

Anxiety, life evaluation and well-being of bornean youths during pandemic covid-19

ABSTRACT

COVID-19 pandemic has brought not only a high mortality rate from viral infection, but also has been drastic changes at the individual life and cause various mental health problems. A study conducted in China at the beginning of the COVID-19 pandemic revealed that various mental health problems, such as anxiety, depression and panic disorder was triggered by the pandemic. This study aimed to examine the perceived anxiety, and life evaluation among Bornean youths before and during pandemic Covid-19 and predictive factors of the Bornean youths' well-being during pandemic. There were 406 Borneo's youths (34% of male, 66% of female) were selected randomly using a snowball sampling method to participate in the present study. The State-Trait Anxiety Inventory and was used to measure anxiety. Satisfaction with Life Scale and Cantril's Ladder of Life Scale were used to measure life evaluation, and the Flourishing Scale measured well-being. The questionnaire was disseminated through the snowball sampling technique. The study found the Bornean's youths (N=406) perceived significantly higher levels of life satisfaction and better life evaluation before pandemic compared to during pandemic. In term of anxiety and well-being, Bornean youths perceived moderate level of state and quite high level of trait anxiety. Surprisingly, the respondents reported a quite high level of well-being during pandemic Covid-19. Multiple regression results revealed trait anxiety affected participants' well-being negatively, but not state anxiety. Besides, the result also indicated that satisfaction with life predicted Bornean youths' well-being significantly and positively. This study revealed the negative impact of pandemic on Bornean youths' satisfaction with life, life evaluation and anxiety level.