Stress coping strategies of *angkringan* traders in facing the COVID-19 pandemic

Nureyzwan Sabani*

Fakultas Ushuluddin dan Dakwah, Universitas Islam Negeri Raden Mas Said Surakarta, Indonesia

*) Corresponding Author (e-mail: nureyzwansabani@gmail.com)

Abstract

Business actors in the economic sector experienced difficulties in generating income during the Covid-19 pandemic, including *angkringan* traders, also known locally as Hik (Hidangan Istimewa Kampung). This study aims to describe the causal factors of stress and the coping strategies used by *angkringan* traders during the pandemic. The research population comprised *angkringan* traders in Sukoharjo, with a sample of 43 respondents. Data were collected using a questionnaire and analyzed descriptively. The results show that the leading causes of stress were fear of contracting COVID-19 and concerns about declining income. Problem-focused coping strategies included seeking financial assistance through MSME aid programs, reminding buyers to follow health protocols, and continuing to trade while implementing strict safety measures. Emotion—focused coping strategies involved learning to save money, maintaining patience, and strengthening personal resilience. Overall, *angkringan* traders employed a combination of practical and emotional techniques to navigate the economic and health challenges posed by the pandemic.

Keywords: COVID-19 Pandemic, Angkringan Trader, Coping Strategy.

Abstrak

Pelaku usaha di sektor ekonomi mengalami kesulitan dalam menghasilkan pendapatan selama pandemi Covid-19, termasuk pedagang angkringan, yang juga dikenal secara lokal sebagai Hik (Hidangan Istimewa Kampung). Studi ini bertujuan untuk mendeskripsikan faktor penyebab stres dan strategi penanggulangan yang digunakan oleh pedagang angkringan selama pandemi. Populasi penelitian terdiri dari pedagang angkringan di Sukoharjo, dengan sampel 43 responden. Data dikumpulkan menggunakan kuesioner dan dianalisis secara deskriptif. Hasil penelitian menunjukkan bahwa penyebab utama stres adalah rasa takut mudah terinfeksi virus Covid-19 dan kekhawatiran akan penurunan pendapatan. Strategi penanggulangan yang berfokus pada masalah meliputi mencari bantuan keuangan melalui program bantuan UMKM, mengingatkan pembeli untuk mengikuti protokol kesehatan, dan terus berdagang sambil menerapkan langkah-langkah keamanan yang ketat. Strategi penanggulangan yang berfokus pada emosi meliputi belajar menabung, menjaga kesabaran, dan memperkuat ketahanan pribadi. Secara keseluruhan, pedagang angkringan menggunakan kombinasi strategi praktis dan emosional untuk mengatasi tantangan ekonomi dan kesehatan yang ditimbulkan oleh pandemi.

Kata kunci: Pandemi COVID-19, Pedagang Angkringan, Strategi Coping.

1. Introduction

The Covid-19 pandemic, caused by the rapid spread of the 2019 coronavirus disease, posed a severe global health threat due to its high transmission rate and potentially fatal symptoms. Recognizing its escalation, the World Health Organization (WHO) declared Covid-19 a global pandemic on March 11, 2020, after the virus infected more than 126,000 people across 123 countries within three months (Putri, 2020). In Indonesia, the outbreak was designated a national disaster through Presidential Decree No. 12 of 2020, reflecting its wide-ranging impact on the health, education, social, and economic sectors.

Economically, the pandemic led to restrictions on community mobility and business operations, which in turn disrupted production activities and reduced household income (Iswari & Muharir, 2021; Prawoto et al., 2020). Declining economic activity also negatively affected household welfare, including food security, employment, and financial stability (Shimizutani & Yamada, 2021). Among those most affected were workers and entrepreneurs in the informal sector, whose income depends heavily on daily customer traffic.

Angkringan traders—locally known as HIK (Hidangan Istimewa Kampung)—represent one such vulnerable group. Their business model relies on evening operations and face-to-face interactions, both of which were severely restricted during large-scale social restrictions (PSBB) and the Community Activity Restrictions (PPKM). These limitations significantly reduced their operating hours and customer flow, leading many to experience financial loss and prolonged income insecurity. Studies on informal workers during the pandemic similarly report reduced sales, increased uncertainty, and heightened financial strain (Komara et al., 2020).

