



DESCRIPTION OF ADOLESCENT ANXIETY LEVEL IN THE NEW NORMAL TIME

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ABSTRACT

Trend of *positivity rate* is Indonesia's recorded at a minimum of 8.5% and a maximum of 13.6% with an average rate of 11.3%, this causes an increase in anxiety in the community, especially teenagers. Anxiety is a subjective individual experience that often manifests as dysfunctional behavior which is defined as a feeling of "difficulty" and distress towards events that are not known with certainty. The purpose of this study was to describe the level of anxiety in adolescents in the new normal. The design of this research is descriptive with the sampling technique is *purposive random sampling*, with a total sample of 54 people, the sample of this research is teenagers. After doing the research, it was found that most of the respondents (83%) experienced severe anxiety, while a small proportion (17%) of respondents experienced severe anxiety.

Keywords: Anxiety, Adolescent

INTRODUCTION

Corona Virus Disease (Covid-19) is one of the infectious diseases from person to person in a very short time with several symptoms, namely high fever, cough, shortness of breath, no appetite, difficulty sleeping at night and weakness. WHO states that COVID-19 has become a worldwide pandemic disease [1]. The Covid-19 outbreak in the last few months has increased, the increase has been up to 13 times, and has affected more than 2.3 million people from 185 countries in the world. Of the total global burden, just over 120,000 confirmed cases and 5784 deaths [2]. Every day the number of positive victims of Covid-19 continues to increase, attacking everyone regardless of gender and age [3]. Without exception during the transition or transition period, namely adolescence, Covid-19 greatly affects the self-concept of every teenager.

Adolescents are residents in the age range of 10-19 years, according to the Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, adolescents are residents in the age range of 10-18 years. Hurlock (1990) divides the adolescent phase as early adolescence between the ages of 13-17 years and late adolescence between the ages of 17-18 years. However, adolescence is often referred to as the transition period from children to [4]. Adolescence is referred to as a period of transition or transition because there is growth, development, and biological and changes psychological.

Biological changes are marked by the growth and development of primary sex, while psychological changes are characterized by changing attitudes, feelings, and emotions. This transitional period is often dubbed a period filled with trials and pressures, because it causes emotional upheaval, anxiety, and



discomfort, therefore the teenager is required to adapt and accept all the changes that occur [5]. Covid-19 that occurs will add to the storm and stress on teenagers, it can even cause anxiety. In Indonesia, the number of anxiety continues to increase every year, and it is estimated that 20% of the world's population and as many as 47.7% of adolescents feel anxious [6-7].

Anxiety is a long-lasting fear of something that is not clear and is associated with feelings of uncertainty and helplessness. The same thing was expressed by Lubis who stated that anxiety is the fear of weakness. Anxiety is also a feeling we experience when we think about something unpleasant that will happen [8]. Anxiety is divided into four levels, namely mild anxiety, moderate anxiety, severe anxiety, and very severe anxiety. The level of anxiety felt by each individual is different, influenced by how the individual adjusts to and copes with situations that trigger anxiety [9-11]. So anxiety can occur because of disappointment, dissatisfaction,

feelings of insecurity or hostility with others. There is a fundamental difference between anxiety and fear in the *new normal*. 65% of teenagers experience anxiety during the COVID-19 pandemic, both in the world and in Indonesia itself.

From the results of an initial survey conducted by researchers in July 2021, 75% of teenagers use severe to very severe anxiety. This is caused by several factors, both internal and external. One of them is that teenagers do not know how to live in the new normal. According to WHO (2020) *New normal* is a change in behavior or habits to continue to carry out activities as usual but by always implementing health protocols in the midst of the COVID-19 pandemic. This government appeal recommends that we can live "side by side" with a virus that has claimed hundreds of thousands of lives around the world. Since

the pandemic COVID-19 emerged, almost everyone has experienced obstacles to lead a normal life due to the restrictions that need to be taken to prevent the transmission of the Corona virus. It also creates problems for teenagers. From the background above, the researcher feels the need to look at the description of the level of adolescent anxiety towards the *new normal* period in 2021.

MATERIALS AND METHODS

Design of this study is descriptive, which only describes the level of anxiety of adolescents in the *new normal*. With a sample of teenagers and the sampling technique is purposive random sampling, with a total sample of 54 people, where the place of this research is in two schools, namely SMA 4 Kota Solok and SMKN 1 Kota Solok. Adolescent anxiety is measured using an instrument known as the *Hamilton Rating Scale For Anxiety (HRS-A)* which consists of 14 symptom groups. A score of 1 mild symptom, 2 moderate symptom, 3 severe symptom, 4 very severe symptom (panic).

RESULTS

The results of this study can be seen in the table below

Table 1. Overview of Adolescent Anxiety Levels in the New Normal Period

Adolescent Anxiety Level	f	%
Non Anxiety	0	0
Mild Anxiety	0	0
Moderate Anxiety	0	0
Seriously Worried	9	17
Panic	45	83
Total	54	100

From the table above it can be seen that most (83%) of the respondents experienced a very severe level of anxiety (panic), while only a small proportion of respondents experienced severe anxiety.



DISCUSSION

a. Adolescent Anxiety

From the results of the study it was found that most of the respondents experienced severe anxiety (83%).

Anxiety is a feeling of trepidation, worry or discomfort as if something happened that is perceived as a threat. Anxiety is different from fear. Fear is an intellectual judgment of something dangerous, while anxiety is an emotional response to that judgment. Meanwhile, according to Gail (2013) states that anxiety is an emotional response to an assessment, worries are unclear and diffuse, related to feelings of uncertainty and helplessness.

From various research results, adolescent anxiety in this new normal period has various levels. But most teens experience severe anxiety. This is because one of them is that teenagers are afraid of uncontrolled transmission of covid 19, and most of them are lazy to carry out health procedures and clean and healthy living behavior.

CONCLUSION

Most teenagers experience severe anxiety (panic) when they experience a pandemic and new normal

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