

# The Role Of Circadian Rhythm On Distress And Anxiety Regulation In Elderly People At Pandemic Covid-19

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## Introduction

Elderly people ( $\geq 60$  years old) are susceptible to COVID-19 attacks, particularly those with underlying health conditions or comorbidities. Since march (6 months) ago, elderly people in Indonesia started to be affected by this new novel coronavirus, such as distressed feeling, anxiety, confusion, easily exhausted and muscle pain. This behavior alteration might be caused by circadian rhythm transformation, physiological function, and central nervous system modulation which is repeated for 24 hours.

## Objective

This study is aimed to describe sign and symptoms emerge during COVID-19 pandemic in elderly people who are living in Jember, East Java-Indonesia.

## Methodology

Qualitative-descriptive study is used by performing some observations, surveys based on online Questioner-Answer and secondary data from Indonesian Health Ministry and public health Office, East Java, Indonesia.

## Results

Based on the survey results, a lot of elderly people in Jember experience mental disturbances (distress and Anxiety) due to COVID-19 pandemic. They felt disturbed because they cannot go outside the house and communicate with relative or neighbors, as they used to be.

## Conclusion

Elderly people could have a healthy life in COVID-19 pandemic era if they lived a life as they used to be in a limited manner without any pressure. The elderly should be given an understanding slowly so as not to cause sudden changes, so that circadian rhythm changes do not occur that result in mental disorders or other related disorders.

**Keywords:** Covid-19, circadian rhythm, mental disorders, elderly

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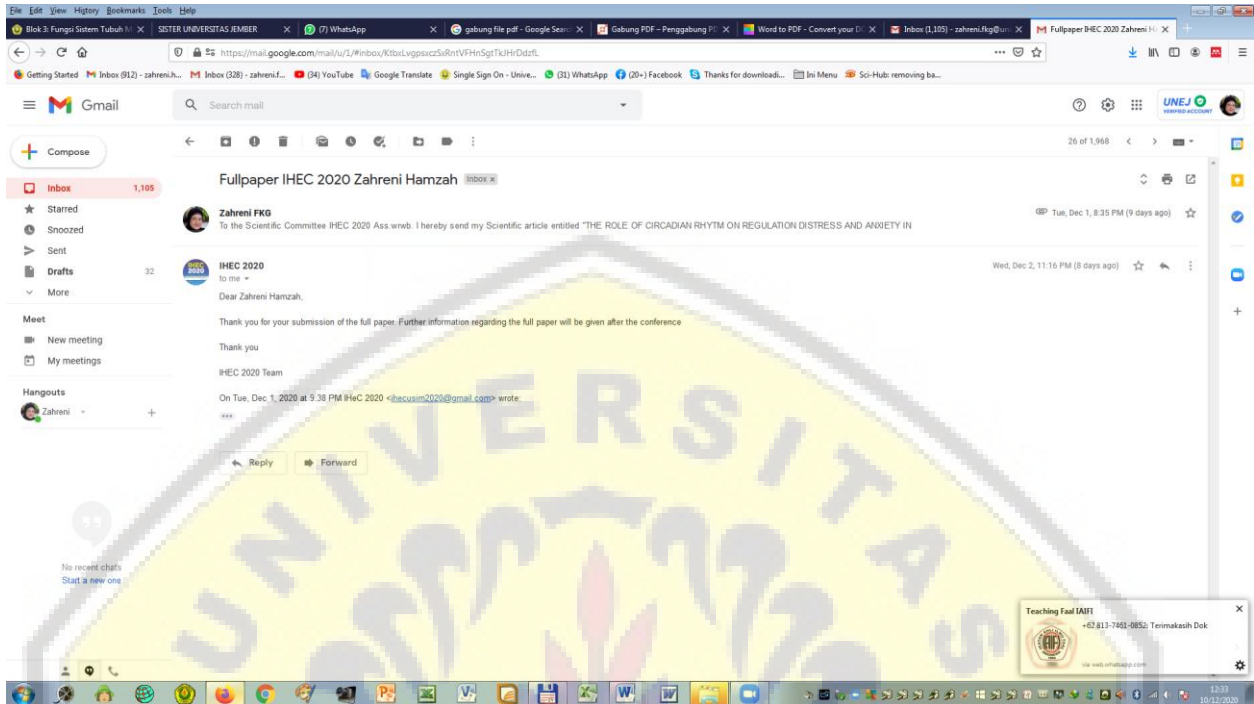
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C069	SLOT 10	OP10.11	1540 - 1550	Lim Zhi Qian	A Survey On Students' Knowledge And Consumption Pattern Of Bubble Milk Tea In A Private University, Kajang
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