SOCIAL MEDIA RELATIONSHIP RELATED TO COVID-19 PANDEMI INFORMATION WITH HOUSEWIDE ANXIETY LEVEL IN 2020 - 2021 PERUM SUTRI RT 06/ RW 03 SOBO, BANYUWANGI

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Abstract

Currently there is an outbreak of Corona Virus *Disease* (Covid-19) with symptoms of acute respiratory disorders such as rapid fever, which creates a perception for readers, one of which is housewives. The perception or understanding that housewives have about Covid-19 invites excessive anxiety so that it has a very psychological impact. The purpose of this study was to describe the relationship between social media related to the Covid-19 pandemic information and the level of anxiety of housewives in 2020-2021 at Perum Sutri RT 06 / RW 03 Sobo Banyuwangi. This study was conducted to determine whether there is a relationship between information on the Covid-19 pandemic on social media and the anxiety of housewives during the Covid-19 pandemic. This research is a type of descriptive quantitative research, data collection is done by using observation techniques, distributing questionnaires and documentation. Respondents in this study were housewives of Perum Sutri Sobo RT 06/ RW 03 Sobo Banyuwangi who experienced the impact of the Covid-19 pandemic. The number of respondents studied were 44 respondents with an age range of 30 to 45 years. The results of this study indicate that the relationship obtained is positive between social media and anxiety. The correlation coefficient level (rxy) generated from the two variables is (rxy) = 0.055 with a significance level of P = 0.724 (P > 0.05). So that it shows that the higher the use of social media by housewives, the level of anxiety will be high.

Keywords: *Social Media; Covid-19 Pandemic Information; Housewife Anxiety*

INTRODUCTION

The family is the smallest unit of society who lives in one house and where the family feels happiness, sadness and others. Family members generally consist of father, mother, brother and sister. Family members have their own roles, for example, the father works to earn a living for his wife and children. Sometimes he can also help his wife clean the house and help with small things that his wife cannot do, such as installing gas that has run out. The role of their children in school is serious and helping their parents at home is like helping to clean the house. The role of the mother, the mother is often called a housewife who has duties such as caring for her children wholeheartedly, caring for her husband sincerely, providing education to her children from the womb until the children grow up, housewives also have cleaning the house, also cooking for her husband and children and others. The role of a housewife is the nature of a woman who already has a husband and children. A housewife's job is not only taking care of her husband and children, but housewives also have a role in helping her husband earn a living. One of them is by starting a small business at home and selling it online, some working in an office, and so on. The number of tasks that housewives have, there is no word of complaint that the mother has because all the tasks she does are

sincere and sincere. So the role of housewives is very important in the family.

The role of housewives in the family is very important, because in addition to the tasks of family affairs and work that are owned by housewives, the emotional center is inside the housewife. Roslina Verauli, S. Psi. M.Psi as a psychologist explains that housewives play two-thirds more roles in managing the household and twice as much in raising children as fathers (Handayani, 2017). Housewives also have another important role, namely as a center of emotion or *emotion work* which includes listening to their spouse and children, understanding their thoughts and feelings, providing support and appreciation (Handayani, 2017). The number of tasks carried out by housewives often makes housewives feel anxious, excessively worried so that it affects their physical and psychological conditions which tend to experience anxiety.

According to Hurlock, anxiety is a form of feeling worried, anxious and other feelings that are less pleasant and anxiety often arises when someone is in an unpleasant situation (Doris, 2020). Syamsu Yusuf stated that anxiety or anxiety is a neurotic powerlessness, which results in insecurity, immature thoughts, and inability to face the demands of reality or the environment, as well as the difficulties and pressures of everyday life (Annisa & Ifdil, 2016). Anxiety arises due to various news that is not necessarily clear, the source of the truth or *hoaxes* make normal anxiety experienced by a person to be abnormally anxious, moreover this rampant news can seize the attention of the public, there are many social media reporting various Covid-19 issues. Rayani & Purqoti, 2020). Issues raised through social media give negative things to housewives, thus making housewives excessively anxious.

Currently there is an outbreak of Corona Virus *Disease* (Covid-19) with symptoms of acute respiratory disorders such as fever, cough and shortness of breath, which this disease is easily transmitted to anyone, in severe cases it can
cause death (Tambaru, Hilda, & Imelda, 2020). Covid-19 is caused by the *Severe Acute Respiratory Syndrome Coronavirus-2* (SARS CoV-2) and was first discovered in the city of Wuhan, China at the end of December 2019 which can attack the respiratory tract (Doris, 2020). It's been more than a year since the Covid-19 pandemic has been going on, as well as the news that is widely spread on social media is growing rapidly. There are two versions of the news circulating on social media about the Covid-19 pandemic, namely news that is true facts and news that is not yet clear.

