

Coping Mechanisms and Spirituality with Limited Anxiety Levels in Face to Face Learning During the Covid-19 Pandemic

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Abstract

Background: As long as Covid-19 cases increase, the implementation of Physical Distancing, namely maintaining distance. On August 24, 2021, a Limited Face-to-face Learning will be held. This PTM also applies to vocational education where students are teenagers. Teenagers are often dubbed a stressful period because it causes emotional upheaval and anxiety. Anxiety is a feeling of fear. When adolescents experience anxiety, individuals will use various coping mechanisms and increase spirituality to reduce anxiety

Objectives: To describe the coping mechanisms, spirituality, and anxiety levels, and to determine the relationship between coping mechanisms and spirituality with anxiety levels.

Methods: The type of research used is a descriptive correlation with a cross-sectional research design. The sampling technique used the purposive sampling technique. The number of samples obtained is 122 respondents.

Results: The results of the Chi-Square test for the relationship between coping mechanisms and the level of the anxiety p-value is $0.029 < 0.05$ and the Spearman Rank results for the relationship between spirituality and anxiety level are $0.122 > 0.05$.

Conclusion: There is a relationship between coping mechanisms and anxiety levels and there is no relationship between spirituality and anxiety levels.

Keywords: anxiety levels, coping mechanisms, covid-19, limited face-to-face learning, spirituality

Introduction

Covid-19 stands for Corona Virus Disease 2019 causing the whole world to be restless, many people don't know how to deal with this virus because this virus is newly discovered. As time goes by, Covid-19 has spread to various countries, including Indonesia, the Indonesian government has made a Health protocol that will be held throughout Indonesia to reduce the number of cases of Covid-19, this regulation was made by the Indonesian government and led by the Ministry of Health of the Republic of Indonesia.¹ On October 7, 2021, WHO recorded the number of positive confirmed cases of Covid 19 as many as 235,825,990 worldwide with a death toll of 4,816,565. While in Indonesia itself, on October 7, 2021, the number of positive Covid 19 is 4,221,610 and as many as 142,338 of them have died.²

As long as Covid-19 cases increase, physical distancing is applied, namely maintaining distance. One of the health protocols, namely Physical Distancing, has an impact on all activities, one of which is educational activities. The application of Physical Distancing in educational activities affects learning methods that were initially learned at school (face to face) to become online or online learning methods.³ On August 24, 2021, the DKI Provincial Government implemented PPKM Level 3, because it saw a decline in positive cases of Covid-19. One of the policies of the DKI Provincial Government is the implementation of Limited Face-to-face Learning (PTM). Education in DKI Jakarta will be held by Limited PTM in phase 1, which is on August 30, 2021, there will be 610 schools.⁴ This PTM also applies to vocational education where students are teenagers. Adolescence is a time of change from childhood to adulthood.⁵ When entering adolescence, adolescents will experience a transition period in which biological and psychological development occurs. Psychological changes can be seen with changing emotions, feelings, and attitudes. The transition period is often referred to as a time of stress and trials because it causes rapidly changing emotions, discomfort, and anxiety.⁶

In Indonesia, the number of anxiety increases every year, it can be estimated that 20% of the world's population and there are as many as 47.7% of adolescents experiencing anxiety.⁷ Someone is said to be anxious if someone feels discomfort or worry whose source is sometimes not obvious or the source is unknown and the feeling of fear is caused by a hunch of something threatening. When anxiety occurs at a moderate to panic level, individuals need coping mechanisms to deal with the anxiety that occurs.⁸ Coping mechanism is a way to deal with anxiety and stress by relying on yourself. Usually, a person uses a problem-centered coping mechanism to overcome his anxiety, namely a cognitive-centered coping mechanism, and an emotion-centered coping mechanism. Adolescents will use various coping mechanisms to deal with anxiety such as the abilities possessed by adolescents, support from friends and teachers, sufficient material assets, and positive beliefs that adolescents have.⁸

The positive belief that adolescents have is one indicator of their spiritual needs being met. Spirituality is an individual's belief in a relationship with the creator.⁹ The need for a spirituality that has been realized will lead to positive thoughts about the presence of God in his life, give a positive meaning to an event, and provide wisdom from an event that is experienced.¹⁰ Spirituality is very influential on the level of anxiety, the better the spirituality, the lower the level of anxiety.¹¹