Such economic pressures can trigger a range of psychological responses, including anxiety, worry, and stress, particularly when individuals face prolonged uncertainty and reduced control over their livelihood (Lubis, 2020). In this context, coping strategies become essential. Coping is generally defined as cognitive and behavioral efforts to manage internal or external demands perceived as stressful (Amir, 2017; Morales-Rodríguez & Pérez-Mármol, 2019). The literature distinguishes between problem-focused coping, which aims to address or modify the stressor, and emotion-focused coping, which seeks to regulate emotional responses (Rilveria, 2018; Sudimin et al., 2020).

Although various studies have examined coping strategies during the Covid-19 pandemic, research specifically focusing on coping mechanisms among angkringan or HIK traders remains limited. Given their economic vulnerability and dependence on daily income, understanding how these traders manage stress during prolonged disruptions is crucial for informing supportive policies and interventions.

Therefore, this study aims to describe the stressors experienced by angkringan traders during the Covid-19 pandemic and identify the coping strategies they adopted, both problem-focused and emotion-focused. The findings are expected to contribute academically by expanding discussions on coping within the informal sector during

crises, while practically offering insight for traders, policymakers, and the public on effective stress management strategies under pandemic conditions.

2. Research Method

The type of research used in this research is quantitative descriptive. This is in accordance with the research objective, namely to determine the factors that cause stress and stress coping strategies implemented by angkringan traders to deal with the Covid-19 pandemic. The population in this study were angkringan traders in the Sukoharjo area. This research uses a non-probability sampling technique because the number of members of the population cannot be known, and the sample determination technique is purposive sampling. Meanwhile, the criteria used in this research are angkringan traders in the Sukoharjo area who have been selling for at least 2 years. Because the exact population of members is not known, the sample size was calculated using the Cochran formula (Sugiyono, 2018), so the sample size in this study was 43 respondents.

The data in this study was collected using a questionnaire. Researchers distributed questionnaires prepared in the Google Form application to respondents. The type of questionnaire used is a closed questionnaire. The questionnaire was prepared referring to indicators of stress coping strategies from Lazarus and Folkman (Susantyo et al., 2020) which explains that the indicators of coping strategies are Problem Focused Coping (PFC) and Emotion Focused Coping (EFC).

The data analysis technique used in this research is descriptive analysis, which is a data processing procedure by describing and summarizing data scientifically which is presented in the form of tables or graphs. One of the observations carried out at the descriptive analysis stage is observing the frequency table which consists of several columns that show the frequencies and percentages in each category.

3. Results and Discussion

3.1. Results

Based on the results of distributing questionnaires, findings were obtained regarding the causes of stress among angkringan traders during the Covid-19 pandemic. The causes of stress among angkringan traders can be presented in the Figure 1.

Based on the picture above, it can be explained that the cause of stress among angkringan traders during the Covid-19 pandemic was the fear of being easily infected by the Covid-19 virus, conditions where 33 traders (76.7%) were busy with buyers, worried that the Covid-19 pandemic would cause income to fall by as much as 20 traders (46.5%), and 11 respondents (25.6%) were worried that contracting the Covid-19 virus could cause death. Meanwhile, according to traders, another reason was worry because they saw the news that many people had died from Covid-19 and were worried that their families would be infected with the Covid-19 virus.

