



# Mental Health Issues Impacting Pharmaceutical Students of Universitas PGRI Yogyakarta During COVID-19 Pandemic View from Religius Perspective

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## ABSTRACT.

The Coronavirus disease 2019 (COVID-19) pandemic has had a major impact on public health, especially mental health. The psychological impact that is often found during the COVID-19 pandemic on society is anxiety. Data from the Ministry of Religion of the Republic of Indonesia also states that the majority of people (81%) feel more religious (obedient to religion) during the COVID-19 pandemic. This study aims to look at the mental disorders of the students of the Pharmacy study program at the Universitas PGRI Yogyakarta (UPY) during the COVID-19 pandemic from the perspective of religiosity. This method uses an online questionnaire survey design for UPY Pharmacy students. The sampling technique was non-random sampling. Collecting data using an online questionnaire via a google form. A total of 40 students completed the study, n=3 (7.5%) were pharmacy students class of 2019, n=24 (60%) class of 2020, and n=13 (32.5%) were students of class 2021. Data analyzed in this research in the form of percentages. The results showed that the anxiety disorders experienced by UPY Pharmacy students were in the moderate category (50%) and the level of religiosity was high (65%). In summary, the level of anxiety of Pharmacy students at UPY is moderate category with a high level of religiosity so it is hoped that the campus can improve the performance of existing facilities to support lectures such as increasing access to e-learning, providing comfortable places of worship, providing books religious books, talk shows and religious webinars on a regular basis.

**Keywords:** Anxiety, COVID-19, Pharmacy Students, Religion, Universitas PGRI Yogyakarta

## 1. INTRODUCTION

The coronavirus disease 2019 or COVID-19 pandemic has had a major impact on public health, not only physically but also psychologically. COVID-19 is a new virus, which was discovered in Wuhan City, China in 2019 [1]. The COVID-19 virus spreads very quickly and easily infects many people, so it has been designated a global pandemic by WHO which ultimately requires the implementation and prevention of the spread of the COVID-19 virus [2].

The existence of COVID-19 has had a considerable impact on society, both in terms of a person's religious level, economic aspects, as well as physical and mental

health. Since COVID-19 began to enter Indonesia, people have started to worry about contracting the virus. This concern is caused by the spread of the COVID-19 virus which can quickly infect many people and can even cause death if not treated immediately. This also prompted Indonesia to take action by closing all educational institutions and implementing WFH (Work from Home) and SFH (Learning from Home) policies.

Study from home or SFH/online learning may not sound foreign to students or college students. All learning activities are carried out using a distance learning system. However, SFH has several weaknesses such as network restrictions, lack of internet quota, lack of mobile phones

and so on. This of course makes students and students feel stressed because of the many obstacles in accessing learning media and the lack of understanding of the existing learning materials.

Online learning is currently quite difficult for students who are still early entering lectures, because the material and assignments given seem very new, so it is a bit difficult to understand. Classmates are also not very close, giving rise to concerns about whether they will have any friends when they go offline.

Offline learning have now started to be carried out at several universities by implementing very strict health protocols and the requirements for having COVID-19 vaccinations. However, there are also some universities that are still uncertain when they will conduct face-to-face lectures. This of course also causes anxiety for the students because they will feel left behind from their friends [3][4][5].

Basically, mental health begins with feelings of anxiety. Anxiety is an unexpected state that may occur in the future when negative emotions or thoughts arise due to fear of danger [6]. In the face of this COVID-19 pandemic, anxiety needs to be managed properly so that it does not cause excessive or even worse mental health disorders. According to research Harahap et al. (2020) that there are anxiety disorders with categories of low, moderate, and high anxiety. From this research, it was found that the highest level of anxiety was moderate anxiety with 75% of 225 students [7].

A person's anxiety is closely related to the aspect of religiosity, this is because implementing religiosity in each individual is a way to overcome anxiety symptoms [8]. Some ways to maintain mental health are to reduce watching, reading and listening to news that can cause anxiety and getting closer to the Creator, God Almighty.

