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# Coping Strategy Relationship with The Answers of Moms Who Had Pre-School Children During Pandemic Covid 19

HINDYAH IKE SUHARIATI<sup>1</sup>, ENDANG YUSWATININGSIH<sup>1</sup>, ASNI HASANUDDIN<sup>2</sup>, REIJENG TABARA<sup>3</sup>, ANITA RAHMAWATI<sup>1</sup>, SRI SAYEKTI<sup>4</sup>, DWI ANIK KARYA SETIARINI<sup>5</sup>, ASRINA PITAYANTI<sup>6</sup>, AGUSTINA MAUNATURROHMAH<sup>1</sup>, HARUN ACHMAD<sup>7</sup>

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## ABSTRACT

The COVID 19 pandemic that has occurred throughout the world makes parents, especially mothers, feel worried and anxious when their children contract this dangerous virus. The purpose of this study was to analyze the relationship between coping strategies and anxiety of mothers who have preschool children during the COVID-19 pandemic in a Kindergarten in Lawang. This type of research is correlational analytic with a cross-sectional design. The population of this study was all 106 mothers of mothers who had preschool children during the COVID-19 pandemic in a Kindergarten in Lawang. The variables of this study were the independent variable coping strategy and the dependent variable anxiety of mothers who had preschool children during the COVID-19 pandemic. The research instruments were the Cope Scale questionnaire and the SAS/SRAS questionnaire with data processing editing, coding, scoring, and tabulating. Data analysis used univariate and bivariate analysis with Spearman Rho's statistical test. The results showed that most mothers had sufficient coping strategies as much as 28 (55%), and almost half experienced moderate anxiety as much as 21 (41%), the results of the Spearman Rank statistical test obtained p-value = 0.000 <alpha value 0.05 so that H1 was accepted. The conclusion is that there is a relationship between coping strategies and the anxiety of mothers who have preschool children during the COVID-19 pandemic in a Kindergarten in Lawang.

**Keywords:** Coping strategies, Anxiety, Pre-school children

## PRELIMINARY

The Covid 19 pandemic that has occurred throughout the world makes parents, especially mothers, feel worried and anxious when their children contract this dangerous virus. Anxiety arises because until now there is no cure and vaccine against the virus that is thought to be linked to the Huanan animal market in Wuhan, which sells various types of animal meat, including those that are not commonly consumed, such as snakes, bats, and various types of rats.<sup>1,2</sup> The virus first entered Indonesia in March 2020, and since March 16, 2020, all schools have been carried out from home, including preschool children who are supposed to study in kindergarten must follow the government's advice to learn from home. Nearly 90% of mothers feel

anxious, their children are prohibited from going out of the house, so all their children's play and learning activities are carried out in the house. When children have complaints of illness, most parents are afraid of taking their children to the hospital, even though 73% of the symptoms of Covid 19 in children are coughs and colds, this has an impact on late snacking and is one of the triggers of death due to Covid 19 in Indonesia, where Indonesia becomes countries with the highest number of deaths in ASEAN.<sup>1,2</sup> WHO data on September 2, 2020, shows 25,888,128 people in the world are infected with Covid 19, with 860,249 death cases, and a cure rate of 18,170,325 people in the world. According to WHO, the number of global coronavirus cases is now five times the number of

severe influenza diseases recorded each year. The United States is the country with the highest number of positive cases, namely 6,256,206 people, where 40% of these cases occur in children, followed by India, Brazil, Argentina, and Indonesia to be in fifth place with a total of 177,571 cases (data dated 2 September 2020). According to the Indonesian Pediatrician (IDAI), 11 thousand Indonesian children are exposed to Covid 19, with a death rate of 2.3%.<sup>3,4</sup>

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), better known as the Coronavirus, is a new type of coronavirus that is transmitted to humans. Although it affects the elderly more frequently, this virus can actually affect anyone, from babies to children to adults, including pregnant women and nursing mothers. In most cases, this virus causes only minor respiratory infections, such as the flu. However, this virus can also cause severe respiratory infections, such as lung infections (pneumonia). Transmission can be through the air, when leaving the house everyone is required to wear a mask to prevent transmission. Most children do not like wearing masks for a long time, this makes mothers worry and anxious.<sup>5</sup>

Anxiety in mothers who have preschool children will have an impact on mothers and their children such as a decrease in the mother's immune response and also the provision of care and stimulation to their children. In this situation, the mother needs a way to deal with anxiety, one of which is a coping strategy. In solving different problems from one mother to another, the coping strategies chosen are different. Coping is done to maintain emotional balance, maintain a positive self-image, reduce pressure on the environment or adjust to negative studies, and continue to have relationships satisfying others. If the individual has a good coping mechanism, the individual will be free from anxiety. Conversely, if the coping mechanism is lacking, the individual will experience anxiety. The purpose of this study was to analyze the relationship between coping strategies and anxiety of mothers who have preschool children during the COVID-19 pandemic in kindergartens in Lawang.<sup>4,5</sup>

