

QUALITY OF LIFE AND ITS RELATIONSHIP TO FEAR OF A SECOND WAVE OF THE CORONAVIRUS (COVID-19) PANDEMIC IN THE ARAB SOCIETY

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ABSTRACT

This study aims to determine the levels of life's quality and the fear of a second wave of the Corona pandemic among a sample in the Arab society. An electronic survey was administered for 803 individuals from Egypt, Jordan, and other Arab countries. The quality of life scale for Amer (2020a) was used and the Corona pandemic fear scale for year (2020c). The data were analyzed using descriptive statistics, Pearson correlation coefficient and simple regression in the SPSS program. The findings showed that the fear from a second wave of the Corona pandemic is contributing to explain 0.4% of the variance in the quality of personal life, which is a very weak effect size.

Keywords: Quality of life, fear, Second wave; Corona pandemic; Arab world.

INTRODUCTION

The Corona pandemic has led to all groups of societies undergoing unprecedented changes in a short period of time, a forcible change in the lifestyle, devastating the economy of many countries, affecting health care systems in all countries of the world, preventing movement and halting flights, and the world has become captive to the Corona pandemic (Viswanath & Monga, 2020). In addition to the strict home quarantine measures imposed on most of the world's population, people live in a state of fear, anxiety and distress on a large scale.

Among the effects of this pandemic is a state of panic, fear and anxiety among all individuals, children, young and old, moreover the changing of lifestyles and social relationships. Coronian fear is an emotional state accompanied by tension, anxiety, terror and panic as a result of the threat from the Corona pandemic that society is going through, and this fear has caused psychological disturbances and imbalances that have

been reflected. On all personal, psychological and social aspects of the lives of individuals, but rather on its categories, and consequently on the quality of their lives (Amer, 2020a, b). Amer (2020a, c) concluded that the fear levels of the Corona pandemic were moderate on a sample from the Arab society, as well as, on a sample from the Egyptian community in the month of the beginning of June 2020. Amer & Farrag (2020) concluded that 72% of the youth sample. In the Arab environment, they admitted their fear of the Corona pandemic in a moderate to large degree, 34.6% of depression in a moderate to large degree, 52.2% of the psychological pressure of a medium to large degree, 54.1% feeling boredom and distress in a medium to large degree, and 39.6% of depression. Medium and large, 46.9% of the psychological unit has a medium and large degree, and 83.5% are concerned about their family.

The spread of pandemic affects the quality of life of individuals through precautionary measures and home isolation, and this in turn reduces social contact and the formation of friendships and relationships, so it might be affecting on the economic situation of individuals and family relations, then these are important indicators of the quality of life of individuals. The pandemic has also caused psychological symptoms such as depression, anxiety, stress, and others (Amer & Farrag, 2020; Kim, Nyengerai, & Mendenhall, 2020). In the context of the relationship between fear or anxiety about epidemics in general and fear and anxiety about the Corona pandemic in particular, many studies have found a negative association or effect of fear or anxiety about the Corona pandemic on various aspects of the quality of life (Khashiing et al., 2020; Repišti et al., 2020; de Pedraza, Guzi, & Tijdens, 2020). In Germany, a sample of children and adolescents from the age of 7 to 17 years, Ravens-Sieberer et al. (2020) indicated that 40.2% suffer from a decrease in the quality of life due to the Corona pandemic. Amer (2020b) concluded that the quality of life was negatively related to fear of the Corona pandemic to a very weak degree (-0.09) and a function of 0.05 and the significance of the result of the large sample size and this is consistent with the logical analysis where increased fear leads to lack of mental health and in turn a low but small quality of life. The size of the correlation is that there is nothing in common between the quality of life and the fear of Corona, and this seems to be the case in the Egyptian environment in particular and the Arab environment in general. In this context, it is clear that fear of a second wave Corona pandemic plays a role in affecting the quality of life.

