



## HOW PSYCHOPRAGMATIC STUDIES CAN BE AN APPROACH TO SEEING A PATTERN OF COVID-19 SPREAD

Bagaimana Studi Psikopragmatik dapat Menjadi Pendekatan  
dalam Melihat Pola Penyebaran Covid-19

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### Abstrak

Pandemi Covid-19 telah menimbulkan kekhawatiran dan ketakutan yang meluas di kalangan individu secara global, termasuk mereka yang berada di Indonesia. Penyakit menular ini terutama memengaruhi sistem pernapasan. Investigasi ini bertujuan untuk menganalisis berbagai jenis wacana yang dapat berkontribusi pada penyebaran Covid-19 atau virus corona dengan menggunakan analisis psikopragmatik. Secara khusus, penelitian ini akan berfokus pada pidato panik dan kecemasan yang dipengaruhi oleh keadaan psikologis pembicara. Kerangka teori yang digunakan dalam penelitian ini didasarkan pada Capano (2013). Metodologi penelitian yang digunakan didasarkan pada perspektif Sudaryanto (2015), dengan menggunakan pendekatan distribusi. Temuan penelitian ini menunjukkan bahwa psikologi seorang pembicara dapat berdampak pada perkembangan Covid-19 pada pembicara lain, terbukti dengan pengaruh pidato panik dan kecemasan. Fenomena ini muncul dari pengalaman panik dan kecemasan, yang mengakibatkan manifestasi ketakutan dan kecemasan yang berlebihan.

**Kata-kata kunci:** Covid-19, panik, cemas, psikopragmatik

### Abstract

*The Covid-19 pandemic has caused widespread concern and apprehension among individuals globally, including those residing in Indonesia. This infectious disease primarily affects the respiratory system. This investigation uses psychopragmatic analysis to analyze various types of discourse that may contribute to the propagation of Covid-19 or coronavirus. Specifically, the study will focus on panic and anxiety speech, which are influenced by the speaker's psychological state. The theoretical framework employed in this research is based on Capano (2013). The utilized research methodology is founded on Sudaryanto's (2015) perspective, employing a distribution approach. The findings of this research indicate that a speaker's psychology can impact the development of Covid-19 in other speakers, as evidenced by the influence of panic and anxiety speech. This phenomenon arises from the experience of panic and anxiety, resulting in an excessive manifestation of fear and anxiety.*

**Keywords:** covid-19, panic, anxiety, psychopragmatics

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## **INTRODUCTION**

The SARS-CoV-2 virus, also known as Covid-19, poses a significant threat to the worldwide human population last years. The SARS-CoV-2 virus is primarily transmitted via respiratory droplets between individuals, demonstrating high effectiveness. According to Paakkari & Okan (2020), Covid-19 is a viral pathogen that can potentially induce infections in the upper respiratory tract, sinuses, and nasal cavities. So, individuals should maintain a consistent indoor presence to mitigate the risk of contracting the illness, given its rapid global spread. This threat makes governments worldwide advise their populace to abstain from worrying anxiety in the event of excessively infected individuals. This virus spread is restricted to direct physical contact and proximity to contaminated surfaces within the vicinity of an infected person. As per the report released by the World Health Organization (WHO) on April 9, 2023, the total count of Covid-19 cases that had been confirmed was 7.68 million. The report further indicated 6.945 million fatalities and 13.461 vaccine doses were administered (source: [www.who.int](http://www.who.int)). Many governments across the globe have implemented preventive measures such as geographical constraints, social distancing, and other limitations. And finally, The Covid-19 pandemic has generated significant levels of concern and unease within society due to the ease of access to information and the rapid transmission of the virus via interpersonal contact in social media and media information (Rahmat et al., 2023).