## METHOD

The research design used in this study was cross-sectional. The population in this study were 106 mothers who had preschool children during the COVID-19 pandemic in kindergartens in Lawang. The samples in this study were some mothers who had preschool children during the COVID19 pandemic in kindergartens in Lawang, totaling 51 mothers. The sampling technique used by researchers is Simple Random Sampling. Measurement of coping strategy data used the Cope Scale questionnaire from Lazarus and Folkman (University of California, San Francisco) Carver et al (1989) which has been modified into 20 statement items. This research instrument uses a list of statements in the form of a questionnaire, consisting of unfavorable statements and favorable statements. Respondents are asked to put a checkmark (✓) on the answers deemed appropriate to the respondent. The assessment on this questionnaire is with a score of 1 (never), 2 (sometimes), 3 (often), 4 (always). Individual scores obtained Good 76 -100%, Enough: 56-75%, Less <56%.

Variable of the anxiety of mothers who have preschool children during the COVID-19 pandemic, researchers used an instrument in the form of a questionnaire. Researchers used the Zung Self-Rating Anxiety Scale (SAS / SRAS) questionnaire. Zung Self-Rating Anxiety Scale (SAS / SRAS) is an anxiety assessment in adult patients designed by William WK Zung, developed based on anxiety symptoms in the DSM-II (Diagnostic and Statistical Manual of Mental Disorders). Zung Self-Rating Anxiety Scale has 20 statements consisting of 15 unfavorable statements and 5 favorable statements. Furthermore, the scores achieved from all question items are summed, then the scores obtained are categorized into 4 anxiety criteria, namely: Normal: score 20 - 44, Mild anxiety: score 45 - 59, moderate anxiety: score 60 - 74 and severe anxiety: score 75 - 80.

Data analysis used Rank Spearman Rho's test with SPSS software, where if the p-value <  $\alpha$  (0.05) then there is an alternative hypothesis that is accepted, meaning that there is a relationship between coping strategies and anxiety of mothers who have preschool children during the COVID-19 pandemic in kindergarten in Lawang.

**RESULT**

**Table 1: Frequency Distribution of Respondents based on Mother's Age in Kindergarten in Lawang September 2020**

No.	Age	Frequency	Presentage (%)
	< 19 years	2	9
	20 – 34 years	43	4,3
	> 35 years	6	1,8
<b>Total</b>		51	100

**Table 2: Frequency Distribution of Respondents Based on Mother's Education in Kindergarten in Lawang, September 2020**

No.	Education	Frequency	Presentage (%)
1	Junior High School	15	29,4
2	Senior High School	26	51,0
3	College	10	19,6
<b>Total</b>		51	100

**Table 3: Distribution of respondents based on coping strategies in kindergarten in Lawang in September 2020.**

No.	coping strategies	Frequency	Presentage (%)
1	Well	17	33
2	Enough	28	55
3	Less	6	12
<b>Total</b>		51	100

**Table 4: Distribution of respondents based on the anxiety of mothers who have preschool children in Lawang in September 2020.**

No.	Anxiety	Frequency	Presentage (%)
1	Normal	12	23,5
2	Light	12	23,5
3	Moderate	21	41
4	Weight	6	12
<b>Total</b>		51	100

**Table 5: The relationship of coping strategies with anxiety in mothers who have preschool children in Lawang in September 2020.**

coping strategies	Anxiety of mothers who have preschool children								Total	
	Normal		Light		Moderate		Weight			
	Σ	%	Σ	%	Σ	%	Σ	%	Σ	%
Well	0	0	0	0	12	23,5	5	9,8	17	33,3
Enough	8	15,7	12	23,5	7	13,7	1	2	28	54,9
Less	4	7,8	0	0	2	4	0	0	6	11,8
<b>Total</b>	12	23,5	12	23,5	21	41,2	6	11,8	51	100,0
<b>Uji Rank Spearman Rho's p-value = 0.000</b>										

Based on table 5 above, it can be seen that the results of the analysis using the Rank Spearman Rho test obtained  $p = 0.000$ . This means that  $H_0$  is rejected and  $H_1$  is accepted. This shows that there is a relationship between coping

strategies and anxiety in mothers who have preschool children at kindergarten in Lawang.

**DISCUSSION**  
Coping strategy

Based on table 3 shows that of the 55 respondents, most 28 mothers (55%) have sufficient coping strategies.

