

## DERLEME MAKALESİ / REVIEW ARTICLE

DOI: 10.52122/nisantasisbd.1351119

**COVID-19 KORKUSUNUN STRES, DEPRESYON, KAYGI, YAŞAM TATMİNİ  
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**ÖZ**

İnsanların Covid-19 nedeniyle yaşadıkları korkunun günlük yaşamları üzerinde etkisi vardır. Bu araştırmanın amacı, Covid-19'dan korkmanın bir kişinin stres, üzüntü, endişe, genel refah ve yaşamdan mutluluk düzeyi üzerindeki etkisini araştırmaktır. Elde edilen veriler üzerinde analiz yapmak için meta-analiz adı verilen bir teknik kullanılmıştır. Veri toplamak için Scopus, Web of Science ve GoogleScholar veri tabanlarını taradık. Bunu yaptıktan sonra, uygun olan 14 çalışmayı bir araya getirdik. Bu araştırmalar toplam otuz farklı korelasyon değeri sundu. Daha sonra elde edilen veriler üzerinde analizler yapmak için CMA programı kullanıldı. Heterojenliğin yanı sıra yayın yanlılığının önemi üzerine analizler yapılmıştır. Etkinin büyüklüğü hesaplanmıştır. Veri setinin birbirinden farklı unsurlardan oluştuğu ortaya çıkar. Rastgele etkiler modeli kullanılmıştır. Araştırmanın bulguları, veri setinin herhangi bir yayın yanlılığı içermediğini göstermektedir. Bu araştırmanın sonuçlarına göre, Covid-19 korkusuna sahip olmak stres, depresyon ve anksiyete üzerinde faydalı bir etkiye sahip olabilir; ancak Covid-19 korkusuna sahip olmak stres üzerinde olumsuz bir etkiye sahip olabilir ve bu da yaşam memnuniyeti ve refah üzerinde kötü bir etkiye sahip olabilir.

**Anahtar Kelimeler:** Covid-19 korkusu, stres, depresyon, kaygı, yaşam tatmini, iyi olma hali.**Jel Kodları:** L26, O18, R11, B21.**THE EFFECT OF FEAR OF COVID-19 ON STRESS, DEPRESSION, ANXIETY, LIFE  
SATISFACTION AND WELL-BEING: A META-ANALYSIS STUDY****ABSTRACT**

The fear that people have as a result of Covid-19 has an effect on their daily lives. The goal of this research is to investigate the impact that being afraid of Covid-19 has on a person's level of stress, sadness, anxiety, overall well-being, and happiness with life. A technique called meta-analysis is used to do the analysis on the data that was obtained. In order to collect data, we searched the Scopus, Web of Science, and GoogleScholar databases. After doing so, we brought together 14 studies that were suitable. These investigations offered a total of thirty different correlation values. The CMA program is then used to do analyses on the data that was obtained. Analysis is done on the significance of heterogeneity as well as publication bias. The magnitude of the effect is calculated. It turns out that the data set is composed of disparate elements. The model of random effects is utilized. The investigation's findings indicate that the data set does not include any publishing bias. According to the results of this research, having a fear of Covid-19 can have a beneficial influence on stress, depression, and anxiety; however, having a fear of Covid-19 can have a negative effect on stress, which in turn can have a bad effect on life satisfaction and well-being.

**Keywords:** Fear of Covid-19, stress, depression, anxiety, life satisfaction, well-being.**Jel Codes:** L26, O18, R11, B21.**Geliş Tarihi/Received:** 22.08.2023**Kabul Tarihi/Accepted:** 10.10.2023**Yayın Tarihi/Printed Date:** 20.10.2023

**Kaynak Gösterme:** Erkasap, A. (2023). "The Effect Of Fear Of Covid-19 On Stress, Depression, Anxiety, Life Satisfaction And Well-Being: A Meta-Analysis Study". *İstanbul Nişantaşı Üniversitesi Sosyal Bilimler Dergisi*, Özel Sayı (11) 229-240.

## INTRODUCTION

The people were impacted in their day-to-day lives by Covid-19. Fear about the Covid-19 virus increased in response to recent news reports and high fatality rates. Because of this dread, the curfews and legal safeguards were more readily accepted. However, this had a detrimental impact on the overall life satisfaction of the participants because the entire course of their lives was altered as a result of the presence of Covid-19. The people's ability to adjust to the new way of life was made more challenging by the new form of terror that they experienced.

