

**The state of concern for the recipients of Corona virus  
news through the various communication platforms  
(Between truth and misinformation)**

**Prepared by**



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## **Abstract**

Social media contributed in its various forms, to alleviate the crisis of direct communication between individuals which is considered an effective reality among the new world landmarks today, which has become a clear feature that no one denies in the contemporary world. The situation we are living in now that has resulted from the crisis of the Corona epidemic around the world. This was a strong news of the means of social communication, As far as it seemed from the point of view of many that it credibly failed in its handling of the situation and its misuse in times of crisis. The social media audience bears a large part of the responsibility for the negative aspects being talked about, her use of those means during the crisis who published fabricated news, To spread rumors, to seek to spread fear and panic among people, the crisis has put them in a state of anxiety and anticipation, Urges them to cling to any information that may be fundamentally incorrect and since the crisis began with the spread of the virus in China late last year, And then move to other countries, It seemed clear to many social networking platforms, there is a semblance of a state of panic and mass fear, Promoted by a large sector of the pioneers of those platforms. In light of the increasing interest in physical health during the time of the emerging Corona virus, excessive anxiety will affect the individual's psychological immunity in the future. And the means of social communication is full of frightening statistics or practical tips or black comedy platforms, this continuous torrent of news about this epidemic may lead to increased anxiety and fear and thus affect our immune health. But a constant feeling of threat may have other, more dire effects on our psychological state.

**Key Words: State of anxiety-- Corona Virus -- Social media platforms**

## **Research problem and importance:**

Since the spread of Corona virus appeared late last year, and then its transmission to other countries, it became clear on many social media platforms that there is a kind of collective panic, promoted by a large segment of the pioneers of these platforms. The reality has resulted in the crisis of the Corona epidemic spreading around the world, that was the strong publication of testing social media, between the validity of use and the tainted credibility of the publication until one of the transmission of news that was almost around the clock, which generated a state of confusion accompanied by the inaccuracy of the publication or verification. Of authenticity. In addition to the intention of some to limit their posts on social media platforms, to highlighting the dark and dark side, and the details of the deaths, in a way that deepens the state of anxiety already occurring, there are others who sought to take advantage of the crisis by promoting fake drugs, which they claimed to address the Corona epidemic. All this required a stand to discuss this phenomenon and how the misinformation by social media platforms affects individuals through the transmission of negative news, how to spread the state of fear among individuals, and how this affects their body health. Mental health is an integral part of health in general, and mental and physical health is affected by each other in a dynamic relationship. If mental health improves, physical health improves and the immune status of individuals increases and vice versa.

## **Research aims:**

**The current research aims to identify the state of anxiety raised by true and false news through social media platforms by answering the following questions:**

- 1- What is the level of anxiety of (individual) news recipients from communication platforms, according to gender (male-female)?
2. - What is the level of anxiety of (individuals) news recipients from communication platforms, according to the age variable?
3. What is the level of anxiety for (individual) news recipients from communication platforms according to the time variable (in terms of employment or unemployment)?

### **Search limits**

The limits of the research were represented by a randomly selected sample from different countries of the world, male and female, and with different age groups, including those who are working and the unemployed.

### **Search terms:**

#### **1. Social networks:**

Definition: They are websites that allow people who are interested in them to meet together by sharing information, pictures and videos, and also allow them to use Internet-based methods of communication in order to make contact with each other. (Fadlallah, 2012: 07)

#### **The researchers' definition of social networks:**

Social networks: are virtual electronic communication sites that facilitate communication in social life between acquaintances and friends, and these sites enable communication, The visual and audio, the exchange of images and others, and enable them also of the capabilities that strengthen the social relationship between individuals.

#### **2. Media:**

It is a group of communication channels used to spread news, promotional advertisements, or statements, and it is the main social method for communicating with the masses. . Another definition of the media is that it is information that is published by means of the media, such as the press, radio and television, and the media is by a group of means that affect a large range of individuals, such as the Internet and magazines (Khadour: 2017).

#### **3. Anxiety**

The linguistic meaning of the word anxiety means anxiety, that is, its instability in a specific place. As for its psychological definition, as stated in the Dictionary of Psychology and Psychiatry 1990, it is a feeling of dread and fear of a potential evil.

#### **Anxiety has a number of definitions, the most important of which are:**

Sigmund Freud's definition of anxiety as a state of mysterious and intense fear that possesses a person, causing distress, distress and pain.