The importance of this research is to be able to provide general information and knowledge on the mental health picture of Pharmacy students at Universitas PGRI Yogyakarta (UPY) during the COVID-19 pandemic and to understand the effect of the COVID-19 pandemic on the religiosity of UPY Pharmacy students.

Based on the description above, excessive anxiety due to the COVID-19 pandemic can cause a person's mental disorder to get worse. Each individual's reaction to anxiety and how to respond is different. Therefore, we would like to conduct a study on Mental Health Care for Pharmacy Students at Universitas PGRI Yogyakarta during the COVID-19 Pandemic from a Religious Perspective.

This study aims to describe the mental health of Pharmacy students at the Universitas PGRI Yogyakarta (UPY) during the COVID-19 pandemic and to understand the effect of the COVID-19 pandemic on the religiosity of UPY Pharmacy students.

## 2. MATERIALS AND METHODS

This research method uses an online questionnaire survey design for Pharmacy students at Universitas PGRI Yogyakarta. The sampling technique was non-random sampling. The population in this study were all active students of the UPY Pharmacy Study Program. To reduce the occurrence of bias when the research was conducted, this study made inclusion criteria, namely active students with healthy conditions in the UPY Pharmacy Study Program who were willing to become respondents, while the exclusion criteria were not getting approval from respondents as research subjects, students who did not fill out online questionnaires and incomplete questionnaire filling.

Collecting data using online questionnaires via google form and virtual interviews (via whatsapp media, Google meet and google form questionnaires). Interviews were conducted with several students as respondents to answer prepared questions. Questionnaire data was collected through Google form media to include questions to be asked of respondents. A total of 10 questions in the questionnaire were adopted from the research conducted by Jannah (2021) [9].

Data analysis on the questionnaire was carried out descriptively in the form of percentages which would be presented in the form of tables and pie charts (found in Appendix 1 of the results of the questionnaire).

## 3. RESULTS AND DISCUSSION

The results obtained by collecting questionnaires and literature study. After collecting data, we distributed questionnaires to Pharmacy students at Universitas PGRI Yogyakarta (UPY) by presenting questions using a google form. Within four days, we managed to collect 40 respondents from the Pharmacy student at the Universitas PGRI Yogyakarta (UPY), which consisted of 3 people in 2019 (7.5%), 24 in 2020 (60%), and 13 in 2021 (32.5%).

Online learning can cause anxiety for some students, one of which is because of pressure such as many tasks that result in disrupted lifestyle [10][11]. Based on the results of the study, we obtained data that 20% of students never objected to assignments given by lecturers, 67.5% of students had objections several times, and 12.5% students who often objected to assignments given by lecturers. For some students, coursework is a natural thing, but the many assignments given with a short time limit make students feel stressed. As many as 15% of students never feel stressed, as many as 67.5% of students have felt stressed, and as many as 17.5% of students often feel stressed because of short task deadlines. One of the problems that are often experienced by students is the collection of assignments. Assignments that are not submitted on time can cause some students to feel hopeless. Research data

shows that as many as 27.5% of students never feel discouraged even though they do not submit assignments on time, as many as 45% feel hopeless several times, and as many as 27.5% of students often feel hopeless when they are late in submitting assignments (Tables 1 and 2).

In terms of material presentation by lecturers, as many as 10% of students find it easy to understand the material, as many as 65% of students have experienced difficulties in understanding the material, and as many as 25% of students often find it difficult to understand the material. Concentration of learning is focusing students' attention on the learning process that takes place without doing other things. However, during distance learning some students do other activities while the lecture is in progress so they cannot concentrate properly. The results showed as many as 5% of students focused on learning, as many as 57.5% of students had several times felt less concentrated, and 37.5% always did not focus in lectures.

A conducive learning environment is the most comfortable thing when learning takes place and needs to be maintained so that learning activities can be carried out optimally. Because the results of the study show that most

of the students, as many as 92.5% of students, need a comfortable learning environment. As many as 7.5% of students do not need a conducive learning environment. Online learning can make students' moods and moods fluctuate due to boredom and fatigue. Research data shows that 80% of students experience mood swings, while 20% of students do not experience mood swings.