The individuals experienced dread as a result of Covid-19. This dread manifested itself in a particular way, and we refer to it as the fear of Covid-19. According to Ozmen et al. (2021), the participants' well-being was negatively impacted as a result of their dread.

The events that occurred about Covid-19 did not help to alleviate the sense of dread. The folks' anxiety levels increased as a result of the pandemic alert that was issued by the World Health Organization as well as the curfews. According to Balioglu et al.'s research from 2020, the individuals' fear of Covid-19 got more severe as well as more detrimental to their well-being. The amount of such worry increased as a result of the uncertainty.

The quality of one's life has a significant bearing on one's level of life satisfaction, which can be reduced when one adopts new lifestyle habits that involve less interpersonal interactions. The measures taken to protect against Covid-19 contributed, as well, to the deterioration in the quality of life of the population. It has been found, however, that the individuals who had a greater dread of Covid-19 were the ones who followed the directions connected to the measures that should have been taken with regard to Covid-19 more so than the other people. As a consequence of this, they experienced the detrimental effects of the precautions, which decreased the overall quality of life of the people more so than it did for the other people. According to Ozmen et al. (2021), the dread of Covid-19 has a detrimental impact on the level of life satisfaction experienced by individuals.

According to Maslakci et al.'s research from 2021, pessimistic expectations and uncertainty have a negative impact on the well-being of individuals. Fear of Covid-19 encompasses not only dreadful anticipations, such as contracting the Coronavirus or passing away, but also apprehension of the unknown. The appearance of new Covid-19 variations and announcements that there is insufficient information available regarding new Covid-19 variants are both seen as sources of ambiguity surrounding the transmission of Covid-19.

The people's ways of living were altered as a result of Covid-19. There will not be any of the previously scheduled events or entertainments. In certain nations, traditional schooling was replaced with education delivered online. The nations that continued to employ the methods of traditional face-to-face schooling also incorporated online education within their own systems. These shifts, coupled with individuals' decreased sense of connectedness to one another, made individuals more susceptible to the unfavorable effects of covid-19 as well as their fear of the substance.

The fatality rates are updated on a regular basis, and reports of mutation are disseminated, giving the impression that the disease is evolving to become more infectious. These occurrences had a detrimental impact on the individuals as well. Additionally, the news reported a positive correlation between the age of the persons and the risks posed by Covid-19. There were also elderly patients who showed signs of improvement after receiving Covid-19. However, there was still a considerable cause for concern regarding the correlation between age and fear of Covid-19 (Dymecka et al., 2021). The nature of this connection will be investigated in this study. The news agencies devote a lot of attention to the topic of Covid-19. The participants' feelings of worry increase whenever new information concerning Covid-19 generates concerns and questions in their minds. In addition, hearing about the passing or damage of a friend or

neighbor as a result of Covid-19 contributes to the worry that is associated with the virus. Even such news has the potential to be interpreted as the problem of Covid-19 being closer than it was before, which may create more fear than the news that is broadcast through the various channels of the media.

If the workers are already anxious about Covid-19, then hearing news about the virus can make their anxiety levels even worse. Stress is a negative feeling affecting the well-being adversely. It increases when a person feels like it is not possible to get rid of the unwanted factor causing stress (Ozdemir, 2022). Cortisol is referred to as the "stress hormone" because it is produced in the bodies of people when they are under stress. According to Lin et al.'s research from 2020, individuals' levels of stress increase when they are afraid of Covid-19.

According to Bakioglu et al.'s research from 2020, other unfavorable outcomes associated with a fear of Covid-19 include anxiety and despair. Anxiety and sadness do not have a clear connection to the levels of stress experienced by the employees. Because low levels of cortisol have also been linked to feelings of worry and despair. It's possible that anxiety is a form of early warning system. It has deep ties with the way that individuals perceive the difficulty in the situation. Because of this, it is influenced by Covid-19 and the dread that it generates. Because these people believe that Covid-19 poses a threat to their health and safety. People are now more vigilant than they were before because of the news and warnings around Covid-19, and this circumstance has a negative impact on those who already have a tendency toward anxiety.

