

The Relationship Between Extrovert And Introvert Personalities And Religious Coping Among Mpob Staf During The Movement Control Order (Mco) In Malaysia

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Abstract: The Paper Human Needs Can Be Categorised Into Two, Namely Physiological And Psychological Needs. A Male's Characteristics Is More Inclined Towards An Extrovert Personality And The Aspects Of Personality Are The Psychophysical Systems In An Individual That Determine The Thinking And Behavioural Features. Personality As Traits In An Individual That Forms Various Characteristics And Attitudes. Personality As A Set Of Stable Characteristics And Inclinations That Determines Similarities And Differences In A Person's Psychological Behaviour. Data From Taiwan Shows That There Is No Difference Between The Number Of Males And Females Contracting The Covid 19 Infection. Hence, There Is A Possibility That The Covid 19 Virus Prefers Males To Be The Host Carrier. However, There Is A Possibility That Males In Malaysia Are Generally More Involved In Social Activities, Whereby They Have A Extrovert Personality Compared To Females In Malaysia, Who Are Predominantly Introverts.

Keywords: Extrovert And Introvert, Covid-19 Pandemic, Religious Coping, Mpob Staf, Malaysia

INTRODUCTION

According To A Report By Johns Hopkins University, As Of 14 April 2020, At Least 2,228 Americans Had Died From Covid-19, Which Was The Largest Spike In Cases Since The Pandemic Hit The United States. The Sputnik News Agency Reported That 25,757 People Had Died In The United States Out Of 600,000 Infections, Which Saw An Increase Of 150,142 Cases Of Infections Worldwide.

According To The Who (19 April 2020), The Covid 19 Pandemic Has Seen 2,207,730 Infected Cases In 193 Countries Worldwide Since The Infection First Emerged In China Last December. Out Of This Number, 483,000 Patients Had Recovered. The United States Has Recorded The Highest Number Of Cases With 683,786 Infections And 34,575 Deaths With 56,546 Patients Having Recovered. Italy Is Second In The List With 22,745 Deaths And 172,434 Positive Cases, Followed By Spain (19,478 Deaths And 188,068 Cases), France (18,681 Deaths And 147,969 Cases) And Britain (14,576 Deaths And 108,692 Cases). Meanwhile, China Recorded 4,632 Deaths And 82,367 Cases. Whereas Europe Recorded 1,100,677 Cases And 96,721 Deaths Until Now, With The United States And Canada Recording 715,428 Cases And 35,929 Deaths, Followed By Asia (157,131

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Cases And 6,801 Deaths), West Asia (117,953 Cases And 5,371 Deaths), Latin America And The Caribbean (89,460 Cases And 4,242 Deaths), Africa (19,296 Cases And 995 Deaths) And Oceania (7,785 Cases And 83 Deaths). Malaysia Had Recorded 5389 Cases And 89 Deaths.

Virologists Are Of The View That Lifestyle And Social Activities Are Factors That Contribute To The High Number Of Covid 19 Deaths Among Males In The World Since The Virus Was First Detected In Wuhan, China In December Of 2019. Director Of The Tropical Infectious Diseases Research Centre (Tidrec) In Universiti Malaya (Um), Professor Dr Sazaly Abu Bakar Said That The Covid 19 Pandemic Has Social Underpinnings.

Data From Taiwan Shows That There Is No Difference Between The Number Of Males And Females Contracting The Covid 19 Infection. Hence, There Is A Possibility That The Covid 19 Virus Prefers Males To Be The Host Carrier. However, There Is A Possibility That Males In Malaysia Are Generally More Involved In Social Activities, Whereby They Have A Extrovert Personality Compared To Females In Malaysia, Who Are Predominantly Introverts. According To Sazaly Abu Bakar (2020), Covid 19 Is A Socially Infectious Disease And It Infects Whoever Is Nearest To The Social Activity. Perhaps Males Are More Frequently Involved In Social Activities That Exposes Them To The Infection.