The achievements among specific demographic groups worldwide and the spread of Covid-19 create an unfavorable situation for these communities. The levels of anxiety and discomfort can impact individuals in proximity to the speaker, including those with differing perspectives. Reskiania et al. (2018) stated that an individual's language serves as both a reflection and a catalyst for their cognitive and emotional states while speaking. Rahmat et al. (2022) stated that language serves as a mechanism for cognitive expression in individuals, subsequently employed during the dissemination of ideas and thoughts through diverse activities. Tiawati et al. (2022) assert that the primary factor influencing language effectiveness is its ability to persuade the audience, especially those who may oppose the speaker's message. The function above is commonly acknowledged as a fundamental component of linguistic aptitude. So, all these things can be seen from the psychopragmatic approach as a fundamental component of linguistic aptitude. Lasan (2016) explains that psychopragmatics is a multidisciplinary domain of inquiry that examines the possible impact of an individual's cognitive and affective mechanisms on language usage.

According to Capano (2013). "psychopragmatics" refers to studying an individual's psychological concept by analyzing their inclination to use language and express their thoughts and emotions to comprehend the significance conveyed to their interlocutor. According to Revita et al. (2019), psychopragmatic speech refers to situations where a psychological characteristic triggers subsequent verbal expression. The statement above is consistent with the argument by Rohmadi (2016) that speech acts demonstrate pragmatic efficacy in terms of psychological expression and the pursuit of goals in various contexts. Therefore, an individual's psychological state significantly impacts the communicative behaviors that the individual exhibits. The phenomenon above concerns how individuals engage with one another (Schinka & Velicer, 2003). According to Edwards (2004), the psychopragmatic approach is closely associated with analyzing diverse speech acts about their psychological context.

From an initial perspective, the importance of lexicons within a language represents only one aspect of its manifestation. The speaker's identity, manner of articulation, perspective-shaping factors, the timing of utterance, and location of discourse are all additional factors that act as intermediaries of the speaker's cognitive, affective, and behavioral processes. As a result of the worldwide dissemination of COVID-19, Indonesia is

not immune to the necessity of having speakers deliver speeches marked by anxiety and concern. A psychopragmatic approach can facilitate the identification of the correlation between the panic and anxiety displayed by a speaker in a Covid-19 outbreak scenario, which a psychologist and the potential transmission of Covid-19 through the panic and anxiety of other speakers influence. The possibility of panic and anxiety in individuals who transmit Covid-19 through interpersonal communication can be explored. Moreover, examining the origin of Covid-19 from a linguistic perspective offers a unique, distinct, and engaging subject matter. The rationale is that the inquiry into a disease outbreak or illness is typically focused on medical science rather than linguistics.

Several academic inquiries have delved into Covid-19, resulting in noteworthy medical advancements. Bai & Wang's (2022) study investigates the transmission dynamics of Covid-19, with a particular focus on the role of physical contact in the spread of the disease among individuals who have either visited regions affected by the pandemic or come into contact with infected individuals. The research additionally underscores the dissemination of the pathogen by individuals displaying symptoms. Bai & Wang's (2022) research is one of several academic inquiries that have explored the ramifications of Covid-19 and its impact on diverse medical advancements. Moreover, Xu's study has uncovered diagnostic discoveries that initiate the manifestation of Covid-19 in individuals who have contracted the virus. The findings above were presented in the study carried out by the researcher. According to his statement, the clinical and pathological observations of Covid-19 cases will not only aid in determining the cause of death but also provide new insights into the development of pneumonia linked to SARS-CoV-2. The novel discoveries about the pathogenesis of pneumonia linked with SARS-CoV-2 have the potential to aid medical professionals in formulating appropriate therapeutic regimens, ascertaining the most suitable timing, and executing efficacious approaches for analogous Covid-19 cases, ultimately resulting in a reduction in fatality rates. The study conducted by Zandifar and Badrfam (2020) highlights the crucial need for a comprehensive approach to manage and mitigate the spread of Covid-19 effectively. This approach should prioritize physical and mental health considerations. Therefore, the only viable resolution to the current dilemma is strictly adhering to the about principles, maintaining collective unity, and prioritizing physical distancing maintenance.