One example of a mood illness is depression. There could be a number of reasons for it. According to Bakioglu et al.'s 2020 research, depression is a source of unhappiness and misery. Depression can be managed in a variety of ways depending on the person. However, due to the changed lifestyle and reduced number of events, several of the participants were unable to apply the coping mechanisms that had previously worked for them.

There are various factors affecting the mental health of the individuals. Overall mental health is known as "well-being" for the healthy individuals (Özmen vd., 2021; Maslakçı vd., 2021). There are scales that can measure it.

Life satisfaction and well-being should be distinguished and they should not be used instead of each other. Life satisfaction is about the positive emotions of one regarding his/her life. The perceptions play a great role as it is mostly about the awareness of the person. But well-being is about the health of the individual. It is not related to awareness. The participants may notice their level of well-being during the interview. It is possible to convince a person with a low well-being that his/her life is pretty well, and this will increase his/her life satisfaction. But this is a controversy and it is an evidence of the distinction between these two concepts.

The goal of this research is to investigate the impact that being afraid of Covid-19 has on the levels of life satisfaction, sadness, anxiety, and stress experienced by the employees. In order to survey these correlations, a technique called meta-analysis will be employed. We will determine the magnitude of the effect that each link has.

## METHODOLOGY

### *Concepts & Hypotheses*

Previous research (Dymecka et al., 2021) has provided evidence that a fear of the radioactive isotope Covid-19 is associated with a lower level of life satisfaction. Atilgan and Aksoy's report from 2021 states that the findings of this investigation are unfavorable. According to the findings of the investigations, people who are terrified by Covid-19 cannot possibly have a greater level of life satisfaction (Moher et al., 2019). Based on the results presented here, the following hypothesis was developed:

There is a negative correlation between fear of Covid-19 and life satisfaction (H1).

According to the findings of the studies (Ozmen et al., 2021; Maslakci et al., 2021), having a phobia of Covid-19 has a detrimental impact on one's well-being. In light of these results, the following hypothesis can be formed and tested:

H2: Fear of Covid-19 is shown to have a beneficial influence on well-being.

The previous research (Satici et al., 2020; Lin et al., 2020) demonstrated that fear of Covid-19 is a predictor of stress in individuals. Research conducted by Bakioglu et al. in 2020 and Dymecka et al. in 2021 found that fear of the radioactive isotope Covid-19 had a beneficial impact on a person's level of stress. As a result, the level of stress will go up if there is a greater perception of the danger posed by Covid-19. In light of these results, the following hypothesis can be formed and tested:

H3: Fear of Covid-19 has a beneficial and noticeable effect on stress.

According to research conducted by Satici et al. (2020) and Bakioglu et al. (2020), having a phobia of Covid-19 may significantly increase one's risk for clinical depression and anxiety. According to Yildirim et al.'s research from 2021, the trajectory of these connections is in an upward trend. In light of these findings, the hypotheses that follow have been formulated:

H4: Fear of Covid-19 has a beneficial and significant influence on depression.

H5: Fear of Covid-19 has a beneficial and noticeable impact on levels of anxiety.

The fear that people had of Covid-19 was influenced by a variety of circumstances. Age and gender are also crucial considerations among these other characteristics. Because the amount of fear of Covid-19 may differ from one individual to the next, and the main elements impacting this situation will be necessary for the authorities to take into consideration (Satici et al., 2020; Lin et al., 2020). In addition, the effects of age and gender should be investigated (Moher et al., 2019).

#### *Design of the Meta-analysis Process*

The research was carried out in accordance with the PRISMA guidelines (Moher et al., 2019). The author performed an analysis of the publishing bias using a funnel plot diagram and the Trim and Fill test developed by Duval and Tweedie. The study's reliability analysis was comprised of a publication bias analysis. When there is a poor level of reliability, the artifact correction method is the one that should be employed. There are various artifact correction methods for correction, but when there is no publication bias, none of them is necessary.

#### *Inclusion and Exclusion Criteria*

This meta-analysis has several inclusion and exclusion criteria. The inclusion criteria are listed as below:

- The studies should use the "Fear of Covid-19 Scale".
- The studies should include a relationship between fear of covid-19 and other surveyed variables.
- There must be Pearson correlation values of these relationships.
- The data and findings should not be duplicate of a used one.