Based On The Report And Statistics By The 'The Wall Street Journal' (Wsj) In March 2020, The Rate Of Male Deaths Was Higher Than Females And Children. This Shows That The Covid 19 Virus Has An Affinity For Males As Hosts Based On The Report. According To The Department Of Statistics Malaysia, The Number Covid 19 Deaths In This Country Has Reached 108 Cases, With 89 Being Males And 18 Being Females. Based On The Statistics By The Wsj, The Percentage Of Covid 19 Deaths Affecting Males In Italy And France Had Reached 71% Compared To 29% Females.

However, The Report Did Not Divulge Data For The United States. Hence, According To A Report By Vox Media, As Of 9 April, New York Alone Saw 6,200 Covid 19 Deaths With 60% Being Males. Thus, Based On These Figures And The Current Statistics In This Country, The Percentage Of Male Covid 19 Deaths In Malaysia Is Comparatively The Highest In The World, Which Is 76.6%. Moreover, Sazaly Stated That Scientists Around The World Are Investigating As To Why Children Are Least Infected By The Covid 19 Virus Compared To Adults. He Further Added That, "If We Look At It, Early Adults And Adults Are The Most Liable To Get Infected, But It Does Not Mean That Children Will Not Get Infected".

According To Allport (1971); Twenge Jm Et Al (2020); Bucher Ma Et Al (2019) A Male's Characteristics Is More Inclined Towards An Extrovert Personality And The Aspects Of Personality Are The Psychophysical Systems In An Individual That Determine The Thinking And Behavioural Features. Guilford (1959) Defined Personality As Traits In An Individual That Forms Various Characteristics And Attitudes. Maddi (1989) Had Defined Personality As A Set Of Stable Characteristics And Inclinations That Determines Similarities And Differences In A Person's Psychological Behaviour. Holland (1997; 1985; 1973) Stated That Interest Is An Expression Of The Personality. Personality Traits Are Usually Identified By Examining A Person's Interest Towards Subjects In Schools, Recreational Activities, Hobbies, And Work; Meanwhile, Vocational Interest Can Be Interpreted As An Expression Of One's Personality (Brown & Brooks 1984). This Statement Clearly Shows That Personality Is An Important Variable Because It Reflects An Individual's Thinking And Behaviour.

Jung (1921) Wachs Td Et Al (2006); Moran L, Et Al (2017) Stated That Extroversion Is The Outward Movement Of Libido Energy, While Introversion Is Internal Changes In The Libido. He Had Categorised Human Nature Into Extroverts And Introverts. An Introvert Usually Possesses A Self-Control System, Which Is The Internal Strength To Control The Libido In A Person. A Person With An Introvert Personality Possesses Features Such As Being Shy, Like To Be Alone As Well As Avoid Social Engagements And Society In General. According To Eysenck (2000), An Introvert Is A Person Who Is Quiet And Likes To Introspect About His Weaknesses And Strengths In A Unique World He Has Created. At The Same Time, An Introvert Is Very Cautious When Socialising With The Surrounding Society And Is Very Difficult To Form Close Friendships. Most Introverts Ponder On The Individualistic Principle Compared To The Problems Affecting The Cluster Around Them. They Do Not Realise That They Fervently Advocate The Principle Of Self-Interest And Values. These Features Indirectly Create A Monologue Within The Introvert In Order To Build A Strong Defence Against Any External Stimulus. It Is Common To Find An Introvert Working As A Painter, A Music Composer, A Technician, Lecturer, A Cleric Etc.

According To Jung (1990); Twenge Jm Et Al (2020); Bucher Ma Et Al (2019) An Extrovert Personality Possesses Dominant Features To Manage Oneself From An Outward Perspective. An Extrovert Personality Is Characterised By Being More Flexible When Dealing With Surrounding Social Situations. Eysenck (2000) Was Of The View That An Individual With An Extrovert Personality Is Friendly, Active, Energetic And Jovial. Extroverts Do Not Like Academic Matters, Usually Do Not Take Their Responsibilities Seriously, Are Optimistic, Emotionally Unstable At Times And Sometimes Aggressive. An Extrovert Usually Works As A Politicians, Policemen, Nurses, Doctors, Army, Teacher, Lectures And Others.

