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Psychological level of youth cadets in Bali

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Abstract--COVID-19 is a disease with very fast and deadly transmission, with the addition of sufferers who continue to increase every day. The impact of the spread of COVID-19 which continues to increase and is exacerbated by various policies issued by the government at the same time greatly affects various aspects including both socially, physically and psychologically. The purpose of the study was to determine psychological level of youth cadets in Bali. Design this research is a descriptive study research, the type of quantitative research. The sample of this study amounted to 245 respondents with purposive sampling technique. The measuring instrument uses a stress, anxiety and depression level questionnaire that is valid and reliable. Data were analyzed univariately using frequency distribution. The results showed that the psychological level of the Bali Poltrada Taruna students was in the normal category.

Keywords---anxiety, depression, student, psychological, stress.

Introduction

COVID-19 is a disease with a very fast and deadly transmission, with the number of sufferers increasing every day (Yunus & Rezki, 2020). Based on WHO data, dated April 29, 2022, the number of confirmed cases is 509,531,232 and the

number of deaths is 6,230,357. The Southeast Asia region obtained data that were confirmed positive for COVID-19 with 57,478,119 people and 781,322 deaths (WHO, 2022).

The State of Indonesia based on the Ministry of Health of the Republic of Indonesia (2022) April 29, 2022 stated that the number of confirmed cases of COVID-19 was 6,046,467 with 156,240 deaths. The case was first announced in Indonesia by the Ministry of Health on March 2, 2020 which has been investigated by the Depok Health Service on a number of 48 people with a record of having had close contact and close contact with the two clients, the first case of the COVID-19 case (Nahar, 2020).

The impact of the spread of COVID-19 which continues to increase and is exacerbated by various policies issued by the government at the same time greatly affects various aspects including social, physical and psychological (Kumar & Nayar, 2020). Psychologically there are several problems that can arise such as anxiety, stress and even depression (Liu, Chen, Wu, Lin, Wang, & Pan, 2020). According to the Centers for Disease Control and Prevention (2020) said that the psychological impacts that are very often encountered as a result of the COVID-19 incident along with new policies that have emerged include extreme fear and worry about the health of oneself and those closest to loved ones, lack of concentration, changes in eating and sleeping patterns. , increased tobacco consumption and worsening of other chronic health problems (Kumar & Nayar, 2020).

Since its emergence in Indonesia, the government has continued to issue policies as an effort to prevent the transmission of COVID-19, one of which has increased, one of which is the Indonesian government issued a policy regarding the implementation of working from home and all learning activities are carried out from home online. (Harahap, Harahap, & Harahap, 2020). At the beginning of their education in tertiary institutions, students are faced with various challenges including the learning system, differences in the curriculum from the previous one and the relationship between students and lecturers (Sarwono, 2012).

Based on research conducted by Rahmawati, Liza and Syah (2019) said that from 49 new students, it was found that 20 respondents experienced high levels of stress. Based on the problems during the COVID-19 pandemic and the impact on new students, this study aims to conduct research related to the psychological picture of the Bali Poltrada Taruna through quantitative research.

Method

This research uses descriptive study method with quantitative research type. The sampling technique of this study used purposive sampling with a sample of 245 student respondents. The data collection tool uses a questionnaire in the form of psychological closed questions that have been said to be valid and reliable. The research data were analyzed by univariate analysis using the frequency distribution

Results

Table 1
Respondent's age (n=245)

Mean	Median	Standard Deviation	Minimum	Maximum
19,49	19,00	1,104	17	23

Table 1 shows that the average respondent is 19 years old.

Table 2
Characteristics of respondents gender (n=245)

Variable	f	%
Jenis Kelamin		
Laki-laki	158	64,5
Perempuan	87	35,5

Table 2 shows the majority of respondents are male.

Table 3
Education Level (n=245)

Education Level	f	%
Diploma III	245	100,0
bachelor	0	0

Table 3 shows all respondents with Diploma III education

Table 4
Semester Level (n=245)

Semester level	f	%
1	173	70,6
2	0	0
3	72	29,4

Table 4 shows that the majority of students are currently at the 1st semester level

Table 5
Stress Level (n=245)

Stress Level	f	%
Normal	118	48,2
Mild stress	45	18,4
Moderate stress	39	15,9
Heavy stress	28	11,4
Very heavy stress	15	6,1

Table 5 shows that the majority of cadet students' stress levels are in the normal category.

Table 6
Anxiety Level (n=245)

Anxiety Level	f	%
Normal	115	46,9
Mild Anxiety	38	15,5
Moderate Anxiety	39	15,9
Severe Anxiety	24	9,8
Very Severe Anxiety	29	11,8

Table 6 shows the majority of respondents' anxiety levels are in the normal category.

Table 7
Depression Level (n=245)

Depression Level	F	%
Normal	174	71,0
Mild depression	25	10,2
Moderate Depression	31	12,7
Severe Depression	7	2,9
Very Severe Depression	8	3,3

Table 7 shows the majority of respondents' depression levels are in the normal category.

Discussion

The results of this study indicate that the Balinese Poltrada Taruna students from 245 respondents are 19 years old on average, the youngest is 17 years old and the oldest is 23 years old. This research is in line with research conducted by Angelica and Tambunan (2021) said that the majority of students who experience psychological problems are in the age range of 18-22 years, 116 respondents (73.9%), 23-27 years old, 34 respondents (21.7%), 28-32 years old, 3 respondents (1,8%) and >33 years with a total of 4 respondents (2.4%). The results of this study are in line with research conducted by Yudiantoro (2020) who said that the dominance of age in the study in the age range of 18-20 years was 61 respondents (72.6%). This age range is the age at which there is a transition from late adolescence to early adulthood (Rahmawati, Liza, & Syah, 2019).

