

Anxiety and Depression in Adolescents Before and During Covid-19

Rini Nur Diana¹, Mamnuah², Yekti Satriyandari³, Andari Wuri Astuti⁴, Dwi Ernawati⁵

¹ Student Magister of Midwifery Faculty of Health Science of Universitas Aisyiyah Yogyakarta, Indonesia

^{2,3,4,5} Magister of Midwifery Faculty of Health Science, Universitas Aisyiyah Yogyakarta, Indonesia

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Corresponding Author:

Dr. Ns. Mamnuah, M. Kep. Sp.
Kep.J

Universitas Aisyiyah
Yogyakarta, Indonesia

Email:

mamnuah@unisayogya.ac.id

ABSTRACT

COVID-19 pandemic affects various group age, one of them in the group teenager as many as 27% of youth experience anxiety, 15% depression During pandemic, 46% youth no motivated for do usual activity they like it, 36% don't motivated for do profession home, and 43% youth woman feel pessimistic regarding his future. Temporary teenager man feel pessimistic that is about 31%. Method study in study this use method quantitative descriptive, with result state internet usage to be predictor depression, anxiety and stress. There is suspension of study and transition to online learning has in a manner significant Upgrade Internet use among teenager of an average of 5.46 hours a day before happened the COVID-19 pandemic to 9.74 hours a day moment the COVID-19 pandemic. Besides that in study [2] get results that the COVID-19 pandemic can exacerbate mental health experienced by adolescents. Specifically enhancement score anxiety 4.39 times more high in adolescents. One the cause is slowdown economy and parental unemployment that can influence parental mental health so that persecute his son, so could Upgrade problem adolescent mental health.

Keywords:

Emergency, Depression, Teenagers, Covid-19

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1. INTRODUCTION

Corona Virus Disease (COVID-19) established as pandemic by the *World Health Organization* (WHO) on March 11, 2020. The COVID-19 pandemic is having an impact enough big for health physical (42.8%) and mental (57.2%) [6]. The COVID-19 pandemic affects various group age, one of them in the group teenager (Fegert *et al.*, 2020). Teenager is very vulnerable and moderate groups in transition. Age teenagers who are still very unstable in face conditions that are not expected as well as condition emotion easy teenager shaken like her anxiety and depression in a manner exaggerated could influence attitude in face the COVID-19 pandemic (Fitria & Ifdil, 2020).

The results of data analysis conducted by the *United Nations International Children's Emergency Fund* (UNICEF) in 2021, stated that as many as 27% of youth experience anxiety, 15% depression During pandemic, 46% youth no motivated for do usual activity they like it, 36% don't motivated for do profession home, and 43% youth woman feel pessimistic regarding his future. Temporary teenager man feel pessimistic that is around 31% (Sustainable, 2021). Study previously mention that the COVID-19 pandemic caused level depression and anxiety in children and adolescents worldwide increase double compared before pandemic. Study it also states that globally 1 in 4 youth experience enhancement symptom depression and 1 in 5 adolescents experience enhancement worry [11].

Data on adolescent mental health in Indonesia in 2013 reached about 6.1% of total Indonesian resident or equivalent with 11 million people. Whereas 2018, there are as much as 9.8% of teenagers aged more from 15 years experience emotional mental disorders with symptom depression and anxiety. the data show that for 5 years mental disorders in adolescents experience enhancement around 3.7% (Ministry of Health RI, 2018). Prevalence emotional mental disorder in the group aged 15-24 years in Central Java in 2018 shows that there are 95,460 people (7.7%), and the prevalence depression in Central Java in the group aged 15-24 years is 95,461 people (4.4%) [14]. Before happening pandemic, problem to adolescent mental health as well enough big. Research conducted by the Litbangkes

Agency show that there are 60.17% of junior high school students experiencing it symptom emotional mental disorders with symptoms 44.54% felt lonely , 40.75% feel anxious , and 7.33% teenagers once want kill self [8] .

Anxiety and depression experienced by adolescents could emotional and physical impact, excessive anxiety and depression could influence teenager in the educational process because excessive fear could influence clarity in thinking and power remember learn. Excessive anxiety and depression could influence condition physical teenager because worry in a manner no live could Upgrade tick heart in body and influence circumstances physical someone who feels dizzy, sick head and influence performance as well as immunity someone. Poor sleep patterns , denial , anger , fear and distraction eat cause problem mental teenagers during a pandemic [15].

Effort government in health programs soul based on Law No. 18 of 2014 concerning health soul good through effort promotive with do counseling about health soul , preventive with do detection early symptom health soul , curative nor rehabilitative [7] . Problems health soul need identified and treated. *The World Health Organization* (WHO) has identify gap treatment problem health soul in countries with income low-medium including Indonesia which reached more of 85% which means not enough of 15% of patients disturbance soul that gets service health souls are needed , so that in Indonesia conditions health soul still be one issue yet get optimal attention and amount sufferer disturbance soul keep going increase [8] .

Based on background behind on so researcher interested for do study analysis anxiety and depression teenager before and during the COVID-19 pandemic.

2. METHOD

Study this use method quantitative with design research used is survey. Approach used is *cross sectional* that is identify Among variable independent and variable dependent on one time. Approach *cross sectional* in study this are anxiety and depression data as well as influencing factors taken in same time in time moment this just. *wilcoxon signed rank* test for knowing there is or nope difference score anxiety and depression teenager before the COVID-19 pandemic and during the COVID-19 pandemic.