The rise of news of the Covid-19 pandemic, including one of the hoax news spread on social media. According to the Detikhealth article, there are several issues that have recently circulated on social media including, "eating garlic can prevent Covid-19" but there is no research that can prove that garlic can prevent Covid-19, there is also "drinking water every day." 15 minutes to kill the virus in the mouth" but again there is no research that can prove that water can kill the virus in the mouth (Alam, 2020). Fact news itself can be searched through trusted social media such as news published from the Ministry of Health, Kompas and others. One of the news facts is news about vaccines in Indonesia. In Indonesia, the Indonesian government has brought in an additional 1.8 million doses of the Covid-19 vaccine, the vaccine produced by the Sinovac type arrived at Soekarno Hatta Airport, Tangerang, Banten Province on Thursday 31 December 2020 at 11:55 am on a Boeing 777 aircraft. -300 ER from Garuda Indonesia flight (MOH, 2020). From both sides, this news raises several perceptions that housewives have about which news is fact and which is *hoax*.

This news of Covid-19 spreads very quickly on social media, especially now that technology is very sophisticated, giving rise to an issue that everyone who dies is caused by Covid-19. It is this issue that makes housewives even more misperception and understanding that it does not mean that people die just because of Covid-19. The spread of issues regarding Covid-19 can be circulated through cellphones owned by housewives, such as through the WA grub messaging application. Such news is very disturbing and makes housewives more anxious and easily provoked by their emotions when they hear news about Covid-19.

Misperceptions cause anxiety among housewives who do not first examine the truth of the group's WA message. Housewives are often consumed by the issues that exist in the WA

group, so that mothers often feel excessive worries. Moreover, housewives, if all of the housework is done, will certainly hold the cellphone to see what news is today through social media, and not much news circulating on social media is misused by irresponsible people falsifying the news or *hoax*.

Reports on social media that are widely circulated, invalid, *hoaxes* and restrictions on movement create a tense situation and cause anxiety and panic at all levels, so that many act outside their conscious awareness such as buying food items and locking themselves up for fear of being infected, washing their hands back and forth excessively and cut off social relations (Iqbal, 2020). Likewise, housewives also experience this impact, so it is applied to their children and husbands. The impact of news that is not necessarily true, directly affects the psychology of housewives, if in their minds an invalid perception is embedded, they will continue to experience misunderstanding and over time it will cause anxiety.

It's been more than a year since the Covid-19 pandemic has been going on, but there are still many people who ignore the health protocols recommended by the Government. Likewise, from the news of the Covid-19 virus, there are still many hoax news circulating.news *Hoax* has a very big influence on housewives, one of which is very emotional housewives such as forbidding their families to leave the house, buying basic necessities in excess, and so on. Based on the description above, the anxiety experienced by housewives also occurs in the Perum Sutri Sobo Banyuwangi environment where housewives experience excessive anxiety in responding to this covid-19 pandemic. So the purpose of this study is to determine the effect of social media on the anxiety level of housewives.

Based on the results of observations in the Perum Sutri Sobo Banyuwangi environment, the level of anxiety that housewives have during the Covid-19 pandemic is quite high, so further research is needed. Based on the explanation above, it is necessary to conduct further research with the aim of describing the relationship between social media related to the Covid-19 pandemic information and the level of anxiety of housewives in 2020-2021. This study focuses on housewives in Perum Sutri RT 06 / RW 03 Sobo Banyuwangi who experience anxiety through social media regarding the news of the Covid-19 pandemic.

Social Media

Definition of Social Media Social

media is an online media that uses the internet, with the internet-based media or online media showing that there has been a shift in the direction of the use of communication media, which was originally classical, it can be said that electronic and print media, while now experiencing a shift or changes to*new* media (Ratnamulyani & Maknai, 2018). Technology is developing rapidly and has influenced many aspects of human life. Today's communication with other people is greatly facilitated by technological advances. Through the applications that are emerging today, it is not surprising that many people use it to communicate or just add friends through social media. One of the applications used to communicate is *Whatsapp*. *Whatsapp* is a messaging-based messaging application for smartphones with a basis similar to *BlackBarry Messenger* (Suryani, 2017).