The exclusion criteria can be listed as below:

- The studies that are not published in a refereed journal are excluded.
- The studies that have an inadequate quality are not used.
- The studies not providing the Pearson correlation coefficients clearly are excluded.

### Searching and Coding process

The author used the word “fear of Covid-19” to search the studies on the databases. Scopus provided 12.119 studies, Web of Science provided 12.112 studies, and GoogleScholar provided 94.300 studies. The studies were filtered by using the chosen variables as “keywords”. Step by step, 14 studies were reached for his meta-analysis.

The author is responsible for coding all of the studies. In addition to the sample size and correlation coefficients, the names of the authors and the dates of publication are also included in the written material. In addition, the quality assessment devised by Zangaro and Soeken (2007) was used on each individual study. The research that received low ratings are disregarded. There was one study that wasn't included. The other 14 research that satisfied the criteria were given high scores, and the 30 correlation values that were derived from those studies were incorporated into this meta-analysis study.

1.Step: More than 118.000 studies
Elimination: Filtering the unnecessary studies by using keywords
2.Step: More than 1.000 studies
Elimination: Removing the studies not including the surveyed relationships
3.Step: More than 200 studies
Elimination: Removing the studies without correlation values.
4.Step: 15 studies that are ready for coding and quality assessment

**Figure 1.** PRISMA flowchart

## RESULTS

Table 1 displays the findings of the heterogeneity analysis conducted on this research project. The level of heterogeneity can be represented by the variable I<sup>2</sup>, which has a range from 0 to 100. At the level of significance represented by .01, the findings of the study indicated that the distribution of the correlation values was not homogeneous. As a result, the random effects model, which Borenstein et al. (2009) had previously suggested using, is the one that is applied here.

**Table 1.** Results of Heterogeneity Analysis

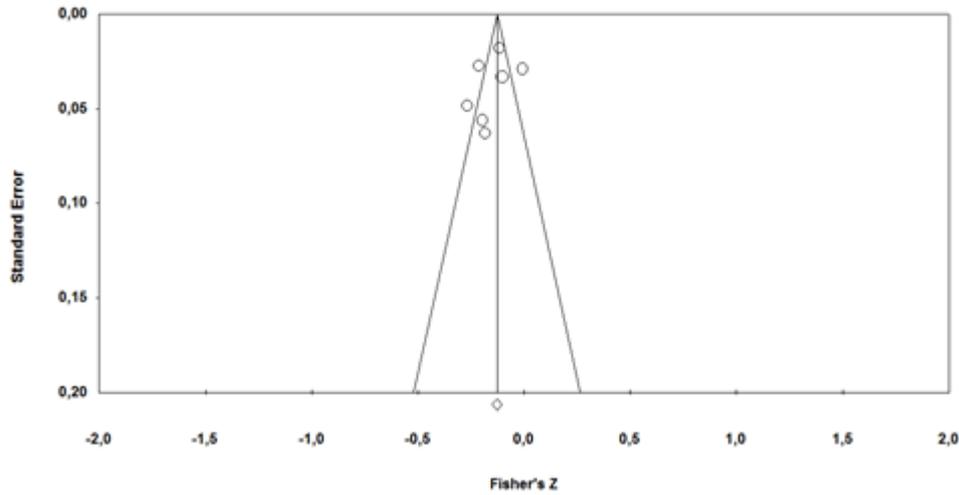
Variable	I <sup>2</sup>	P value	k
Life Satisfaction	84.504	0.000*	8
Well-being	91.852	0.000*	2
Stress	89.292	0.000*	8
Depression	93.998	0.000*	4
Anxiety	86.201	0.000*	4
Age	87.475	0.000*	3
Gender	91.241	0.000*	2

\*Significance at .01 level

It is generally believed that publication bias is an indicator of missing data. It is a commonly held belief that the publishers' biased judgment of the research results in this missing piece of the puzzle not being present in the literature. Because of this, it is referred to as publishing bias. In point of fact, it is an indication of inconsistency, which may also serve as proof that the results of