Causes of Stress among Angkringan Traders during the Covid 19 Pandemic

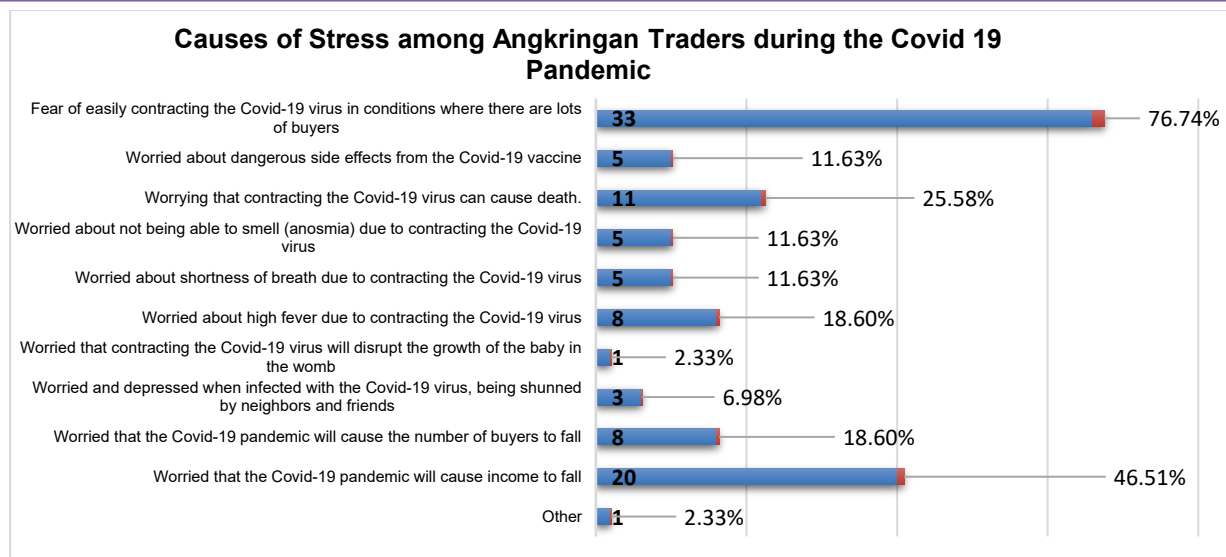|	
Fear of easily contracting the Covid-19 virus in conditions where there are lots of buyers	33 — 76.74%
Worried about dangerous side effects from the Covid-19 vaccine	5 — 11.63%
Worrying that contracting the Covid-19 virus can cause death.	11 — 25.58%
Worried about not being able to smell (anosmia) due to contracting the Covid-19 virus	5 — 11.63%
Worried about shortness of breath due to contracting the Covid-19 virus	5 — 11.63%
Worried about high fever due to contracting the Covid-19 virus	8 — 18.60%
Worried that contracting the Covid-19 virus will disrupt the growth of the baby in the womb	1 — 2.33%
Worried and depressed when infected with the Covid-19 virus, being shunned by neighbors and friends	3 — 6.98%
Worried that the Covid-19 pandemic will cause the number of buyers to fall	8 — 18.60%
Worried that the Covid-19 pandemic will cause income to fall	20 — 46.51%
Other	1 — 2.33%

Figure 1. Graph of the Causes of Stress among Angkringan Traders during the Covid 19 Pandemic

Based on the results of distributing questionnaires, it is also known that there are two stress coping strategies used by angkringan traders in overcoming the Covid-19 pandemic, namely problem focused coping and emotion focused coping. The problem focused coping strategy implemented by angkringan traders during the Covid-19 pandemic can be seen in the Figure 2.

Problem Focused Coping Strategy for Angkringan Traders during the Covid-19 Pandemic

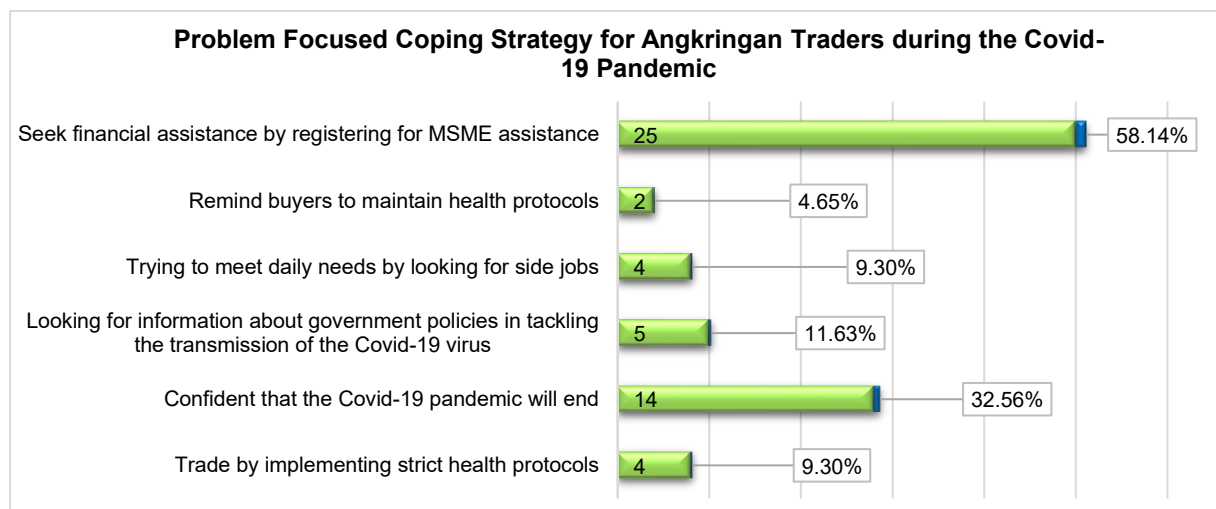|	
Seek financial assistance by registering for MSME assistance	25 — 58.14%
Remind buyers to maintain health protocols	2 — 4.65%
Trying to meet daily needs by looking for side jobs	4 — 9.30%
Looking for information about government policies in tackling the transmission of the Covid-19 virus	5 — 11.63%
Confident that the Covid-19 pandemic will end	14 — 32.56%
Trade by implementing strict health protocols	4 — 9.30%

