

## **The Relationship between the Covid-19 Zone and the Level of Anxiety in the Students of the Faculty of Public Health, Muslim University of Indonesia Class of 2019**

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**Abstract.** Corona Virus Disease-19 or better known as COVID-19 is one of the new variant viruses which the World Health Organization (WHO) has designated as a Public Health Emergency of great concern to the world on January 30, 2020 and then March 11, 2020 designated as a Pandemic. Fear, worry and anxiety are normal responses to perceived or real threats and when faced with uncertainty or the unknown (WHO, 2020). Anxiety is a feeling of being alert, as if there are threats and unexpected events that will happen to him, causing feelings of fear and accompanied by cold sweats, shaking hands and heart palpitations. In Indonesia, every year the anxiety rate continues to increase, it is estimated that 20% of the world's population and as many as 47.7% of adolescents feel anxious. Based on these data, the purpose of this study was to determine the relationship between the covid-19 zone and the level of anxiety in students of the Faculty of Public Health, Indonesian Muslim University Class 2019. This study used a cross sectional approach with quantitative methods. The total population in this study was 264 sampling in this study was Non-Probability Sampling with Purposive Sampling technique. And data collection is done by using a questionnaire. The results showed that there was no relationship between the anxiety variable and the COVID-19 zone where the value ( $p = 0.208$ ) was based on a value greater than the value of  $= 0.05$  ( $p$  smaller 0.0).

**Keyword:** COVID-19 pandemic, anxiety, sleep quality.