The interdisciplinary domain of psychopragmatics amalgamates psychological and pragmatic inquiry. The discipline of psychopragmatics investigates language not solely about its structural properties but also the psychological milieu within which an individual functions. The assertion above posits that the psychopragmatics perspective is closely associated with speech act analysis, primarily due to its psychological underpinnings (Revita, 2019). The efficacy of the speaker's communication across diverse contexts will determine the outcome of speech acts concerning specific symptoms. The distinction between speech events and speech acts is discernible in the rationale underlying the former and the import of verbal actions in the latter. Psychopragmatics is a linguistic field that comprises various subfields. According to Rahmat et al. (2019), psychopragmatics entails examining an individual's verbal communication about their psychological manifestations and the context in which the communication occurs.

As per the given elucidation, psychopragmatics is a modality that can ascertain how much an individual's psychological condition influences linguistic expression. Bogdan (2009) posits that the speaker can strategically direct and mentally influence their speech opponent through language to convey their intended message. According to Rahmat et al. (2022), language can be perceived as a form wherein speech manifests a thought or idea expressed through verbal communication. This perspective allows speech to be analyzed semantically, pragmatically, and socioculturally, enabling it to be comprehended as a coherent message.

To clarify, the perception of speech in this manner results in a coherent and significant entity of semantic content. Assuming that it pertains to its role as a conduit for conveying information. In this scenario, it is imperative to consider language from both a linguistic and a paralinguistic perspective. The formation of a communication process is contingent upon the amalgamation of two key components in conjunction with the relevant circumstances. This suggests that the significance of meaning is not solely derived from its linguistic interpretation but also from the speaker's identity, delivery, contextual factors, and situational influences, which collectively mediate the transmission of thoughts, emotions, and behaviors. A psychopragmatic methodology may investigate the correlation between an individual's psychological state and language use, particularly concerning fear and anxiety. Language can serve as a means of observing the manifestation of Covid-19 progression patterns through the lens of fear and anxiety. Comprehension of Bogdan's viewpoint and the elucidation above is imperative for grasping this concept.

## **THEORETICAL BASIS**

Psychology is an academic discipline that employs scientific methods to investigate human behavior and the underlying cognitive and physiological processes that contribute to it. This conduct is also associated with the linguistic expression employed by an individual. There is a widespread consensus that language is a means of disclosing one's identity. The interrelation between these two terminologies appears to be intricate (Maryelliwati et al., 2022). The study of learning identity concerning language is a current area of academic research. Language serves as a means of conveying information, yet it is often imbued with hope and desire about the discussed subject (Suharni et al., 2022). The concepts of hope and desire pertain to the realm of psychology. These are the efforts made by an individual to exert influence over the language they wish to express or how their psychology governs their language usage. The field of inquiry about this subject matter is called psychopragmatics. Psychopragmatics refers to the intersection of two distinct fields of study, namely psycholinguistics, and pragmatics, which draw upon multiple disciplines. According to Tarigan (2015), the discipline of psychopragmatics amalgamates two fields of scientific inquiry: psycholinguistics and pragmatics. This research investigates the correlation between cognitive processes and affective states (psychological factors) and how the situational context can impact psychological phenomena, ultimately influencing verbal expressions. The subsequent discourse aims to elucidate the definitions of psycholinguistics and pragmatics to comprehend the concept of psychopragmatics. This field of study is a fusion of psycholinguistics and pragmatics, as suggested by certain viewpoints previously expressed.

