

Media Release

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Civil Resilience During the Coronavirus Crisis Among Persons Aged 21 and Over

- 5.4% of persons aged 21 and over - approximately 306,300 persons - report that their **state of health** worsened (they responded “worse” or “much worse”) during the crisis period.
- 22.5% of persons aged 21 and over - approximately 1.2 million persons - report that their **mental state** worsened during the crisis period.
- 25.8% report that their **children’s mental state** has worsened.
- 34.3% of the population - approximately 1.9 million persons - felt stress and anxiety during this period (10.1% “to a large extent” and 24.2% “to an extent”); 16.2% of the population feel **depressed**, and 23.5% of the population suffered from **loneliness**. The percentage of Arabs who suffered feel depression, stress, and anxiety was higher.
- 22.6% - approximately 377,300 persons of those who do not live on their own - report **tension between members of the household** due to the crisis.
- 55.7% of the population fear becoming infected with the virus. Half the population (50.3%) **fear difficulty in meeting their expenses**.
- 16.2% report that they **receive assistance from someone who is helping them by bringing food, medications, etc.**; 45.5% of persons aged 65 and over report that they receive this assistance.

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For explanations and clarifications, please contact the Statistical Information Center at +972-2-659-2666

- 46.1% - approximately 2.5 million persons - report that their and their families' **economic situation has worsened** due to the Coronavirus crisis.
- 14.1% - approximately 778,700 persons - report that they or a member of their household had **reduced the quantity of food or number of meals** that they ate over the past week.
- Most of the public - more than 80% - **comply with the instructions of the Ministry of Health to a great extent.**
- 38.0% of the population (48.9% of Arabs) **have a great deal of confidence in the way the government is dealing with the Coronavirus crisis.** Another 33.6% have confidence "to an extent."
- A higher percentage of Israelis **have a great deal of confidence in the local authority of their locality of residence**; 46.9% have confidence in the local authority "to a large extent" (62% of the Arabs); another 32.2% have confidence "to an extent."

At the end of April (between April 26 and May 1, 2020), a flash survey was conducted in order to provide decision-makers with a situation assessment and vital data regarding the Israeli public's civil resilience during the Coronavirus crisis. The Central Bureau of Statistics conducted the survey in partnership with the National Security Council and the Prime Minister's Office. The survey population included persons aged 21 and over, except for the Bedouin in the south and residents of therapeutic institutions. The sample was taken from Israel's Population Registry.¹

The survey questions covered a variety of topics: health, mental state, food consumption, receiving assistance, economic and work situation, extent of compliance with the instructions of the Ministry of Health and the government, and the extent of confidence in the way that the government and in the local authority of the residential locality was dealing with the Coronavirus crisis.

[Questionnaire](#) (Hebrew only)

[Explanations](#)

¹ The sample contained 2,279 persons, of whom 1,276 responded by telephone.

Findings of the Survey

State of Health and Mental State

It was found that 66.2% assessed their current state of health as very good; 26.5% - good; 5.9% - not so good, and 1.5% - not good at all; 23.5% of persons aged 65 and over assessed their state of health negatively (“not so good” or “not good at all”).

Approximately 306,300 persons - 5.4% of persons aged 21 and over - reported that their health was “worse” or “much worse” during the crisis. The percentage among persons aged 65 and over was higher - 11.3%.

Of persons aged 21 and over, 11.2% - approximately 631,400 persons - reported that one member of their household had been in quarantine as the virus spread.