Based on data from 19 teenagers at SMKN 62 South Jakarta, for anxiety 11 teenagers said they were anxious when the Limited PTM was held, 19 teenagers said they were worried when a schoolmate was infected with Covid-19, and 17 teenagers said learning at school became unproductive and difficult to concentrate. For coping mechanisms, 14 adolescents said that when they were anxious, they did not open an open mind and did not think about something calm, 17 adolescents said that when they felt anxious, they were easily irritated and angry. For

spirituality, 10 teenagers said they didn't always think positively, and 12 said they didn't always carry out religious orders such as worship. And the information was obtained from Smkn 62 students that after the PTMT was implemented there were students who were exposed to Covid-19 so the school carried out Covid-19 checks on all students. The results of the problems faced by adolescents who feel anxious, researchers are interested in examining adolescent anxiety during limited PTM and researchers are also interested in how teenagers can reduce feelings of anxiety.

Methods

This study uses a cross-sectional study design that aims to determine the relationship between risk factors and their consequences. The measuring instrument used is a questionnaire. The questionnaire is a technique for collecting data by giving written statements to respondents. The sampling technique used the purposive sampling technique, namely the selection of samples based on certain characteristics or traits that are considered to have a close relationship desired by the researcher with a population of 176 students and obtained as many as 122 students as respondents.

The coping mechanism was measured using a self-made statement consisting of 20 statements that fit the coping mechanism model. To measure spirituality, the measuring instrument used is the Daily Spiritual Experience Scale (DSES) made by Lynn G. Underwood, this measuring instrument consists of 16 statement items. While the level of anxiety using the Hamilton Anxiety Rating Scale (HARS), this measuring instrument consists of 14 groups of symptoms that appear in individuals who feel anxiety. For the Daily Spiritual Experience Scale (DSES) questionnaire to measure spirituality and the Hamilton Anxiety Rating Scale (HARS) to measure anxiety levels, the researcher did not test the validity of the questionnaire because it was a standardized questionnaire and was declared eligible to be used as a research questionnaire.

Results

Table 1. Frequency Distribution of Coping Mechanisms

Number	Variable	Frequency (N)	Percentage (%)
Coping Mechanism			
1.	maladaptive	11	9,0
2.	Adaptive	111	91,0
Spirituality			
1.	Low	1	8
2.	Currently	25	20,5
3.	High	96	78,8
Anxiety			
1.	No Anxiety	36	29,5
2.	Mild Anxiety	38	31,1
3.	Moderate Anxiety	21	17,2
4.	Heavy Anxiety	18	14,8
5.	Very Anxiety	9	7,4

Based on Table 1, it is known that the frequency distribution of respondents based on coping mechanisms showed that respondents with maladaptive coping mechanisms were 11 respondents (9.0%), and respondents with adaptive coping mechanisms were 111 respondents (91.0%). It is known that the frequency distribution of respondents based on spirituality was found to be 1 respondent with low spirituality (8%), 25 respondents with moderate spirituality (20.5), and respondents with high spirituality 96 respondents (78.8%). It is known that the frequency distribution of respondents based on the level of anxiety showed that respondents

were not anxious as many as 36 respondents (29.5%), respondents with mild anxiety were 38 respondents (31.1%), respondents with moderate anxiety were 21 respondents (17.2%), respondents were with severe anxiety 18 respondents (14,8%), and respondents with severe anxiety 9 respondents (7,4%).

Table 2. The Relationship between Coping Mechanisms and Anxiety Levels

Anxiety	Coping Mechanism				Total	P-Value
	Mal Adaptive		Adaptive			
	n	%	n	%		
No Anxiety	4	11,1%	32	88,9%	36	100,0%
mild anxiety	0	0,0%	38	100,0%	38	100,0%
Moderate anxiety	3	14,3%	18	85,7%	21	100,0%
Anxious	1	5,6%	17	94,4%	18	100,0%
Very anxious	3	33,3%	6	66,7%	9	100,0%
Total	11	9,0%	111	91,0%	122	100,0%

Based on Table 2 which was analyzed using the Chi-Square test, showed that there was a relationship between coping mechanisms and the level of anxiety with a p-value of 0.022 which was smaller than the a value (0.05).

Table 3. Relationship between Spirituality and Anxiety Levels

Variable	Correlation Coefficient	P-Value (<0,05)
Anxiety Level with Spirituality	-0,139	0,126

Based on Table 3 which was analyzed using the Spearman Rank test, shows that there is no relationship between spirituality and anxiety levels with a p-value of 0.126 which is greater than the a value (0.05), and a coefficient value of -0.139 which means that the higher the anxiety level, the lower the level of spirituality and vice versa, the lower the level of anxiety, the higher the spirituality with the magnitude of the closeness of the relationship of 0.3 which means the relationship is low or the relationship is weak.