The psycholinguistic theory examines the impact of psychological factors, such as thoughts and emotions, on language use. Ahmadi & Jauhar (2015) assert that psycholinguistics is an interdisciplinary field that establishes a connection between psychology and linguistics. The primary objective is to uncover the underlying structures and processes facilitating human language production and comprehension. Rahmat et al. (2020) assert that psycholinguistics is a field of study that draws from multiple disciplines, including psychology and linguistics. Psychology is an academic discipline that focuses on the scientific study of human behavior and its underlying cognitive and neural processes. Linguistics is an academic discipline that involves the scientific study of language, including its structure, use, and evolution. Psycholinguistics is an academic discipline that seeks to elucidate the cognitive mechanisms underlying language production and comprehension in human beings. Psycholinguistics is an interdisciplinary field that examines the relationship between psychology and linguistics. Specifically, it investigates the impact of psychological factors on

language use and comprehension, as well as the influence of language on psychological processes.

The pragmatic theory scrutinizes the linguistic structure of utterances and the situational factors that influence the speaker's intended meaning. According to Tarigan (2015), pragmatics is concerned with examining the interplay between language and context, whether it be grammatically expressed or embedded within the structure of language itself. Pragmatics pertains to all facets of speech meaning that cannot be entirely elucidated by referencing the uttered sentence's veracity. As per Yule's (2006) assertion, pragmatics is the scholarly inquiry into the significance communicated by speakers (or writers) and comprehended by listeners (or readers). This research examines discourse beyond the individual denotations of lexical items or expressions employed therein, as indicated by its marker. Pragmatics pertains to the scholarly examination of the intentions of the speaker (Wincana et al., 2022). This study necessitates the interpretation of individuals' intended meanings within specific contexts, as well as an examination of how these contexts influence the conveyed message. Pragmatics is a field of study that examines the interplay between language and context (Faisol et al., 2022). It investigates how speech partners utilize a referential approach to deduce the speaker's intended meaning by identifying markers within a speech act.

When considering language as a structure, speech can be understood as a manifestation of thought or concept conveyed through linguistic means. The communicative act can be analyzed from semantic, pragmatic, and sociocultural perspectives to constitute a coherent and significant message (Sari et al., 2021). If the object in question is linked to its role as a means of communication, it is necessary to examine its linguistic and semiotic features (Ottman et al., 2023). The amalgamation of these two facets and the surrounding circumstances ultimately culminates in a communicative process. This implies that the significance of meaning is manifested in the lexical connotation and the speaker's identity, manner of expression, content, timing, location, and means of communication, all of which influence cognition, affect, and behavior. Their psychological state significantly impacts the action of an individual. Psychopragmatic explanations have been utilized to describe psycholinguistic and pragmatic studies. Psychopragmatics is a scientific discipline investigating the structure and semantics of language linked to an individual's psyche and character and is adjusted to the situational context. This conclusion can be drawn from the available information.

## RESEARCH METHOD

In scientific research, methods refer to the approaches or activities undertaken to achieve research objectives. This study adheres to Sudaryanto's (2015) research motto for language study. Qualitative research was the chosen method of investigation to conduct the study. The present study employed the listening approach as the method of data collection. Sudaryanto (2015) has referred to this approach as the listening method, as it involves utilizing language. The listening method employs the note technique as its instructional approach. The present study utilized the matching and distributional methods as the primary data analysis technique. As per Sudaryanto's (2015) assertion, a matching technique is a decisive instrument beyond the purview of the language (langue) under consideration. A distributional method is a linguistic tool derived from the language but not integrated into the language.

Furthermore, the methodology for matching does not integrate into the language. The approach of matching that is utilized is the referential and pragmatic one. The referential matching strategy pertains to the correspondence between language and the external world,

encompassing all entities and phenomena denoted by language. The pragmatic compatibility-based approach serves as the decisive mechanism for determining meaning. Moreover, employing techniques incorporating reading annotations is also advantageous in analyzing data. As per Sudaryanto's (1993) findings, one of the techniques employed for data analysis involves scrutinizing the markup.