A anxious person expects from one moment to the next the occurrence of evil, for he is a pessimist, tense and confused, low in self-confidence and lacks the ability to concentrate. (Freud 1962: 3)

b. And Davidha Ruffenk (1977) defines it as a state of imbalance formed by an internal struggle between emotional responses. (Gharaba 2003: 112)

c. And you know Al-Anani, Hanan is a warning about a disaster that will occur and the feeling of being lost, lack of focus and inability to reach a solution or fruitful solutions. (Al-Anani 2000: 112)

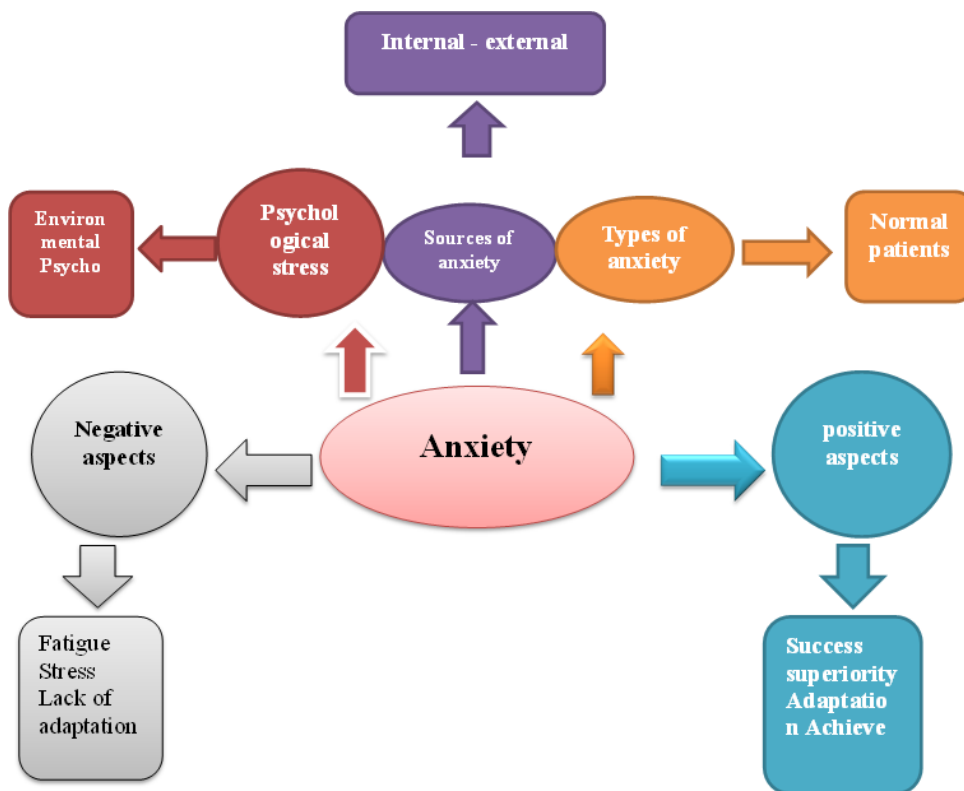
The researchers know it theoretically:

It is a state of mental disorder due to a feeling of danger that may occur.

**The theoretical side**

Anxiety is a state of response to a threat that may occur, and arises from subconscious conflicts, feelings of instability, insecurity, and instinctive tendencies, all help the body to generate a kind of preparation and readiness to face the threat that will occur, this preparation makes muscles tense, breathing, and heartbeat accelerated (Faraj 1990) : 219) And anxiety is considered one of the problems affecting our lives, so anxiety is not a simple term in itself, but rather it has a set of positive and negative effects that can be observed through the diagram below in which the sources of anxiety, its types, the positive and negative aspects are shown. .

**Figure -1 - Anxiety cognitive map (the researchers)**



All kinds of anxiety have an immediate and future effect. In our time, anxiety arises continuously due to demands and needs Multiple, threatening and fatal disease risks.(165: 1996. Zaleski )

Anxiety is no longer a source for achieving goals and achieving dreams and hopes, but for some it has become a source of instability and fear due to the worries and unknown goals it carries, as it suggests to individuals a state of realization that life will end at an unknown, unspecified point. Thinking about what will happen to the individual is considered one of the main factors that create anxiety among individuals (Al-Anani 2000: 120).

One of the studies showed, including:

A study by Youssef Al-Aqsari was based on a sample of 100 people of different tendencies, styles, and intellectual and material levels, about the extent of their suffering from anxiety, fear and fear of not, it was found that 95% of that sample suffer from anxiety and fear of the future (Al-Aqsari 2002: 24).

### **The concept of anxiety.**

It is a state of emotional emotion consisting of the element of fear and anticipating the occurrence of a potential danger or the occurrence of the danger situation at any moment, for this state creates an internal or external threat to the personality, or it is a psychological state that occurs when the individual feels that there is a danger threatening him, so that the individual appears in a state of emotional tension with physiological disorders. (The Emirate 2005) or it is a state of apprehension, panic and fear of undesirable negative changes in a person's life that make him in a state of psychological tension, tension and turmoil, as anxiety is the basis of all mental illnesses, personality dysfunctions and behavioral disorders. (Hussein 2007: 13).

It can be a state of fear, tension and imbalance as a result of the expectation of an unknown (negative or positive) event occurring, unknown and unaware, and this is what the American Psychiatric Association has known, and it may be an emotion of an unpleasant event or a feeling of threat, discomfort and stability, or a feeling of constant tension and fear that It may be unwarranted by truth and reality. (Abd al-Khaliq 1987: 27)

### **Objective anxiety.**

This type of anxiety originates from an external stimulus related to the ego, as it is a reaction to a known external danger, which is formed when the individual perceives a danger in his environment with the aim of preparing to confront this danger, either by overcoming it or to limit its effect. (Al-Anani 2000: 116) This type of anxiety is It is closest to fear because its source is clear and known to the individual, and this is what happens when a case of disease is at risk Danger (Corona virus), and that anxiety and fear are reactions to a certain known situation, so fear represents a response to a known external danger, and anxiety represents a response to a known internal risk.

