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RELATIONSHIP OF INFORMATION EXPOSURE AND COVID-19 PREVENTION TOWARDS STRESS LEVELS

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Abstract

Almost part of the community is in uncertainty and has received a lot of information about COVID-19 through various media that cannot be justified. During this pandemic, the community was also required to take COVID-19 preventive measures. This condition unconsciously creates panic and stress in the community. The aim this research is to analysis of the relationship between information exposure and COVID-19 prevention measures to stress levels is known. This research used analytical observational method with cross-sectional design. The research subjects were citizens in residents of household 03 in Seniung Jaya Village, Paser Belengkong District, Paser Regency, East Kalimantan Province, Indonesia.. The sample in this study amounted to 125 residents. The bivariate analysis of the data used in this study was the Fisher' exact Test. The result showed that the characteristics of the respondents are mostly 20-29 years old, namely entering early adulthood. Most of the respondents' occupations are private and farmers. The level of exposure to COVID-19 information is low and COVID-19 precautions are good. The p-value is 0.214 and 0.588. The conclusion of this study is that there is no significant relationship relationship between exposure to information and COVID-19 prevention measures on stress levels.

Keywords: *Coronavirus; Media Exposure; Prevention; Stressor*

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1. Introduction

Currently, COVID-19 is a pandemic case since March 11, 2020. COVID-19 is a new type of virus that has never been previously identified in humans. This virus case first appeared in the city of Wuhan, China. This pandemic continues to develop until there are reports of deaths and new cases outside China (Ministry of Health RI., 2020a). Almost parts of the world community are in uncertainty and receive a lot of information about COVID-19 through various media (Ika, 2020). False information and reports about COVID-19 have been circulating on social media that can confuse people and spark fear and harm people's mental health. In addition, many people express negative feelings, such as fear, worry, nervousness, and anxiety (Gao et al., 2020). Information must be accurate, reflect the actual situation and free from errors. But nowadays a lot of false information is circulating. Information that is disseminated individually or in groups, more of which cannot be justified or indicated as hoaxes (Juditha, 2018).

This condition can cause panic and stress in the community. According to the Indonesian Psychiatric Association, 64.3% of 1,522 people experience mental health problems or depression due to the Corona Virus pandemic. Most cases experienced mental health problems, namely with a minimum age of 14 years and a maximum of 71 years. As many as 80% of people have symptoms of psychological post-traumatic stress due to witnessing unpleasant events related to COVID-19 (Bagus, et al., 2020). Stress is known to lower the immune system, while what is needed to deal with COVID-19 is good immunity. There are several efforts that can be done to deal with stress due to the COVID-19 outbreak, including sorting out sources of information and viewing news from the mass media. Not only exposure to information, taking steps to prevent transmission is indicated to be stressful for the community (Giallonardo et al., 2020).

The decision to implement a Work from Home (WFH) system during this pandemic, made employees feel uncomfortable and increased stress levels, even caused depression because they could not leave the house. The implementation of the physical distancing policy triggered a decrease in economic activity, so that many workers were laid off (Sandmann et al., 2020). These workers are the group of people who have been hardest hit by the COVID-19 outbreak (Kemkes RI., 2020b). The use of masks makes some people feel uncomfortable because they are not used to it and even make it difficult to breathe. Existing research shows that there is a link between social media exposure and mental health. During the COVID-19 pandemic, respondents were often exposed to social media and made negative feelings (Muflih et al., 2020). Further research is needed to describe the conditions of rural communities.

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The results of a preliminary study conducted by researchers found that some residents said they took COVID-19 precautions by wearing masks when going to markets and public places, drinking ginger stew, cleaning the house, maintaining their diet, not going out unless there is an urgent event, and always wash your hands with soap after going out. Residents say the rules for preventing COVID-19 make residents feel sad, anxious, and anxious because they have to stay at home and can't work, so their income decreases. Some residents also felt uncomfortable and had difficulty breathing when using masks, which made them annoyed and had to wash their hands every day. Some residents get information about COVID-19 2-5 times a day via television and the internet. Some residents felt scared, uneasy and couldn't sleep when they heard the news about COVID-19. The purpose of this study was to determine the relationship between exposure to COVID-19 information and COVID-19 prevention measures against the stress level of residents of Rt 03, Seniung Jaya Village, Paser Belengkong District, Paser Regency, East Kalimantan Province, Indonesia.

