

Does Husband/Partner Matter in Reduce Women's Risk of Worries?: Study of Psychosocial Burden of COVID-19 in Indonesia

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Abstract

Several previous studies have found that women are more susceptible to psychosocial burden than men. The study was aimed at analyzing the influence of having a husband/partner on the psychosocial burden of COVID-19 among women in Indonesia. The study involved 5,061 women collected through a rapid online survey. The psychosocial burden was reviewed based on worries level on 5 aspects of daily life, namely economic, religious, educational, employment, and social aspects. Four independent variables were included in the analysis, including husband/partner ownership, age group, education level, and employment status. A multivariate test using the binary logistic regression was done at the final stage. The results show that women who have a husband/partner have a risk of 1.377 times compared to women who do not have husbands/partners to experience worries. Women in the 40-49 age group had 0.630 times the risk of women with ≤ 19 age groups to experience worries. Meanwhile, women with the ≥ 50 age groups had a 0.327 times risk than women with the ≤ 19 age groups for experiencing worries. Women with higher education have a risk of 0.610 times compared to women with secondary education for experiencing worries. It could be concluded that having a soulmate is a risk factor for women to experience the psychosocial burden of COVID-19 in Indonesia. The analysis also found that younger age and lower education were risk factors for women to experience the psychosocial burden of COVID-19 in Indonesia.

Keywords: women's health, psychosocial burden, mental health, online survey, COVID-19.

Introduction

It is estimated that the decline in the number of COVID-19 incidents at the global level is far from over. Data from www.worldometers.info/coronavirus/ accessed on 11 August 2020, in the last 7 days, show that the global average rate of increase in new cases of COVID-19 has reached approximately 200,000 cases/

day. In addition to the high daily average number of cases, at the global level, the average death rate due to COVID-19 in the last 7 days has reached approximately 6,000 deaths/day.

The situation is more or less the same in Indonesia. Based on the official website of the Indonesian government, www.covid19.go.id, which was accessed on 11 August 2020, the average number of new cases of COVID-19 in the last 7 days has reached approximately 2,000 cases/day. The average death rate due to COVID-19 in the last 7 days has reached approximately 70 deaths/day.

The Indonesian government has made various efforts to reduce the rate of spread of COVID-19. One of

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the strategies undertaken by the Indonesian government is to issue the Minister of Health Regulation Number 9/2020 concerning Guidelines for Large-Scale Social Restrictions in the Context of Accelerating Handling of Corona Virus Disease 2019. This regulation emphasizes the existence of restrictions on community movement. The implication of this regulation is the closure of several locations, including educational institutions (schools), offices, tourist attractions, and so on.

The Minister of Health Regulation Number 9/2020 was strengthened by the existence of Presidential Instruction Number 6/2020 concerning Increasing Discipline and Law Enforcement of Health Protocols in the Prevention and Control of COVID-19. This Presidential Instruction ensures that there is a clear legal umbrella for the government to enforce discipline in the community so that it complies with existing health protocols, namely using masks, applying physical distancing, diligently washing hands.

Both regulations have an impact on various aspects of life in society, including religious, economic, social, and educational aspects. The phenomenon of the impact of this regulation can be seen from the existence of several reports in the mass media, including the existence of several people who work even though in their territory it has been forbidden to work^{1,2}. The duration of implementing social restrictions has been quite long. This condition triggers boredom so that there is a tendency for violations to occur³.

In addition to the potential for violations to occur during the period of limitation, people also have the potential to experience depression and worries⁴. The existence of hoax information also has a role in the occurrence of anxiety, so that this worsens the situation and conditions in society⁵⁻⁷. This hoax news was then added to by the phenomenon of the conspiracy theory echoed by the leaders of the superpowers⁸.

Worry is a psychosocial burden. The public health problem that needs attention. World Health Organization formulates the definition of healthy, one of which also includes mental dimension⁹. Given the situations and conditions above, it is necessary to pay more attention to see the conditions of the psychosocial burden during the COVID-19 pandemic.

Several previous studies have found that women are more affected psychosocial under various uncertain stresses such as the current COVID-19 pandemic condition¹⁰⁻¹². Women are considered more vulnerable because of several conditions, including the incidence of female workers experiencing a decrease in productivity compared to male workers when working from home, besides that women are also burdened with domestic affairs in the household¹³⁻¹⁵. The study was aimed at analyzing the influence of husband/partner ownership on the psychosocial burden of COVID-19 among women in Indonesia.

Materials and Methods

The study uses a rapid online survey to collect data about the worries felt by women in Indonesia. Data were collected for 8 days (June 6-13, 2020), until 5,061 women were obtained. In this study, the psychosocial burden was measured based on the worries level. The worries level was a self-assessment of anxiety in 5 aspects of daily life, namely economic, religious, educational, employment, and social aspects. Each aspect was assessed based on the choice of answers using a Likert scale. The worries level composite variable was composed of scores from 5 aspects measured. The total score was divided into 2 classes of the same size, which are not worries and worries. Four independent variables were included in the analysis, including husband/partner ownership, age group, education level, and employment status.

At the initial stage, a bivariate test with chi-square was carried out to see the relationship between the husband/partner ownership variable and other variables. In the final stage, a multivariate test using binary logistic regression was carried out to determine the risk factors for the psychosocial burden of COVID-19 among women in Indonesia. SPSS 22 software was used in all statistical credentials.