Figure 2. Graph of Problem Focused Coping Strategy for Angkringan Traders during the Covid-19 Pandemic

The data in Figure 2 shows that angkringan traders primarily used problem-focused coping strategies to manage stress during the Covid-19 pandemic. The most widely adopted strategy was seeking financial assistance by registering for MSME support programs, reported by 58.14% of respondents, indicating a strong reliance on external financial aid to sustain their businesses. Additionally, 32.56% of traders expressed confidence that the pandemic would eventually end, reflecting an optimistic problem-solving mindset. Other strategies included seeking information about government policies to control virus transmission (11.63%), looking for side jobs to meet daily needs

(9.30%), and continuing to trade by implementing strict health protocols (9.30%). A smaller proportion, 4.65%, coped by reminding buyers to follow health protocols. Overall, these strategies illustrate the traders' efforts to adapt proactively to economic and operational challenges during the pandemic. Meanwhile, the emotion focused coping strategy carried out by angkringan traders during the Covid-19 pandemic can be seen in the Figure 3.
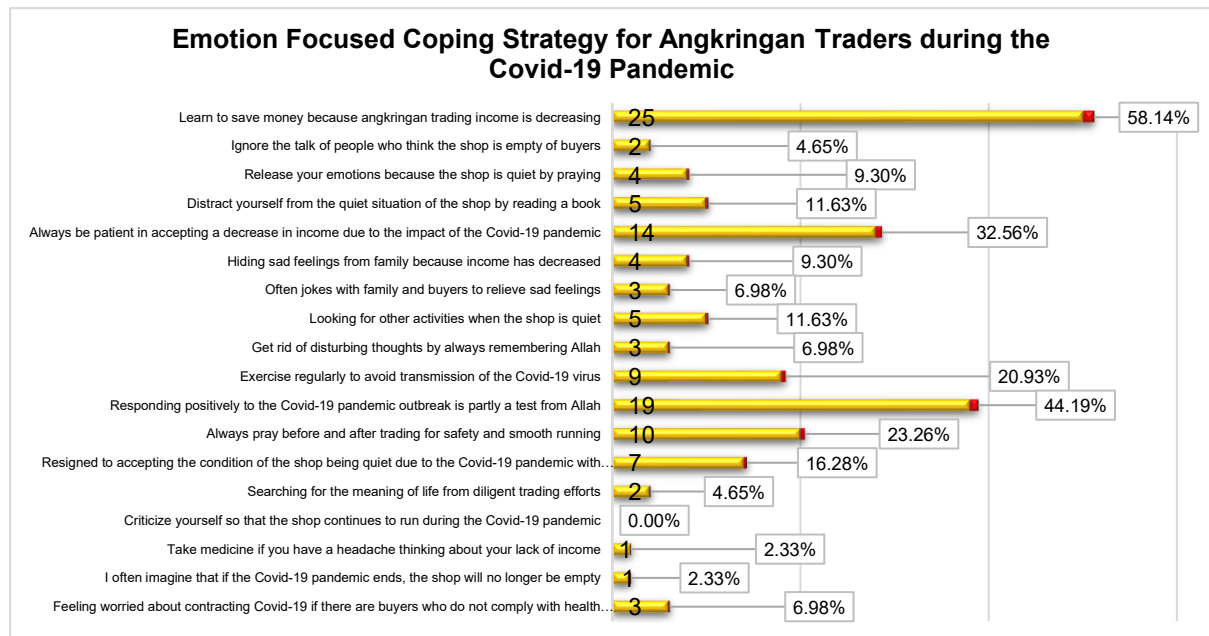

Figure 3. Emotion Focused Coping Strategy for Angkringan Traders during the Covid-19 Pandemic