3. RESULTS AND DISCUSSION

RESULTS

Table 1. Distribution Frequency Anxiety and Depression Before The COVID-19 Pandemic and During the COVID-19 pandemic

No.	Variable	Category	Before COVID-19 pandemic		During Pandemic COVID-19	
			Frequency	Percentage	Frequency	Percentage
1.	Worry	No Worried	111	59	45	23,9
		Worried	77	41	143	76,1
2.	Depression	No Depression	141	75	38	20,2
		Depression	47	25	150	79.8

Based on Table 1 is known that before the COVID-19 pandemic in part big respondent no experience worry as many as 111 respondents (59%), and some big neither did the respondents depression as many as 141 respondents (75%). While the data for the COVID-19 pandemic is found results part big respondent that is as many as 143 respondents (76.1%) experienced anxiety, and as many as 150 respondents (79.8%) are depressed.

Table 2. Variable Wilcoxon test results worry before and during pandemic

Variable	positive rank (mean rank)	Negative rank (mean rank)	P-values
Worry	19 (52,50)	85 (52,50)	0.000

Based on Table 2 is obtained that negative Ranks value : the meaning score worry before pandemic more low from score worry During pandemic. This signify that before pandemic as many as 85 respondents no experience anxiety. The value of Positive Ranks: their meaning score worry before pandemic more big from score worry During pandemic. This signify that before pandemic only 19 respondents experienced it anxiety. Based on the Wilcoxon signed rank

test was obtained mark significance equal to $0.000 < 0.05$ means there is difference meaning Among score worry before and during pandemic. This show that During pandemic respondent more worried compared to before pandemic .

Table 3. Variable Wilcoxon test results depression before and during pandemic

Variable	positive rank (mean rank)	Negative rank (mean rank)	P-values
Depression	6 (58)	109 (58)	0.000

Based on Table 3 is obtained that negative Ranks value : the meaning score depression before pandemic more low from score depression During pandemic. This signify that before pandemic as many as 109 respondents no experience depression. The value of Positive Ranks: their meaning score depression before pandemic more big from score depression During pandemic. This signify that before pandemic only 6 respondents who experienced depression . Based on the Wilcoxon signed rank test was obtained mark significance equal to $0.000 < 0.05$ means there is difference meaning Among score depression before and during pandemic. this show that During pandemic respondent more depression compared to before pandemic .

DISCUSSION

Difference anxiety and depression before and when Based on the COVID-19 pandemic results *Wilcoxon* test statistics on anxiety teenager before and during pandemic obtained a *p value* of 0.000 (*p value* < 0.05) indicating that there is difference meaning Among score worry before pandemic and moment pandemic. this show that moment youth COVID-19 pandemic more worried compared to before the COVID-19 pandemic. Based on results *Wilcoxon* test statistics on depression teenager before and during pandemic obtained a *p value* of 0.000 (*p value* < 0.05) indicating that there is difference meaning Among score depression before pandemic and moment pandemic. This show that moment youth COVID-19 pandemic more depression compared to before the COVID-19 pandemic. Research results show that anxiety and depression teenager increase During the COVID-19 pandemic , *p* this in line with study previously [11] which states that the COVID-19 pandemic caused level depression and anxiety in children and adolescents around the world is increasing double compared to before pandemic . Study it also states that globally 1 in 4 youth experience enhancement symptom depression and 1 in 5 adolescents experience enhancement anxiety. Study previously carried out by (Chen et al., 2021) who stated that enhancement in prevalence depression and anxiety among teenager During the COVID-19 pandemic is associated with a number of factor that part big teenager school medium very busy with burden hard study , yes closing school and distance social teenager cause teenager experience lost connection friend close to resulting enhancement risk depression and anxiety . Besides that, lack activity go out home and internet use as well as smart phones in long time at home could Upgrade risk disturbance the.

Research results [12] state that internet usage to be predicto [2] get results that the COVID-19 pandemic can exacerbate mental health experienced by adolescents. Specifically enhancement score anxiety 4.39 times more high in adolescents. One the cause is slowdown economy and parental unemployment that can influence parental mental health so that persecute his son, so could Upgrade problem adolescent mental health . Teenager there is generally is healthy individuals, they are no need care routine besides disease chronic them. However ignore effect immediate and psychological moment this could annoying better mental and social health are you serious [13]. The COVID-19 pandemic has raises impact to what health soul in youth. There is restrictions activity physical and social kid outside House or isolation consequence the disease COVID-19 causes teenager feel fear , anxiety , loss of security , feelings no powerless , bored as well as break hope so that matter the could affect and interfere development health soul teenager [1] .

4. CONCLUSION

There is suspension of study and transition to online learning has in a manner significant Upgrade Internet use among teenager of an average of 5.46 hours a day before happened the COVID-19 pandemic to 9.74 hours a day moment the COVID-19 pandemic. Besides that in study (Bar & Usta, 2020) get results that the COVID-19 pandemic can exacerbate mental health experienced by adolescents. Specifically enhancement score anxiety 4.39 times more high in adolescents. One the cause is slowdown economy and parental unemployment that can influence parental mental health so that persecute his son, so could Upgrade problem adolescent mental health.

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