This Study Shows That A Person's Personality Is Not Related To The Aspect Of Responsibility. A Student With An Introvert Personality Is One Who Likes To Be Alone, Shy, Quiet And Does Not Excel In Society. Rettner (2010); Ab Rahman Et Al (2020) Explained Why An Introvert Is Inclined To Be Alone Because An Extrovert Has A Meaning In Life Compared To An Introvert Who Relishes In His Own World. This Occurs Because An Extrovert Is Inclined To Be Dominant When Socialising In Society And Cannot Differentiate Between Inanimate Objects And Human Faces.

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These Studies Show That The Covid 19 Crisis Can Be Overcome By Applying The Religious Approach. This Study, Which Applied The Interview Method On Covid 19 Patients, Intended To Determine The Effects Of Physical, Psychological And Religious Disruptions As Well As The Practice Of Religious Coping On Covid 19 Patients Quarantined For 14 Days Before Being Certified As Covid 19 Positive And Receiving Treatment In Hospitals. The Interview Sessions Showed That The Type Of Religious Coping Practised By Covid 19 Patients In The Islamic Context Was In The Form Of Performing Acts Of Worship, Such As Prayers, Zikir, Fasting, Invocation, Reciting The Al-Qur'an, Voluntary Charity And Consolidating Silaturahmi Relations. These Practices Help Enhance Physical, Psychological, Social And Spiritual Health In An Individual. This Study Had Categorised Religious Coping Practices In Covid 19 Patients Into Two. First, The Relationship With Allah Swt (Hablun Min Allah), Which Is Through The Implementation Of Worship, Such As Prayers, Zikir, Fasting, Invocation And Reciting The Al-Qur'an. Second, The Relationship Amongst Humans (Hablun Min An-Nas), Which Is To Form Silaturahmi Relations, Voluntary Charity And Safeguarding Good Relations Amongst Humans By Recognising And Respecting Each Other's Rights (Salasiah Hanin Et Al 2020; Muhd Najib Et Al 2020; Mazlan Ibrahim Et Al 2020; Ahmad Sunawari Et Al 2020).

The Form Of Religious Coping Practices Through Relations With God (Hablun Minallah), From An Islamic Perspective, Is A Vertical Relationship That Involves The Implementation Of Worship, Such As Prayers, Zikir, Fasting, Invocation And Reciting The Al-Qur'an, Which Are Further Elaborated As Follows (Rahman, Et Al (2019, Salasiah Et (2020); Nasrudin Subhi Et Al (2020).

ii. Religious Coping Through Prayers

In A Linguistic Context, Prayers Mean Invocation Or Appealing For Something From God. From A Fiqh Perspective, Prayers (Solat) Are A Chain Of Salutations And Acts, Beginning With The Takbir (Allāhu Akbar, Which Means God Is [The] Greatest) And Ending With The Salam, Which Indicates Religious Worship To Allah Swt. Prayers (Solat) Are An Act Of Complete Servitude Of The Soul To Allah Swt By Feeling The Supremacy, Greatness, Excellence And Power Of Him From The Physical And Spiritual Aspects. According To Mujib, (2009) Worship In Islam Comes In Several Types And Forms, But Worship That Portrays The Overall Personality Of A Person Is The Prayer (Solat). This Is Because Prayers Differentiate Muslims From The Non-Muslims. Surah Al-Israa' Verse 78 Instructs One To Carry Out Prayers, As Described Below.

“Establish Prayer At The Decline Of The Sun [From Its Meridian] Until The Darkness Of The Night And [Also] The Qur'an Of Dawn. Indeed, The Recitation Of Dawn Is Ever Witnessed.”