According to researchers, the factor that influences adequate coping strategies is age, seen from table 1 shows that almost all of them are 20–34 years old (84.3%). According to researchers, at this age the mother is associated with the maturity level in question is the way or attitude in overcoming the problem and at this age, the physical and psychological condition is in the best condition so that it helps in adjusting her new developmental tasks.

In accordance with Mappiare's theory that age has a close bond with life, the older the person is, the more able a person is to show emotional maturity, be able to make wise decisions, be able to control emotions and be more skilled in carrying out tasks.<sup>8,9,10,11,12</sup>

### Anxiety

Based on table 4, it shows that of the 51 respondents, almost half experienced moderate anxiety as many as 21 respondents (41%).

According to researchers, moderate anxiety experienced by the mother occurs due to skeletal muscle tension resulting in somatic symptoms such as trembling legs and arms, back pain, tingling fingers and toes usually when waking up. Moderate anxiety is characterized by physiological, cognitive, and behavioral responses such as light muscle tension, expanded visual field, and weakened voice.<sup>13,14,15</sup>

The highest score of moderate anxiety is in the statement "I urinate frequently" with a score of 3. Where when experiencing anxiety, the autonomic nervous system will increase, causing different body reactions, one of which occurs contraction of the bladder muscles which can trigger curiosity pee.

This is in accordance with Stuart's theory that when nervous or anxious, the central nervous system will be more active and sensitive so that the urination reflex occurs more quickly.

Theoretically, every mother has different feelings of anxiety as a result of the changes that occur both physically and psychologically. The level of anxiety has a negative effect on the health reaction of the mother, especially her psychosocial condition which can affect the provision of care and stimulation for her child.

The anxiety experienced by mothers is also influenced by the level of education, based on the results of the study shown in table 5.3 most of them have high school education/equivalent (51%). The higher the level of education, the better tolerance, and control of anxiety will be, and the development of a mindset will be more

rational in dealing with the stressors experienced.<sup>16,17,18,19,20</sup>

This is in accordance with the statement of the Minister of Religion which states that respondents who are highly educated will also have higher cognitive complexity which has a major effect on attitudes, ways of thinking, and behavior of a person so that they are able to find solutions to the feelings they experience.

### The relationship of coping strategies with anxiety in mothers who have preschool children

Based on table 5, the results of the Spearman Rho's Rank statistical test showed a significance value of  $p = 0.000$  and a significant value of  $p = 0.05$ . This shows that the value of  $p < \alpha$ , ( $0,000 < 0.05$ ) which means that  $H_0$  is rejected and  $H_1$  is accepted, that is, there is a relationship between coping strategies and anxiety in mothers who have preschool children in Kindergarten in Lawang.

According to Carver that individuals solve unpleasant problems and disturb the burden of the mind by trying to make positive things out of these problems. When the coping strategy is chosen correctly, anxiety will decrease and vice versa when the coping strategy is chosen incorrectly, anxiety will increase. This is in accordance with the opinion of Rahmania (2016) that mothers with a good coping strategy will have a higher level of well-being and health. The coping strategy used by these mothers can suppress the anxiety problems of mothers who have preschool children, according to Rahmawati's research (2013) that the unpleasant conditions or conditions experienced by mothers are caused by demands, both internal and external demands that can endanger the individual so that the individual reacts physiologically and psychologically. One of these situations can be handled by choosing the right coping strategy.<sup>21,22, 23,24,</sup>

The results of this study are supported by research on the relationship of coping strategies with anxiety facing OSCE exams in second-semester students of the STIKes Muhammadiyah Samarinda Nursing Study Program. The results showed that of all semester 2 students, most of them had adaptive coping strategies and most of them experienced moderate anxiety while undergoing OSCE exams. This concurs with research conducted by Rinanda (2017) regarding the relationship between coping strategies and death anxiety in terms of the length of time living with HIV-AIDS. The results of these studies indicate that a good coping strategy can significantly reduce death anxiety.<sup>25,26,27, 28, 29, 30</sup>



Based on this, it is evident that coping strategies can reduce or control anxiety. This also shows that researchers got the same response in a study conducted in Kindergarten in Lawang on mothers who had preschool children during the COVID-19 pandemic.

## CONCLUSION

1. The coping strategies of mothers who have preschool children in a kindergarten in Lawang mostly have adequate coping strategies.
2. The anxiety of mothers who have preschool children in a kindergarten in Lawang is almost half experiencing moderate anxiety.
3. There is a relationship between coping strategies and anxiety in mothers who have preschool children in a kindergarten in Lawang.

## SUGGESTION

It is recommended that mothers who have preschool children choose the right coping strategy by really understanding the problems or emotions that are the cause of the anxiety before they can choose the appropriate coping strategy in overcoming their anxiety.

It is hoped that further researchers can research the same problem with different variables such as coping strategies with work stress in mothers who have preschool children.

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