## **DISCUSSION**

This section of the article will explore the potential application of psychopragmatics in identifying a discernible pattern linking the propagation of Covid-19 with emotions of anxiety and terror. A novel pandemic, Coronavirus Disease-2019 or Covid-19, has emerged. It exhibits swift propagation throughout the entirety of the globe. Bai (2020) posits that the initial occurrence of Covid-19 transpired in Wuhan, China, and subsequently disseminated to numerous other nations, ultimately culminating in a global pandemic. As per his statement, the transmission mechanism of Covid-19 primarily involves direct physical contact. Therefore, the most expedited mode of propagation is through travel to regions affected by the pandemic or those experiencing Covid-19 outbreaks. Additionally, he asserted that the transmission of Covid-19 follows a pattern of physical contact. Xu (2020) concurred with Bai's research, affirming that Covid-19 is primarily transmitted through the respiratory system and that the transmission route involves direct contact with fomites near Covid-19 patients.

Given the global attention on the rapid transmission of this particular strain of Covid-19, including among healthcare workers, there is a consequential impact on the psychological well-being of individuals residing in affected areas. This phenomenon can be attributed to the swift transmission of the Covid-19 virus. Jung (2020) has noted that individuals across different countries have been closely observing the global concern regarding Covid-19, particularly emphasizing China's healthcare system, Covid-19-related mortality rates, and quarantine measures. The prevalence of anxiety is ubiquitous. It is regarded as a highly stressful condition due to the uncertain nature of the circumstances, the indeterminate timeline for managing and remedying the illness, and the gravity of the risks associated with Covid-19. This phenomenon results in a pervasive sense of unease. The thought above process may induce apprehension and distress among inhabitants, as it can engender an undue level of terror or tension. Dar (2021) posits that stressful life events and challenging circumstances may precipitate mental disorders such as anxiety and depression. Apart from the transmission mode through direct physical contact, this could potentially serve as a pathway for the latest pattern of Covid-19 proliferation.

### **COVID-19 has generated a lot of anxiety in society**

The COVID-19 pandemic has elicited various manifestations of anxiety in global societies. A considerable number of individuals encounter feelings of anxiety regarding their health or that of their acquaintances who may contract the virus. Individuals are concerned about the manifestations of COVID-19, the potential for transmission, and the likelihood of severe complications. In addition, the current pandemic has generated significant economic instability. A considerable number of individuals encounter feelings of anxiety about their employment, financial stability, and capacity to fulfill fundamental necessities. Individuals express concerns regarding potential job loss, insolvency, or economic hardship. Implementing social distancing measures aimed at curbing the virus's transmission has impacted numerous individuals' social activities. Individuals may experience feelings of loneliness, isolation, or a lack of necessary social support. The manifestation of anxiety can encompass concerns regarding heightened stress levels, instances of domestic violence, or other mental health conditions.

The dissemination of unverified information and rumours pertaining to COVID-19 can potentially lead to heightened levels of anxiety and confusion among individuals. Individuals may express concerns regarding the dependability of information, the authenticity of vaccines, or potential conspiratorial elements associated with the ongoing pandemic. The ongoing pandemic has resulted in significant alterations to various facets of everyday existence and has engendered a considerable degree of ambiguity regarding forthcoming developments. Individuals may experience apprehension regarding the ongoing nature of the pandemic, the potential for a subsequent surge in infections, or the prolonged duration of the social and economic ramifications. The manifestation of anxiety is subject to inter-individual variability and can be modulated by a multitude of factors, including but not limited to socio-economic status, prior psychiatric history, and availability of support and resources. The following analysis summarizes highlighted data extracted from anxiety forms of activity forms.

**Data.1**

- Ibu A            *Deh, baa caronyo lai tu buk? Sabalah rumah awak, apak tu karajo di M. Djamil, beko kanai lo kami beko, baa caronyo lai tu buk?*  
 Ouch.. how is this going? Next to my house, the father works at M. Djamil Hospital, and later we will be contaminated. How do you do it?
- Ibu B            *Kami io lo buk, warga kami ado lo karajo di rumah sakik tu... cameh kami sakomplek kini, tapi takuik warga tu tasingguang*  
 We are also like that, our residents also work in the hospital, but we are afraid that person feels uncomfortable.

