

Depression Level, Anxiety, and Stress Among The Laid-Off Workers During the Pandemic Of Covid-19 In Denpasar

Farikhin Farikhin^{1*}, Pendet Pendet², yudhawati yudhawati³, Krisnayani Krisnayani⁴

¹⁻⁴STIKES Kesdam IX/Udayana, Indonesia

Korespondensi Penulis: diahpusparinipendet@gmail.com*

Abstract. Background: The world were faced a crisis due to a Corona Virus Disease (Covid-19) pandemic. This pandemic were physically and mentally lethal for the human population all over the world. All sectors of life have been changing considerably due to the pandemic. Mass layoff or furlough is a direct impact that appeared during the Covid-19 pandemic. These layoffs could cause a behavioral change in adapting to social life that also triggers depression, anxiety, and stress. Depression, anxiety, and stress negatively affected the physical, psychological, social, and spiritual aspects of life, which finally reducing the quality of life. Aim: This study aimed to know the level of depression, anxiety, and stress among the laid-off worker. Method: This was a descriptive study with a survey design. A simple random sampling technique applied to select 90 participants in this study. The level of depression, anxiety, and stress on the laid-off worker measured by the Depression, Anxiety, and Stress Scale (DASS-21). The questionnaire distributed to the participant through the google-form platform. Result: Study revealed that 86 (96.6%) and 4 (4.4%) participants were experiencing normal and mild depression, respectively. This study also found that the level of anxiety on 84 (93.3%) and 4 (4.4%) participants were normal and mild, respectively. The stress level found among the laid-off workers were still considered in the normal range. Conclusion: The majority of the participant was experiencing normal and mild depression, normal and mild anxiety, and normal level of stress. We suggest health providers accentuate and promote mental health awareness programs through various types of mental health promotion related to depression, anxiety, or stress and workshop to improve nurse competence in dealing with mental health issues.

Keywords: Anxiety, Depression level, Stress, Worker.

1. INTRODUCTION

Layoff or Pemutusan Hubungan Kerja (PHK) in Indonesia carried out in several companies that have a direct impact due to the Covid-19 Pandemic outbreak (1). A person who is laid off experiences many changes in behavior in society resulting in depression, anxiety, and stress [2]. Millions of workers will experience a decrease in their income due to losing their jobs, the most prominent impact on freelancers and freelance workers, small companies (micro-scale). The results we can see are that this economic crisis has an impact on logistics activities, tourism, and also on the world of trade which has had a very large impact, resulting in an increase in the price of goods continuing to increase, this makes worse of people's purchasing power. Based on data from Meilianna & Purba, (2020) Data on layoffs on the Island of the Gods varies from one region to another.

Data from the Denpasar Manpower and Competency Certification Service regarding workers who were laid off or laid off is quite large, there were 874 who were laid off and 12,264 who were sent home [3]. The income of workers/laborers in Bali who were laid off experienced a decrease in income of more than 50% as much as 16.7% [3]. Moderate

depression was found with a score of 14.59 as many as 3 respondents (38% of 10 people), mild anxiety with a score of 8.01 as many as 2 respondents (23% of 10 people), and normal stress with a score of 9.18 there were 5 respondents (49% of 10 people). A person who is laid off experiences many changes in behavior in society, this can cause depression, anxiety and stress for each individual [2]. This study was conducted to determine the level of depression, anxiety and stress in workers who were laid off due to the impact of Covid-19 in Denpasar.

2. METHODS

This study is a descriptive observational study. Data were collected using the DASS 21 questionnaire [8]. The DASS 21 questionnaire has 21 statements consisting of 7 depression statements, 7 anxiety statements and 7 stress statements. This study involved 90 respondents.

3. RESULTS

The results of the study showed that the majority of respondents were male (73.7%), and 52.6% were in the early adulthood age group (26-35 years). Most respondents were high school graduates (63.3%), and 74.2% of respondents were married. Details can be seen in table 1 below:

Table 1. Characteristics of Research Respondents

Variable	Amount	Percentage (%)
Sex		
Male	67	74,4
Female	23	25,6
Age		
Adolescent 17-25 tahun	14	15,6
Early Adulth 26-35 tahun	47	52,2
Late Adults 36-45 tahun	23	25,6
Early elderly > 45 tahun	6	6,7
Education		
Primary School	-	-
Junior High School	10	11,1
Senior High School	57	63,3
DIPLOMA	14	15,6
Bachelor	9	10,0
Occupation		
Private	65	72,2
Entrepreneur	25	27,8
Without income duration		
< 3 months	40	44,4
> 3 months	50	55,6
Marital Status		
Single	21	23,3
Merried	67	74,2
Widow	2	2,2
Widower	-	-
Total	90	100

Data analysis shows that a small portion of respondents experienced mild depression (4.4%), 2.2% experienced moderate anxiety, and all respondents did not experience stress. Details can be described in the following table 2:

Table 2 Respondents' Depression, Anxiety, and Stress Scales

Variable	Total	Percentage
Skala Depresi		
Normal	86	95,6%
Mild	4	4,4%
Moderate	0	0%
Severe	0	0%
Very Severe	0	0%
Skala Kecemasan		
Normal	84	93,3%
Mild	4	4,4%
Moderate	2	2,2%
Severe	0	0%
Very Severe	0	0%
Skala Stres		
Normal	90	100%
Mild	0	0%
Moderate	0	0%
Severe	0	0%
Very Severe	0	0%
Total	90	100%

4. DISCUSSION

Workers who are laid off in education are the result of deliberate efforts so that this is seen in the behavior of adults who are responsible in all matters, able to make choices, all of which reflect some of the characteristics of a person's maturity. What is meant by socially mature is that someone has been responsible (Retno, 2017). The workers who were laid off due to the impact of Covid-19 in Denpasar, the most in the private sector, there were 65 people or 72.2% of the total respondents. [10].