Discussion

Coping Mechanism

Based on the analysis of research data from 122 respondents, it was found that respondents based on coping mechanisms obtained the results in respondents with maladaptive coping mechanisms as many as 11 respondents (9.0%) and respondents with adaptive coping mechanisms as many as 111 respondents (91.0%). The results of this study agree with the results of research by Adelina, Ferdinand, and Sefti (2019) in their research which found that respondents with adaptive coping mechanisms were 58.9% while respondents with maladaptive coping mechanisms were 41.1%.

The results of this study also agree with the results of research conducted by Ertanti and Teti (2019) in their research, the results of adolescents who used adaptive coping mechanisms were 84 respondents (56%) and adolescents who used maladaptive coping mechanisms were 66 respondents (44%). It can be concluded from the results of the research above that many adolescents have adaptive coping mechanisms. This study describes that adolescent boys and girls use adaptive coping mechanisms when they are anxious so that adolescents can adapt well, think about the future, and have good social bonds so that they can cope well with problems in adolescents.¹²

The tasks in adolescent development are emotional independence, carrying out social

character, and being social which makes adolescents ready to have work and be responsible. If adolescents cannot complete all of their developmental functions, then to fulfill the next developmental function, adolescents will have difficulties. Adolescents can avoid using maladaptive coping mechanisms if they can complete their developmental functions.¹²

Coping mechanisms can be studied at the beginning of the emergence of stressors or anxiety and adolescents will be aware of the consequences of that stressor. The coping strength of adolescents depends on the personality, perception, and cognition of adolescents, besides the cultural background or norms when adolescents are educated. Adaptive coping mechanisms can help integrity function, the development of learning something to achieve a desire that can be seen by being able to communicate with someone, being able to solve a problem effectively, and being able to carry out constructive activities to deal with stressors, meanwhile coping mechanisms maladaptive can slow down integrity function, reduce independence and lose control.⁸

The coping mechanism used to overcome a problem is influenced by the coping capacity which has a subjective nature. One of them is information that can function to monitor conditions and minimize feelings of fear of a problem that arises and can help adolescents to measure stressors more accurately. Adaptive coping mechanisms used in adolescence can create new habits and be able to deal with situations and problems such as adaptive coping mechanisms used by respondents and use a self-recommend approach which is directly shown so that existing motivation is maintained. Individuals sometimes leave terrible memories to focus on tasks, adolescents are aware of stressful thoughts but usually, individuals are not aware of motivations or suppressed memories.¹²

According to research assumptions from the results of the frequency distribution of coping mechanisms, it can be concluded that adolescents have adaptive coping mechanisms as many as 111 respondents (91.0%) More respondents have adaptive coping mechanisms because adolescents can solve problems with themselves effectively, always think positively about current problems. they face, teenagers tell their parents or friends about the problems they are facing, Suggestions from researchers for respondents, respondents must maintain adaptive coping mechanisms by doing problem-solving strategies such as asking for help from others, being able to express problems, seeking more information, develop plans and self-defense mechanisms such as thinking rationally and being able to think about things calmly.

Spirituality

The results of the analysis showed that based on the spirituality of 122 respondents, the results showed that respondents with low spirituality were 1 respondent (8%), respondents with moderate spirituality were 25 respondents (20.5%), and respondents with high spirituality were 96 respondents (78.8%).

The results of this study are related to research conducted by Endar, et al (2021) in their research, it was found that the majority of adolescent spirituality had high spirituality as many as 49 (86.0%). The results of this study are also in line with research conducted by Latantsa (2016) in his research, the results of adolescent spirituality in the high category were 127 respondents (56.7%). It is concluded that teenagers have more spirituality in the high category. Spirituality has an important role in every human action, the motivation for adolescents to many problems with various points of view which are characterized by feelings of being bound to God and accompanied by an effort to find meaning in life or can be interpreted as an experience that has a touching and comprehensive nature.¹⁰

