

A qualitative study of anxiety for santri at the “Durrotu Ahlissunah Wal Jamaah Semarang” islamic boarding school in facing the covid-19 pandemic

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Abstract

Anxiety is a normal symptom in humans. However, it will be called pathological if the symptoms persist and disturb the peace of the individual. Anxiety can occur as a result of a response to stress or conflict. The response is in the form of worry, anxiety, fear, and a sense of discomfort as a result of the threat of danger from inside and outside the individual. On March 11, 2020, the World Health Organization (WHO) declared the spread of COVID-19 to be categorized as a pandemic. This research is a descriptive study with qualitative methods. The research subjects were 5 students of the Durrotu Ahlissunah wal Jamaah Islamic Boarding School. The results showed that the students of the Durrotu Ahlissunah Wal Jamaah Islamic boarding school felt that there was no sense of feeling in the face of the ongoing Covid-19 conditions.

Keywords: *anxiety, pandemic, santri*



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Introduction

Currently the world is being hit by a pandemic which is quite worrying, namely COVID-19. Almost all countries in the world have experienced the COVID-19 pandemic, including Indonesia itself. COVID-19 is a contagious disease that is very easy to spread from one person to another. The status of a pandemic or global epidemic indicates that the spread of COVID-19 is very fast. Several quick steps were taken by the government so that the corona virus did not spread quickly, such as isolating oneself, wearing masks, washing hands, etc. This sudden condition made people unprepared for it, physically or psychologically.

Among the psychological conditions experienced by the community is feeling anxious or (anxiety) when infected. Anxiety or (anxiety) can be felt by everyone at a time like this, from small children, adolescents, and adults can feel anxiety about the virus. Every level of society is very

worried about this, no exception for the boarding school students in the city of Semarang, namely the Durrotu Ahlissunah Waljamaah Islamic Boarding School. Of course, in the pesantren environment, we know that many children gather together from inside and outside the city itself. In the Islamic boarding school that is also done together.

What is done in the boarding school highly upholds the sense of togetherness among the students, such as working together, reciting the Koran and so on, they do it together. There are more than 500 santri at the durrotu ahlissunah wal jamaah Islamic boarding school who all live together in the boarding school environment, this is in contrast to the community prohibition that advocates maintaining distance so as to avoid the transmission of the Covid-19 virus that is occurring in almost all over the world. People report anxiety, worries, paranoia about acquiring infection and sleep disturbances during this pandemic, the anxiety levels identified in the study were high, more than 80 % of the people were preoccupied with the thoughts of COVID-19 and 72 % reported the need to use gloves, and sanitizers (Roy, et al, 2020). Based on the results of the study Fitria & Ifdil (2020), it is known that the level of anxiety in adolescents during the Covid-19 pandemic are in the high category.

Based on the description explained above, the researchers are interested in conducting research on whether the students of the Durrotu Ahlissunah Wal Jamaah Islamic boarding school are worried about the COVID-19 pandemic that is happening, because they live in an environment where many people do activities together and tend to do it without keeping their distance from one person to another.

Method

This research was conducted at Pondok Pesantren Durrotu Ahlissunah Wal Jamaah Semarang. The choice of location at the Durrotu Ahlissunah Wal Jamaah Islamic Boarding School is very strategic because it is located in the campus environment, namely Semarang State University and most students come from outside the area in Semarang. Data collection was carried out on November 29, 2020, this data collection was carried out within one week. This research is a descriptive study with a qualitative approach. Qualitative methods can make it easier for researchers to describe the anxiety of the students of the Durrotu Ahlissunah Wal Jamaah Islamic boarding school about Covid-19.

The target population of this study were all students of the durrotu ahlissunah wal jamaah Islamic boarding school. While the subject of this study was carried out randomly and was not bound by any rules, the most important thing was the durrotu ahlissunah wal jamaah boarding school students. The number of subjects is 5 students, and among the five students there are new students and old students.

The research process initially uses interviews after interviewing the data that has been obtained from the respondent, then analyzed and finally making conclusions from the data that has been analyzed, the interview process is that the researcher asks questions related to the topic being researched and the respondent answers freely there are no fixed rules regarding the answers submitted by the researcher. Question items in the interview totaled 10 questions.

Data analysis was carried out after the interview process was completed. This analysis process is by collecting data that has been collected from respondents and then the researcher draws conclusions from all the data that has been obtained from the interview process. The conclusion that has been obtained will be to find out whether the santri durrotu ahlissunah wal congregation feel anxious about facing the Covid-19 pandemic or not.

Results

Subject Overview

Most people are worried about the covid-19 pandemic that is happening because this virus is very easy to transmit. The subjects interviewed were santri from the Islamic boarding

school and not from the village community itself. The subjects, which consisted of 5 students, were purely from the Durrotu Ahlissunah wal Jamaah Islamic boarding school, the five of whom came from different regions and also not from the original Semarang. They come from Kebumen, Pemalang, Rembang, Kudus, and Tegal.