Based On The Interview With A Former Covid 19 Patient, The Patient Had Practised Religious Coping In An Islamic Context When Receiving Covid 19 Treatment, Which Was By Performing Prayers (Solat). This Is Because Prayers (Solat) Are A Form Of Practising Religious Coping To Overcome Problems, As Mentioned In Qs. Al-Baqarah, Verse 153, Meaning:

“O You Who Have Believed, Seek Help Through Patience And Prayer. Indeed, Allah Is With The Patient”.

Al Ghazali (1998) Stated That Performing Prayers (Solat) Is A Spiritual Journey Towards Allah Swt. In Other Words, Prayers (Solat) Contain Four Fundamental Meanings. First, To Feel What It Is Like To Be In Front (Washala) Of Allah Swt. Second, Developing A Sense Of Relatedness (Shilah) With Allah Swt Physically And Spiritually, Such As The Value Of Love Amongst Humans. Third, It Refers To The Appreciation, Praise And Respect For Allah Swt. Fourth, Prayers (Solat) Contain The Meaning Of An Invocation Or Appeal After A Subject Has Conveyed The Feeling Of Appreciation And Praise To Allah Swt. Mujib Explained That Zikir And Deep Thoughts During Prayers Is The Best Meditation Method. Besides Having Divine Spiritual Values, Meditation During Prayers (Solat) Also Creates A Harmonious Balance Between A Person's Body And Soul Beginning With The Nerves, Muscles, Blood Flow, Breathing, Digestion, Lymphatic System, Reproduction Etc. Ari Wisono Adi Found A Significant Positive Relationship Between Performing Prayers (Solat) And Anxiety. In Other Words, The More A Person Is Disciplined And Focused On Performing Prayers (Solat), The Lesser The Level Of Anxiety.

Abu Bakar Yalwa (2017) Stated That Three Positive Influences Are Accruing From Performing Prayers (Solat), Such As Spiritual And Mental Tranquillity As Well As Prevention Of Prohibited Acts And Characteristics Such As Being Impatient And Frequently Complaining. Further Explanation Of The Wisdom Of Performing Prayers (Solat) Is As Follows:

1) Prayers (Solat) Provide A Peaceful Mind And Soul, Which Is A Form Of Zikir To Allah Swt. This Is Based On The Exhortations Of Allah Swt In Surah Tha-Ha Verse 14:

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“Indeed, I Am Allah. There Is No Deity Except Me, So Worship Me And Establish Prayer For My Remembrance”.

2) Prayers Prevent A Person From Carrying Out Despicable And Prohibited Acts. This Is Based On The Exhortations Of Allah Swt In Surah Al-Ankabut Verse 45:

“Recite, [O Muhammad], What Has Been Revealed To You Of The Book And Establish Prayer. Indeed, Prayer Prohibits Immorality And Wrongdoing, And The Remembrance Of Allah Is Greater. And Allah Knows That Which You Do”.

3) Prayers Prevent A Person From Complaining And Being Impatient. This Is Based On The Exhortations Of Allah Swt Qs. Al-Ma’arij Verse 19-22, Meaning:

“Indeed, Mankind Was Created Anxious. When Evil Touches Him, He Becomes Impatient. And When Good Touches Him, He Is Withholding [Of It]. Except The Observers Of Prayer”

A Muslim Who Prays (Solat) Is Called A Mushhalli. According To Mujib, Mushalli Is Part Of An Individual’s Personality That Emerges After Performing Prayers Consistently, Orderly And With Full Concentration Until The Individual Receives The Blessing For What He Has Prayed For. Doufesh Et Al. (2008); Salasiah Hanin Et Al 2020; Muhd Najib Et Al 2020; Mazlan Ibrahim Et Al 2020; Ahmad Sunawari Et Al 2020) Found That The Prostrating (Sujud) Posture During Prayers (Solat) Produces Alpha Waves In The Brain, Which Is Similar To The State Of The Brain When A Person Is Relaxing. Hence, Prayers (Solat) Can Be A Religious Coping Method Used For Reducing Stress Levels In Covid 19 Patients.