These statements depict the prevalent unease among the populace, stemming from their fear of contracting the Covid-19 pathogen. The current discourse was presented in Padang, a central locality within one of the customary commercial centers of the city. The discourse between Mrs. A and Mrs. B. The speech patterns of Mrs. A are marked by expressions such as "baa caronyo lai buk" and "beko kanai lo kami beko," which convey a sense of anxiety and fear. In contrast, Mrs. B's speech is distinguished by the expression "cameh kami sakomplek kini." The utterances "Beko kanai lo kami," "Beko and cameh kami," and "Sakomplek kini" are instances of resigned discourse that have surfaced due to the fear and unease experienced by inhabitants concerning the possible acquisition of Covid-19.

A language's oral or written manifestation can transmit semantic content that is discrete and distinguishable from the semantic content expressed by its written equivalent. Therefore, the most efficient method to aid in understanding a speaker's intended message is for the receiver to analyze and comprehend the linguistic style utilized by the speaker. The notion that language can operate as a performative act is widely recognized as a speech act of such character. Initial signs of stress involve feelings of anxiety and worry. Depression is a psychological condition that arises from stress and can result in disruptions in cognitive and behavioral functioning, ultimately leading to prolonged anxiety.

The communication of anxiety through language can transfer stress to individuals who were previously unaffected and unacquainted with the stressor. The phenomenon above can be attributed to the vulnerability of the human mind to psychological turmoil, which may act as a precursor to the onset of physical disorders. This phenomenon suggests that individuals are capable of experiencing stress without prior exposure.

This statement suggests a potential link exists between psychological distress and physical ailments and that individuals may encounter stress without any prior exposure. Although stress and psychological factors can affect an individual's overall health, it is crucial to acknowledge that the correlation between psychological distress and physical illness is

intricate and subject to individual differences. The present study has demonstrated that prolonged exposure to stress can harm an individual's psychological and physiological well-being, encompassing stress-induced anxiety. The topic of discussion pertains to the novel coronavirus disease, commonly called COVID-19. Extended exposure to stress hormones can disturb the immune system, rendering individuals more vulnerable to illnesses.

Furthermore, stress can augment the onset or intensification of specific medical conditions such as cardiovascular ailments, gastrointestinal maladies, and psychiatric disorders. Regarding the propagation of stress via verbal expression of fear, it is plausible for individuals to impact one another's affective conditions through the interpersonal exchange. Disclosing apprehensions and worries can engender a collective experience of unease or emotional turmoil among a cohort or society. This phenomenon has the potential to result in a shared experience of stress, which may have adverse effects on the overall welfare of individuals who were previously unscathed. Effectively addressing and managing stress is crucial, particularly in times of adversity, such as the ongoing COVID-19 pandemic. The implementation of self-care techniques, solicitation of assistance from both personal relationships and mental health experts, and the adoption of coping mechanisms can serve to alleviate the adverse consequences of stress on individuals. In addition, promoting open and empathetic communication can facilitate the establishment of a supportive milieu that enables individuals to articulate their apprehensions while concurrently striving to identify remedies and foster resilience.

**Data.2**

- |          |   |
|----------|---|
| Student  | <i>Selamat Pagi, Buk. Saya mau bimbingan proposal penelitian dengan Ibu. Apakah Ibu punya waktu?</i><br>Good morning ma'am,. I want to guide the research proposal with you. Do you have time?  |
| Lecturer | <i>Selamat Pagi, Ananda. Mana masker, Ananda, kenapa tidak pakai masker? Saya tidak mau bimbingan kalau tidak sehat dan tidak pakai masker.</i><br>Good morning, Ananda. Where is your mask? Why not wear a mask?<br>I don't want guidance if I'm not healthy and don't wear a mask |
| Student  | <b>Saya sehat, Buk.</b> Tadi saya lupa bawa masker.<br>I'm healthy, ma'am. But, unfortunately, I forgot to bring a mask just now.   |
| Lecturer | <b>Hari ini saya sedang sibuk. Lain kali bimbingannya.</b><br>Today I am busy. Next time the guidance.  |

