THE RELATIONSHIP OF KNOWLEDGE AND ATTITUDE WITH COMMUNITY ANXIETY LEVEL IN FACING COVID-19 PANDEMIC

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ABSTRACT

Coronavirus disease 2019 (COVID-19) causes considerable morbidity and mortality since December 2019. This virus is spreading very rapidly on a global scale. The prevalence of COVID-19 continues to increase and global health emergency must be addressed immediately. Conditions pandemic will provide impact psychological one only anxiety. Anxiety is an emotional condition characterized by excessive anxiety overvarious events of daily life. The threat in the midst of the Covid-19 pandemic has the potential to continue to increase and become a threat to the mental health condition of people. Anxiety could lower their body immune and in the long term, it could lead to hopelessness. One of the factors that influence public anxiety in dealing with the COVID-19 pandemic is the level of knowledge and attitude. The purpose of this study was to determine the relationship between knowledge and attitudes with the level community anxiety in facing Covid 19 pandemic. This type of research was a quantitative research using a pre-experimental type with a one-group pretest-posttest design without a control group design. Sampling technique used purposive sampling of 30 respondents with Spearman Rank statistical test obtained P Value 0.001 (P value < (0.05)) for the knowledge variable and P Value 0.009 (P value < (0.05) for the attitude variable. There is a relationship between knowledge and attitudes with the level of community anxiety in facing Covid-19 pandemic.

Keywords: anxiety level; attitude; covid-19; knowledge level

INTRODUCTION

Coronavirus disease 2019 (COVID-19) causes the considerable morbidity and mortality since December 2019 (Liu et al., 2020). Coronavirus is spreading very rapidly globally. It spreads around the world, the disease has burdened healthcare systems and stifled the global economy and caused the deaths (Atri et al., 2020). The prevalence of COVID-19 continues to increase and becomes a global health emergency that must be addressed immediately. According to WHO data on August 2, 2020, there were 216 countries have been infected with the corona virus and the number of confirmed positive cases was 17,660,523 cases and 680,894 people died. In Indonesia, the number of new cases continues to increase every day. According to Pusdatin data from the Ministry of Health on August 5, 2020 the number of confirmed positive cases was 116,871 cases with an addition of 1,815 cases from the previous day, 37,530 were in treatment (32.1% of Confirmed), 73,889 recovered (63.2% of Confirmed) and 5,452 died (4.7). % of Confirmed). According to data from the Central Java Health Office, on

August 9, 2020, Central Java ranked 3rd with the highest number of cases in Indonesia as many as 11,007 cases. A total of 2,627 cases were treated, 7,366 recovered and 1,014 cases died. Districts/Cities in Central Java with the most cases were Semarang City with 755 confirmed positive cases, 2213 people recovered, and 389 people died. Efforts to break the chain of spread of COVID-19 require good understanding and knowledge from all elements, including the community. Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is also the most important domain in the formation of behavior (Donsu, 2017).

A person knowledge is influenced by several factors, including education level, occupation, age, environmental factors and socio-cultural factors (Notoatmodjo, 2010). Behavior is a person response to a stimulus (KBBI, 2014). Meanwhile, according to Robert Kwick in Donsu (2017), behavior is part of a actions that can be studied and observed. One of the factors that influence human behavior or society is the level of knowledge (Donsu, 2017). In COVID-19 pandemic case in Indonesia, community knowledge about COVID-19 is needed as the basis for the community in showing COVID-19 prevention behavior. In this study, we will look for the relationship between knowledge and attitudes with the level of community anxiety during the Covid 19 pandemic.

METHODS
This research is a quantitative research with a cross sectional approach. This research was conducted on 30 samples using purposive sampling technique. This research, the researcher did not do the validity test because it used a standardized questionnaire. knowledge and attitude questionnaire from WHO in 2020. Meanwhile, the questionnaire to measure the level of anxiety uses the standard HARS. Data was collected by distributing questionnaires that were distributed to respondents. Data processing was carried out using the Spearman Rank correlation test with a significant level of p-value <0.05.

RESULTS

Table 1.
Distribution of Respondents by Age (n=30)

Age	f	%
Late adolescents	2	6.67
Early adulthood (26-35 tahun)	9	30
Late adulthood (36-45)	12	40
Early elderly (46-55 tahun)	5	16,66
Late elderly (56-65 tahun)	2	6,67

In the table above, age is grouped into 5 groups, namely late adults as many as 12 people (40%), early adults as many as 9 people (30%), early elderly as many as 5 people (16.66%), late elderly as many as 2 people (6.67%) and late teens as many as 2 people (6.67%).