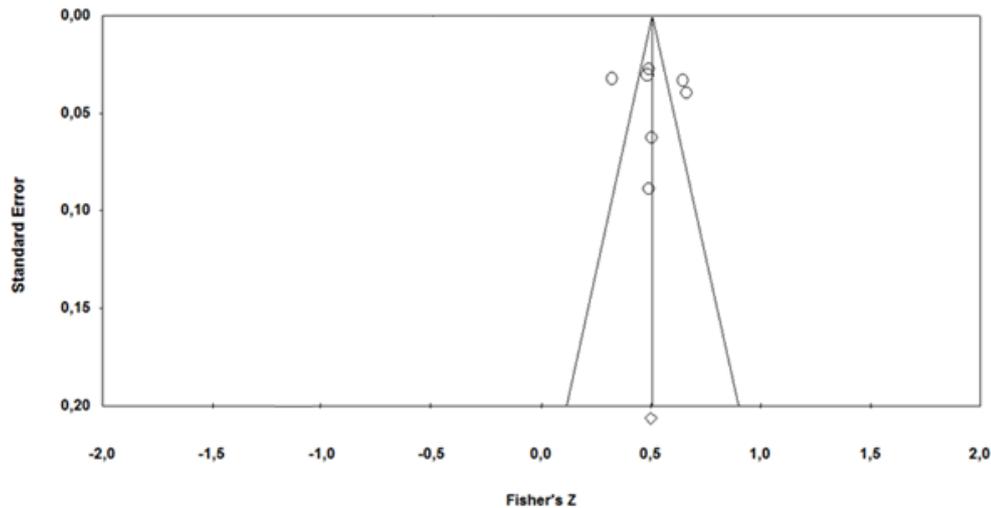
some investigations were contradictory. These quantitative techniques suggest that the reason for this conflict must be a lack of studies.

It is possible to do a study of publication bias on data sets that contain at least four separate studies. When observing the allocation of data sets that include more than four studies, the funnel plot is the method of choice to use. As a result, the funnel plot method is utilized to investigate the links between stress and Covid-19, as well as the correlation that exists between life satisfaction and dread of Covid-19.



**Figure 1:** Publication Bias and Subjective Well-Being Measured by a Funnel Plot

As indicated in figure 1, a funnel plot is constructed and analyzed to identify any instances of publication bias in the context of the correlation between levels of life happiness and fears of Covid-19. The funnel plot illustrating the association between stress and fear of Covid-19 was displayed in Figure 2. However, the symmetry of the distribution was not quite clear. As a result, the results of the trim and fill test conducted by Duval and Tweedie are also monitored.



**Figure 2:** Publication Bias and Stress Measured by a Funnel Plot

The findings of the trim and fill test conducted by Duval and Tweedies indicated that the corrected values and the observed values are identical. This test is shifted to the left of the mean before being run. In contrast to what is displayed in table 2, it did not point to any indication of

publishing bias. This test does not take into account the data set that includes the relationships between fear of Covid-19 and well-being, the relationship between gender and fear of Covid-19, and the relationships between age and fear of Covid-19.

**Table 2.** Duval and Tweedies' Trim and Fill Test Results

Trimmed studies	Point estimate	Lower limit	Upper Limit	Q value	
<i>Life satisfaction</i> -observed values		-.14678	-.20836	-.08403	38.71949
Adjusted values	0	-.14678	-.20836	-.08403	38.71949
<i>Stress</i> -observed values		.45078	.37248	.52270	66.55291
Adjusted values	0	.45078	.37248	.52270	66.55291
<i>Depression</i> -observed values		.39052	.32871	.44124	51.58544
Adjusted values	0	.39052	.32871	.44124	51.58544
<i>Anxiety</i> -observed values		.52897	.43258	.59824	98.25478
Adjusted values	0	.52897	.43258	.59824	98.25478

The obtained data were subjected to the significance test, and the results showed that the effect size of all of the assessed relationships are significant, with the exception of the relationships between age and fear of Covid-19 and between gender and fear of Covid-19. Both associations were found to be non-significant. The findings of the analysis are presented in Table 3. At the .01 level of significance, there is a significant correlation between the impact size and the significant connections.

