

Effect of Gender and Age on the Anxiety Level on Village People-Case Study

Pawan Singh Rawat

Abstract: *The study examined the relationship between the COVID-19 anxiety ratings of the villagers and their gender and age. Everywhere in the world, the COVID-19 illness is extremely severe, but rural communities are particularly affected. Because there are few resources available for raising awareness of mental health. For the residents of the block, the dearth of specialists and basic medical services is a major issue. The COVID-19 epidemic is also spreading a widespread feeling of disquiet, anxiety, and concern, which is contributing to an increase in mental health issues. There are only four psychiatrists available for a population of more than 10 million people spread out across 13 districts in Uttarakhand, according to an examination of state-level health care statistics. Because everyone is so unfamiliar with this illness, people start to get scared. Humans are affected by this virus in more ways than simply their health; it can also affect how they behave, how their minds work, and whether they start to worry. Determining the psychological effects of COVID-19 on rural Narayan Bager Chamoli people in Uttarakhand is the goal of the current study. A random sample of 120 people, comprising 60 men and 60 women of all ages, was taken from my study area in Narayan Bagerchamoli. The information on anxiety level was gathered using the comprehensive anxiety scale developed by Sinha & Sinha in 1995. According to the study's findings, men and women's anxiety levels varied considerably according to their age and gender. The findings also suggest that motivating individuals to avoid COVID-19 needs them to adopt sensible safety measures or to refrain from overanalyzing situations.*

Keywords: Anxiety, village

1. Introduction

The acute respiratory infection known as COVID-19 is being quickly transmitted over the globe and is caused by the novel coronavirus SARS-CoV. A 20-year-old woman from Kerala who had a sore throat and a dry cough for just one day before visiting the emergency room of a general hospital in Thrissur was later found to have COVID-19 infection. There was no prior history of shortness of breath, rhinitis, or fever.

On March 15, 2020, an employee of the Indian Forest Service who had just returned from Spain noted the initial incident in Uttarakhand.

On May 17, 2020, Chamoli reported the initial incident. The father and his family had come back to Mathkotpajyana from Delhi. On June 7, 2020, a woman who had just returned from the Upper Peninsula reported the first incident in the study region. Four of his family members were impacted by this woman. The pandemic then soon spreads to the hamlet, changing people's attitudes and behaviours as a result of emigration and general public worry.

We are all aware that everyone experiences anxiety. Lack of happiness and prosperity, difficult social or environmental circumstances, worry about reaching one's goals, the state of the economy, or problems in relationships are a few things that might cause this anxiety.

Everyone experiences fears and worries. Anxiety is generally described as a fuzzy, amorphous, exceedingly unpleasant feeling of fear and trepidation. Symptoms include a rapid heartbeat, shortness of breath, diarrhoea, loss of appetite, and fainting.

American Psychiatric Association (APA), 2000: The subjective experience of anxiety, concern, or worry can present as both physical and emotional symptoms. Freud

(1923) characterised anxiety as a conflict between the id and ego in his psychodynamic theory of anxiety.

According to cognitive theory, anxiety is the predisposition to overestimate danger. Patients with anxiety disorders often imagine the worst-case scenario and avoid situations that they feel could be dangerous.

2. A General Profile of the Study Area

In Chamoli, there were 391605 residents, 193, 991 males and 197, 614 women. In 2001, there were 370, 359 residents in Chamoli, including 183, 745 men and 186, 614 women. 3.88 percent of Maharashtra's population lived in Chamoli District. The Chamoli District was home to 4.36 percent of Maharashtra's population as of the 2001 Census.

Compared to 2001, there were 5.74 percent fewer people overall. The population of Chamoli District increased by 13.87 percent between the 1991 and 2001 Indian censuses. The Chamoli district of India's Uttarakhand State is home to the village panchayat of Narayan Bager. The Narayan Bager is located at latitude 30.19 and longitude 78.04, respectively.

The town of Narayan Bager is located in the Narayan agar Block of the Chamoli District of the Indian state of Uttarakhand. 38 kilometres to the south of here is Chamoli Gopeshwar, the district administrative hub. Block's primary place of employment is there.

There is the Tharali postal administration, with the zip code 246481.

The Karnaprayag Block, the Ghat Block, the Tharali Block, and the Gairsain Block encircle Narayan Bager. North is the Karnaprayag Block.

Narayan Bager is adjacent to the towns of Pauri, Almora, Nainital, and Ramnagar.

Description	2011
Actual population	362
Male	186
Female	176
Total no. of house	90
Child (0-6)	45
Literacy rate	88.33%
Male	100%
Female	75.76%
Average sex ratio	946
Child sex	1143
Language	Garhwali