Table 2.
Distribution of Respondents by Gender (n=30)

Gender	f	%
Male	19	63,33
Female	11	36,67

Based on the table above, data obtained for male were 19 respondents (63.33%) while female were 11 respondents (36.67%).

Table 3.
Distribution of Respondents by Education

Education	f	%
Elemtary School	2	6,67
Junior High School	5	16,67
Senior High school	19	63,33
Universities	4	13,33

Based on the table above, the level of education obtained is that most of the respondents had senior high school education, namely 19 respondents (63.33%) while at least 2 respondents had elementary education (6.67%)

Table 4.
Distribution of Respondents by Knowledge Level (n=30)

Knowledge Level	f	%
Good	10	33,33
Sufficient	18	60
Bad	2	6,67

Based on the table above, respondents with sufficient knowledge level were 18 respondents (60%), respondents with good knowledge level were 10 respondents (33.33%) and respondents with less education level were 2 respondents (6.67%).

Table 5.
Distribution of Respondents by Attitudes (n=30)

Attitude	f	%
Good	8	26,67
Sufficient	22	73,33
bad	0	0

Based on the table above, there were 22 respondents with sufficient attitude (73.33%) and 8 respondents with a good attitude level (26.67%) and no respondents with poor attitude.

Table 6.
Distribution of Respondents based on Anxiety Levels (n=30)

Anxiety Level	f	%
No Anxiety	2	6,67
Mild anxiety	21	70
Moderate anxiety	7	23,33
Severe anxiety	0	0

Based on the table above, there were 21 respondents (70%) with mild anxiety, 7 respondents (23.33%) with moderate anxiety, respondents with no anxiety were 2 respondents (6.67%) and no respondents with severe anxiety

Table 7
Relationship between Knowledge and Public Anxiety Levels in Facing the Covid-19 Pandemic (n=30)

Knowledge Level	Anxiety Level						Total		p value	r
	No anxiety		Mild anxiety		Moderate anxiety					
	f	%	f	%	f	%	f	%		
Good	2	6,7	8	26,7	0	0	10	33,3		
Sufficient	0	0	13	43,3	5	16,7	18	60	0,001	0,578
bad	0	0	0	0	2	6,7	2	6,7		

Based on the table above, respondents with good knowledge and did not experience anxiety were 2 respondents (6.7%), respondents with good knowledge and mild anxiety levels were 8 respondents (26.7%), respondents with sufficient knowledge and mild anxiety levels light as many as 13 respondents (43.3%), respondents with sufficient knowledge with moderate levels of anxiety as many as 5 respondents (16.7%) and respondents with less knowledge with moderate levels of anxiety as many as 2 respondents (6.7%). Based on the results of the Rank Spearman statistical test, a P Value of 0.001 was obtained (P value < (0.05)), it means Ho was rejected and Ha was accepted. It means that there was a relationship between knowledge and the level of community anxiety in dealing with the COVID-19 pandemic.

Table 8.
Relationship between Attitude and Community Anxiety Levels in Facing the Covid-19 Pandemic (n=30)

Attitude	Anxiety Level						Total		p value	r
	No anxiety		Mild anxiety		Moderate anxiety					
	f	%	f	%	f	%	f	%		
Good	2	6,7	6	20	0	0	8	26,7	0,009	0,466
Moderat	0	0	15	50	7	23,3	22	73,3		

Based on the table above, respondents with good attitude and with no anxiety were 2 respondents (6.7%), respondents with a good attitude with a mild level of anxiety were as many as 20 respondents (20%), respondents with a moderate attitude with a mild level of anxiety were 15 respondents (50%), and respondents with a moderate attitude with a moderate level of anxiety as many as 7 respondents (23.3%). Based on the results of the Spearman Rank statistical test, a P Value of 0.009 (P value < (0.05)), it means that Ho was rejected and Ha was accepted, it means that there was a relationship between attitudes and the level of community anxiety in dealing with the COVID-19 pandemic.