There is a scarcity to some extent in Arab studies that have dealt with the impact of the Corona pandemic on the quality of life in general and in particular among Arabian societies, except for a few studies, including Amer (2020a), which dealt with the contribution of psychological resilience to the quality of life in light of the Corona pandemic for a sample in the Arab society.

RESEARCH QUESTIONS

In light of the above, the following study questions can be asked:

1. What are the fear levels of a second wave Corona pandemic (COVID-19) for a sample in the Arab society?
2. What are the levels of quality of life in light of the second wave of the pandemic that I have a sample in the Arab society?
3. What is the relative contribution of fear of the second wave of the Corona pandemic to the two dimensions of quality of life (social, personal)?

Therefore, the main objective of the study is to determine the levels or degree of fear of a second wave of the Corona pandemic and the quality of life of a sample in the Arab society, and to determine the role of fear of a second wave of the Corona pandemic on the quality of life.

METHODOLOGY

Study design: The study relied on designing cross-sectional studies using an electronic survey through a link on the Google form in social media.

Participants: A snowball sample was used where the two scales were sent to individuals on Facebook and WhatsApp groups and in turn sent them to other adolescents in high school and university via smartphones through the link on the Google form. The size of the participants was 803 participants and their ages ranged from 13 to 61 years with an average of 25.50 with a standard deviation of 8.74 years, and it varied according to gender to 134 (16.7%) males and 669 (83.3%) females. According to nationality, 716 (89.3%) are Egyptian and 88 (10.7%) have a variety of Arab, Palestinian, Saudi, Syrian, and other nationalities.

Measures: The study included the following measures:

Abbreviated Quality of Life Scale for Amer (2020a): prepared by Amer (2020a). This scale is considered a brief picture, as 15 items from the World Health Organization's Scale of Life Measure (1995) are used. These terms were chosen in line with life situations to deal with the Corona pandemic, including social relations, family, career, general health, mental health, housing, self-satisfaction. The vocabulary was formulated in questions such as:

What degree do you feel happiness in your life? What degree are you satisfied with yourself? Do you feel at ease and peace of mind? and were corrected in light of a scale The five Likert scale and the word "What is the degree of negative feelings you have (frustration, depression, anxiety)?" Because it is a negative expression and it was deleted during the analysis of the items of the scale because it reduces the stability of the scale. The reliability coefficient of the scale was 0.905 after deleting a single item. The quality of the individual's personal life, and the second includes the quality of life for the individual in his relationship with others or socially (Do you feel satisfied in your family life?). As for the data of the current sample, the index of stability of the internal consistency of Cronbach's alpha was estimated for the scale and its value was 0.91, which is a good value, while the stability of the first dimension was the quality of personal life (11 items) 0.90, while the quality of social life (3 items) was 0.79, which

are very satisfactory stability values for the analysis.

Corona Pandemic Fear Scale for Amer (2020 c): Amer prepared (2020 c) the Corona Pandemic Fear Scale of 12 items and scored in light of Likert's five scale, to a very large degree (5), to a large degree (4), medium (3), To a very small degree ((2, to a small degree (1)), the reliability and validity of the scale was estimated on a sample in the Arab society (N = 538) and its reliability coefficient was using the Alpha Cronbach 0.90. The exploratory factor analysis separated two factors, one of which was the manifestations of personal fear in five terms ($\alpha = 0.815$) and the other is the fear associated with daily behaviors in seven terms ($\alpha = 0.894$), and the confirmatory factor analysis showed a good fit of the two factor' model with the data, and one-dimensional data could be accepted for the scale. The Alpha Cronbach of first dimension is 0.84 and the second dimension is 0.90

Procedures: The two study measures were applied in addition to the basic data through social media, especially WhatsApp and Facebook, on an electronic link in the Google form from 20/11/2020 until 2/1/2021, and respondents were alerted that the data is confidential to be used for scientific research purposes. This measure fearing of the pandemic and the quality of life during the second wave of the corona pandemic, and the Excel data file was converted to a SPSS file.