Based on the Figure 3, it is known that the majority of angkringan traders' emotion focused coping strategies during the Covid-19 pandemic were learning to save money because angkringan trading income decreased by 25 traders (58.1%), always patiently accepting the decrease in income due to the impact of the Covid-19 pandemic. as many as 14 traders (32.6%), Responding positively to the Covid-19 pandemic outbreak, part of the test from Allah as many as 10 traders (23.3%), Always pray before and after trading so that they will be given safety and smooth running as many as 10 traders (23.3%), Exercise regularly to avoid transmission of the Covid-19 virus as many as 9 traders (20.9%), Surrender to accept the condition of the empty shop due to the Covid-19 pandemic as a result of willingly as many as 7 traders (16.3%), Divert attention to the condition of the empty shop by read books as many as 5 traders (11.6%),Looking for other activities when the shop is quiet as many as 5 traders (11.6%), Releasing emotions because the shop is quiet by praying as many as 4 traders (9.3%), Hiding sad feelings from the family because their income has decreased as many as 4 traders (9, 3%), Often joke with family and buyers to get rid of sad feelings as many as 3 traders (7%), Get rid of disturbing thoughts by always remembering Allah as many as 3 traders (7%), Feel worried about contracting Covid-19 if there are buyers who 3 traders (7%) did not comply with health protocols, 2 traders (4.7%) ignored the words of people who thought the shop was empty of buyers, 2 traders (4.7%) sought the meaning of life from their business of trading diligently.Take

medicine if you have a headache thinking about the minimal income of 1 trader (2.3%), and 1 trader (2.3%) often imagines that if the Covid-19 pandemic ends, their shop will no longer be empty.

4.2. Discussion

Based on the research findings, it can be concluded that angkringan traders experienced multiple stressors simultaneously during the Covid-19 pandemic. Because the questionnaire allowed multiple responses, the percentages reflect the proportion of respondents who selected each stressor rather than mutually exclusive categories. The most frequently reported stressors included fear of being easily infected with the virus, concerns about selling in crowded conditions, worry that the pandemic would lead to decreased income, fear of death due to infection, anxiety triggered by media reports of rising fatalities, and concerns about family members being infected. These findings align with (Komara et al., 2020), who noted that reduced purchasing power, stay-at-home policies, and tightened household expenditures created substantial psychological strain among small traders. Lubis (2020) similarly emphasizes that prolonged exposure to uncertainty, risk of infection, and continuous news coverage contribute to heightened anxiety, which, if sustained, may develop into severe stress or depression. Broader research also supports these patterns; Sejati et al. (2021) found that individuals affected by the Covid-19 outbreak frequently reported depression stemming from virus-related fears, financial instability, and uncertainty about their future.

Regarding coping strategies, the data also represent multiple responses, allowing traders to select more than one coping behavior. The most widely used problem-focused coping strategies were seeking financial assistance through MSME programs, reminding buyers to observe health protocols, and continuing to trade while implementing strict health measures. These strategies reflect traders' attempts to directly manage both economic pressures and health risks. Similar patterns were reported by Cai et al. (2020), who found that problem-focused coping—such as planning and active coping—supported better psychological adjustment during the pandemic. However, other studies (Huang et al., 2020) suggest that the uncontrollable nature of crisis situations may limit the effectiveness of such strategies, especially when external conditions (e.g., lockdowns, loss of customers) cannot be directly altered.

In contrast, emotion-focused coping strategies reported by angkringan traders included learning to save money due to declining income, cultivating patience, viewing the pandemic as a spiritual test from God, praying regularly for safety and smooth business operations, and exercising to maintain physical health. These behaviors illustrate efforts to regulate emotional distress and build internal resilience in a situation with limited controllability. Eisenbeck et al. (2022) found that while many emotion-focused strategies show weak or negative associations with well-being, coping strategies based on acceptance and positive reframing, including spiritual perspectives can foster psychological stability during crisis. This is consistent with research by Man

et al. (2020) and Savitsky et al. (2020), which highlights the importance of acceptance and constructive emotional regulation during traumatic events. Other studies, such as Dyah (2021), reinforce that individuals often use a combination of coping strategies—problem-focused, emotion-focused, positive, and negative—depending on the nature of the stressor and the resources available to them.