About adolescent spirituality, adolescents will imitate their parents as role models that their behavior can emulate in their daily lives and vice versa, if these adolescents do not get

encouragement from their families for their social behavior, the level of spirituality in adolescents will be low. And it can be understood that the attitude of adolescents who are judged on their daily spiritual knowledge is the result of family factors that help develop adolescent attitudes. Spiritual is formed from family, environment, and everyday life. So if a teenager has a good family and teaches teenagers how to behave well in socializing, in an environment where almost all people are good, it is a society that provides good examples for teenagers around them, and good spirituality can make teenagers have good morals. good.¹³

According to the research assumptions from the results of the distribution of spirituality frequencies, it can be concluded that as many as 96 respondents (78.8%) of adolescents have high spirituality due to parenting patterns of parents who ordered them to worship, apart from their parents, adolescents at SMKN 62 South Jakarta ordered their children to worship. For Muslims, when the call to prayer is heard, they are required to worship in the school mosque. Having high spirituality means that teenagers believe in the presence of God, teenagers feel grateful, and teenagers believe that all this is destiny from God. According to the researcher's assumption, the respondent must maintain a high spirituality.

Anxiety Level

Based on the analysis of research data from 122 respondents, it was found that 36 respondents were not anxious (29.5%), 38 respondents were mildly anxious (31.1%), moderately anxious were 21 (17.2%) , respondents with severe anxiety 18 respondents (14.8%), and respondents with severe anxiety 9 respondents (7.4%).

The results of this study are different from the results of Erda and Nurhayati's (2020) research with research results showing that 61.1% of adolescent anxiety levels are in the very high group. This difference occurs due to differences in research areas and differences in research years, where Erda and Nurhayati's research (2020) was carried out at Pematang Siantar Adventist Private High School in 2020 while the research the author conducted at SMKN 62 South Jakarta in 2021.

The results of this study do not agree with the research conducted by Syami and Lezi (2020). In their research, 17 respondents (53.1%) did not feel anxiety. This situation may be caused by teenagers who lack knowledge about the coronavirus pandemic. Teenagers only think that Covid-19 is a threat to themselves and others and when someone is exposed to the virus it will be difficult to cure and more people die from this virus.¹⁴

Anxiety is a normal emotion that a person has because when he feels anxiety, humans will realize that there are conditions that can endanger them. If normal and controllable anxiety turns into persistent and difficult to control anxiety, this anxiety can disrupt activities. Each individual will get different symptoms of anxiety because it relates to how a person can position himself and get through situations that can cause anxiety.⁷

Individuals often feel anxious when faced with upsetting situations. In the mild category of anxiety, in general, a person's awareness and concern are greater. In moderate category anxiety, a person's awareness focuses on something that stands out at the time and eliminates other activities. When anxiety is severe, a person's consciousness decreases, just because he monitors small things and ignores others, thus making a person unable to think calmly.¹⁵

According to research assumptions from the results of the Anxiety Level frequency distribution, it can be concluded that the majority of teenagers who feel mild anxiety are 38 respondents (33.6%) because Indonesia has been dealing with the Covid-19 virus for more than a year, there is a lot of information about Covid-19 Teenagers already know how to prevent Covid-19 by implementing health protocols and teenagers are required to get vaccines. Suggestions from researchers to always follow health protocols so that teenagers are prevented

from the Covid-19 virus and carry out booster vaccines to strengthen the body's defenses against the Covid-19 virus.

Coping Mechanism Relationship with Anxiety Level

Based on the analysis of the relationship between anxiety levels and coping mechanisms analyzed using the Chi-square test, it is known that more respondents have mild anxiety with adaptive coping mechanisms as many as 38 respondents (100.0%). Based on the analysis of the chi-square test, it is said that there is a relationship if the p-value <0.05 and the p-value = 0.022 <0.05 , then H_0 is rejected, which means that there is a relationship between the level of anxiety and coping mechanisms.

The results of this study are in line with the results of research conducted by Adelina, et al (2019), namely the relationship between coping mechanisms and anxiety where the p-value = 0.000 <0.05 . The results of this study are also in line with the research conducted by Imam (2016), which found a significant relationship between coping mechanisms and adolescent anxiety levels, with a negative correlation, to the point of showing the opposite direction. It can be interpreted that the more adaptive the coping mechanism, the feeling of anxiety does not exist, and conversely, the more maladaptive the coping mechanism, the more anxious it will be with weak correlation resistance.