Statistical analysis: The SPSS program (26) was relied on to analyze the study data through the use of frequency distributions and descriptive statistics to determine the fearing levels of a second wave of a pandemic, in addition to the levels of quality of life, and the Bootstrap Pearson correlation coefficient was used to study the relationship between fear of the Corona pandemic and the quality of life during a second wave of Coronavirus. Simple regression analysis was used to study the extent to which pandemic fear contributes to predicting the quality of personal and social life.

RESULTS

The first question: What are the levels of fear of the second wave Corona pandemic (COVID-19) I have a sample in the Arab community?

The averages and standard deviations as well as, skewness and kurtosis were estimated to check for moderateness of the data in table 1.

It becomes clear from table (1) that the skewness values do not exceed 1.0 for all vocabulary except for the word "I have terrifying dreams", and the kurtosis values do not exceed 2.0 for all vocabulary except for "I have terrifying dreams", which indicates a good moderation. Most of the individuals' responses are close to 3.0, which indicates the quality of the vocabulary as it is centered around the mediating response, in general, the sample members suffer from fear of corona to a moderate degree for most of the vocabulary except for the single "I have terrifying dreams during sleep of having Corona, which was to a small degree.

Table 1. Averages, standard deviations, skewness and kurtosis for fearing vocabulary of a second wave of the Corona pandemic (N = 803).

Item	average	Standard deviation	Skewnes	Kurtosis
I avoid leaving the house until I do not meet anyone	2.78	1.17	.123	-.650
Avoid praying in congregation for fear of touching others	2.75	1.34	0.20	-1.09
I avoid visiting my relatives for fear of catching corona.	2.90	1.28	0.11	-.94
I am afraid of buying daily necessities because they suspect it includes the Coronavirus.	3.32	1.20	-.28	-0.70
I am afraid of others so as not to catch the virus.	3.37	1.27	-0.33	-0.88
I am afraid to buy daily necessities for fear of the Corona virus	2.70	1.27	0.29	-0.88
I am afraid to greet someone for fear of touching his hand.	3.10	1.34	-0.07	-1.11
I am afraid of contracting corona for fear of death.	2.88	1.45	0.11	-1.31
I have terrifying dreams during sleep for fear of catching Corona.	1.65	1.15	1.76	2.02
I am terrified of catching corona.	2.71	1.44	0.56	-1.26
I constantly suspect I have Corona symptoms	2.60	1.32	0.38	-0.96
I am alarmed to hear the news about the Coronavirus deaths	3.33	1.4	-0.34	-1.14

The lower and upper quarter were estimated to determine the distribution of the sample members on the fearing levels of a second wave of the Corona pandemic, as the lower quadrant was $P_{25} = 26$, while the upper quadrant was $P_{75} = 42$. Therefore, the distribution of the sample members is as follows:

Table 2. Distribution of the sample members on the fearing levels of a second pandemic of the Coronavirus.

Degree of fear	number	percentage %
Large (over 42)	219	27.20
Medium (26 to less than 42)	383	47.70
Large (over 42)	201	25.10
	803	100

That means a quarter of the sample members suffer from fear of a second wave of the Corona pandemic to a large extent, and almost a quarter of the sample members suffer from fearing of a second wave of the Corona pandemic to a less than average degree, while half of the sample members suffer from fearing of a second wave of the pandemic to a moderate degree. That is, (72.80%) of the total sample suffer from fearing of a second wave Corona pandemic.

The second question: What are the levels of quality of life in light of the second wave of the pandemic among a sample of adolescents in the Arab community?

Averages and standard deviations, as well as, skewness and kurtosis were estimated to check for moderateness of the data:

Table 3. Averages and standard deviations, skewness, and kurtosis for quality of life vocabulary in the time of the Corona pandemic (N = 803).