The findings of this study also resonate with wider patterns among informal-sector workers. Research by Nasution et al. (2021) shows that food stall businesses and street vendors adopted various coping strategies such as shifting to online sales, relocating to more strategic areas, and modifying their products (e.g., selling frozen food) to maintain income during operational restrictions. Meanwhile, Alini & Meisyalla (2021) emphasize the importance of stress management practices in maintaining mental health during the pandemic, highlighting the value of recognizing stressors and learning appropriate coping techniques.

This study has several limitations that should be acknowledged. First, the sample size was relatively small (n = 43), which limits the generalizability of the findings to all angkringan traders in Sukoharjo or other regions. Second, the use of non-probability sampling may introduce bias, as participants may not fully represent the wider angkringan trader population. Third, the study relied on self-reported data, which may be influenced by recall bias or social desirability bias. Future research could employ larger and more diverse samples, comparative studies between different types of informal-sector workers, or mixed-method approaches that include interviews or observations to capture deeper psychological dynamics. Longitudinal research would also provide insight into how coping strategies evolve throughout prolonged crises.

4. Conclusion

This study demonstrates that angkringan traders experienced significant psychological stress during the Covid-19 pandemic, driven primarily by fear of infection, concern for family safety, and anxiety about declining income. To cope with these stressors, traders relied on a combination of problem-focused strategies, such as seeking MSME financial assistance, enforcing health protocols, and continuing to trade under stricter safety measures and emotion-focused strategies, including saving money, cultivating patience, increasing religious practices, and maintaining physical health. These findings highlight the dual approach used by informal-sector workers, who must simultaneously manage economic uncertainty and psychological distress.

Theoretically, this study contributes to the understanding of coping mechanisms in the informal economic sector during prolonged crises. It affirms that when stressors are partly uncontrollable, such as pandemic restrictions, individuals tend to combine both problem-focused and emotion-focused coping as complementary strategies. Practically, the findings indicate the need for stronger government and community support systems. Policies such as more accessible MSME financial aid, clear communication of health guidelines, and targeted mental-health outreach for informal workers can help reduce both economic and psychological burdens. Local NGOs and

community organizations can also play a role by offering stress-management education, digital-skills training, and social-support networks.

Future research should expand the sample and include traders from different regions to enhance generalizability. Qualitative approaches, such as in-depth interviews, could also provide richer insights into traders' emotional experiences and the contextual factors influencing their coping behavior. Such efforts will deepen the understanding of how informal-sector workers navigate crises and how interventions can be better designed to support their well-being.

References

Alini, & Meisyalla, L. N. (2021). PKM Manajemen Stress Pada Pandemi Covid-19 di Desa Kuok Kecamatan Kuok. *Communnity Development Journal*, *2*(2), 323–330.

Amir, M. T. (2017). *Merancang Kuesioner: Konsep dan Panduan Untuk Penelitian Sikap, Kepribadian, dan Perilaku*. Kencana.

Cai, H., Tu, B., Ma, J., Chen, L., Fu, L., Jiang, Y., & Zhuang, Q. (2020). Psychological impact and coping strategies of frontline medical staff in Hunan between January and March 2020 during the outbreak of Coronavirus disease 2019 (COVID-19) in Hubei, China. *Medical Science Monitor*, *26*, 1–16. https://doi.org/10.12659/MSM.934171

Dyah, R. K. (2021). Strategi Coping Menghadapi Pandemi Covid-19 pada Populasi Umum. *Analitika: Jurnal Magister Psikologi UMA*, *13*(1), 44–54. https://doi.org/http://doi.org/10.31289/analitika.v13i1.4906

Eisenbeck, N., Carreno, D. F., Wong, P. T. P., Hicks, J. A., María, R. R. G., Puga, J. L., Greville, J., Testoni, I., Biancalani, G., López, A. C. C., Villareal, S., Enea, V., Schulz-Quach, C., Jansen, J., Sanchez-Ruiz, M. J., Yıldırım, M., Arslan, G., Cruz, J. F. A., Sofia, R. M., … García-Montes, J. M. (2022). An international study on psychological coping during COVID-19: Towards a meaning-centered coping style. *International Journal of Clinical and Health Psychology*, *22*(1), 1–14. https://doi.org/10.1016/j.ijchp.2021.100256

Huang, L., Xu, F., & Liu, H. (2020). Emotional responses and coping strategies of nurses and nursing college students during COVID-19 outbreak. *MedRxiv*, 1–17. https://doi.org/10.1101/2020.03.05.20031898

Iswari, L., & Muharir. (2021). Pengaruh Covid 19 Terhadap Aktivitas Pertumbuhan Ekonomi di Indonesia. *Jimesha: Jurnal Ilmiah*, *1*(1), 13–20. https://doi.org/10.36908/jimesha.v1i1.13

Komara, B. D., Setiawan, H. C. B., & Kurniawan, A. (2020). Jalan TerjalUMKM dan Pedagang Kecil Bertahan di Tengah Pandemi Covid-19 dan Ancaman Krisis Ekonomi Global. *Jurnal Manajemen Bisnis*, *17*(3), 342–359.

