The Relationship of Knowledge and Perception with Mental Health in Housewives During the COVID-19 Pandemic in Cot Ba'u Village, Sukajaya Sabang District, 2021

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Abstract

Mental health is a state of well-being in which a person realizes his abilities, is able to cope with problems, pressures and is able to work productively, and can contribute to society. In Indonesia, there are several regions experiencing psychological problems related to the COVID-19 pandemic, one of which is Aceh as much as 1.6%. Psychological problems faced such as anxiety as much as 63%, 66% of depression, and 64.3% of psychological trauma. This research was a descriptive analytic study with a cross sectional design. The populations in this study were housewives in Gampong Cot Ba'u, Sukajaya Sabang District, amounting to 95 people. Sampling was done by proportional random sampling technique. Data analysis used univariate and bivariate analysis, with chi-square statistical test. Data collection was carried out from July 30 to August 8, 2021. The results showed that housewives with mental health disorders (8.45%), mothers with good knowledge (95.8%) and mothers with positive perceptions (92.6%). Bivariate analysis showed that there was no relationship between knowledge (0.222), and perception (0.405) with the mental health of housewives during the COVID-19 pandemic.

So that, there was no relationship between knowledge and perception with the mental health of housewives in Gampong Cot Ba'u, Sukajaya Sabang District in 2021. It is recommended for housewives to maintain physical and mental health during the COVID-19 pandemic.

Keywords: mental health, knowledge, perception, COVID-19.

1. Introduction

During the COVID-19 pandemic, the psychological impact was also felt by some people. Like the self-check conducted by PDSKJI, 1.6% of the Aceh area experienced psychological problems. Psychological problems are felt by women more than men. This was because during the COVID-19 pandemic, a mother had to do household chores and accompanied her child while studying from home. This can affect a mother's health due to changes in the activities she experiences.

During the COVID-19 pandemic, in an effort to break the chain of spread of COVID-19 requires good knowledge and understanding, including from the community. Public knowledge about Covid-19 is an important aspect during the pandemic; good knowledge can be supported by acceptance of information circulating in the community about COVID-19 (Sulistyaningsih, 2020).

The COVID-19 pandemic creates a different perception of each individual in responding to events such as COVID-19. There is a lot of information related to COVID-19 that we can access in various media; this can lead to a greater potential for bias in a person. The increasing number of cases that increase every day has an impact on social and economic conditions that make people more alert and worried about themselves (Agung, 2020).

2. Method

This research was descriptive analytic study by using a cross sectional design, conducted at the same time between the dependent and independent variables. The population in this study were housewives in Gampong Cot Ba'u, Sukajaya Sabang District, which was obtained based on the number of households, namely 1986 households.

$$n = \frac{N}{1 + N(d^2)}$$

$$n = \frac{1986}{1 + 1986 (0.1)^2}$$

$$n = \frac{1986}{1 + 1986 (0.01)}$$

$$n = \frac{1986}{20.86}$$

$$n = 95.20$$

The sample size was 95 housewives. Sampling in this study was proportional random sampling technique. The data collection was carried out in Cot Ba'u Village, Sukajaya Sabang District. The preparations made before conducting the interview were asking for permission from the head of the village, then conducting interviews. Given the ongoing COVID-19 pandemic, researchers continue to apply health protocols during the research process. Univariate and bivariate data analysis were performed.

3. Results and Discussions

Univariate Results

Table 1. Knowledge Frequency Distribution of Housewives in Gampong Cot Ba'u Sukajaya District, Sabang in 2021

No	Knowledge	Frequency	%
1	Good	91	95.8
2	Not Good	4	4.2
	Total	95	100

Table 1 shows that from 95 respondents, it is known that housewives with good knowledge were 95.8% and 4.2% of less knowledgeable.

Table 2. Frequency Distribution of Housewives' Perceptions in Gampong Cot Ba'u Sukajaya District, Sabang in 2021

No	Perception	Frequency	%
1	Positive	88	92.6
2	Negative	7	7.4
	Total	95	100

Table 2 shows that from 95 respondents. It is known that housewives have positive perceptions as much as 92.6% and negative perceptions as much as 7.4%.

Bivariate Results**Table 3. Relationship Between Knowledge and Mental Health of Housewives in Cot Ba'u Village, Sukajaya Sabang District In 2021**

No	Knowledge	<i>Mental Health</i>				Total		<i>P Value</i>
		Disturbed		Not Disturbed		n	%	
1	Good	7	7.7	84	92.3	91	100	0.222
2	Not Good	1	25.0	3	75.0	4	100	
	Total	8		87		95	100	

Table 3 shows that housewives who have good knowledge experience more undisturbed mental health as much as 92.3%, compared to those who experience disturbed mental health as much as 7.7%. Meanwhile, housewives who are knowledgeable more or less experience undisturbed mental health as much as 75.0%, compared to those who experience disturbed mental health as much as 25.0%.

Knowledge of how to manage stress is important in dealing with the COVID-19 pandemic. Knowledge is also the basis, especially for mothers to help solve problems experienced by family members. This research was in line with research conducted by Rahmawati (2021) related to knowledge related to the COVID-19 pandemic, that during the COVID-19 pandemic, extensive knowledge was needed to obtain accurate information.

Table 4. Relationship Between Perception and Mental Health of Housewives in Cot Ba'u Village, Sukajaya Sabang District in 2021

No	Perception	<i>Mental Health</i>				Total		P Value
		Disturbed		Not Disturbed		n	%	
1	Positive	8	9.1	80	90.9	88	100	0.405
2	Negative	0	0	7	100	7	100	
	Total	8		87		95	100	

Table 4 shows that housewives with positive perceptions experience more undisturbed mental health as much as 90.9%, compared to those who experienced disturbed mental health as much as 9.1%. Meanwhile, housewives with negative perceptions experienced an undisturbed mental health as much as 100%.

According to Haikal (2020), the perception of the spread of COVID-19 is still needed more information and knowledge to help to be better prepared to face the ongoing COVID-19 virus pandemic. The COVID-19 pandemic creates a different perception for each individual in response to the COVID-19. The amount of information that can be accessed in various media, this can lead to a greater potential for bias in a person (Agung, 2020).

4. Conclusions

There was no relationship between knowledge and mental health of housewives in Gampong Cot Ba'u, Sukajaya Sabang District in 2021, with a p-value of 0.222. Besides, there was no relationship between perception and mental health for housewives in Cot Ba'u Village, Sukajaya Sabang District in 2021, with a p-value of 0.405.

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