DISCUSSION
Knowledge Level and Attitude Respondents in Facing the Covid-19 Pandemic
The results of this study showed respondents with sufficient knowledge level were 18 respondents (60%), respondents with good knowledge level were 10 respondents (33.33%) and respondents with less education level were 2 respondents (6.67%). The results of this study showed that most people had sufficient knowledge. People know about COVID-19 because there is a lot of information about COVID-19 on television, mass media and their gadgets. For action, there are many people who are not good because of ignorance and lack of awareness even though basically they have good knowledge and skills. Respondents have

good knowledge because some of them get support from their families to avoid COVID19. There are many people who think that COVID-19 will not attack their bodies, so there are still many people who still don't care, for instance by not wearing masks when traveling, sometimes even when they go to the health center for treatment.

Based on the results of distribution of community knowledge along with the distribution of categories of community knowledge about the COVID-19 pandemic, it is categorized as having sufficient knowledge related to the COVID-19 pandemic as indicated by the majority of correct answers to the question items given related to the COVID-19 pandemic. Knowledge is one of the most important thing to consider in the context of handling COVID-19 cases. community knowledge, especially in preventing the transmission of the SARS-CoV-2 virus is very useful in suppressing the transmission of the virus (Law, Leung, & Xu, 2020).

Many factors affect respondent knowledge about preventing COVID-19. According to Notoatmodjo (2012), the factors that influence knowledge are education, age, occupation and other external factors. Age affects knowledge, According to Budiman (2013) research who state that age affects a person perception and mindset. With the increasing age, a person's ability to capture and thought patterns develops so that the knowledge gained increases as well. However, according to Cropton, J (2017) quoted from research by Aulia (2013) states that productive age is an active adult age so that it supports learning and remembering the information obtained, but at certain ages or near old age the ability to acceptance or recall of a knowledge will be reduced.

The results of this study showed there were 22 respondents with sufficient attitude (73.33%) and 8 respondents with a good attitude level (26.67%) and no respondents with poor attitude. Influential attitude on a person's behavior. In this case, a good Covid-19 prevention attitude can influence a person's behavior in implement Covid-19 prevention. But someone who has a precautionary attitude good Covid-19 doesn't necessarily do good precautions for Covid-19 (Notoatmodjo, 2014). Factors influencing attitude namely knowledge. Knowledge gained from an information that carries a message can form opinions or thoughts somebody. If the information is sufficient strong then it can provide an affective basis on someone's judgment and then an attitude will be formed. Someone who have a positive attitude influenced by positive knowledge of the person (Notoatmodjo, 2014). Respondents in Most of this research has an attitude which is good because it is influenced by factors knowledge.

Anxiety Levels Respondents in Facing the Covid-19 Pandemic
The results showed that respondents with mild anxiety level were 21 respondents (70%), respondents with moderate anxiety level were 7 respondents (23.33%), respondents with no anxiety were 2 respondents (6.67%) and there were no respondents with severe anxiety level. Anxiety is a natural thing that happens to humans anywhere at any time, if anxiety is not controlled it can endanger lives and hinder success. (Darmanto Jatman, 2000. 37). Anxiety is a person's defense reaction to protect themselves from more severe mental emotional disorders. Anxiety in the Covid-19 pandemic situation is a human thing, because Covid-19 is a new type of virus, the spread of which is massive and life-threatening, this opinion is reinforced by (Atkinson, 2009), most people feel anxious and tense when faced with a threatening situation. , and that feeling is a normal reaction to stress. Meanwhile, according to (Kartono, 2002), defines anxiety as an anxiety, worry, and fear of something that is not clear. Fear is a source of anxiety, but there is something important between fear and anxiety. In anxiety, the individual does not realize what factors cause fear of an object. But in fear, the

individual is really aware of the object that creates the fear and is really aware of the cause of being afraid.

When associated with the Covid-19 pandemic, according to Ida Ruwaida (Firmansyah, 2020), there are several causes for the emergence of anxiety, due to limited socialization, environmental influences, media and the lack of a clean living culture, as well as the rapid flow of information from print media and electronic media greatly affecting a person's psychosocial condition. The impact of information regarding Covid-19, has both positive and negative impacts, in this pandemic situation it is mandatory to follow the information as an effort to remain vigilant. However, continuous information will have an impact on mental health which can trigger anxiety, stress, panic and fear (Rochmawati, 2020). Meanwhile, according to (Sutanto, 2020), stating that news about the increasing number of Covid-19 sufferers, can have a serious impact on the emergence of feelings of depression, stress, and anxiety among the public, because news about massive Covid-19 will be stored in someone's memory which can result in worry. The results of this mild anxiety study are in accordance with the study conducted by Ne,ati et al (2020) that the respondents with mild anxiety was because they had almost good knowledge and attitudes about Covid-19 but further information must be provided by WHO and the ministry of health to increase their insight.