The Effect of Social Media

According to Nasrullah, social media is a medium on the internet that allows users to represent themselves and interact with other users to form virtual social bonds (Setiadi, 2016). The internet has positive and negative impacts on human life. Accessing the internet has changed the way people live and the mindsets people have (Azka, Firdaus, & Kurniadewi., 2018). The positive impact is being able to connect with distant relatives or friends, being able to shop *online*applications *online*, being able to find friends via the internet and so on. In addition to having a positive impact, the internet also has a negative impact including being able to ignore the people around them, reduced work productivity, addiction *online*, can cause misunderstandings that cause offence, many people misuse the internet, and the emergence of news that has not been reported yet. of course the truth or *hoax* like this Covid-19 pandemic phenomenon.

Anxiety
Definition of Anxiety

Basically all mental health disorders are initiated by feelings of anxiety (*anxiety*). According to Sadock et al, anxiety is a response to certain threatening situations, and is a normal thing to happen (Vibriyanti, 2020). Anxiety begins with a threatening situation as a dangerous stimulus (*stressor*). Symptoms of anxiety, both acute and chronic (chronic) are the main components for almost all psychiatric disorders (Prof. Dr. dr. H. Dadang Hawari, 2011). Anxiety is a painful and unpleasant emotional experience. It arises from a reaction to internal or internal tensions of the body, this tension is the result of an impulse from within or from outside and is controlled by the autonomic nervous system (Hayat, 2017).

Anxiety Character

According to Spielberger and Sarason (Name, 2018), where anxiety has the following characteristics: 1) Assessing the situation as something scary, difficult and challenging, 2) Decreased ability and effectiveness to cope and do all the tasks assigned to him, 3) Difficulty coping and doing tasks related to cognitive activities, and 4) Difficult to concentrate and strong in bearing the various consequences and risks it faces.

Types of Anxiety

According to Spilberger (Annisa & Ifdil, 2016) explains anxiety in two forms, namely: 1) *Trait anxiety*, which is a feeling of worry and threat that afflicts a person against conditions that are actually harmless. This anxiety is caused by the personality of the individual who does have the potential for anxiety compared to other individuals, 2) *State anxiety,* is an emotional condition and temporary state in the individual with feelings of tension and worry that are felt consciously and subjectively.

Meanwhile, according to Freud (Annisa & Ifdil, 2016) distinguishes anxiety into three types, namely: 1) Neurotic anxiety is anxiety due to unknown dangers. The feeling is in the ego, but arises from the impulse of the id. Neurotic anxiety is not the fear of the instincts themselves,

but the fear of the punishment that might result if an instinct is satisfied. 2) This anxiety stems from the conflict between the ego and the superego. This anxiety can arise from failure to be consistent with what they believe to be morally right. Moral anxiety is the fear of conscience. Moral anxiety also has a basis in reality, in the past the individual has been punished for violating moral norms and can be punished again. 3) Realistic anxiety is an unpleasant and non-specific feeling that includes the possibility of danger itself. Realistic anxiety is the fear of real dangers coming from the outside world.

Housewives
Understanding Housewives

Housewives are women who spend a lot of time at home and devote their time to caring for and caring for their children according to the pattern given by the general public (Junaidi, 2017). Meriam Webster defines the term*housewife*as a woman who has responsibility for all her household needs and the woman is married. Housewives are married women who engage in domestic activities to build harmonization of family resilience (Junaidi, 2017).

A housewife is a woman who is married and does not work, a housewife is a mother who takes care of her children and husband sincerely and voluntarily, a housewife also has a role in cleaning the house, cooking food for her children and husband, mother The house provides education when the children are not yet in school, and there are still many roles of housewives on the other hand the role of the husband to earn a living for his wife's children at home and help his wife busy in educating her children and packing the house. Housewives have an important role in the family.

Covid-19 pandemic
Definition of Covid-19 or Corona Virus

Covid-19 (*coronavirus disease* 2019) is a disease caused by a new type of coronavirus, namely Sars-CoV-2, which was first reported in Wuhan China on December 31, 2019. This Covid-19 can cause symptoms of acute respiratory disorders such as fever above 38 ° C,

cough and shortness of breath for humans. In addition, it can be accompanied by weakness, muscle aches, and diarrhea. In patients with severe COVID-19, it can cause pneumonia, acute respiratory syndrome, kidney failure and even death (KemenkesPADK, 2020).