### **2. Congenital anxiety.**

This type of anxiety is related to a specific topic, as its source is internal (the Supreme Ego), as it appears in the form of ego feelings of guilt or shame, and these cases of which are related to conscience, values, traditions or beliefs, that is, it is formed by the verdict of the Supreme Ego when the individual is in a state of remorse. When he commits an act that is contrary to religious and social values and norms, an internal psychological conflict of the individual arises out of that. (Emirate 2005). As for Adler, he sees it arising in the individual as a result of his dynamic interaction with his community, and thus this anxiety can be overcome by the correct way of belonging to the community (Mukiali 1996: 82)

### **3. Neurotic anxiety.**

It is an unknown, mysterious fear whose cause the individual cannot determine, and is considered a response to an internal instinctive danger. The source of this type of anxiety lies within the person himself on the id side, the individual may fear that he will be dominated by an instinctive tendency

that cannot be controlled or controlled, and here the anxiety occurs subconsciously far from the person's perception. (Al-Anani 2000: 116).

### **Anxiety and fear**

There is a correlation between anxiety and fear, so anxiety is a psychological state and a response to a known internal risk, and fear is also a psychological state and response to a known external danger that exists in the individual when a threat threatens him, and it often threatens him organically (Hussein 2007: 22) Just as anxiety has the same components of fear, it has four implications. Cognitive, physical, emotional and behavioral content. (Haqqi 1995: 51). Among the similarities between anxiety and fear are:

1. Each of them is an emotional state.
2. Each of them is provoked by the presence of danger threatening the individual.
3. He emits a signal from them that motivates the person to act for the sake of defense and to preserve his survival.
4. Each of them has symptoms of a number of physiological variables, such as disturbances - breathing, blood circulation, and intestinal juices secretions.

Anxiety and fear are inherent in the normal self, and they are among the basic emotions of a person and are related from the psychological point of view, so anxiety is accompanied by constant fear that is not objectively justified. (Abd al-Khaliq 1987: 27)

Exaggerated fear generates two different types of anxiety:

a. Unexpected automatic anxiety: A person develops a sudden, unexpected anxiety that takes over feelings and the mind before realizing how to deal with that anxiety, and after a while it decreases, but leaves its owner feeling tense and exhausted. .

B. Expected anxiety: It is a type of anxiety that occurs due to events that are expected to happen, so the closer the period of the event occurs, the more fear, anxiety and instability the individual will feel, and an increase in heart rate, sweating of hands, and a sense of turmoil, as fear and anxiety may be caused by various and tragic accidents, such as an earthquake. Or war or disease, or it may be the result of a painful personal situation, for example the loss of a loved one, the death of a close person, having a serious illness, and anxiety may take a general characteristic of fear from what the future holds in terms of surprises. Zaleski.1994: 97)

3. Anxiety, its causes and symptoms first. Causes of anxiety: There are many reasons for concern, but among the most important are

1. Genetic factors and environmental factors.
2. Psychological readiness.
3. The pressures and requirements of daily life that lead to negative consequences for the individual, which are reflected in family and social relationships
4. Problems of the present, which may trigger past problems for childhood, adolescence and old age.
5. Exposure to accidents and crises (economic, emotional, educational, health)
6. Lack of self-realization. (Al-Dahri 2005: 331)

Second: Anxiety symptoms:

Anxiety symptoms are classified into three categories:

a. Physiological symptoms

1. An increase and speed in the heart rate and an increase in blood pressure
2. Dizziness and fainting
3. Dryness in the throat, difficulty swallowing and indigestion
4. Paresthesia in the hands, arms, or feet
5. Upset stomach with nausea
6. Pain Chest
7. Cases of sweating
8. Lack of self-control
9. Abnormal secretions (such as adrenaline)
10. Lack of or decrease in the immunity of the individual
11. Bad dreams. (Al-Dahri 2005: 332), (Al-Anani 2000: 114)

b. Psychological symptoms

1. A panic attack that occurs automatically
2. Cases of depression and a feeling of helplessness when making critical decisions
3. The individual's feeling of fear that does not know its source
4. Tendency to expect evil
5. Tends to interpret some things negatively and pessimistically
6. Unnatural emotions .
7. The inability to perceive and excel
8. Forgetting some things
9. Mixing up in thinking
10. An increase in aggressive tendencies.

Self-criticism and placing heavy demands on what should be done. (Ibrahim 1994: 24), (Othman 2001: 30), (Al-Dahri 2005: 332).

Causes of anxiety from the point of view of some psychology theories.

According to the theories of psychology, there are many views on the causes of anxiety, including:

a . Analytical theory.