**Table 3.** Meta-analysis Results of the Effects of Chosen Antecedents on Turnover Intention

Variable	P value	Effect size (r)
Life Satisfaction	0.000	-0.147*
Stress	0.000	0.451*
Well-being	0.000	-0.298*
Depression	0.000	0.391*
Anxiety	0.000	0.529*
Age	0.653	0.0957
Gender	0.211	-0.275

\*Significance at .01 level

## DISCUSSION

The news about the increase in the number of cases can also make people more afraid of the coronavirus. As a direct result of this, the individuals will experience an increase in their levels of stress. The results of this study suggested that an individual's elevated level of stress can be attributed to their dread of the Covid-19 virus. In addition, the findings revealed that having a phobia of Covid-19 also boosts the levels of anxiety and despair.

The research that was gathered are examined, and the conclusion that an increase in fear of Covid-19 has a negative impact on both an individual's life satisfaction and their well-being is drawn. There are no studies that do meta-analyses that evaluate the influence that fear of Covid-

19 has on stress, life satisfaction, well-being, depression, or anxiety that can be found in the published research.

Different findings about the same relationships were discovered by several studies using various data sources. According to the findings of Karatas et.al. (2021), for instance, the influence of dread of Covid-19 on one's level of life satisfaction is insignificant. Our meta-analysis study, along with all the other studies, found that there is a substantial connection between these two factors. According to these findings, having a fear of Covid-19 has a detrimental effect on levels of life satisfaction.

Same study of Karatas et.al. (2021) discovered that there is a positive direction to the link between age and fear of Covid-19. Most of the studies that were collected and surveyed regarding this relationship concluded that the direction of this relationship is unfavorable. The conclusion that older persons had a greater fear of Covid-19 was not supported by the findings of our meta-analysis, which showed that there was no significant association between the factors that were examined.

The two research that surveyed the association between gender and fear of Covid-19 also revealed contradictory results: one of these two studies found a positive relationship between these two factors, and the other study found a negative relationship between these variables.

A meta-analysis study became increasingly necessary because of the contradictory findings found in the previous studies because it is capable of producing more generalized findings. According to the findings of the meta-analysis, the data that was obtained does not contain any publication bias. Because of this outcome, the dependability of this study was strengthened.

## Conclusion and Implications

According to the findings of this study, the effect size of being afraid of Covid-19 having a negative impact on one's life satisfaction is rather minor, and the direction of the association between the two is detrimental. Anxiety and a fear of Covid-19 both have a big effect size, and the link between the two is a positive one. The dread of Covid-19 has a moderate impact on levels of stress and sadness, as well as on overall well-being. The direction of the association between fear of Covid-19 and well-being goes in a negative direction, whereas the direction of the effect size of fear of Covid-19 on stress and depression goes in the opposite way, in a positive direction.

According to the findings, because the Covid-19 was a global pandemic that touched many societies all over the world, it created psychological ramifications such as worry, stress, sadness and overall life satisfaction in large numbers of people. It also had a huge impact on both the physical and emotional health of the population. Many individuals were anxious because of various factors, including the dread of being affected by the pandemic, the fear of contracting the disease, the worry of other people around them catching the disease and the uncertainty regarding the economy. A decline in life satisfaction can be attributed to the fact that work and social life were negatively impacted by factors such as limitations, curfews and social isolation. The challenges, commitments, numerous limits, and new laws that have been introduced into people's lives had a negative impact on their general well-being. People's level of happiness in their lives suffered as a direct result of the restrictions that were enforced during the pandemic. Life satisfaction has decreased because of decreased participation in social activities, postponement of personal goals and limits on daily living.

All these consequences can have a detrimental impact on the mental health of people as well as the mental health of society itself. It is essential for individuals to acquire the skills necessary to manage with stress, make use of social networks that are helpful and obtain proper psychological care in order to maintain a sound mental health. At the same time, the world of

business should be sensitive to the requirements and mental health of employees and take steps to decrease the stress caused by work. Workplace stress can be effectively mitigated by the implementation of strategies such as flexible work arrangements, the provision of psychological support and the promotion of a healthy work-life balance.

The findings of this study can be helpful to other researchers who are preparing their own studies to be conducted in the same field as this one by using the factors that were found in this investigation. Furthermore, the findings of this study can be helpful to managers when they are deciding policies in a workplace environment where there is fear of Covid-19. This is because the managers can use the findings to inform their decisions.