A Study By The Biocybernaut Institute Found That Increasing Alpha Waves Can Reduce Stress And Anxiety As Well As Strengthening The Body’s Immune System When Fighting Covid 19. Ab Rahman Et Al (2018); Ahmad Zaki Et Al (2020) Stated That Prayers (Solat) That Are Performed Correctly And Devoutly Affect The Formation Of A Soul Free From Anxiety When Facing The Challenges In Life. The Effect Of Prayers (Solat) On Humans Produces A Strong Conviction And A Calm Mind That Is Lasting, Willing And Blessed By Allah Swt In The Course Of Facing The Difficulties In Life.

ii. Coping Religious Through Zikir

According To Al-Galal, S. A. Y (2017), Zikir Is The Mentioning Of The 99 Names Of Allah Swt (‘asmā’u Llāhi L-Ḥusnā) And Remembrance Of Allah Swt In Every Situation. Zikir Intends To Form A Relationship That Binds The Subject’s Soul With Allah Swt Until A Feeling Of Love Emerges Towards Allah Swt, Which Is Monitored By Him. Komaruddin Hidayat Stated That When One Is Appreciative, Performs The Zikir And Contemplates About Allah Swt Regarding The His Supremacy And Love. Then There Will Be A Positive Feeling About The Beauty Of His Creations.

Zikir And Devout Worshipping Is A Process That Internalises The Noble Features Of Allah Swt In A Person. Mubarak Stated That Zikir Is A Level Of Awareness About Allah Swt, Which Makes Zikir The Most Powerful Mental Activity When Connecting Subjects To Their Creator In A Spiritual Manner. Sajari Opined That Performing Zikir In The Name Of Allah Swt Could Be Done Secretly (Sirr), Silently (Khafi) Or Loudly (Jahr), Which Can Be Performed Individually Or In A Group, Either Verbally (Bi Al-Lisan) Or Silently (Bi Alqalb).

According To Najati, D. (1985); Nurul Alieya Et Al, 2018; , Allah Swt Had Instructed Pious And Faithful Subjects To Always Perform The Zikir To Reap The Benefits In Life. This Is Mentioned In Qs. Al-Ahzab Verse 41-43:

“O You Who Have Believed, Remember Allah With Much Remembrance. And Exalt Him Morning And Afternoon, It Is He Who Confers Blessing Upon You, And His Angels [Ask Him To Do So] That He May Bring You Out From Darkness Into The Light. And Ever Is He, To The Believers, Merciful.”

Also, Oz Suggested That The Virtues Of Allah Swt (Zat Allah) Or Spiritual Confidence Can Provide Calmness In A Dire Situation. According To Islam, Remembering Or Thinking Of Allah Swt (Zikir) Leads To A Tranquil Or Composed Person Void Of Any Anxiety. This Is Based On The Exhortation By Allah Swt In Qs. Al-Ra’d Verse 28, Meaning:

“Those Who Have Believed And Whose Hearts Are Assured By The Remembrance Of Allah. Unquestionably, By The Remembrance Of Allah Hearts Are Assured.”

According To Al-Domi, M. M. (2015) The Verse Above In Surah Al-Ra’d Means That When A Person Remembers Allah Swt By Performing The Zikir, He Will Then Be Calm And At Peace Because When One Is Used To Zikir, One’s Whole Body Will Start To Zikir As Well. When A Behaviour Is Followed By Zikir From The Heart (Dzikr Qalbi), Then, Indirectly, This Will Move The Whole Body To Think About Allah Swt In Every Situation.