Freud explained that anxiety is a state of fear that affects the individual, causing him grief and distress, expecting evil for him at any moment. An anxious person always seems nervous, pessimistic, low in self-confidence, hesitant, lacks the ability to concentrate, and anxiety is the result of suppressing the conflict between ego and id, and thus Freud went to the opposite of the



belief that anxiety is the source of suppression and not a consequence of it, and he explained that by considering that anxiety occurs as a result of For the change that occurs due to sexual impulses when there is no outlet for them. (Al-Dahri 2005: 330). . And anxiety, from his point of view, also arises from suppressing sexual desire and preventing it from gratification, when sexual desire is thwarted, sexual energy transforms in a special physiological manner into anxiety.

B- Behavioral theory. You see anxiety or fear as a behavior learned from the environment in which the individual lives under positive or negative support, and the sources of anxiety from the behavioral school point of view are:

1. General anxiety responses: This type of anxiety is called general anxiety, and these responses can be elicited through General and non-specific concepts related to the environment of the individual

2. Anxiety related to (intractable) diseases: It is the anxiety resulting from the idea of having a type of incurable disease that is difficult to cure and which may lead to the life of the individual (as is the case with infection with Corona virus).

3. Neurotic anxiety responses: This type of response is affected by multiple situations such as natural disasters, rejection of the person, fear of authorities, closed and crowded places. . These situations are sufficient stimuli to arouse him by thinking about them.

C. Cognitive theory. This theory considers that emotional disturbances are nothing but the product of events that the individual may have been exposed to, and these events may have affected some of the vulnerable points, which led to their excitement to produce those fears associated with them, and these events that the individual was exposed to varies from one person to another. Certain emotions and reactions of one individual may differ from that of another individual, and may arouse different emotions and emotions for the same individual according to different situations. (Al-Dahri 2005: 329)

D. Biological theory. This theory focused on the biological and genetic causes that lead to anxiety states, as the biological causes were identified by determining the innate tendency of individuals to states of panic and fear, by designing tests for biological resistance by identifying a biological factor, such as the effect of table salt on individuals who suffer from panic states and others They do not suffer from this. Individuals who are biologically sensitive to sodium salts experience feelings of dread and panic. As for the genetic causes, this depends on studying the genetic condition and determining the percentage of individuals who have the same disease in the same family. . This theory explains obsessive-compulsive disorders through EEGs and biochemical disturbances (Al-Dahri 2005: 330).

The physiological explanation for anxiety.

Anxiety is one of the most important functions of the brain, as it works to regulate and prepare all human energies (physical and mental) to face the situation that raises the state of anxiety, by raising the degree of mental and nervous alertness and stimulating the secretions of the glands of their hormones. (Previous source: 325) So anxiety arises from The increase in the activity of the autonomic nervous system (sympathetic and parasympathetic), which in turn leads to an increase in the level of adrenaline and noradrenaline in the blood, and is accompanied by an increase in blood sugar movement with the appearance of some symptoms such as paleness, increased sweating, dryness in the throat, frequent urination, intestinal disturbance. The one responsible for regulating the autonomic nervous system is the hypothalamus, which is the center for expressing nerve emotions, and it is also in contact with the brain.



The visceral, which is the sense center of the emotion, as well as the connection to the cerebral cortex, which receives instructions from it to adapt to external stimuli, from this we understand the existence of a continuous nervous circuit between the three (cortex, hypothalamus and visceral brain) and through this nerve circuit we pass and feel our emotions, and this circuit It works in a torrent of electrical and chemical charges and the conductors between these three parts (serotonin, adrenaline and dopamine) in addition to the acetylcholine found in the cerebral cortex, and that one of the main causes of most mental and mental illnesses is the imbalance in the balance of these neurotransmitters. (Okasha 1998: 111)

### **The fear:**

Fear is a natural reaction that occurs as a result of the individual being exposed to things that cause a feeling of anxiety and panic around him, which in turn affects the internal body hormones, highlighted by the hormone adrenaline, which helps the body resist the feeling of fear and maintain its balance as much as possible, and fear sometimes may lead to Death as a result of a severe drop in blood pressure, and it may lead to malfunctions in some parts of the body and its systems, and we can notice there is a connection between anxiety and fear, anxiety is a psychological state and a response to a known internal risk, and fear is also a psychological state and a response to a known external danger that exists in the individual when he is threatened by danger M. (Hussein 2007: 22)

### **The psychology of viral fear.**

To develop this feeling there are two neurological pathways that must work simultaneously. The first one is responsible for the main emotions, responds quickly and is accompanied by a large number of errors, and this helps us in quickly responding to situations of danger and often gives a false alarm, and the second reacts more slowly, but more accurately, that is, the evaluation of the situation is more accurate and thus the response is more accurate in facing the danger This is, in general, except that the state we are in and the panic that accompanies it that afflicts human society in light of this deadly epidemic (Corona pandemic) has been born and generates a state of fear among individuals and groups due to its deadly effect on the one hand and on the other hand the way that the various media outlets report about Its danger and speed of spread, especially in our Arab societies, which have daily social habits and traditions (shaking hands, kissing, and hugging).