Symptoms of Covid-19

Some of the symptoms of Covid-19 according to the Kompas.com article (Nugroho, 2020), including: 1) Shortness of breath, a person infected with the Covid-19 virus on average experiences mild to severe shortness of breath. 2) Dry cough, a person infected with the Covid-19 virus mostly has a dry cough and sore throat. 3) Loss of sense of smell and taste, a person infected with the Covid-19 virus experiences mild to severe loss of smell. 4) Fever, a person infected with the Covid-19 virus has a high fever whose temperature is up to 38 degrees *Celsius* exceeding the normal temperature in general. 5) Fatigue, a person infected with the Covid-19 virus tends to experience excessive fatigue. 6) OTG (asymptomatic people), many people infected with the Covid

19 virus experience asymptomatic and the person is also still in good health, and does not experience pain or fatigue. **Prevention of Covid-19**

Prevention of the Covid-19 virus is by complying with the health protocols that have been set by the Indonesian government by wearing masks, washing hands and keeping a distance. On the other hand, you must maintain your health by consuming healthy and nutritious foods, and taking vitamins to increase your immunity. Sunbathing in the hot sun can also increase immunity at 9 to 10 in the day and exercise regularly. In addition to the prevention above, there are several therapies and treatments for those who have been exposed to the Covid-19 virus (Baharuddin & Rumpa, 2020) including: 1) **Antibiotics** are molecules that function to inhibit or kill bacteria. Its use must be in accordance with the dose so as not to cause microbial resistance. Antibiotics will be given if there is a secondary infection caused by bacteria. 2) **Antivirals** are molecules that function to suppress or inhibit the growth of viruses inside and outside the cell. It can also be a molecule that blocks the attachment of the virus to the host cell. To produce antiviral, sequencing analysis and molecular stability analysis are needed. Antiviral that has been produced can play a role in the prevention of viral infection and therapy or treatment if it has been infected. 3) **Vaccines** are attenuated immunogenic molecules. This molecule can come from any part of the virus body that triggers an immune response. The vaccine manufacturing process takes time for clinical trials to ensure safety. The vaccine that has been produced has an important role in preventing the toxic effects of viral infection because the vaccine will trigger the initial antibody production.

RESEARCH METHOD

The method used in this research is descriptive quantitative method. According to Sugiyono (Syafnidawaty, 2020), the research method is basically a scientific way to obtain data with certain goals and uses. Based on this, there are four keywords that need to be considered, namely the scientific method, data, purpose and usability. According to Darmadi (Syafnidawaty, 2020), the research method is a scientific way to obtain data with a specific purpose. The scientific method means that research activities are based on scientific characteristics, namely rational, empirical, and systematic. The definition of descriptive research is research that only describes situations or events (Shauma & A, 2015). So descriptive quantitative is a type of research used to analyze data by describing or describing the data that has been collected as it is.

The population in this study were housewives of Perum Sutri RW 03/ RT 06 Sobo Banyuwangi. The total population of housewives is divided

into 8 house blocks (blocks D, E, F, G, H, I, J, K) with a total population of 50 subjects. The characteristics of the subjects are firstly housewives who are married and have children and husbands, the second is housewives who have children (*single parent*), the third is housewives who have a business at home, the fourth is housewives. - housewives who do not work, housewives who work in an office, lastly are housewives who are only housewives.

The sample in the study is to reduce the object of research and generalize the results of

the study, so that general conclusions can be drawn. Generalization from sample to population carries the risk of error or inaccuracy, because the sample will not be able to accurately reflect the state of the population. The sampling technique in this study used *purposive sampling*. *Purposive sampling* is one type of sampling technique commonly used in scientific research. Sugiyono stated that *purposive sampling* is a sampling technique by determining certain criteria (Lararenjana, 2020).

So the criteria for housewives from the research sample are as follows:
1. Married housewives.
2. Housewives who work and those who do not work.
3. Housewives who already have children or do not have children.
4. Housewives who have an age range from 30 years to 45 years.
5. Housewives who actively participate in PKK activities at Perum Sutri RT 06/ RW 03 Sobo Banyuwangi.
6. Housewife who lives in Perum Sutri RT 06/ RW 03 Sobo Banyuwangi.