The results of the research on gender characteristics showed that the majority of students from 245 respondents were male, the majority were 158 respondents (64.5%) and the rest were female, 87 respondents (35.5%). This research is inversely proportional to the research conducted by Sari (2020) said that the majority of students who experienced psychological problems were 60 respondents (85.7%) female and 10 male respondents (14.3%). The results of this study are in line with research conducted by Yudiantoro (2020) which said that

the majority of students who experienced psychological problems were male as many as 66 respondents (78.6%).

The results of the research related to the education level of the Bali Poltrada Taruna students were 245 respondents (100%) with D III education. This research is inversely proportional to the research conducted by Sari (2020) The results showed that the majority of students' education levels were 70 respondents (100%) with undergraduate education. Another similar study was conducted by Widiarta and Gozali (2021) said that the majority of students who experienced psychological disorders during online learning during the COVID-19 pandemic were at the DIII stage, with 30 respondents (100%).

The results of the research at the semester level of the Bali Poltrada Taruna students were the majority at the initial semester level, namely 173 respondents (70.6%) and at the third semester level, 72 respondents (29.4%). The results of this study are in line with research conducted by Angelica and Tambunan (2021) said that the majority of semester levels of students are currently pursuing early professional education amounting to 51 respondents (32.5%), semester 2 levels amounting to 28 respondents (17.8%), semester 3 levels amounting to 33 respondents (21.0%) and semester 4 amounting to 45 respondents (28.7%). Another research conducted by Budiastuti (2021) which said that the majority of lecture level in the 3rd year stage was 208 respondents (47.1%), the first year was 131 respondents (29.6%), the 2nd year was 65 respondents (14.7%) and the 4th year was 38 respondents (8.6%).

Stress Levels

The results of this study showed that of the 245 respondents at a normal stress level, 118 respondents (48.2%), light amounted to 45 respondents (18.4), moderately a total of 39 respondents (15.9), weight of 28 respondents (11.4) and very heavy a total of 15 respondents (6.1). This research is in line with research conducted by Angelica and Tambunan (2021) who said that the majority of students experienced a normal level of stress of 83 respondents (52.8%), a mild stress level of 28 respondents (17.8%), a moderate stress level of 21 respondents (13.4%), a severe stress level of 18 respondents (11.5%) and a very severe stress level of 7 respondents (4.5%).

This research is inversely proportional to the research conducted by Sari (2020) who said that the results of his study obtained results if the majority of student stress levels during online learning experienced stress levels in the moderate category of 27 respondents (38.57%), 20 respondents (28.57%) were in the category of severe stress levels and 23 respondents (32.86%) were in the category of mild stress levels. Other research conducted by Andiarna and Kusumawati (2020) said that online learning can affect academic stress in students during the COVID-19 pandemic where the impact includes students still confused related to new habits in online learning, the accumulation of information and concepts in students that are less useful, making students passive less creative and less productive and students will experience stress.

Anxietas Level

The results of this study showed that out of 245 respondents were at a normal level of anxiety, a total of 115 respondents (46.9%), light a total of 38 respondents (15.5%), moderately a number of 39 respondents (15.9%), a weight of 24 respondents (9.8%) and a very heavy number of 29 respondents (11.8). The results of this study are in line with the research conducted by Yudiantoro (2020) which said that the majority of cadet students experienced normal anxiety levels of 69 respondents (82.1%), 11 respondents (13.1%) experienced mild anxiety levels and 1 respondent (1.2%) in the severe anxiety level category.

Other research conducted by Budiastuti (2021) said that the majority of students who conducted online education during the COVID-19 pandemic experienced an anxiety level in the normal category of 172 respondents (38.9%), moderate level of 125 respondents (28.3%), severe level of 96 respondents (21, 7%) and a mild level of 49 respondents (11.1%). Anxiety experienced by students can occur due to various factors, both internal and external, both of which require good handling so as not to have an impact on a more severe psychosocial problem in the future. (Rahmawati, Liza, & Syah, 2019). Psychological problems that arise in students if they are not treated early on, it is feared that they will cause other problems such as hindering the learning process for students (Ahmad, 2017).

Depression Level

The results of this study indicate that from 245 respondents are at a normal level of depression, 174 respondents (71.0%), 25 respondents are mild (10.2%), 31 respondents (12.7%) are moderate, 7 respondents are severe. (2.9%) and very severe as many as 8 respondents (3.3%). The results of this study are in line with research conducted by Purnomo, Dwijayanti and Sabtana (2020) who said that the majority of depression levels in students studying during the COVID-19 pandemic were within normal levels of 57 respondents (35%), mild depression levels were 42 respondents (26%), moderate depression levels were 39 respondents (24%) and the level of major depression is 24 respondents (15%).

Other research conducted by Budiastuti (2021) said that the majority of students during the online learning process experienced depression within a normal level of 265 respondents (60%), mild 82 respondents (18.6%), moderate level of 59 respondents (13.3%) and severe depression level of 36 respondents (8,1%). According to Purnomo and Loekmono (2020) Depression is an abnormal condition in individuals that appears in the form of symptoms such as lowered mood levels, loss of spontaneity and a sense of pessimism. Where in a state of depression includes feelings of disturbance, motivation, cognition and behavioral aspects of the individual.

Conclusion

The stress level in the normal category was 118 respondents (48.2%), the anxiety level in the normal category was 115 respondents (46.9%) and the depression level in the normal category was 174 respondents (71.0%).

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