
FUTURE ANXIETY AMONG JORDANIAN UNIVERSITY STUDENTS DURING THE CORONA PANDEMIC IN LIGHT OF SOME VARIABLES

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ABSTRACT: *The present study aimed to identify the level of future anxiety among Jordanian university students during the Corona pandemic, as well as to identify the differences in levels of anxiety among university students in the absence of a number of variables. The study sample, who numbered (321) male and female undergraduate students at public universities in northern Jordan, the study found that the level of anxiety of Jordanian university students was high, and the study also found that there are differences in levels of anxiety among university students due to gender. The existence of differences attributed to each of the variable of the college and the academic year, and the study recommended a number of recommendations, the most important of which were: The need to conduct other studies on a larger scale to identify the real reasons behind the high level of anxiety among Jordanian university students.*

KEYWORD: anxiety, Corona, pandemic, Jordanian, university.

INTRODUCTION

Man lives in an era of many changes and interactions, which is accompanied by many complications in various fields that have affected all aspects of life, and the psychological and behavioral disturbances that came with it as a result of the pressures of this life, with the progress of modern life and its rapid development and the emergence of many epidemics, man has become facing many situations that may Threatening his life and his future, and increasing his anxiety about what surrounds the future of his life, and what he expects from events that he may not be able to face. Future anxiety poses a threat to the health and behavior of individuals, as this anxiety may be of a high degree and lead to an imbalance in the individual's life, which has a great impact, whether psychologically or physically, and the effects that follow in various aspects of an individual's life.

Anxiety is a natural part of a person's life that affects his behavior. It is a sign of his humanity, a fact of existence, a dynamic aspect of character building and a variable of behavioral variables. Anxiety arises in all individuals in the various challenging situations that face them, and in this case it is considered a natural thing, because it constitutes a motivation for the individual to take appropriate behavioral measures to face the situation, but it becomes dangerous if its degree exceeds the normal limit, and then it may be associated with behavioral disorders, and it may mix and intersect with Fear, conflict, delusion, and situations of frustration that an individual may experience in his life (Al-Tamish, 2015).

The phenomenon of anxiety is increasing these days due to the repercussions that the world is exposed to, the most prominent of which is the Corona pandemic, which all countries and regions are suffering from, and Arab countries were not isolated from these countries, especially the Hashemite Kingdom of Jordan, which dealt with this pandemic with the best methods and means, which The spread of this disease has greatly limited the spread of this disease, to the extent that this did not prevent raising a state of anxiety and tension among university students, as a result of the amendment and change by the authorities in the way students receive their university education and the shift from direct education to distance education, which provoked Many doubts in the coming future of these students and whether this will have an impact on the course of their future lives, from here this study came to identify the level of anxiety of Jordanian university students during the Corona pandemic in the shadow of some variables (Othman, 2017).

The study problem and its questions

Students' anxiety increases because of fear of academic failure, but goes beyond that to anxiety about what the future holds after completing studies and graduation, and this anxiety doubles in the case of anticipating danger, insecurity and realizing the legitimate aspirations that it aspires to achieve. The anxious student who limits his capabilities and capabilities, and in light of the repercussions that all Arab and foreign countries are exposed to, the most prominent of which is the Corona pandemic, it was necessary to know the impact that this pandemic has had on Jordanian university students, especially with regard to their future anxiety.

Study questions:

1. What is the level of anxiety of Jordanian university students in the shadow of the Corona pandemic?
2. Does the level of anxiety of Jordanian university students differ in light of the Corona pandemic in light of some variables (gender, college, academic year)?

Objectives of the study:

The current study aims to identify the level of anxiety among Jordanian university students in light of what the Kingdom is exposed to from the spread of the emerging corona disease, which is characterized by its rapid spread and its impact on the respiratory system among individuals, and the study aims to know the difference in the level of anxiety among Jordanian university students in light of some Variables such as gender, major and school year.