Concerning the second datum, the dialogues above occurred on an institution of higher education's premises as an element of one of the scholarly curricula offered in Padang. The speaker delivering the discourse is a scholar presently registered in the sixth academic term, and their co-presenter is an instructor appointed as the student's proposal mentor. The individual in question visited the university to seek guidance from a professor regarding the appropriate course of action regarding a research proposal due on the same day. As previously discussed, "Saya sehat, Buk" comprises speech acts with pragmatic potency. This statement is regarded as a component of a forceful and representative speech act utilized to assert a particular point. The individual communicated to their partner that they were in optimal physical condition and did not possess the necessity to utilize a facial covering. In light of the ongoing Covid-19 pandemic in Indonesia, all individuals must adhere to the established

health protocols of the nation, which includes the mandatory use of facial masks. Individuals with robust mental well-being are deemed sufficiently assured of their health status, thereby rendering masks unnecessary for those in good health. Hence, it is plausible for individuals to encounter the Covid-19 virus without exhibiting any symptoms, albeit without a foolproof method to guarantee the non-exposure of healthy individuals to the pathogen.

The individual in question can strategically guide and regulate the speech of their interlocutor following their intended message. This suggests that the significance conveyed through the language used in speech is also accompanied by pragmatic impact. For example, the statement above, "Hari ini saya sedang sibuk," can indicate the speaker's fatigue, which translates to "I am quite tired today." In the future, guidance will be provided. The discourse above exemplifies an assertive or performative utterance to alleviate an individual's discomfort. His partner informed the speaker that he could not provide guidance due to time constraints as he was occupied with other tasks. The interlocutor poses an inquiry to the orator to provide direction at a subsequent juncture. The instructor or interlocutor refrains from guiding the speaker or student due to non-adherence to the prescribed health regimen. The escalating number of Covid-19 cases in Padang has resulted in anxiety among partners and supervisors exposed to the virus.

The individual in question can strategically guide and regulate the discourse of their interlocutor following their intended message. When considering language as a form, one can perceive speech as a manifestation of thought or concept conveyed through verbal communication. Analyzing speech from semantic, pragmatic, and sociocultural perspectives makes comprehending it as a coherent message possible. To clarify, the perception of speech in this manner results in a coherent and significant entity of semantic content. Assuming that it pertains to its role as a conduit for transmitting information. In such an instance, it is imperative to consider language from both a linguistic and a paralinguistic perspective. The formation of a communication process is contingent upon the amalgamation of two key components in conjunction with the relevant contextual factors. This suggests that the significance of meaning is not solely conveyed through linguistic semantics but is also influenced by the speaker's identity, delivery, contextual factors, and situational variables, which collectively mediate the transmission of thoughts, emotions, and behaviors.

### **The priority mental health support and treatment with a psychopragmatics approach**

It appears crucial that, in conjunction with diverse endeavors aimed at reducing the spread of diseases and other adverse circumstances, priority should be given to tackling the mental health concerns of individuals. Considering that anxiety may act as a possible facilitator for the initial spread of the illness, society and the authorities must initiate dialogues concerning advancing supplementary remedies for this ailment. Emphasizing the significance of concurrently addressing mental health concerns in conjunction with endeavors to mitigate the spread of illnesses, such as COVID-19-related anxiety. The COVID-19 pandemic has substantially affected individuals' mental well-being, emphasizing the importance of prioritizing mental health support and treatment. Elevated anxiety levels can potentially facilitate the premature spread of illness, as heightened stress responses may compromise the immune system and hinder individuals' capacity to adhere to preventative measures with efficacy. Moreover, anxiety can result in maladaptive behaviors or coping strategies that could heighten the likelihood of exposure to the virus.