Results and Discussion

Table 1 is a display of bivariate analysis between husband/partner ownership and all variables involved in the analysis. It can be seen that in both categories of husband/partner ownership is dominated by women who experience worries. Meanwhile, based on the age group, women who don't have husband/partner dominated by the 20-29 age group, and women who have husbands/

partners dominated by the 30-39 age group.

Based on the education level, women who don't have a husband/partner dominated by secondary education, and women who have husbands/partners dominated by higher education. Furthermore, in the base on employment status, it can be seen that the two categories of husband/partner ownership are dominated by employed women.

Tabel 1. Descriptive statistics of respondents (n=5,601)

Variables	Husband/partner				P
	Don't have		Have		
	n	%	n	%	
Worries					**0.001
· No	326	11.5%	396	14.4%	
· Yes	2516	88.5%	2363	85.6%	
Age groups					***<0.001
· ≤ 19	577	20.3%	4	0.1%	
· 20-29	1924	67.7%	490	17.8%	
· 30-39	198	7.0%	1094	39.7%	
· 40-49	59	2.1%	796	28.9%	
· ≥ 50	84	3.0%	375	13.6%	
Education level					***<0.001
· Secondary	1808	63.6%	489	17.7%	
· Higher	1034	36.4%	2270	82.3%	
Employment status					***<0.001
· Unemployed	1160	40.8%	518	18.8%	
· Employed	1682	59.2%	2241	81.2%	

Note: *p<0.05; **p<0.01; ***p<0.001.

Table 2 displays the results of the binary logistics regression of the psychosocial burden on the COVID-19 among women in Indonesia. Based on the ownership of a husband/partner, women who have a husband/partner have a risk of 1.377 times compared to women who don't have a husband/partner to experience worries (OR 1.377; 95% CI 1.096-1.730). The results of this analysis inform that having a husband/partner is a risk factor for women to experience the psychosocial burden of COVID-19 in Indonesia.

Having a husband/partner should be a place to share worries, but the results of the analysis show contradictory findings. Having a husband/partner increases the risk for women to experience the psychosocial burden of COVID-19. This condition is possible because of the increased worries as a result of the increasing number of family members. For a single woman, worry is only for herself. This condition is different for women who have a husband/partner, the burden of worries increases on the number to be worried about, not only husband/partner

but also children. The findings in this study contradict several studies conducted in the United State regarding marital status. The studies inform that unmarried patients, including those who are divorced, separated, widowed, or never married, have an increased rate of adverse cardiovascular events when compared to their married counterparts¹⁶⁻¹⁸.

Table 2. The result of binary logistic regression of the psychosocial burden of the COVID-19 among women in Indonesia, in 2020 (n=5,601)

Variables	Worries			
	Sig	OR	Lower Bound	Upper Bound
Husband/partner: Don't have	-	-	-	-
Husband/partner: Have	**0.006	1.377	1.096	1.730
Age groups: ≤ 19	-	-	-	-
Age groups: 20-29	0.291	1.190	0.862	1.643
Age groups: 30-39	0.584	0.892	0.593	10.342
Age groups: 40-49	*0.034	0.630	0.411	0.965
Age groups: ≥ 50	***<0.001	0.327	0.214	0.500
Education: Secondary	-	-	-	-
Education: Higher	***<0.001	0.610	0.491	0.758
Employment status: Unemployed	-	-	-	-
Employment status: Employed	0.066	1.200	0.988	1.456

Note: *p<0.05; **p<0.01; ***p<0.001.

Based on the age groups, women with the 40-49 age groups had 0.630 times the risk of women with ≤19 age groups for experiencing worries (OR 0.630; 95% CI 0.411-0.965). Meanwhile, women with ≥50 age groups had a 0.327 times risk than women with ≤19 age groups for experiencing worries (OR 0.327; 95% CI 0.214-0.500). This information indicates that the younger the more the risk is for women to experience the psychosocial burden of COVID-19 in Indonesia.

Old age is synonymous with a more complete experience in dealing with the ups and downs of life. Senior age is considered to have a more complete coping mechanism. This condition is considered to be able to minimize worries that occur¹⁹⁻²¹.

Furthermore, women with higher education had a risk of 0.610 times compared to women with secondary education for experiencing worries (OR 0.610; 95% CI 0.491-0.758). These findings inform that better education reduces the risk for women to experience the psychosocial burden of COVID-19 in Indonesia.

Having a better education goes hand in hand with a better understanding of COVID-19. This condition minimizes the occurrence of worries because of the increased ability to recognize risks and preventive behavior so that they can anticipate more readily. Including the impact of psychosocial burden due to the quarantine process^{12,22,23}. In general, education was reported in several studies as a positive determinant of

program performance in health²⁴⁻²⁶. Meanwhile, the low level of education is a barrier to various performance in the health sector to achieve better results^{27,28}.

Conclusions

Based on the results and discussion it could be concluded that having a husband/partner is a risk factor for women to experience the psychosocial burden of COVID-19 in Indonesia. The analysis also found that younger age and lower education are risk factors for women to experience the psychosocial burden of COVID-19 in Indonesia.

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