3. Literature review

- In Cikaret Village, West Java, a study named "The Impact of Aromatherapy and Relaxation Therapy on Community Anxiety during the COVID-19 Pandemic" will be conducted. The author of it is Milla Evelianti Saputri. The study's findings, which showed that 54% of teenagers had high levels of anxiety, support the idea that adolescents become unstable in unfamiliar situations. The neighbourhood might experience less anxiety if aromatherapy and relaxation techniques were made available. This study aims to determine how aromatherapy and relaxation affect people's anxiety during the COVID-19 pandemic. This study employed a pre-post test, one group, quasi-experimental design. 30 adolescents between the ages of 12 and 24 made up the study's sample. The sample technique of choice was total sampling. The research tool consisted of aromatherapy and the HARS anxiety questionnaire. The data were evaluated using non-parametric tests, such as the paired samples T-Test. Between the pre-and post-aromatherapy assisted relaxation therapy sessions, the results showed a substantial difference in the anxiety scores. 0.000 to 0.005, two tails.
- A study titled "Age-Related Anxiety in Posyandu Lelateng Village: Contributing Factors Following the COVID-19 Pandemic" was conducted on the campus of Bali's Dwi Prima Hanis Kusumaningtiyas Triatma Mulya University. The goal of this study was to identify the variables affecting senior folks' concern of the COVID-19 pandemic. An investigation was done in November 2020. The study plan employed a descriptive-analytical methodology and a sizable sample size. 62 senior individuals in total were enrolled in the study. Self-reporting questionnaire (SRQ-20) led interviews with a total of 20 question items were a part of the data gathering strategy. The univariate data analysis in this study makes use of frequency distribution analysis. Bivariate analysis employing the chi-square test is an alternative option. With a value of $p=0.601$, the relationship between gender and anxiety levels was found ($p>0.05$). Age and level of anxiety are correlated ($p=0.655$) ($p>0.05$). The connection between illness and anxiety level was found to have a p -value of 0.876. ($p>0.05$). With a P -value of 0.08, there was a correlation between knowledge and anxiety level ($p>0.05$).
- The research employed a quantitative cross-sectional methodology, and an accidental sampling technique was used to compile a final sample of 36 respondents. The 2018 BNPB questionnaire adaptation was used to gauge readiness, while the State Anxiety Inventory (S-AI) Form Y was utilised to gauge anxiety levels. According to the findings, Panjanglejo Village residents' level of worry and readiness for floods are related. Chi square was used in the statistical analysis test with a 95% confidence interval, yielding a p value of 0.002 or ($p>0.05$). In conclusion, well-prepared societies will experience lower levels of worry than less-prepared ones. Suggestion: carry out further research on flood preparedness with a quasi experimental method.
- Women's Fears and Men's Anxieties in Northern Ghana: The Impact of Family Planning a well-designed, community-based family planning programme can result in a change in contraceptive practise that was previously assumed to be unachievable in such a setting, as demonstrated by the Navrongo experiment, a family planning and health project in northern Ghana. James F. Phillips, Patricia Akweongo, Ruth Simmons, and Ayaga Agula Bawah. However, according to research, the availability of contraceptives and recently introduced family planning services may simultaneously promote conflict in gender relations. There are engrained expectations surrounding women's reproductive duties in this society, where the payment of bride wealth denotes a woman's commitment to have children. Women who take contraception are more likely to experience physical abuse, face retaliation from the extended family, and males worry that they will be unfaithful. This study's analysis of data from focus groups with men and women highlights the strains that contraceptive use places on gender relations. The steps taken to address this issue and the methods used to reduce the risk of unfavourable societal consequences are highlighted.
- When dealing with the COVID-19 pandemic and public anxiety in Environment II Tangkahan Village, Medan Labuhan Subdistrict by Lindawati Simorangkir in 2021 Social support is described as assistance given by neighbours who get along well with one another and are important to the recipient personally. Fear, worry about the future, and other feelings are all aspects of anxiety. Social support is crucial right now since it encourages positive thinking and reduces anxiety. This study aims to determine the relationship between the COVID-19 outbreak and public concern in Environmental II Tangkahan Village, Medan Labuhan Subdistrict 2021. With 73 participants, this study is cross-sectional. Purposive sampling, a method of gathering samples with specific considerations or criteria, was used in the sampling process. With the following requirements: prepared to reply, between the ages of 25 and 55, cooperative and in excellent health. Results showed that 67.1% of respondents had moderate anxiety and 79.5% of respondents had enough social support. The results of the statistical test indicate that there is a negative correlation between social support and public anxiety when facing the COVID-19 pandemic in Environment II, Tangkahan Village, Medan Labuhan District in 2021 (p -value = 0.041 ($p>0.05$) and $r = -0.24$). In order to alleviate worry during a COVID-19 pandemic, respondents anticipated paying closer attention, taking

care of one another, and always adhering to the health regimen.

4. Study Design and Participants

I conducted a cross –sectional survey to explain the anxiety level, behaviors thoughts process, thinking related to COVID-19. I arranged total 120 sampling across the Narayan bager village from June 13 to 20, 2021. Convenience sampling or comfortable sampling technique was adopted.

- 1) People who lived in village from birth.
- 2) Village people who agreed to participate in the study.
- 3) Villagers who have something knowledge about test.
- 4) People who could use mobile phone and operate the questionnaire.
- 5) Village people who could complete all the item.
- 6) Migrated people who live in isolation.
- 7) Village people who are interested in the study.

5. Objective of the study

- 1) Find out the anxiety level among village people on the basis of gender.
- 2) Find out the anxiety level the among village people on the basis of age.

6. Hypothesis

- 1) There is no significant difference of anxiety among village people on the basis of gender.
- 2) There is no significant difference of anxiety among village people on the basis of age group.

7. Methodology

It includes the following sequence.

- 1) Method of study
- 2) Sampling of study
- 3) Location of study

Method of study

Descriptive survey method was adopted to study the present problems.

Sampling of study

For this study I selected 120 village people with a different age group. Ratio of male and female are 50-50%.

Tools used.

For collecting the data on anxiety Sinha comprehensive anxiety scale by Sinha& Sinha (1995) were used.

8. Analysis and interpretation of data

Age group (18-30)	Gender	Male	Female
	mean	16.9	18
Age group (31-42)	Gender	Male	Female
	mean	22.4	26.3
Age group (43-65)	Gender	Male	Female
	mean	25.3	27.2
Total	Gender	Male	Female
	mean	21.56	23.83

9. Discussion

The purpose of the present study was to examine the effect of gender and age on the anxiety level of village people. The obtained data has shown the effect of anxiety. The first hypothesis is there is no significant difference in anxiety due to gender. But data shows that there is significant difference in the anxiety level due to gender.

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