Many of us have to it, because the state of sudden prevention of these social practices that have a great role in transmitting infection and the spread of this virus, this in turn generates a state of fear, not only this, but the fear of infection made the determination of the movement and work of the individual so that he suffers from a threat in his livelihood and loss (Death) loved ones and friends. All these circumstances left him in a state of frustration and anxiety about the unknown future of him and his family, and thus the individual became in dire need of supportive mental health.

<https://www.ahewar.org/debat/show.art.asp?aid=701681>

From this we find that there is a relationship between anxiety and fear. Anxiety is a psychological state resulting from a response to a known internal risk, while fear is also a psychological state, but in response to an external threat when it threatens it (Hussein, 2007: 22), as anxiety and fear have the same components. The four are the cognitive, physical, emotional, and behavioral component. (Haqqi, 1995: 51)

The similarities between anxiety and fear are:

1. Each is an emotional state.

2. Each of them is provoked by the presence of danger threatening the individual.
3. He emits a signal from them motivating the person to act for the sake of defense and to preserve his survival.
4. Each of them has symptoms of a number of physiological variables such as disturbances - respiration, blood circulation, and intestinal juices secretions. (Al-Faouri 2008)

There are also some different psychological characteristics between anxiety and fear

**Table No. -1 shows the difference between anxiety and fear**

<b>the fear</b>	<b>Anxiety</b>	<b>Adjective</b>
<b>a favour</b>	<b>unknown</b>	<b>Subject</b>
<b>external</b>	<b>internal</b>	<b>threat</b>
<b>Limited</b>	<b>ambiguous</b>	<b>Definition</b>
<b>absent</b>	<b>Existing</b>	<b>Conflict</b>
<b>Sharp</b>	<b>chronic</b>	<b>Exists</b>

(Abd al-Khaliq 1987: 27)

### **Social media:**

The media has become the language of the times, to the extent that scholars and experts see the media authority among the four authorities as the first authority in that regard over the executive, legislative and judicial authority after it was the fourth authority. Social media through electronic sites to objectively express the mentality of the masses, their attitudes and tendencies, and it has become the most powerful weapon for modification, expression, policy-making, disseminating ideas and promoting commercial goods. An important role in influencing the psyche and personal perceptions, we and even our children on this day do many behaviors and utter many words presented by the various media outlets, and our tastes, personal choices and decisions have become greatly influenced by what these media platforms dictate to us, until they have become An important and effective part of life and influencing the thoughts of individuals.

Thus, social networks have become interactive social platforms that allow communication for their users at anytime and anywhere in the world, and they appeared on the Internet a few years ago, it changed the concept of communication and rapprochement between peoples, and acquired its social name as it strengthens relations between human beings, and has recently exceeded The latter has its social function to become an expressive, protest and economic means, and the most prominent social networks are (Facebook, Twitter, WhatsApp and other websites) and social sites can be defined: They are gatherings of people within specific groups, which one can compare to village or rural groupings that share basic characteristics. (Social networks on the Internet) are concerned with people who share distinct characteristics, such as workplaces, schools, universities, colleges, or any group. They have a united interest, and these people are abundant on the Internet, and the network is filled with millions of them, who are looking to meet new people in order to join hands and cooperate in publicizing their stories, interests and affiliations, from sports to politics (Abed, 2012: 26) Social media provided many opportunities to share information among all network subscribers with the possibilities of direct and free interaction on social sites at the end of each article or news, all of this is

what social media has made by participating in the protests that have pervaded many countries and the revolutions that swept the Middle East region.

The term social media refers to the use of internet technology and mobile (phone) technologies.

Transforming communications into an interactive dialogue Andreas Kaplan and Michael Hanlin define social media as: "A set of Internet applications that build on the ideological and technological foundations of the website, and that allow the creation and exchange of user-generated content (Wikipedia).

### **The importance and role of the media in society:**

The media, including newspapers and magazines, informative bulletins, television and radio, including readable, visual and audio, plays an important role in all countries and global societies, in terms of mobilizing global public opinion with news and information through which societies mobilize information and ideas, which are followed by decision-making, and then Implementation, which works to enrich the consciousness and minds of the recipient audience, which increases the extent of its culture, qualification and awareness, and thus its interaction with the community around it, and due to its importance, it has been taken care of by everyone, both adults and children, and the world's intellectuals of scholars and thinkers are keen to broadcast or publish everything Humanity can benefit from it from research, experiments, inventions and discoveries, and views and ideas can be exchanged for what enriches the minds of the recipient, which pushes public opinion forward, and thus the volume of knowledge among viewers increases, which supports the collective volume of knowledge and culture, and thus the media can control the minds of the masses from During the exhibit and the publication in its pages of influencing the mentality of the people of these countries through these media, and this was done by experts in various sciences, especially "psychology", where many scholars have specialized in this science on How to influence the minds of others by various means and ideas, which made these means invade the minds of young people before adults, and the interest in the media has increased remarkably in recent times due to the political, social and economic events that the world is going through in general that requires stopping at it and following the political course step by step to find out The happenings and events that we are going through. The media comes through its means The multiple and different ways to convey the most important events on the Arab and international arena, where the quality and importance of the media and its effectiveness depend on its connection with the current events and circumstances at a certain time, as the media includes a number of means of communication that have a direct impact on the future, including readable means where communication is made through the written word and there are means of communication. Audible, where the communication is through the audible word, and there are visual means where the communication is through the pictorial word, and there is also what is known as the very silent communication. But the important means that the media focus on as an important medium are radio, television, daily newspapers, as well as magazines and other means.