Depression, anxiety, and stress are increasingly attacking young adults, this is in accordance with previous research entitled Stress Management during the Covid-19 Pandemic [9]. The longer the workforce is without income, the higher the level of depression, anxiety, and stress because usually respondents have reached a stage of pressure plus the depletion of workforce savings [11]. The results of this study indicate that most respondents have a level of depression that is still normal, but there are still 4.4% of respondents who experience mild

depression, 4.4% experience mild depression, and no workers are found to be experiencing stress [3].

This study shows that some respondents (68.4%) with high school education can control depression, anxiety, and stress experienced. According to Yasid, the level of education can affect a person's level of knowledge in obtaining information that will shape feelings, attitudes, behavior, good decision-making so as to prevent depression, anxiety, and stress [12].

As many as 75.8% of respondents are married. Mutawali said that an individual who has a higher quality of life than an individual who is not married, divorced, or widowed due to the death of a partner [13]. Because the presence of a partner and family can be one of the reasons they control depression, anxiety, and stress experienced. This is in accordance with the results of this study that most respondents with married status (75.8%) experience normal and mild depression.

CONCLUSION

Depression and Anxiety levels in workers who are laid off are still relatively low during the pandemic. And based on stress level measurements, no workers were found to be experiencing stress.

REFERENCES

- Ellert, B. J. B., Tobing, G., & Tarigan, Z. (2017). Perlindungan hukum terhadap karyawan yang dirumahkan dalam perjanjian kerja waktu tidak tertentu (putusan: Nomor 491 K/PID.SUS-PHI/2017). *Jurnal Hukum*, 1–29.
- Jati, W. D. K. (2020). Merajut optimisme di tengah Covid-19.
- Juaningsih, I. N. (2020). Analisis kebijakan PHK bagi para pekerja pada masa pandemi Covid-19 di Indonesia. *Buletin Hukum dan Keadilan*, 4(1), 189–196.
- Khairunnisa, K., Indriani, I., Nurhayati, N., Setiawan, A. H., & Anedea, T. (2020). Membangun mental positif para pekerja dan penyuluhan hak-hak pekerja yang di PHK atau yang mendapatkan dampak Covid-19. *Dedikasi PKM Umpam*, 1(2), 69–73.
- Livana, Y., Susanti, L. E., Darwati, & Anggraeni, R. (2018). Gambaran tingkat depresi lansia. *NURSCOPE J. Keperawatan dan Pemikiran Ilmiah*, 4(4), 80–93.
- Meilianna, R., & Purba, Y. A. (2020). Dampak pandemi Covid-19 terhadap PHK dan pendapatan pekerja di Indonesia. *Jurnal Kependudukan Indonesia Edisi Khusus Demografi dan COVID-19*, 2902, 43–48.
- Morfi, C. W. (2020). Kajian terkini CoronaVirus Disease 2019 (COVID-19). *Jurnal Ilmu Kesehatan Indonesia*, 1(1), 1–8.

- Muslim, M. (2020). Manajemen stress pada masa pandemi Covid-19. *Jurnal Manajemen Bisnis*, 23(2), 192–201.
- Mutawalli, L., Setiawan, S., & Saimi, S. (2020). Terapi relaksasi otot progresif sebagai alternatif mengatasi stress di masa pandemi Covid-19 di Kabupaten Lombok Tengah. *JISIP (Jurnal Ilmu Sosial dan Pendidikan)*, 4(3), 41–44.
- Rudianto, R. F., & Fitro, A. (2020). Aplikasi perhitungan tekanan psikologi dalam skala DASS (Depression, Anxiety, and Stress Scale) menggunakan metode Certainty Factor pada mahasiswa Politeknik. *Jurnal Teknologi*, 4(3), 2085–2093.
- Sibua, R. U. R., Silaen, S. M. J., & I, U. P. I. Y. A. (2020). Dukungan sosial dan kecerdasan emosional (Emotional Quotient) dengan stres di tengah pandemi Covid-19 pada masyarakat Cempaka Putih Barat, Jakarta Pusat. *ABSTRAK Penelitian ini*, 4(74), 187–193.
- Susanti, D. O. (2020). Lapangan kerja bagi pekerja yang mengalami pemutusan hubungan kerja (PHK) di tengah wabah Corona Virus Disease (Covid-19) (Perspektif Hukum Ekonomi Syariah). *Jurnal Dialektika*, 5(2), 202–213.
- Yazid, M., et al. (2014). Analisis faktor-faktor yang berhubungan dengan depresi pada pasien gagal ginjal kronik yang menjalani hemodialisis di RSUD Panembahan Senopati Bantul. *Jurnal Teknologi Kimia dan Industri*, 2(1), 1–7.