Item	average	Standard deviation	Skewness	Kurtosis
To what degree do you feel happiness in your life?	3.19	0.99	-0.20	0.08
How good is your relationship with your parents and relatives?	4.11	.95	-1.02	0.80
Are they new relationships?	3.93	0.93	-.67	0.14
Do you feel good in your family life?	3.96	1.13	-0.99	0.26
To what degree are you comfortable in your work or your job?	3.07	1.09	-.11	-.39
Do you have an amount of money to meet your daily needs.	3.17	1.06	-.24	-.14
Do you feel physical health and wellness?	3.51	1.04	-0.36	-.17
Do you feel safe and secure in your daily life?	3.43	1.08	-.36	-.28
Do you feel at ease and peace of mind?	3.28	1.09	-.22	-.43
Are you satisfied with the place you live in?	3.97	1.05	-0.89	0.17
To what degree is able to do your daily work?	3.44	.90	-0.20	0.17
To what degree are you satisfied with yourself?	3.61	1.04	-0.45	-0.17
To what degree are you enjoying your life?	3.22	1.05	-0.21	-0.20
What is your quality of life score?	3.33	.89	-0.21	0.47

It becomes clear from Table (3) that the values of skewness and kurtosis do not exceed 1.0 for all vocabulary except for the value of skewness for the singular "How good is

your relationship with your parents and relatives?" This indicates the availability of moderation to a large extent, and the averages of individuals' responses to most of the vocabulary exceed or close to 3, indicating the quality of the vocabulary as it centers on the mediating response. In general, individuals feel a great degree of quality of life in terms of how good is your relationship with your parents and relatives ?, Are they new relationships ?, Do you feel satisfied in your family life? Do you feel physical health and wellness ?, Are you satisfied with your home in which you live? In it ?, To what degree are you satisfied with yourself ?, where the average value exceeded 3.50 while they feel an average degree for the rest of the aspects of quality of life such as "To what degree are you comfortable in your work or job ?. Do you have an amount of money to meet your daily needs? And "To what degree are you enjoying your life?" And "What is your quality of life?" In general, the average total score of the quality of life is 49.23, which is equivalent to 70.33% of the total score ((70), which is equivalent to the value of the second quadrant, thus the quality of life is available with a medium degree. In the light of the second quadrant, it is clear that 40.47 of the sample showed low levels of quality of life, while 59.53% showed medium to high levels of quality of life.

The third question: What is the relative contribution of fearing from a second wave of the Corona pandemic to the two dimensions of quality of life (quality of life with others, social, and quality of personal life)?

The Bootstrap Pearson correlation coefficient was estimated for the relationship between the two dimensions of quality of life and fearing of the Corona pandemic, and it became clear that the correlation coefficient between quality of personal life and fear of the pandemic $r_{803} = -0.07$, $p < 0.05$ and the correlation coefficient is very weak, but it seems that the significance due to the large sample size is hardly a statistically significant at 0.05 The association between social quality of life and fear of a pandemic $r_{803} = 0.03$, $p > 0.05$ which is a very weak relationship and is not statistically significant.

By conducting a simple regression analysis, it became clear that an equation can be constructed for predicting fear of the second wave of the pandemic with the quality of personal life, as fear of a second wave of the Corona pandemic contributed to predicting the quality of personal life with a standard regression coefficient of -0.07, meaning that the decrease of -0.07 standard unit of fear of the Corona pandemic increase unit of the quality of personal life dimension, and the explained variance ratio was 0.004 meaning that the fear of a second wave Corona pandemic explained only 0.4% of the variance after the quality of personal life.