### **Types of social media platforms:**

We live today in the time of social networking sites, as we do not find a mobile phone without applications that allow communication via the Internet, so we went too far and we spend most of our time in front of our phone screens, and some of us have reached a point where it has become an important part of the basic needs of the person or of the misfortunes of life. This has created several risks to our lifestyle, such as the lack of social life and verbal communication with those around us. Despite the criticism against social media, it has many benefits and a major contribution to globalization.

(Issa, Suhaib and Waelhah, Suriya, 2012: 9).

Posted by "abcnewspoint." Most used sites according to

1-Facebook is the most famous site ever. Posting photos and reviews is allowed, and messaging friends

2- Twitter is the second most popular social media site in the world, and it allows its users to write and read tweets

The site is used by celebrities and the politicians who use it to keep their followers informed of their latest news

3- "LinkedIn": LinkedIn is the third most popular site in the world, directed to professionals, as it is dedicated to creating job opportunities. It is used by more than 259 million people in 200 countries and it is available in twenty languages.

4- "Google Plus" site: allows its users to create their own page that contains their photo, and personal information, such as a CV, and it allows users to exchange pictures with friends as well.

5- "Instagram": It is used to exchange pictures and videos via the phone. Users can link their "Instagram" account to their accounts on other sites such as "Facebook" and "Twitter", so that the picture is published in various sites at the same time.

6- location '. In k (VK)

Russian site also used in Europe. Although it is available in several languages, Russian is the most common language in it. The site currently includes more than 280 million people, and it is used mainly for the purpose of messaging, exchanging messages, pictures, videos, texts, maps, files ... It also enables users to publish news and articles from magazines and express their admiration for them.

7- "Vine: allows its users to edit, record, and download movies of a duration of 5 to 6 seconds. Users can follow some of them and re-publish what others have published. Also, they can publish

And Facebook at the same time. [.www.annahar.com/article](http://www.annahar.com/article) The video is on Twitter

### **. Social media platforms (platforms for self-expression):**

The urgent need for individuals to know the news, keep abreast of events and know what is going on around them, whether from the political, economic, social or other aspects of different life, and as a result of the acceleration of life and the development of media and communication, people are looking for new media to convey the news or its knowledge. The social is the new medium in which people see their media and news outlets, and these new media keep their glow and presence, because it is a platform for self-expression and not to hear others, but these sites have problems as well as their positive features. Everyone can freely say what he wants without hearing what others say, and also remains its glow in societies where there is no platform for self-expression or community participation, because the social movement is almost dead in our Arab countries, due to the political, social, religious and even cultural poverty of individuals for this Communities. .

Creating media platforms on communication sites is important and necessary, now these sites cannot be ignored, because it is one of the most accessible sites for the public, and an important and available means to find out the news or see the global reality, but the problem is those who run these sites, and verify Believe the post in them, and this turns these platforms into an additional reason for more

From spreading lies and falsification of facts, and this may confuse the recipient and sometimes lead to creating a reality of distrust of the publication, that the problem is not in the sites themselves, but rather in the mentality that governs relationships or who uses these platforms for self-promotion or exploiting the situation to create a situation From self-narcissism based on the illusion of news. (Al-Alamamah, 2003: 86)

### **Social media platforms convey a truth or illusion of propaganda:**

Social media platforms were able to provide information and news to everyone, far from the control of governments and their media platforms, so the popular media pages and platforms were a mass weapon that confronted the media machine of countries that controlled the media tightly, so the alternative was what social media platforms made available. Their positive role does not obscure the fact that they have become - Arab and International - a major source for news. Without referring to the accuracy of the information or the publication because it is mostly platforms for individuals, groups, or even individuals without verification and examination of the publication, until some parties took the initiative to establish pages on social media sites aimed at verifying news and correcting them if necessary, but the problem is that The efforts of these pages are not unified and there is no central media watchdog to verify the publication until some of these sites have become commercial in character with propaganda purposes, or that try to practice "bending facts" at times to reach an accuracy that allows forming a public opinion on the basis of verified but false facts. .