Based On An Interview With A Former Covid 19 Patient, It Was Revealed That One Type Of Religious Coping Associated With The Challenges Of Facing Covid 19 Is To Perform The Zikir In The Name Of Allah Swt (Muhd Najib, Et Al 2020; Kamarudin Salleh Et Al, 2020). According To This Study, Remembering Allah Swt Through The Zikir Method Is The Basis For Enhancing A Person’s Behaviour Using

The Values Of Faith. This Is Because Of The Beautiful Wordings In The Zikir, Such As Subhanallah, Alhamdulillah, Allahuakbar And Astaghfirullahalazim. When The Zikir Is Performed With True Feelings, It Indirectly Has Positive Effects On The Person's Psychology. According To Achmad Mubarak, Psychologically, The Linguistic Aspect Plays A Crucial Role In Enhancing A Person's Behaviour. Language Has A "Remote Control" Effect In Manoeuvring A Person To Exhibit Various Emotional States, Such As To Laugh, Feel Sad, Cry, Be Motivated Etc. Ismail Et Al (2018; Jaffary Awang Et Al (2020); Salasiah Hanin Et Al (2020) Also Stated That Religious Practices Such As Worshipping Allah Swt Through Istiqamah, Performing Zikir During The Five Obligatory Prayer Sessions, Seeking Forgiveness And Offering Prayers Could Bring A Person Closer To Allah Swt. The Person Will Feel Obligated, Willing As Well As Feel Calm And At Peace.

Iv. Religious Coping Through Fasting

According To Kahel, A.D., (2013); Ab Rahman, Z Et Al (2019; Ahmad Zaki Et Al (2020), Fasting From An Etymological Aspect Means Abstaining From Something, Either From The Physical Or Non-Physical Aspects. From A Terminology Aspect, Fasting Refers To The Practice Of Abstaining From Food, Drink And Sexual Activity, Which Is Observed From Dawn To Nightfall. Fasting Also Means To Refrain From Doing Something That Can Destroy The Innate Nature Of Humans (Al Galal Et Al (2016, 2017); Abu Bakar (2016); Ahmed M. Abbas Et Al (2016). Based On An Interview With A Former Covid 19 Patient, The Interviewee Stated That One Of The Religious Coping Methods In The Covid 19 Pandemic Recovery Process Is To Carry Out Fasting. According To This Interviewee, He Had Performed Fasting During Ramadhan When Undergoing Treatment For Covid 19 In The Hospital. According To Medical Experts In Malaysia, Covid 19 Patients Are Allowed To Fast During The Holy Month Of Ramadhan. Still, If Their Blood And Bodily Fluid Flow, As Well As The Immune System, Is Disrupted, Then They Are Allowed To Break Their Fast. According To McAuliffe, J. D., (2002) Who Is A Nutritionist And Digestive Health Expert At The University Of Virginia, Chronic Disease Patients Should Manage Their Diet, Which Is An Important Component In Enhancing Health. A Well-Managed Diet Plan Can Treat A Patient's Digestive System By Providing A Balanced Meal That Has The Potential To Alleviate The Pain Suffered By A Critically Ill Patient. Based On Studies By Norashibah Et Al (2018) It Was Found That A Patient With A Chronic Illness Can Undergo A Diet Plan That Offers A Complete Diet, Which Controls The Quantity And Nutritional Content Of Food Required By The Body. Hence, The Practice Of Fasting And Its Function In The Diet Management Plan Advocated By Mitchell, (2001) And Ismail Et Al (2019) Can Be Suggested To Critical Care Patients.

V. Conclusion

The Wide Use Of The Religion In Studies Of Multiple Environments Shows Its Effectiveness In Explaining Intention And Behaviour In Multiple Environments. However, Research On Community Compliance In Covid 19 Disease Is Still Lacking. Thus, This Study Attempts To Explore A Different Phenomenon And Environment Using Religiosity Aspect. This Study Will Use The Variables Of Religiosity In Affecting Intentions Towards Community Compliance In The Unique Covid 19 Environment. The Variable Of Intention Will Also Be Examined To Investigate Its Correlation With The Behaviour Of Community Compliance In Covid 19 Disease. Due To Time Constraints, This Is A Conceptual Study Without Empirical Proof. Thompson, M. P (1997), Tobin, D. L Et Al (1998), Koole Et Al (2009) And A. Vishkin, Y. Bigman And M. Tamir (2014) Had Strongly Emphasised That The Religious Approach Is Significant In Rejuvenating A Patient's Mental Health And A Psychological Healing System For Illnesses.

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