Santri Anxiety Against Covid-19

From the interview process that was carried out and the researcher collected the data, then the researcher analyzed the data that had been obtained, the researcher found the fact that the students of the Durrotu Ahlissunah Islamic boarding school wal jamaah did not feel anxious at all about the covid-19 virus that was happening, it was proven from the data analysis. conducted by researchers such as examples of questions and answers that have been obtained. For example, from the question 'How do you feel every time you think about Covid-19? (Symptoms of anxiety)' One of answer is 'I am now trying with a very stupid attitude, bro, I have never thought about Covid 19 again. Because we are already accustomed to hearing this issue, the important thing is that we just take care of ourselves, bro, if asked whether I'm worried or not I'm not worried at all but to be on guard we have to get used to living a clean life such as washing hands and so on, because in my opinion cleanliness is part of it. faith.'. And the others subject show the same point in their answer. An then, in another question, such 'Do you feel uneasy every time you think about Covid-19? (Psychological symptoms)?' The answer is 'At first I was not nervous when I heard the news about Covid-19, but now I am calm and that's normal, bro.' From the examples that have been shown, the results of the interview process show that the santri at the Durrotu Ahlissunah Islamic boarding school was congregation do not feel anxious. It show by the answer from the interviewee that they do not think about covid 19 anymore because they already knew to prevent and taking care of themselves during the pandemic.

Discussion Anxiety

Kaplan, Sadock and Grebb (in Fausiah & Widury, 2007) stated that anxiety is a response to certain threatening situations, and is a normal thing that occurs with developments, changes in new or never-before experiences, as well as in finding self-identity and meaning. life. At low levels, anxiety helps the individual to be prepared to take steps to prevent harm and / or to minimize the impact of the hazard. Anxiety to some degree can lead to increased performance and productivity.

Anxiety has characteristics in the form of feelings of fear and caution or vigilance that is not clear and unpleasant (Davison, et al. 2004). Kaplan, Sadock & Greb stated that 'fear' and 'anxiety' are two emotions that function as a sign of danger. Fear arises when there is a threat that is clear or real, comes from the environment, and does not create a conflict for the individual. Meanwhile, anxiety arises if the danger comes from within, is unclear or causes conflict for the individual.

Anxiety disorders were classified as neuroses for most of the 19th century. The term neurosis is taken from a root word which means 'an abnormal condition or illness of the nervous system' and was discovered by Cullen (Nevid, et al, 2005) in the 18th century. Neurosis is seen as a disease of the nervous system. Then change to the meaning of Freud in the 20th century. Freud argues that neurotic behavior occurs because of the threat that unacceptable anxiety-generating ideas will emerge into the conscious mind. All of these distractions reflect the ego's attempt to defend itself against anxiety. At present some clinicians classify a lighter behavior problem in which people who are grouped in neurosis still have relatively good contact with reality while psychosis has the characteristic of losing touch with reality.

Covid-19

Corona virus disease 2019 or Corona Virus Disease-19 (COVID-19) is a respiratory infection caused by a type of corona virus. Another name for this disease is Severe Acute

Respiratory Syndrome Coronavirus-2 (SARS-COV2). COVID-19 cases were first reported in Wuhan City, Hubei Province, China, in December 2019. In just a few months, the spread of this disease has spread to various countries, including in Asia, America, Europe, and the Middle East and Africa. On March 11, 2020, the World Health Organization (WHO) declared the spread of COVID-19 to be categorized as a pandemic.

The spread of the COVID-19 outbreak to the territory of Indonesia, including Aceh Province, is of course very worrying for all parties. As can be seen from the experience of several other countries and regions, it is impossible for the Government to handle COVID-19 alone. It takes an integrated involvement from all parties, including the Government, the private sector and the business world, universities (PT), and the community.

The emergence of the corona virus pandemic or covid-19 is able to paralyze the activities of all people who are carried out outside the home. Coronaviruses are a large family of viruses that cause mild to severe illness, such as the common cold or common cold and serious illnesses such as MERS and SARS. Transmission from animals to humans (zoonosis) and transmission from humans to humans is very limited. The Covid-19 pandemic cannot be controlled quickly, so it requires proper management from both the government and the community. One of the preventions to stop the transmission of covid19 which is urged by the government is to stay at home.

Conclusion

From the research that has been done, it is found that the students of the Durrotu Aswaja Islamic Boarding School do not experience anxiety about the ongoing Covid-19 pandemic. They tend not to think about the dangers of Covid itself. This study can not generalize the condition among all student in Durrotu Aswaja Islamic Boarding School because this study involved very limited number of subjects. We recomend the future research preferably combined with quantitative studies. Another weakness is that this study only uses the interview method. The exploration and deep analyzed on the anxiety symptomp do needed in the future research. It needs a more in-depth study of the factors that cause anxiety to occur. Understanding of the dangers of the covid-19 pandemic must also be socialized more so that the wider community understands the dangers of covid-19 to psychological aspect of individual.

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