These efforts come in light of the widespread phenomenon of the spread of false news through the means of communication, which has become a source from which citizens get their daily news, for example these days about the Corona virus, and that is only sufficient for one of them to publish news through one of the communication platforms, carrying false information about the virus or one of them. Other issues that concern people, or about a controversial personality, so that the rumor begins to spread like wildfire, and many people accept it to be discussed, without searching for its source most of the time. False news acquires with time a force that coheres even in front of the denial campaigns that are launched against it later. Because lying always carries more excitement than it does Truth. . <https://institute.aljazeera.net>

## **Methodology and procedures**

### **1. Research methodology.**

In order to achieve the objectives of the current research, the researchers followed the descriptive approach, which is the appropriate and optimal approach to obtain from it detailed data and adequate explanations, using methods of measurement, classification and interpretation for the purpose of extracting indicative conclusions and reaching them into generalizations, and this approach was chosen because it is one of the approaches that try to uncover the situation. What is to be studied by answering the problems that accompany this situation, as this type of method is concerned with cause and effect, as they are closely related to the occurrence.

This is by preparing a questionnaire form for individuals about their exposure to social media platforms and what constitutes them the news presented in these texts from a state of anxiety by transmitting news about the reality of the Corona virus, to obtain data through which it can achieve the objectives of the current research.

### **2. The research sample**

The current research sample consisted of 50 persons randomly selected from both sexes and equally (25 males - 25 females) and from different countries of workers and the unemployed of different ages, as shown in the table below.

**Table No. 2 shows the specifications of the research sample.**

work nature		Age	the number	Sex
does not work	Works			
13	12	30 - 18 less than More than 30 years	25	Males
13	12	Less than 18-30 More than 30 years	25	Females

### 3. Search tool

In order to achieve the objectives of the current research, it required the researchers to prepare a scale commensurate with the nature of the research, and on this basis the researchers prepared the required scale according to the following:

#### Anxiety Status Scale

To achieve the objectives of the research, the two researchers built a special scale commensurate with the reality of the situation that humanity is exposed to from a very dangerous virus (Corona virus) that threatens their lives, taking advantage of the psychological state scale that was prepared by Dr. Kazem Al-Adly and Dr. Abbas Al-Amami and the Kuwait University Anxiety Scale, In addition to building some other paragraphs in line with the nature of the current research, so that the scale in its final form becomes simple and makes it easier for the reader to easily understand its paragraphs in terms of clarity, scientific accuracy, short term and significance, and the paragraphs of the scale in their final form consists of 20 paragraphs.

The answer to each paragraph was with three alternatives (it always applies to me, it applies to me sometimes, it does not apply to me) Table No. -3 shows the degree of the answer to each paragraph of the scale

**Table No. 3 - shows the degree of the answer to each paragraph of the scale**

Does not apply to	Sometimes apply to	Always apply to	Alternatives
1	2	3	Degree

Accordingly, the total score of the scale becomes 60, which represents the scale ceiling (the upper limit), while the 20 degree represents the scale floor (the minimum), and its average is 40 degrees.

#### Psychometric properties of the anxiety scale (according to the discriminatory strength of the scale paragraphs)

- 1) The total score was determined for each questionnaire.
- (2) The forms are arranged in descending order from the highest degree to the lowest.



(3) 27% of the questionnaires with scores were assigned to the state of anxiety and 27% of the questionnaires at the lowest levels of anxiety, that is, two groups were represented with the largest size and maximum variance. The number of forms in each group reached 13 forms, so the number of forms that were subjected to analysis was 26, and the limits of the upper grades ranged between (30-22) degrees, and the lower grades ranged between (18-10) degrees. . After applying the discriminatory power equation to find the T value, it was found that the value of  $T = 9.6$  which is much greater than the corresponding tabular value at the level of significance (0.01) which is (2.28). This result indicates that the calculated value of t is statistically significant, and this confirms the existence of a Concern over the research sample.

### **The apparent validity of the anxiety state scale**

The two researchers verified the apparent validity of the paragraphs of this scale by presenting it to a group of experts represented by a number of professors with specialization, experience and high competence in the field of psychological sciences and media, as mentioned in Table No. 4 - for the purpose of evaluating the paragraphs of the scale. Professor clarifying the validity of each paragraph of the scale and his notes on it in terms of accuracy in the scientific drafting of the paragraph, clarity, linguistic wording, the subject of the paragraph, shortening the paragraph so that it gives the full meaning, and in light of the professors's remarks, the corrections were made and taken into account and thus the scale has become composed of 20 paragraphs.

**Table number - 4 - shows the names and addresses of the examined professors**

<b>Their work address</b>	<b>Names of professors</b>	<b>T</b>
<b>Head of the Media Department at the Middle East University</b>	<b>Prof.Dr. Kamel Khorshid</b>	<b>1</b>
<b>Psychological consultant at Jadara University</b>	<b>Prof.Dr Kamal Sobhi Saeed</b>	<b>2</b>
<b>Faculty of Education - Damascus University - Psychological counseling</b>	<b>Prof.Dr Riad Nayel Al-Asimi..</b>	<b>3</b>
<b>University of Thebes Saudi Arabia</b>	<b>Prof.Dr Omar Sheikh Hajo.</b>	<b>4</b>
<b>Sultan Qaboos university</b>	<b>Prof.Dr. Ali Mahdi Kazem</b>	<b>5</b>