The importance of studying:

The importance of the current study emerges from the importance of its topic, which relates to two things, the first of which is the repercussions that Jordan is exposed to due to the Corona pandemic and what the Jordanian authorities have taken to take administrative measures to limit the spread of the disease, such as imposing partial and comprehensive urbanization and activating the Jordanian defense law, and secondly because of the change that this pandemic has caused. Radical

in the way of life of the Jordanian citizen as well as the university student, which will definitely affect his future.

Limitations of the study:

1. The temporal limitation: This study was conducted in the first semester of the academic year (2020/2021).
2. Spatial limitation: This study was carried out on Jordanian university students who were enrolled in studies at both Yarmouk University and the University of Jordan.
3. Objective determinant: The validity and generalizability of the study results relates to the validity and reliability of the study tool.

Conventional and procedural definitions:

Future anxiety: It refers to a state of tension, insecurity and fear of unwanted changes in the future, and in its extreme case it may be a threat that something will happen to the individual. Procedurally, it is defined as: the score students obtain on the measure of future anxiety used in this study.

Corona pandemic: It is a current ongoing global pandemic of a disease caused by the Coronavirus 2019 as it attacks the respiratory system of individuals (Han, 2020).

Theoretical literature:

The word "anxiety" came from the Latin word (Anxieties), which means a disturbance in the mind, and general anxiety is defined as "a psychological state associated with states of fear and anxiety that harm a person psychologically and physically." Therefore, anxiety is a driver of latent energies, and it is sometimes called progressive anxiety or positive anxiety (Qasim, 2016).

Anxiety can be unhealthy and lead to disturbance in the individual's behavior, and this anxiety occurs when there is a real danger that arises due to the insecurity that occurs in the individual, and general anxiety is a mental or physical phenomenon that is formed through one's cognitive assessment of the stimulus, and such The phenomenon occurs as a result of the individual's interaction with the environment, so the presence of anxiety depends on the presence of the cause (Lazorus & Folkman, 2019).

Feng (2019) believes that general anxiety refers to psychological stress that occurs because of anything that challenges the individual's adaptation, or stimulates one's body or mind, and environmental factors can cause this anxiety, as well as psychological, biological and social factors.

Zaleski (2018) believes that all types of public anxiety may include an element of anxiety about the future, as future anxiety refers to the future represented by a long period of time, and is

visualized in the form of a state of ambiguity about things expected to happen in the distant future, or an expectation of something bad. .

As for future anxiety, it was defined Zaleski (2018) as “a state of apprehension, insecurity, and fear of negative changes in the future, and believes that the state of severe anxiety occurs from its threat and that something real catastrophic can happen to the individual”, and some view anxiety as part of Generalized anxiety about the future has its roots in the current reality, and is represented in a set of structures such as pessimism, awareness of deficits in achieving important goals, loss of control over the present, and uncertainty about the future.

The American Psychological Association defines referred to in future anxiety as “fear, tension, or distress that stems from anticipating a danger whose source is largely unknown or whose source is unclear, and both anxiety and fear are accompanied by variables that contribute to the development of a sense and a sense of danger” (Moline, 2017) .

Future anxiety is defined as an emotional feeling characterized by confusion, distress, ambiguity, ill expectation, fear of the future, and an inability to social interaction (Macleod, et. Al, 2015).

In light of the above definitions of future anxiety, it is noticed that most of these definitions confirmed that this type of anxiety affects the current and future life of the individual, and that it occurs as a result of expecting something to happen, and that it is associated with fear, insecurity and a feeling of threat.

Future anxiety directly affects individuals' self-attitudes toward the future, or toward what will happen, and what may happen, and the future may become a source of anxiety and terror because of a misconception of possible future events, and an individual's lack of confidence in the ability to deal with these events, and look at them in a way. Negativity as a result of the overlapping of ideas, linking the past with the present and the future, which contributes to the inability to adapt to events that hinder his future, which causes increased anxiety towards the future (Rappaport, 2018).

There are many sources of concern for the future, the most important of which is the expectation of a threat to the individual, whether this threat is apparent to the individual or ambiguous, and the expectation is related to future events, fear of the future and the threat it brings to the individual, and future anxiety arises from things that are expected to happen in the future. This expectation is accompanied by a state of extreme anxiety that is difficult for the individual to deal with; this causes him tension and turmoil in various aspects of behavior (Barlow, 2017).

