares, & De Carvalho, 2022).

Of the many factors that influence anxiety, similar studies have also been conducted with the results that the length of self-isolation has the greatest influence on the incidence of depression, followed by the level of education which has the most influence on the incidence of depression in people exposed to COVID-19 (Marni, Ratnasari, Husna, & Soares, 2021). In this study, the researcher took a sample of respondents with junior high school education, in the Education Law (2003) and PP No. 57 (2021), junior high school education is included in basic education where students are focused on inculcating character in accordance with Pancasila values (Widodo, 2021).). With basic education (junior high school), the researchers analyzed

that the respondent's decision to be willing to vaccinate was indeed something that the respondent believed as a concrete manifestation if they had good character as citizens.

CONCLUSION

The conclusions of this study are:

1. Anxiety that occurs in students there are 2 categories, namely: mild anxiety 131 students, moderate anxiety 19 students.
2. There are 2 categories of students' willingness to vaccinate, namely willing 144 students, not willing 6 students
3. The results of the crosstab showed that out of 131 students who experienced mild anxiety, 4 of them were not willing to be vaccinated because they had never been exposed to information about vaccination. Meanwhile, of the 19 students who experienced moderate anxiety, 2 of them were not willing to vaccinate without a clear reason for not being willing to vaccinate.
4. There is a significant relationship between anxiety and willingness to vaccinate students at MTsN 1 Wonogiri.

Suggestions that can be given are that socialization and providing correct information about vaccination will provide many benefits for increasing vaccination coverage in the community in general, and students of MTsN 1 Wonogiri in particular.

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