Lubis, A. N. A. (2020). Bagaimana Mengatasi Stres Akibat Covid-19? In M. Khairani, M. Mawarpury, & E. A. Meinarno (Eds.), *Ragam Cerita Pembelajaran dari COVID-19*. Syiah Kuala University Press.

Man, M. A., Toma, C., Motoc, N. S., Necrelescu, O. L., Bondor, C. I., Chis, A. F., Lesan, A., Pop, C. M., Todea, D. A., Dantes, E., Puiu, R., & Rajnoveanu, R. M. (2020). Disease perception and coping with emotional distress during covid-19 pandemic:

A survey among medical staff. *International Journal of Environmental Research and Public Health*, *17*(13), 1–12. https://doi.org/10.3390/ijerph17134899

Morales-Rodríguez, F. M., & Pérez-Mármol, J. M. (2019). The Role of Anxiety, Coping Strategies, and Emotional Intelligence on General Perceived Self-Efficacy in University Students. *Frontiers in Psychology*, *10*(1689), 1–9. https://doi.org/10.3389/fpsyg.2019.01689

Nasution, Sarmini, Warsono, Wasino, & Shintasiwi, F. A. (2021). Using coping strategies of informal sector traders amid covid-19 in indonesia for social studies teaching materials on realizing sdgs. *Journal of Social Studies Education Research*, *12*(3), 144–174.

Prawoto, N., Purnomo, E. P., & Zahra, A. A. (2020). The impacts of Covid-19 pandemic on socio-economic mobility in Indonesia. *International Journal of Economics and Business Administration*, *8*(3), 57–71. https://doi.org/10.35808/ijeba/486

Putri, G. S. (2020). *WHO Resmi Sebut Virus Corona Covid-19 Sebagai Pandemi Global*. Kompas.Com.

Rilveria, J. R. C. (2018). The Development of the Filipino Coping Strategies Scale. *Asia-Pacific Social Science Review*, *18*(1), 111–126.

Savitsky, B., Findling, Y., Ereli, A., & Hendel, T. (2020). Anxiety and coping strategies among nursing students during the covid-19 pandemic. *Nurse Education in Practice*, *46*, 1–7. https://doi.org/10.1016/j.nepr.2020.102809

Sejati, D. S., Nugroho, A. F. B., & Sekaresti, D. N. (2021). Students 'Coping Stress During Pandemic Covid-19: Coping Stress Mahasiswa Pada Saat Pandemi Covid-19. *Proceding of Inter-Islamic University Conference on Psychology*, *1*(1), 1–6.

Shimizutani, S., & Yamada, E. (2021). Resilience against the pandemic: The impact of COVID-19 on migration and household welfare in Tajikistan. *Plos One*, *16*(9), 1–20. https://doi.org/https://doi.org/10.1371/journal.pone.0257469

Sudimin, T., Hardiyarso, S., & Wijoyoko, G. D. (2020). *Melindungi Martabat Manusia: Bahan Kuliah Teologi Moral Hidup*. Universitas Katolik Soegijapranata.

Sugiyono. (2018). *Metode Penelitian Pendidikan Kuantitatif, Kualitatif dan R&D*. Alfabeta.

Susantyo, B., Rahman, A., Erwinsyah, R. G., Adhanayadi, B. A., Nainggolan, T., Delfirman, D., Irmayani, N. R., & Arifin, J. (2020). *Pemetaan Strategi Coping Keluarga Penerima Manfaat Program Keluarga Harapan Menghadapi Wabah Covid-19 di Kota Bogor, Depok, Bekasi dan Tangerang Selatan*. Pusat Penelitian dan Pengembangan Kesejahteraan Sosial, Badan Pendidikan, Penelitian, Dan Penyuluhan Sosial, Kementerian Sosial RI.