Freud points out that anxiety lies in the expectation of danger, and he considers that birth trauma is the first danger facing the individual, and that subsequent risk situations consist of the individual's assessment of his strength compared to the amount of the risk, and his recognition of physical disability if the risk is objective, or psychological disability if the risk is instinctive. , And the individual in this case is guided by the real experiences he went through (Ari, 2011).

Anxiety has a great influence on the individual's performance, especially mental performance and what is related to the cognitive aspect, and it also affects the amount of self-confidence, which leads to an impact in many situations, and indicators of self-confidence include willingness and ability to face the situation and external circumstances, because the amount of self-confidence is related to With anxiety levels, the higher the self-confidence, the lower the anxiety levels (Humara, 2018).

That there are several reasons that lead to an individual is future anxiety, which is the inability to adapt to the difficulties, and problems he suffers from, and the inability to separate the individual's aspirations from expectations based on reality and the individual's capabilities and capabilities. In addition to the disintegration and disintegration of the family, the individual is feeling of not belonging to the family and society, and his lack of psychological and social security. The lack of ability to predict the future, and the individual's insufficient information to build ideas about the future (Moline, 2015).

Abu Al-Ela (2010) also indicated that the causes of future anxiety fall under social factors, as emotional reactions to moral and social changes in society and the pressures of modern life generate feelings of anxiety and fear of vulnerability, conflict of roles and pressures of life, which leads the individual to a lack of understanding of reality and the future. Thus entering into a cycle of thinking and worrying about the future.

Future anxiety also affects the individual's life, behavior and personality negatively, which leads to his failure and inability to achieve his goals and ambitions in the future. Among the most prominent negative effects are the individual's feeling of loneliness, isolation and confinement within the framework of a certain routine, and the lack of flexibility and self-efficacy, in addition to the use of methods of coercion in dealing With people and relying on others to meet his needs and secure the future, it also leads to the individual being unable to properly plan life situations, and has negative reactions that may hinder him from achieving the future (Asadi, 2011).

STUDY METHODOLOGY

To achieve the objectives of the study, the researcher adopted the descriptive and analytical approach based on the questionnaire because of its compatibility with the nature of the current study. She referred to a number of scientific books and previous studies related to the subject of the study.

Study population

The study population consisted of all undergraduate students in the Jordanian public universities in the north of the Kingdom, and their number (84475) students for the academic year (2012/2020) in each of Yarmouk University, Jordan University of Science and Technology and Al al-Bayt University.

The study sample

A cluster sample was selected from students at the bachelor's level in each of Yarmouk University, Al al-Bayt University, and University of Science and Technology, and the sample size consisted of (350) students, including 0.4% of the study population. The study tool was distributed to them and retrieved from them (321) a questionnaire, i.e. 12.8% of the population of the study, taking into account the representation of the study variables, and Table (1) shows the distribution of the sample members according to the variables.

Table (1) Distribution of individuals according to the variables

variable	Categories	Repetition	percentage
Gender	Male	238	%74.1
	female	83	%25.9
The college	Humanities / Social	179	%55.8
	Sciences		
Academic year	Scientific	142	%44.2
	freshman	93	%29.0
	sophomore	100	%31.15
	junior	86	%26.8
	senior	42	%13.08
Total		321	100%

Study tool

The study tool was built after referring to the theoretical literature and previous studies related to the subject of the study related to future anxiety among university students in light of these exceptional circumstances that the Kingdom is going through due to the Corona pandemic.

Validity of the tool

To obtain the validity of the construction of the tool, the correlation coefficient of its paragraphs with the tool as a whole was calculated, through a random sample from the study population and outside its sample, amounted to (20) students and the results indicated that the correlation coefficients for all items of the tool are statistically appropriate.