Being productive takes not only a lot of time, but also physical and mental energy. Learning online during a pandemic like now greatly affects physical and mental health. Even though they are only busy in front of the screen, these activities are quite energy-consuming and sometimes feel less effective. The results showed that as many as 52.5% of students felt that the number of tasks could affect their physical health, while 47.5% of students felt that their physical health was not affected by the number of tasks. Disrupted physical health can be seen from disturbed eating and sleeping patterns. As many as 70% of students feel that their sleep and food patterns are disturbed and as many as 30% of students feel that they are not disturbed.

**TABLE 1.** Questionnaire questions about mental disorders of Pharmacy Students at Universitas PGRI Yogyakarta

No	Questions	Percentage of respondents (%)		
		Never	Ever	Often
1	Feeling objected to the number of assignments given by the lecturer	20	67,5	12,5
2	Feeling stressed because of the many tasks	15	67,5	17,5
3	Feeling hopeless if you don't do your homework on time	27,5	45	27,5
4	Feeling that you don't understand some of the lecture material so that you experience stress	10	65	25
5	Feeling less concentrated when studying	5	57,5	37,5
<b>Total of percentage (%)</b>		15,5 %	60,5 %	24 %

**TABLE 2.** Questionnaire questions about mental disorders of Pharmacy Students at Universitas PGRI Yogyakarta

No	Questions	Percentage respondents (%)	
		Yes	No
1	Requires a conducive learning environment	92,5	7,5
2	Frequent mood swings	80	20
3	The number of tasks affects physical health	52,5	47,5
4	Disturbed eating and sleeping patterns	70	30
<b>Total of percentage (%)</b>		73,75 %	26,25 %

Several journals shows that students are anxious about learning during the COVID-19 pandemic [7] [12] [13] [14]. The anxiety consists of 3 categories, namely low, medium and high anxiety. Based on the results of our research, 6 students had low levels of anxiety disorder (15%), 24

people had moderate anxiety levels (60%), and 10 people had high anxiety levels (25%) (Table 3). As for the responses to Yes and No questions, 10 people (25%) had low levels of anxiety and 30 people (75%).

**TABLE 3.** Percentage of anxiety levels of Pharmacy Students at Universitas PGRI Yogyakarta

No	Anxiety level	Respondents (n)	Percentage (%)
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1	Low	6	15 %
2	Currently	24	60 %
3	High	10	25 %
<b>Total</b>		40	100 %

Someone with high religiosity will bring up feelings of happiness, pleasure, satisfaction, feeling safe which will ultimately refer to inner peace so that it can increase one's endurance in overcoming tensions due to problems that are felt to be heavy and pressing [15][11][16][17]. Evidence shows that religiosity and spirituality (R/S) are highly used in critical moments of life and that these beliefs are

associated with clinical outcomes. The results showed that most of the Pharmacy students at Universitas PGRI Yogyakarta had a high level of religiosity because as many as 26 people (65%) felt that they had become closer to God during the pandemic while 14 people (35%) felt there was no change in their level of religiosity (Table 4).

**TABLE 4.** Percentage of the level of religiosity of Pharmacy Students at Universitas PGRI Yogyakarta

No	Level of religiosity	Respondents (n)	Percentage (%)
1	Currently	14	35 %
2	High	26	65 %
<b>Total</b>		40	100 %

## CONCLUSION

Based on the results of the study, showed that anxiety disorders experienced by Pharmacy students at Universitas PGRI Yogyakarta were in the moderate category (60%) and the level of religiosity of Pharmacy students at Universitas PGRI Yogyakarta was in the high category (65%). Suggestions for reducing watching, reading and listening to the news can cause anxiety and getting closer to God so that they are more able to face problems in life. Evidence shows that religiosity and spirituality are highly used in critical moments of life and that these beliefs are associated with clinical outcomes.

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