2. Method

This research method is an analytic observational study with a cross-sectional design. The research was conducted on August 13-15, 2020, in Seniung Jaya Village. The sample in the study were residents of RT 03 Seniung Jaya Village, amounting to 95 residents. The sampling technique in this study used purposive sampling. The measuring instrument in this study using a questionnaire.

3. Results and Discussion

Based on table 1, it is known that most of the respondents' age is late adolescence. Most of the respondents are male. Most of the respondents work as private companies.

Table 1. Distribution of Respondent Characteristics (n=95)

Characteristics	Frequency	Percentage
Age		
Late Youth	32	33.7
Early Adulthood	21	22.1
Late Adult	17	17.9
Early Eldery	18	18.9
Late Eldery	5	5.3
Seniors	2	2.1
Gender		
Male	53	55.8
Women	42	44.2
Profession		
Private	26	27.4
Entrepreneur	1	1.0
Civil servants	7	7.4
Farmer	20	21.1
Student	22	23.1
Housewife	19	20.0

Based on table 2, it shows that most of the respondent's preventive measures were in the poor category. Most of the respondents' information exposure was in the low category. Most of the respondents' stress levels are normal.

Table 2. Frequency Distribution of Preventive Measures, Information Exposure, and Stress Level (n=95)

Variable	Frequency	Percentage
Preventive measure		
Good	46	48.4
Less	49	51.6
Information Exposure		
High	45	47.4
Low	50	52.6
Stress Level		
Normal	38	40.0
Light	26	27.4
Moderate	26	27.4
Weight	25	5.2

Late adolescence is characterized by: psychological and physical aspects begin to stabilize, increase in realistic thinking, have a good outlook, are more mature in how to deal with problems, increase emotional calm, are more able to control feelings, a sexual identity has been formed. will not change again, and more attention to symbols of maturity (Novasari, 2016). The older you get, the more your soul's maturity will be, the wiser you will be, the more you are able to think rationally and the better you will be able to control your emotions.

Most of the respondents were male from this study according to other studies (Putro, 2017). The results of this study indicate that there are significant differences between male and female students in the level of social media addiction (BPS, 2018). Based on the publication of the 2018 Socio-Cultural Statistics, that the percentage of female internet users is lower than that of men. Although internet access by women is lower than that of men, this data still shows growth compared to the previous year. The emergence of social media which is part of the people's lifestyle, such as Facebook, WhatsApp, Youtube, Instagram, and others, has helped to increase internet use in the country (BPS, 2018).

Most of the respondents as private workers from this study are in line with other studies that the respondents who work in the private sector experience stress because of the wages that the respondents earn, the less salary they get, the higher the stress on the respondent. In this study, respondents did not work due to holidays and some respondents were fired by the company. Therefore, respondents do not get a salary or wage and lose their job, causing stress because they are unable to support their family.

Most of the respondents' stress level was experiencing disturbances, namely 40.0%. Most respondents scored 14 or normal limits. The highest stress score was 29 and the lowest score was 1. The

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results of this study showed that respondents who experienced mild stress were 27.2%, moderate stress was 27.4%, and severe stress was 5.3%. This is obtained because most people tend to be apathetic about COVID-19 information. This is reinforced by the results of the data analysis test that the people exposed to COVID-19 information were found to be more dominant, including 52.6% low.

The results of this study are in line with other studies that age is closely related to a person's tolerance for stress. In adulthood, a person is usually better able to control the stress that occurs than in childhood and the elderly (Folkman et al., 1987). The older you get, the more mental maturity, the wiser, the more able to think rationally and the more able to control emotions (Cahyaningrum, 2018).