### **Build validity**

The validity of the construction was measured by measuring the relationship of the single paragraph score to the total score using Pearson's coefficient, and it was found as follows:

**Table 5 - shows the relationship of the grade of one paragraph to the total score**

<b>A function at the plane</b>	<b>r value</b>	<b>Paragraph number</b>	<b>A function at the plane</b>	<b>r value</b>	<b>Paragraph number</b>
<b>0.01</b>	0.40	<b>11</b>	0.01	0.39	<b>1</b>
<b>0.01</b>	0.51	<b>12</b>	0.01	0.32	<b>2</b>
<b>0.05</b>	0.24	<b>13</b>	0.01	0.33	<b>3</b>
<b>0.01</b>	0.42	<b>14</b>	0.01	0.41	<b>4</b>



<b>0.01</b>	0.44	<b>15</b>	0.05	0.27	<b>5</b>
<b>0.01</b>	0.30	<b>16</b>	0.01	0.49	<b>6</b>
<b>0.05</b>	0.26	<b>17</b>	0.01	0,38	<b>7</b>
<b>0.05</b>	0.2.9	<b>18</b>	0.01	0.44	<b>8</b>
<b>0.01</b>	0.37	<b>19</b>	0.05	0.29	<b>9</b>
<b>0.01</b>	0.45	<b>20</b>	0.01	0.51	<b>10</b>

All correlation equations are statistically significant.

### Stability of scale (state of anxiety)

The two researchers calculated the stability of the anxiety status scale using an internal consistency method, as follows:

This was done by applying the Cronbach Alpha equation to the research sample consisting of 50 questionnaires for 50 individuals (25 males, 25 females). Thus, the stability coefficient value of 70.2 appeared, which is a good value.

### Search results and discussion:

To achieve the objectives of the research, it is through knowing the following:

#### 1- The state of concern for (individual) news recipients from communication platforms according to gender (male-female)?

**Table No. 6 - Shows the T value according to gender (male - female)**

indication	t value	standard deviation	SMA	the number	The nature of the sample
<b>0.01</b>	<b>2</b>	<b>7.44</b>	<b>14</b>	<b>25</b>	<b>Males</b>
<b>0.01</b>	<b>4</b>	<b>10.2</b>	<b>26</b>	<b>25</b>	<b>Female</b>

It turns out that the calculated t value is = 4, which is greater than the corresponding tabular value at the level of 0.01 and 0.05, and this confirms that it is a sign of the state of anxiety in males and females, but in females more than males (the result naturally explains in favor of the group with a higher average, which is a group Females).

#### 2. The state of concern for (individual) news recipients from communication platforms according to the age variable?

**Table No. 7 - shows the T-value according to the age group of the sample members**

indication	T value	standard deviation	the number	Age sample
	<b>2.3</b>	<b>5.2</b>	<b>25</b>	<b>Less than 18-30</b>
<b>cursor</b>	<b>6</b>	<b>10.4</b>	<b>25</b>	<b>More than 30</b>

It turns out that the calculated t value is = 6, which is greater than the corresponding tabular value at the level of 0.01 and 0.05, and this confirms that it indicates the presence of anxiety in the age group of more than 30 years for both sexes (males and females) more than in the age group confined to the lowest From 18 to 30 years old.

**3. The state of concern for (individual) recipients of news via communication platforms according to the time variable (in terms of employment or unemployment)?**

**Table No. 8 - shows the T value according to the nature of work in terms of (unemployed, worker)**

indication	T value	standard deviation	the number	The sample in terms of work
	3	6.4	25	staff
cursor	8	12.2	25	Jobless

**The value of t is calculated for the unemployed and who have a great spare time= 8**

It is greater than the corresponding tabular value at the levels 0.01 and 0.05, and this indicates the state of anxiety experienced by individuals who spend a longer period on browsing social media compared to others who spend the least period of them.

**Recommendations and proposals**

The researchers recommend the following:

- 1- Continuous health awareness by adhering to medical directives and advice for the case of this dangerous virus.
2. Clarify the dangerous aspects of the excessive use of social networking sites.
3. Beware of believing everything that is said and transmitted through social media platforms. 4- Determine a period of time for browsing social media, especially for children and adolescents, and limit it.
5. Media outlets such as television and paper publications should warn against excessive use of social media and psychological harm from misuse of these platforms.
- 6 - That educational institutions and cultural centers play their role by educating them about the nature of using social media and how to deal with the published news in terms of ratification, intimidation, or even re-publication
7. Raising the level of cultural awareness to benefit from social media platforms and how to deal with them.

**The proposals**

The researchers suggest the following:

- 1- Expanding the research department with another study to include other dimensions such as the level of education for both sexes. 2. Conducting other studies on the relationship of the spread of the virus to the geographical dimension.

4- That the family and cultural institutions take their role in setting up the correct mechanisms for how to deal with the publication on social media platforms.

5- Everyone takes his role in light of the spread of Corona virus through communication platforms, using these platforms in a way that reduces the psychological state of individuals, not to increase the state of anxiety and fear.

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