## LIMITATIONS AND FUTURE STUDIES

It's possible that some other studies have been carried out but in a different language. However, the authors chose to review the papers in Turkish, German, and English. It's possible that authors will join to produce a review in multiple languages.

Because there were not enough of the studies, a moderator analysis could not be performed. In subsequent research, it may be possible to investigate the moderators of the relationships that were assessed.

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**EXTENDED ABSTRACT****GENİŞLETİLMİŞ ÖZET****COVID-19 KORKUSUNUN STRES, DEPRESYON, KAYGI, YAŞAM TATMİNİ VE İYİ OLMA HALİNE ETKİSİ: BİR META-ANALİZ ÇALIŞMASI**

**Giriş ve Çalışmanın Amacı (Introduction and Research Purpose):** İnsanlar Covid-19'dan günlük yaşamlarında etkilendi. Son zamanlarda çıkan haberler ve yüksek ölüm oranları nedeniyle Covid-19 virüsüne ilişkin korku arttı. Bu korku nedeniyle sokağa çıkma yasakları ve yasal güvenceler daha kolay kabul edildi. Ancak bu durum, Covid-19'un varlığı nedeniyle hayatlarının tüm seyri değiştiği için katılımcıların genel yaşam memnuniyeti üzerinde zararlı bir etki yaratmıştır. İnsanların yeni yaşam biçimine uyum sağlama becerileri, yaşadıkları yeni terör biçimi nedeniyle daha da zorlaşmıştır. Bu araştırmanın amacı, Covid-19'dan korkmanın çalışanların yaşam memnuniyeti, üzüntü, kaygı ve stres düzeyleri üzerindeki etkisini araştırmaktır. Bu korelasyonları araştırmak için meta-analiz adı verilen bir teknik kullanılacaktır. Her bir bağlantının sahip olduğu etkinin büyüklüğünü belirleyeceğiz.

**Yöntem ve Bulgular (Methodology and Findings):** Önceki araştırmalar (Dymecka vd., 2021), radyoaktif izotop Covid-19 korkusunun daha düşük bir yaşam memnuniyeti düzeyiyle ilişkili olduğuna dair kanıtlar sunmuştur. Atılğan ve Aksoy'un 2021 tarihli raporu, bu araştırmanın bulgularının olumsuz olduğunu belirtmektedir. Araştırmaların bulgularına göre, Covid-19'dan korkan kişilerin daha yüksek bir yaşam memnuniyeti düzeyine sahip olması mümkün değildir. Burada sunulan sonuçlara dayanarak aşağıdaki hipotez geliştirilmiştir:

Covid-19 korkusu ile yaşam memnuniyeti arasında negatif bir korelasyon vardır (H1).

Çalışmaların bulgularına göre (Özmen vd., 2021; Maslakçı vd., 2021), Covid-19 fobisine sahip olmak kişinin refahı üzerinde zararlı bir etkiye sahiptir. Bu sonuçlar ışığında aşağıdaki hipotez oluşturulabilir ve test edilebilir:

H2: Covid-19 korkusunun iyi olma hali üzerinde faydalı bir etkisi olduğu gösterilmiştir.

Önceki araştırmalar (Satici vd., 2020; Lin vd., 2020) Covid-19 korkusunun bireylerde stresin bir belirleyicisi olduğunu göstermiştir. Bakıoğlu ve arkadaşları tarafından 2020 yılında ve Dymecka ve arkadaşları tarafından 2021 yılında yapılan araştırmalar, radyoaktif izotop Covid-19 korkusunun kişinin stres düzeyi üzerinde faydalı bir etkisi olduğunu ortaya koymuştur. Sonuç olarak, Covid-19'un yarattığı tehlikeye ilişkin daha büyük bir algı varsa stres seviyesi yükselecektir. Bu sonuçlar ışığında aşağıdaki hipotez oluşturulabilir ve test edilebilir:

H3: Covid-19 korkusunun stres üzerinde faydalı ve fark edilir bir etkisi vardır.

Satici ve diğerleri (2020) ile Bakıoğlu ve diğerleri (2020) tarafından yapılan araştırmalara göre, Covid-19 fobisine sahip olmak kişinin klinik depresyon ve anksiyete riskini önemli ölçüde artırabilir. Yıldırım ve arkadaşlarının 2021'deki araştırmasına göre, bu bağlantıların yörüngesi yükseliş eğilimindedir. Bu bulgular ışığında, aşağıdaki hipotezler formüle edilmiştir:

H4: Covid-19 korkusunun depresyon üzerinde faydalı ve anlamlı bir etkisi vardır.