Table (2) Pearson correlation coefficients for the instrument paragraphs

Paragraph	Correlation coefficient with the tool	Paragraph	Correlation coefficient with the tool
1	0.607**	8	0.651**
2	0.708**	9	0.648**
3	0.651**	10	0.699**
4	0.934**	11	0.745**
5	0.704**	12	0.865**
6	0.600**	13	0.705**
7	0.658**	14	0.897**
		15	0.904**

It is evident from Table (2) that the correlation coefficients ranged with the total score of the tool between (0.600--0.904), and they were all statistically significant at the level of significance ($\alpha = 0.01$), and this confirms that the study tool has the validity of constructing all its paragraphs, and makes it valid To apply to individuals of the study sample.

Reliability of the tool

The researcher estimated the degree of stability through the mid-segmentation of the paragraphs forming the current tools after applying the tool to the pilot sample consisting of (20) male and female students from outside the main sample, and the value of the Cronbach Alpha coefficient reached (0.928), so the study tool is considered a suitable measure to measure anxiety The future among Jordanian university students.

The criterion for judging the tool:

The five-point Likert scale was adopted to correct the study tool, by giving each of its paragraphs one score among its five degrees (A little, Rarely, Sometimes, Often, Always), and digitally represented (1, 2, 3, 4, 5) respectively, and it has The following scale was adopted for the purposes of analyzing the results:

- From 1.00 - below the 2.34 low
- Over 2.34 - below 3.67 Medium
- Over 3.67 - 5 high

Statistical treatment

In order to extract the results, achieve the objectives of the study, and answer its questions, the following statistical treatments were carried out using the Statistical Package for Social Sciences (SPSS):

1. Frequencies and percentages of the study sample distribution.
2. The arithmetic means and standard deviations of the study sample's estimates of their future anxiety level.
3. A T-test for independent samples to examine the presence of differences in the responses of the study sample individuals, which are attributable to both sex and college type.
4. Analysis of single variance (ANOVA) to examine the presence of differences in the responses of the study sample individuals that are attributed to the variable of the school year.

Analyzing the data and answering the study's questions and hypotheses:

The first question: What is the level of anxiety among Jordanian university students in the shadow of the Corona pandemic?

To answer this question, the arithmetic means and standard deviations of the future anxiety level of undergraduate students in the universities of northern Jordan were extracted from their viewpoint, and Table (3) illustrates this.

Table No. (3): Arithmetic averages and standard deviations of future anxiety level for undergraduate students in universities in northern Jordan, from their point of view

variable	Categories	Mean	STD	Interpretation
Gender	Male	3.67	0.59	High
	female	3.92	0.47	High
The college	Humanities / Social Sciences	3.71	0.61	High
	Scientific	3.76	0.51	High
Academic year	freshman	3.54	0.65	Medium
	sophomore	3.87	0.48	High
	junior	3.72	0.56	High
	senior	3.71	0.55	High
	Total	3.73	0.55	High

The previous table shows that the degree of anxiety among students of Jordanian public universities in the northern governorates has reached (3.73) with a high level of concern, and this indicates the negative effects that the Corona pandemic left on students of Jordanian public universities, that is, the conditions that the Hashemite Kingdom of Jordan is going through have contributed greatly. The high levels of anxiety among university students, especially their fear of not finding jobs in the future, due to the economic pressures caused by this pandemic, which led

to a significant decline in the demand for Jordanian and foreign workers alike, as well as what caused this pandemic and in light of the defense law that is currently being applied and which it provided the opportunity for business owners to reduce the wages of their workers or dispense with their services under the pretext of the inability to pay their monthly salaries, as well as those who closed the airports, which limited the ability of graduates to travel to neighboring Arab countries in search of work, as well as what the Jordanian government did in terms of stopping the bonuses. For a very large segment of state employees, which increased the employee's sense of the low level of job security and thus increased the anxiety of the future for these students. Jordanian Street from the state of lack of confidence in the government's decisions, which is represented by increasing the burden on the working class and not providing them with adequate support.

The second question: Does the level of anxiety of Jordanian university students differ regarding the Corona pandemic in light of some variables (gender, college, academic year)?