DISCUSSION

The results of the study showed that fear of a second wave of the Corona pandemic second wave (COVID-19) was of a moderate degree, and that 72.80% of the Arab community sample suffers from the fear of a second wave of Corona, with a degree of moderate to severe. This result may be due to the fact that fear is normal at this age because the virus is not visible, and that the infections are frightening, and the number

of deaths is large, especially at the international level, which reflects the fear that is sweeping the souls of these adolescents in addition to the negative effects of social networking that widened the gap between People have enslaved their minds and bound them in front of transparent glass screens that depict an imaginary virtual world far removed from constructive and effective human contact at the level of the family and society as a whole. This result is consistent with (Amer (2020, c, b) which indicated that the levels of fearing of the Corona pandemic were of a moderate degree. On a sample from the Arab community, as well as on a sample from the Egyptian community, Amer & Farrag (2020) concluded that 72% of a sample of Arab youth suffer from fearing of the Corona pandemic with a degree from medium to large, which gives a high degree of validity of cross-validation generalization of results.

The results showed the availability of aspects of quality of life with a moderate degree and that 40.47% of the adolescent sample showed low levels of quality of life, and this result may be due to the life pressures experienced by individuals in the Arab community that raise their level of pessimism beyond its natural limit and have fear and panic that they will be infected with the Coronavirus.

In this context, we recall what is being circulated on social media and TV stations about cases of family abandonment, social behavior of the person infected with the Coronavirus, practicing the method of bullying him, rejecting him, and leaving him alone to suffer from symptoms and repercussions of the disease, whether by the patient's family or from his relatives. All this constitutes a means of pressure, tension, fear and pessimism, with what the coming days will bear and thus affect their quality of life. This result agrees with Ravens-Sieberer et al. (2020).

The study found a very weak negative correlation with a function of 0.05 between fear of the pandemic and the quality of personal life (-0.07). Fearing of the second wave of the pandemic contributed to explaining 0.4% of the variance in the quality of personal life, which is a very weak effect size and this is in agreement with Amer (2020b) This weak relationship may be due to the nature of personality in the Arab environment, as religious values have a great role in the quality of life, and dependence on God constitutes an important role and can control the quality of life, and this is the case of people in the Arab environment where the quality of personal life is affected to a very weak degree by fear of a pandemic Corona, but the quality of social life is not affected by fear of the pandemic indicates the existence of the practice of social relations, and this is due to the traditions and customs in the Arab society.

It seems that the impact of Coronian fear on the quality of life is very weak, and this could give the impression that the individual in the Arab environment coexists with this situation without causing a negative impact on his quality of life. This result is partly in agreement with (Khashiing et al., 2020; de Pedraza et al., 2020; Repišti et al., 2020), which indicated a weak negative association or effect of fear or anxiety from the Corona pandemic on various aspects of the quality of life.

The study has some limitations which are collecting data from electronic means (phone, tablet and personal computer) and this excludes a wide range of individuals who do not have the skills to deal with social media such as WhatsApp and Facebook, but this seems to be a non-serious determinant in light of its availability for all individuals in society, but it turns out that the quality of the data is at an appropriate degree for statistical analyzes. Despite the limitations, the study relied on a large sample size, which increases the reliability of the results and the use of electronic means to collect data frees us from the traditional application procedures, where the influence of physical factors or talking with members of the sample to each other and the transmission effect of the response.

The results of the study are not amenable to generalization unless other confirmatory studies are conducted on other samples in the Arab environments, where the study sample was mostly from the Egyptian society, 83.3%. This gives doubts about the generalization of the study results to the Arab society in general. Finally, the study is considered an addition in the field of studies of the impact of fear of a second wave of the Corona pandemic on the quality of life of a sample of individuals in the Arab environments.

CONCLUSION

A large percentage of a sample in the Arab society suffers from fear of a second wave of the Corona pandemic in a moderate to severe degree, which is why governmental and private institutions should prepare awareness programs to reduce the level of fear of the pandemic because this has a negative impact on the psychological lives of individuals, as well as, the fear from a second wave of the pandemic has a very weak negative impact on the quality of personal life, while it has no effect on the quality of social life, as individuals relate to each other, their families and their relatives.

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