The results showed that most respondents had taken COVID-19 precautions by using masks when leaving the house and working by following health protocols. But there are other factors that make community prevention lacking, namely the factor of community perception and the lack of health promotion obtained in Seniung Jaya Village. Respondents assumed that there were no COVID-19 positive patients in the village and the location was far from cities, so that the community was ignorant of the prevention of COVID-19. In this study, most of the respondents' information was in the low category. Information has an important role. The more information is obtained, the more public knowledge is obtained and the better prevention measures will be (Syakurah & Moudy, 2020). The results of this study are in accordance with other research which shows that there is a relationship between community prevention measures against the incidence of malaria in the Puskesmas Mayor, Sirimau District, Ambon (Laipeny, 2017).

The low information exposure in this study is that respondents don't get information about COVID-19 from the media. Respondents only get information, sometimes only 1-6 times per day. The community is less concerned with information about COVID-19 because in that village there are no positive patients for COVID-19, thus making information about COVID-19 tend to be ignored.

Based on the results of the analysis conducted by the researcher, some respondents who were exposed to information in the high category were respondents who worked as private companies and those who were low were housewives. The results of this study are in accordance with other studies that the higher the information obtained, the higher the knowledge (Nasrani & Purnawati, 2015).

Based on table 3, it is known that most of the research samples took preventive measures for COVID-19, including the category less accompanied by stress levels, including the category of experiencing interference. The p-value indicates that there is no significant relationship between preventive measures against the stress level of respondents.

Table 3.Covid -19 preventive measures against stress levels (n=95)

Prevention		Stress levels			
		Normal	Disrupted	Total	*p-value*
Poor	**n**	19	30	49	0.836
	%	38.8	60.2	100.0	
Good	**n**	19	27	46	
	%	41.3	58.7	100.0	
Total	**n**	38	57	95	
	%	40.0	60.0	100.0	

Table 4. Relationship of exposure to COVID-19 information on stress levels (n=95)

Information exposure		Stress levels			
		Normal	Disrupted	Total	*p-value*
Low	**n**	19	31	19	0.682
	%	38.0	62.0	38.0	
High	**n**	19	26	19	
	%	42.2	57.8	42.2	
Total	**n**	38	26	38	
	%	40.0	27.4	40.0	

Based on table 4, it can be seen that most of the research samples received exposure to information about COVID-19 in the low category accompanied by stress levels in the experiencing disorder category. The p-value indicates that there is no significant relationship between information exposure and stress levels.

One of the preventive measures is Physical Distancing which causes a number of side effects, one of which is a feeling of stress. Workers are asked to do activities from home or work at home, while students are asked to study at home. This makes you tired because you cannot leave the house (Zulkifli et al., 2019). Most of the respondents' prevention is lacking because the community already thinks that the village location is safe from COVID-19 and some people only wear masks when going to the city.

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One of the respondents' stress factors is family financial problems. Most of the villagers experienced layoffs due to the COVID-19 pandemic, while there are many dependents that must be fulfilled. The results of the analysis showed that the prevention measures were not good. The results of the analysis showed that the prevention measures and the stress level of respondents showed more prevention with normal stress. The results of this study are in accordance with other research that there is a relationship between knowledge and disease prevention efforts and there is a relationship between community attitudes and disease prevention efforts (Sari, & Samingan, 2017).

The results of the research on exposure to information were low. This is due to a lack of information. Most respondents do not often watch television or other media, because some respondents spend more of their time at work, such as farmers who spend more time in the garden. In addition, rural distances which are quite far from urban areas are also a factor that makes people less well informed.

4. Conclusions and suggestions

Most of the respondents had a low level of exposure to information on COVID-19 and prevention measures for COVID-19 were mostly in the low category. There was no significant relationship between preventive measures and exposure to COVID-19 information on stress levels among respondents.

The suggestion that can be given is that village officials can work together with Puskesmas medical personnel to further increase community awareness in preventing COVID-19, and provide information to the community so that they can sort out information exposure that can be proven. For further researchers, it is hoped that they will be able to conduct qualitative research, so that they can examine more deeply the factors that affect compliance in preventing COVID-19.

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