To answer this question, the researcher tested it through a (T-test) for both the sex and college variables and the single-year variance analysis of the academic year variable as follows:

Table (4) Independent Samples t-test to examine the differences in the responses of the study sample individuals to the level of future anxiety from their viewpoint according to the gender variable.

Gender	NO	mean	STD	T	df	sig
Male	238	3.67	0.59	-3.51	319	0.001
female	83	3.92	0.47			

It is evident from Table (4) that there are statistically significant differences in the average degree of future anxiety among the study sample in the universities of northern Jordan from their viewpoint due to the gender variable, and that the difference is in favor of females with an arithmetic mean of (3.92) compared to the arithmetic mean of males, which reached (3.67), and the researcher attributes this difference to the greater sensitivity of females in dealing with emergency conditions and the fear that follows that may reach the level of phobia, in addition to the low future opportunities, especially work, as they are less for females than males.

Table (5) Independent Samples t-test to examine the differences in the responses of the study sample individuals to their future anxiety level from their point of view according to the variable of the type of college.

The college	NO	mean	STD	T	df	sig
Humanities / Social Sciences	179	3.71	0.61	-0.777	319	0.440
Scientific	142	3.76	0.51			

It appears from Table (5) that there are no statistically significant differences in the average degree of future anxiety among the study sample in the universities of northern Jordan, from their point of view, due to the variable of the type of college. This can be attributed to the fact that the type of college will not be a decisive factor in providing opportunities in the distant future, as each major has its fields and every student has his interests, in addition to what we are witnessing in this period of time in terms of stagnation for all scientific disciplines, including humanities.

Table No. (6) Analysis of variance to examine the differences in the responses of the study sample individuals to their future anxiety level from their point of view according to the academic year variable

Source of variation	Sum of squares	df	mean of squares	F	sig
Between groups	123.668	3	41.22	1.03	0.125
Within groups	12589.734	317	39.71		
total	12713.402	320			

Is evident from Table (6) that there are no statistically significant differences in the average degree of future anxiety among the members of the study sample in the universities of northern Jordan from their point of view due to the variable of the academic year. A great convergence in their ideas and beliefs, and they are all in school and have equal opportunities in the near future, most of which are related to the students' ability to integrate into society and try to get a permanent job, and start a life different from what they used to be.

Recommendations:

In light of the results of the study, the researcher recommends the following:

1. The necessity to conduct studies on a larger scale to identify the real reasons behind the high level of anxiety among Jordanian university students.
2. The necessity of working to provide a kind of job security for state employees and to stop the legislative and executive authority's encroachment on their due rights.
3. The need for the state represented by the Prime Ministry, to adopt new and more effective strategies in dealing with the Corona pandemic, and to move away from random, unregulated decisions that have been proven ineffective in reducing the risks of the Corona pandemic.

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Appendix (1) Tool of future anxiety for university students

Dear student, you have in your hands a scale consisting of fifteen paragraphs aimed at identifying the level of future anxiety of Jordanian university students.

Please tick the box that expresses your opinion.

Bearing in mind that the data that will be collected will be treated with complete confidentiality and for scientific research purposes only.

Researcher: Esraa

No	Paragraph	Always	Often	Sometimes	Rarely	A little
1.	I feel nervous as my college graduation date approaches					
2.	I am afraid that I will not find a job that matches my major					
3.	I feel anxious whenever new infections due to Coronavirus are announced					
4.	I am disturbed by the measures the government is adopting in dealing with the Corona pandemic					
5.	I became obsessed with constantly cutting salaries in the future					
6.	Jobs in the private sector are no longer guaranteed under the conditions the Kingdom is going through					
7.	I feel a lack of confidence in the government's actions in the Hashemite Kingdom of Jordan					
8.	I hesitate to accept the invitations I receive from my friends					
9.	I fear the side effects of the Corona pandemic on the Jordanian economy					
10.	It will not be possible to get a job in the future					
11.	I feel anxious when performing new tasks					
12.	I feel sad when someone in my family gets sick					
13.	I am concerned about the educational situation in Jordan in the future					

14.	My heart beats when I'm in a sudden situation					
15.	I hesitate to make fateful decisions					