H5: Covid-19 korkusunun kaygı düzeyleri üzerinde faydalı ve belirgin bir etkisi vardır.

Bu çalışmanın bulgularına göre, Covid-19'dan korkmanın kişinin yaşam memnuniyeti üzerinde olumsuz bir etkiye sahip olmasının etki büyüklüğü oldukça küçüktür ve ikisi arasındaki ilişkinin yönü zarar vericidir. Anksiyete ve Covid-19 korkusunun her ikisi de büyük bir etki büyüklüğüne sahiptir ve ikisi arasındaki bağlantı olumludur. Covid-19 korkusu, stres ve üzüntü düzeylerinin yanı sıra genel refah üzerinde de orta düzeyde bir etkiye sahiptir. Covid-19 korkusu ile iyi olma hali arasındaki ilişkinin yönü negatif yöndeyken, Covid-19 korkusunun stres ve depresyon üzerindeki etki büyüklüğünün yönü tam tersi yönde, pozitif yöndedir.

**Sonuç ve Öneriler (Conclusions and Recommendation):**

Bulgulara göre, Covid-19 tüm dünyada birçok toplumu etkileyen küresel bir salgın olduğu için, çok sayıda insanda endişe, stres, üzüntü ve genel yaşam memnuniyeti gibi psikolojik sonuçlar yarattı. Ayrıca nüfusun hem fiziksel hem de duygusal sağlığı üzerinde büyük bir etkisi oldu. Birçok kişi, pandemiden etkilenme korkusu, hastalığa yakalanma korkusu, çevrelerindeki diğer insanların hastalığa yakalanma endişesi ve ekonomiye ilişkin belirsizlik gibi çeşitli faktörler nedeniyle endişeliydi. Yaşam memnuniyetindeki düşüş, iş ve sosyal yaşamın sınırlamalar, sokağa çıkma yasakları ve sosyal izolasyon gibi faktörlerden olumsuz etkilenmesine bağlanabilir. İnsanların hayatlarına giren zorluklar, taahhütler, sayısız sınırlamalar ve yeni yasalar, genel refahları üzerinde olumsuz bir etki yaratmıştır. İnsanların yaşamlarındaki mutluluk düzeyi, pandemi sırasında uygulanan kısıtlamaların doğrudan bir sonucu olarak zarar gördü. Sosyal aktivitelere katılımın azalması, kişisel hedeflerin ertelenmesi ve günlük yaşamın sınırlandırılması nedeniyle yaşam memnuniyeti azalmıştır. Farklı bir dilde başka çalışmalar da yapılmış olabilir. Ancak yazarlar Türkçe, Almanca ve İngilizce makaleleri incelemeyi tercih etmişlerdir. Bu konudaki bir başka bakış açısı da, yazarların birden fazla dilde bir derleme üretmek için bir araya gelme olasılığıdır.

**KATKI ORANI BEYANI VE ÇIKAR ÇATIŞMASI BİLDİRİMİ**

<b>Sorumlu Yazar</b> <i>Responsible/Corresponding Author</i>	Ahmet ERKASAP			
<b>Makalenin Başlığı</b> <i>Title of Manuscript</i>	THE EFFECT OF FEAR OF COVID-19 ON STRESS, DEPRESSION, ANXIETY, LIFE SATISFACTION AND WELL-BEING: A META-ANALYSIS STUDY			
<b>Tarih</b> <i>Date</i>	28/08/2023			
<b>Makalenin türü (Araştırma makalesi, Derleme vb.)</b> <i>Manuscript Type (Research Article, Review etc.)</i>	Derleme			
<b>Yazarların Listesi / List of Authors</b>				
<b>Sıra No</b>	<b>Adı-Soyadı</b> <i>Name - Surname</i>	<b>Katkı Oranı</b> <i>Author Contributions</i>	<b>Çıkar Çatışması</b> <i>Conflicts of Interest</i>	<b>Destek ve Teşekkür (Varsa)</b> <i>Support and Acknowledgment</i>
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