Variable according to N. Kerlinger variable is a concept for example women in the concept of gender, lazy in the concept of nature. Meanwhile, Sutrisno Hadi defines a variable as a symptom that varies. The most important types of variables in research are *dependent variables* and independent variables, active variables and attributes, continuous variables, and categories (Benu & Benu, 2019). In this study using the dependent variable and the independent variable, there are 2 variables, namely (variable X) is social media, while (variable Y) is anxiety.

Data collection was obtained from observation, interviews, documentation and triagulation. This study uses data collection techniques obtained from observations, interviews, questionnaires and documentation.

The research instrument according to Suharsimi Arikunto is a tool for researchers in collecting data. Data collection instruments are tools used to collect data (Benu & Benu, 2019). Meanwhile, according to Suharsimi Arikunto (Dr. Munawaroh, 2013) in the previous edition are tools or facilities used by researchers in collecting data so that their work is easier and the results are better, in the sense of being more accurate, complete and systematic, so that they are easy to process. The instrument used by the researcher was to make a questionnaire using a Likert scale. This Likert scale with response categories "strongly agree", "agree", "disagree", and "strongly disagree" (Benu & Benu, 2019). The Likert scale is a type of measure used to increase the level of measurement in social research through standardization of response categories used to determine the relative intensity of different items. The type of Likert scale data in this study uses an interval scale. The interval scale is a scale commonly used in the measurement of numerical data which is intended through quantitative measurements where there are two significant variables, it can be said that the variables are measured in actual not relative terms.
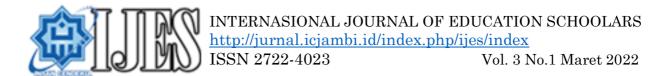
RESULTS AND DISCUSSION
Data analysis

The research was conducted at Perum Sutri RT 06/ RW 03 Sobo Banyuwangi with housewives aged 30 to 45 years. The results of this study used several tests such as descriptive analysis, Pearson *product moment* to test the research hypothesis. The research was carried out after the requirements test which included normality test using Kolmogorov-Smirnov and linearity test, homogeneity test using Levene test, correlation test and hypothesis testing from the IBM application. SPSS Statistics (*Statistical Package for the Social Sciences*) version 19 After doing several tests, the data results are as follows:

Normality

statistical technique *Kolmogorov-Smirnov one sample*. Data analysis shows that the value of Z on the dependent variable X (social media) is 0.106 with a P value of 0.228. The value of Z on the independent variable Y (anxiety) is 0.077 with a P value of 0.732. Based on the results of the normality test using the *one sample Kolmogorov-Smirnov*, it can be

concluded that the distribution of the two variables of this research data is normal.

Linearity

Test The linearity test is a test of the regression line between the dependent variable X and the independent variable Y. The linearity test is useful for seeing whether a straight line can be drawn from the data distribution of the research variables. The straight line shows the linearity relationship between the research variables. Data analysis for social media variables and anxiety variables resulted in an F value of 0.131 and a significance value of P = 0.721. Based on the results of the analysis showed that the relationship between social media variables and anxiety variables was linear. The above variables can be subjected to Pearson *product moment*.

Homogeneity Test

Based on the results of the homogeneity test of the variable x (social media) and variable Y (housewife anxiety), the value based on mean is obtained with a significance of 0.016. So based on the decision to get a significance value of 0.016 <0.05, it can be concluded that the sample data is homogeneous.

Hypothesis

Testing The hypothesis test proposed in this study is a positive relationship between the dependent variable X (social media) and the independent variable Y (anxiety).correlation analysis *product moment* from Karl Pearson. Hypothesis testing resulted in a correlation coefficient (rxy) = 0.055 with a significance level of P = 0.724 (P > 0.05). The results of the analysis show that there is a positive relationship in the significance between the dependent variable X (social media) and the independent variable Y (anxiety). The value of the correlation coefficient is positive, meaning that the motion of the two variables is in the same direction. The higher the housewife uses social media, the higher the level of anxiety, if on the contrary the lower the housewife uses social media, the lower the anxiety level. **Effective Contribution of Research**

In this study, the value of the coefficient of determination (r²) in the relationship between variable X and variable Y is also taken into account. The value of the coefficient of determination shows the effective contribution of the influence of the independent variable and the dependent variable, on the calculation of the coefficient of variable X (social media) with variable Y (anxiety) which produces a coefficient of determination (r²) of 0.003. This shows that social media provides an effective contribution of 0.3% so that there is a small part of the influence given by social media to the anxiety of housewives.