It is imperative to establish a collaborative effort among the community, individuals, and the government to address mental health concerns and anxiety associated with COVID-19 adequately. Collaboration between the community and government is imperative to enhance public consciousness regarding mental health, diminish stigmatization, and furnish precise

details concerning anxiety, stress management, and accessible resources. Implementing public campaigns, educational programs, and community outreach initiatives can facilitate the achievement of this objective. Governments must prioritize advancing and enlarging mental health services, guaranteeing accessibility, affordability, and availability to all individuals requiring them. Potential measures to address the issue at hand may encompass augmenting financial resources allocated towards mental health initiatives, providing healthcare practitioners with enhanced training in psychological support, and enhancing the accessibility of telehealth services. Governments must prioritize integrating mental health services into primary healthcare systems, affording mental health the same importance as physical health. The aforementioned encompasses conducting assessments, promptly recognizing potential mental health concerns, and implementing appropriate measures to address them. It also involves creating structured channels for directing individuals to expert care services in cases deemed necessary.

Communities have the potential to play a pivotal role in providing support for the mental well-being of individuals. Facilitating candid dialogues, cultivating interpersonal relationships, and advancing assistance systems may aid individuals in managing anxiety and stress associated with the pandemic. Community-based organizations and local initiatives can offer significant resources and support services. Prioritizing mental health concerns, such as anxiety, can serve as a means for communities and governments to enhance overall well-being and foster a more resilient society in the face of adversities such as the COVID-19 pandemic. The initial and crucial step towards mitigating and ultimately eradicating the Covid-19 pandemic is to establish trust in the government's proposed solutions. The first recommended measure is to adhere to physical and social distancing guidelines, as supported by the previously referenced research, which has effectively hindered the spread of Covid-19. It is advisable to contemplate adopting psychiatric disorder treatment programs, such as those targeting anxiety and depression, for employment among patients, nurses, physicians, hospital management, and the general populace. During quarantine periods, it is essential to seek the assistance of mental health professionals such as psychologists and other medical experts with expertise in this field. This phenomenon can be attributed to the increased vulnerability of individuals to mental health concerns during this timeframe, coupled with the proliferation of information accessible to other sectors of the populace. Xiang (2020) asserts that it is imperative to comprehend the current circumstances and cultivate a feeling of assurance.

Utilizing a psychopragmatic approach can facilitate the identification of how panic and anxiety displayed by a speaker in a Covid-19 outbreak scenario under the influence of a psychologist may contribute to the spread of Covid-19 through the transmission of panic and anxiety to other speakers. In addition, the possibility of panic and anxiety in individuals serving to transmit Covid-19 through interpersonal communication can be explored. Moreover, examining the origin of Covid-19 from a linguistic perspective offers a unique, distinct, and intriguing subject matter. The rationale is that the inquiry into a disease outbreak or ailment revolves around medical science rather than linguistics.

## **CONCLUSION**

Education on anxiety and fear needs to be carried out because appropriate and comprehensive management and attention to the community's mentality are the initial capital so that Covid-19 does not develop quickly. Considering the social impact on critical conditions such as anxiety and fear in the special world of Indonesia, as well as the various roles that are responsible for maintaining safe conditions for residents who have not been infected, it is good that education on anxiety and fear needs to be carried out because proper

and comprehensive management and attention to the mentality of the community are the initial capital.

The formation of a communication process is contingent upon the amalgamation of two fundamental components in conjunction with the relevant contextual factors. This suggests that the significance of meaning is not solely determined by its linguistic interpretation but also by the speaker's identity, delivery, contextual factors, and the resulting impact on thoughts, emotions, and behaviors. A psychopragmatic methodology can be employed to investigate the impact of an individual's psychology on language use, particularly about expressions of fear and anxiety. This approach may shed light on how language can serve as a means of observing the patterns of Covid-19 development, as reflected in the language of fear and anxiety.

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