Relationship between Knowledge and Public Anxiety Levels in Facing the Covid-19 Pandemic
The results showed that respondents with good knowledge and did not experience anxiety were 2 respondents (6.7%), respondents with good knowledge and mild anxiety levels were 8 respondents (26.7%), respondents with sufficient knowledge and mild anxiety levels light as many as 13 respondents (43.3%), respondents with sufficient knowledge with moderate levels of anxiety as many as 5 respondents (16.7%) and respondents with less knowledge with moderate levels of anxiety as many as 2 respondents (6.7%). Based on the results of the Rank Spearman statistical test, a P Value of 0.001 was obtained (P value < (0.05)), it means Ho was rejected and Ha was accepted. It means that there was a relationship between knowledge and the level of community anxiety in dealing with the COVID-19 pandemic.

According to the Dorland Medical Dictionary, Anxiety is an emotional state unpleasant, in the form of psychophysiological responses that arise in anticipation of an unreal or imaginary danger, apparently caused by intrapsychic conflicts that are not directly realized (Dorland, 2012). Demands, competition and disasters, can have a negative impact on physical and psychological health, one of which is anxiety (Craske and Stein, 2016). Given that COVID-19 is a new disease and has the negative impact that is felt globally, can lead to confusion, anxiety and fear in the community. In this case, can said that the COVID-19 pandemic was a major stressor in this case, and During times of crisis, anxiety is common because anxiety is a general condition of fear or feeling that is not comfortable (Nevid, Rathus and Greene, 2018). There are a few things that can cause anxiety includes holding age factor important role because different age then different stages its development; environment conducive to reducing the risk of anxiety in a person; knowledge and experience an individual can help solve problems psychic including anxiety; less family role support will make adolescents are depressed and experiencing anxiety (PH et al., 2018).

Relationship between Attitude and Community Anxiety Levels in Facing the Covid-19 Pandemic

The results showed that respondents with good attitude and with no anxiety were 2 respondents (6.7%), respondents with a good attitude with a mild level of anxiety were as many as 20 respondents (20%), respondents with a moderate attitude with a mild level of anxiety were 15 respondents (50%), and respondents with a moderate attitude with a moderate level of anxiety as many as 7 respondents (23.3%). Based on the results of the Spearman Rank statistical test, a P Value of 0.009 (P value < (0.05)), it means that Ho was rejected and Ha was accepted, it means that there was a relationship between attitudes and the level of community anxiety in dealing with the COVID-19 pandemic.

Factors influencing attitude namely knowledge. Knowledge gained from an information that carries a message can form opinions or thoughts somebody. If the information is sufficient strong then it can provide an affective basis on someone's judgment and then an attitude will be formed. Someone who have a positive attitude influenced by positive knowledge of the person (Notoatmodjo, 2014). Respondents in Most of this research has an attitude which is good because it is influenced by factors knowledge. The results of this study show that most of the people in the beringin village has a good attitude about Covid-19 prevention. This good attitude influenced by respondent's knowledge where the respondent has a level high knowledge and this is in line with research conducted by Utami et al (2020) on Knowledge, Inner Community Attitudes and Skills prevention of Covid-19 in the Province of Jakarta, where 70.7% of respondents have attitude what is good about preventing Covid-19 and have a high level of knowledge

CONCLUSIONS
Knowledge level of respondents during the Covid 19 pandemic that is the sufficient knowledge level as many as 18 respondents (60%), good knowledge level as many as 10 respondents (33.33%) and less educated respondents with as many as 2 respondents (6.67%). Attitudes of respondents during the Covid 19 pandemic, namely respondents with sufficient attitudes as many as 22 respondents (73.33%) and respondents with a good attitude level as many as 8 respondents (26.67%) and no respondents with poor attitudes. The results of the Spearman Rank statistical test obtained a P Value of 0.001 (P value < (0.05)). It means Ho was rejected and Ha was accepted, it means that there was a relationship between knowledge and the anxiety level in dealing with the COVID-19 pandemic. Based on the results of the Spearman Rank statistical test, a P Value of 0.009 (P value < (0.05)), it   means Ho was rejected and Ha was accepted that means that there was a relationship between attitudes and the level of community anxiety in dealing with the COVID-19 pandemic.

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