Discussion

Based on the results of the data analysis that has been described above, it can be concluded in the discussion where the results of data analysis are related to the theory that has been described in chapter 2. The results of hypothesis testing indicate that the relationship obtained is positive between social media and anxiety, which is obtained by the coefficient level. correlation (rxy) resulting from the two variables is (rxy) = 0.055 with a significance level of P = 0.724 (P > 0.05). So that it shows that the higher the use of social media by housewives, the higher

the level of anxiety will be. In fact, it is in accordance with the theoretical explanation in the previous section regarding the relationship between the two variables so that the hypothesis of this study is accepted.

These results indicate that the use of social media also affects the possibility of housewife anxiety, so this is also in accordance with the statement of Fatih Aska, Dendih Fredi Firdaus, Elisa Kurniadewi (2018), that the use of social media which is very easy to learn can cause dependence and experience anxiety. . So the intensity of excessive use of social media can cause anxiety which tends to lock themselves up and stay away from the people around them.

The analysis can be seen from the effective contribution of social media related to the Covid-19 pandemic information with the anxiety level of housewives of 0.3%. This explains

that social media relations related to the Covid 19 pandemic are not predictors that have a big role in the occurrence of housewives' anxiety in seeing issues milling about on social media. Even though it doesn't have such a big role, it can still be seen that social media is very influential in causing anxiety indirectly.

Based on the research, it can be seen that other variables besides the Covid-19 pandemic information on social media are quite large, namely 99.7%. Other variables are factors that also determine the level of anxiety of housewives. One of the factors that influence anxiety in the Covid-19 pandemic is economic problems. Also other factors that influence the age factor or the elderly.

The factor of economic problems was the main cause during the Covid-19 pandemic because economic activity was reduced or even stopped (Radhitya, Nurwati, & Irfan, 2020). During the Covid-19 pandemic, there were many job breaker (PHK) so that the economy in many families experienced a decline and there was no income for the needs of daily life. These problems can trigger excessive anxiety in someone who experiences it.

The factor of age or old age also poses a risk of anxiety, especially for elderly people who have congenital diseases such as hypertension, diabetes mellitus and others. Anxiety caused by the Covid-19 pandemic is felt by the elderly or elderly, the elderly are the highest risk who are easily exposed to Covid-19. Anxiety from people with diabetes mellitus can lead to reduced control of blood glucose levels (Tobing & Wulandari, 2021). Meanwhile, for people with hypertension who are experiencing anxiety, what happens inside a person can cause changes in the body's organs, such as rapid heartbeat, heavy breathing, and excessive sweating.

Based on the analysis research, it can be seen from the normality test which shows that the dependent variable X (social media) gets a Z value of 0.106 and a P value of 0.0228. While the variable Y (anxiety) gets a Z value of 0.077 and a P value of 0.732. So it can be concluded that based on the basis of decision making, the two variables are normally distributed.

The results of the analysis of the linearity test showed that the variable X data (social media) with variable Y (anxiety) resulted in an F value of 0.131 while a P value of 0.721. Based on the results of the analysis shows that there is a relationship between variable X and variable Y, which is linear. Based on the results of the homogeneity test of the X variable (social media) with the Y variable (anxiety), it can be obtained a significance value of 0.016 and the basis for decision making <0.05. Then it can be concluded 0.016 <0.05 homogeneous sample data.

Some of the results of the presentation of the discussion, it can be concluded that social media is very influential on the mentality of its users, especially if users do not use it wisely so that it can have a negative or positive impact. And what happened in Perum Sutri RT 06/ RW 03 Sobo Banyuwangi, most housewives are not wise in using social media so they are easily influenced by information that is not true and the source is unclear. So it has a high psychological impact.

CONCLUSION

Based on the results of the study, it can be concluded that there is a significant positive relationship between social media and housewives' anxiety. This means that the higher the use of social media, the level of anxiety that housewives have will also be high and vice versa, if the use of social media is wise and is not easily influenced by information that is not clearly sourced, the anxiety level of housewives will be low.

The value of the effective contribution of social media variables to the anxiety variable is 0.3%. This shows that the contribution of other variables from outside social media is still quite large with a value of 99.7%. External factors that affect it are difficult economic problems during the Covid-19 pandemic, difficulty sleeping, irritability, believing news that are not true, husbands have experienced a reduction in staff.

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