A coping mechanism is a way to deal with anxiety and stress by self-defeating. With problem-centered coping mechanisms, cognitive and emotional a person can overcome his anxiety. Coping can be seen through the response to clinical manifestations, the response can be seen from a physiological point of view and a psychological point of view. Effective coping will create adaptive coping mechanisms besides ineffective coping will result in maladaptive coping mechanisms.⁸

Coping refers to how to cope with situations that can produce a threat to a person such as anxiety, feelings of fear, grief, and guilt while maladaptive coping can undermine the role of integrity, reduce autonomy and control many examples such as overwork, avoiding others, loss of control self.⁸ If a person uses more adaptive coping mechanisms then the level of anxiety can decrease more and if someone uses maladaptive coping mechanisms then the anxiety level can increase more.¹⁶

According to the researcher's assumptions regarding the relationship between coping mechanisms and anxiety levels, it can be concluded that coping mechanisms greatly affect adolescent anxiety levels in limited face-to-face learning during the Covid-19 period. Adolescents are more likely to have adaptive coping mechanisms and experience mild anxiety. This is because adolescents who carry out coping mechanisms by seeking information, and solving problems effectively, adolescents can also receive support from others and can control emotions. With adaptive coping mechanisms so that adolescents experience mild anxiety or do not feel anxious anymore. Support from family, school, and friends who always remind them to follow vaccines and implement health protocols that can reduce adolescent anxiety because teens feel they are safe. The researcher's suggestion for respondents is to maintain high coping mechanisms so that anxiety does not occur.

Spirituality's Relationship with Anxiety Levels

Based on the analysis of the relationship between the level of anxiety and spirituality analyzed using the Spearman rank test, it is said that there is a relationship if the p-value <0.05 and the p-value is 0.126 >0.05 , then H_0 is accepted, which means that there is no relationship between the level of anxiety and spirituality, with a negative correlation of -0.139 which indicates the opposite direction. This means that the higher the value of the anxiety level, the lower the spirituality, and conversely the lower the level of anxiety, the higher the spirituality,

with a close relationship of 0.3 which means the relationship is low or the relationship is weak.

The results of this study are consistent with the research conducted by Latantsa (2016), namely, there is no significant relationship between spirituality level and anxiety level with a p-value of $0.827 > 0.05$. The results of this study are not in line with the research conducted by Endar et al. (2021) in their research, it was found that there is a relationship between spirituality and anxiety levels, the better the spirituality, the lower the level of anxiety experienced by adolescents with p-value = $0.012 < 0.05$. Spirituality will affect the level of anxiety of a teenager when the teenager enters his religious community. From this explanation, it can be concluded that adolescent spirituality does not affect adolescent anxiety levels.

The results of this study also contradict the explanation that the level of anxiety is caused by internal (internal) and external (external) factors. Internal factors are genetics and individual values, namely spirituality. Spirituality can affect a person's mental state because religious values affect individual acceptance.¹⁷ Factors that influence adolescent anxiety are the nature of religiosity, namely adolescent beliefs, adolescent values, adolescent attitudes, and adolescent behavior that can describe personality in religion. In addition to creating good bonds with other people, teenagers also need good bonds with God according to their religion. Along with increasing their faith in adolescents, adolescents will be more optimistic in dealing with situations.¹⁸

According to the research assumption, there is no significant relationship between spirituality and anxiety levels. It can be concluded that spirituality does not affect adolescent anxiety levels at SMKN 62 South Jakarta when face-to-face learning is limited to the Covid-19 pandemic, because adolescent spirituality is in the high category but adolescents still experience mild anxiety. Although there is no relationship between spirituality and anxiety levels, spirituality will greatly affect the level of anxiety because if individuals feel anxious and individuals think positively, do dhikr, and believe in the wisdom of an event, it will reduce the anxiety experienced by adolescents. Suggestions for respondents are to maintain high spirituality to reduce anxiety levels related to the Covid-19 virus.

Conclusion

The results of the chi-square test analysis obtained a p-value of $0.029 < 0.05$ then H_0 was rejected, so it can be concluded that there is a significant relationship between the level of anxiety and coping mechanisms in limited face-to-face learning during the Covid-19 pandemic in grade 12 adolescents in SMKN 62 South Jakarta. Spearman rank analysis results obtained p-value = $0.122 > 0.05$, then H_0 is accepted, which means that there is no relationship between anxiety levels and spirituality in limited face-to-face learning during the Covid-19 pandemic in grade 12 adolescents at SMKN 62 Jakarta South.

Conflict of Interest Declaration

The researcher states that this research is free from conflicts of interest, both individuals and organizations

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