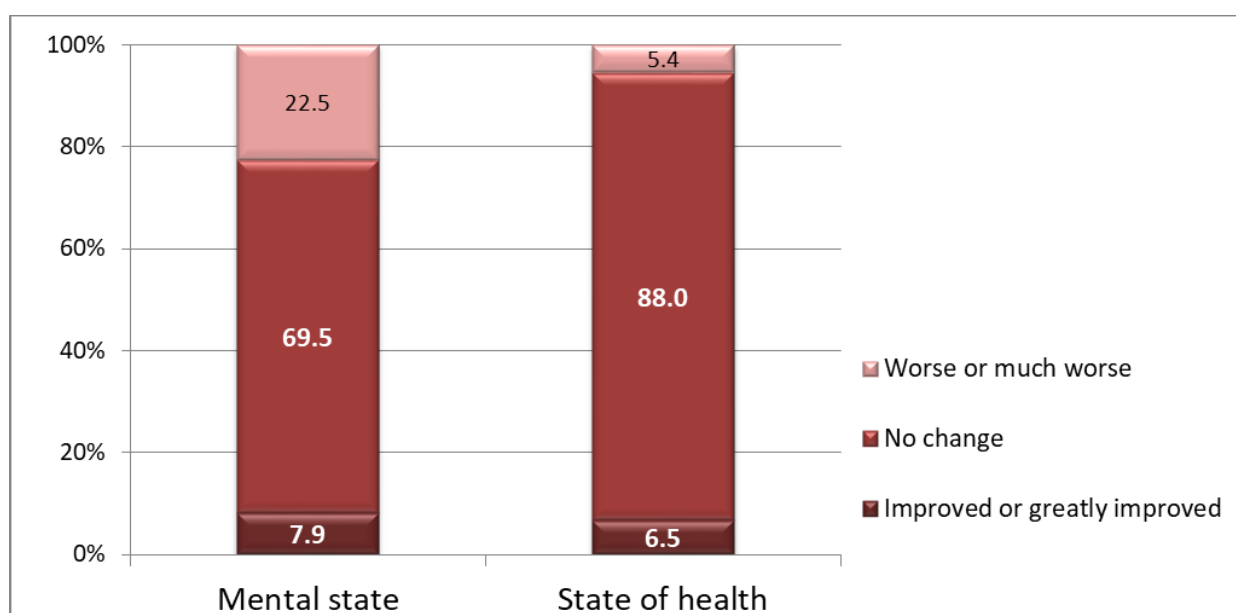
When the sampled persons were asked about their mental state, 40.0% responded that their mental state currently was very good; 40.3% said that it was good; 15.0% said that it was not so good, and 4.7% said that it was not good at all.

Of persons aged 65 and over, 27.7% - approximately 293,700 persons - gave a negative assessment to their mental state (“not so good” or “not good at all”).

Of Arabs, 36.6% gave a negative assessment to their mental state.

Approximately 1.2 million persons - 22.5% of persons aged 21 and over - reported that their mental state was “worse” or “much worse” during the crisis.

Diagram 1 - State of Health and Mental State of Persons Aged 21 and Over During the Crisis (Percentages)



The respondents reported on the mental state of their children (if they had children in the household) during the crisis: 58.9% said that there had been no change in their children’s mental state, and **25.8% reported that their children’s mental state was worse (“worse” or “much worse”)**.

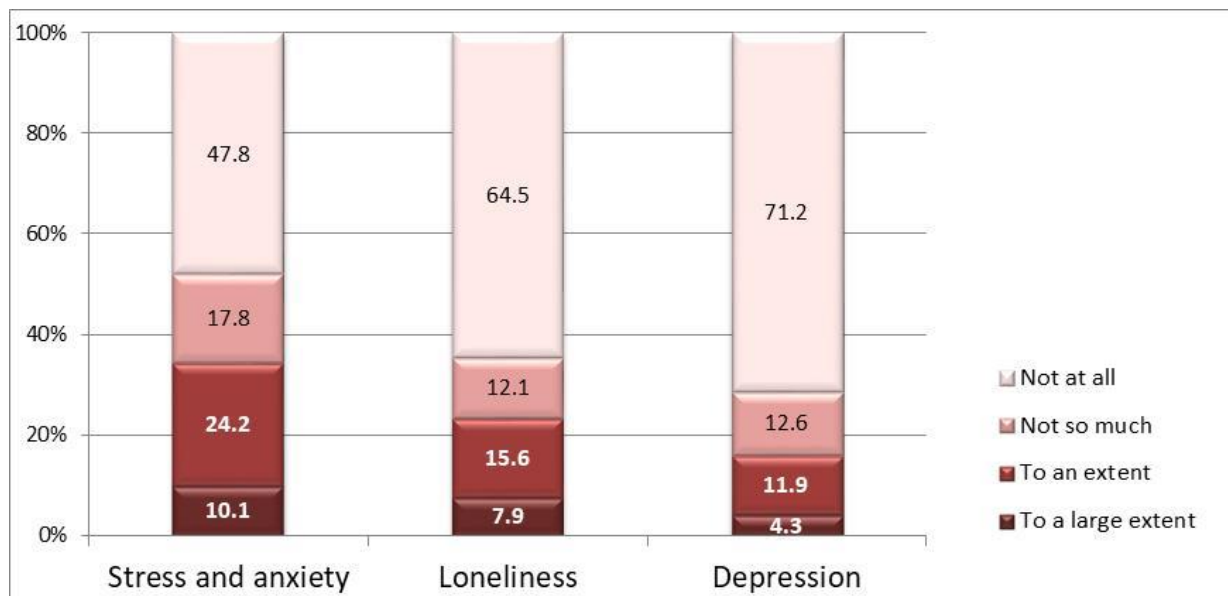
In addition to the general question about their mental state, the respondents were also asked about feelings of stress, anxiety, depression, and loneliness. Of the population, **34.3% - approximately 1.9 million persons - felt stress and anxiety during this period (10.1% “to a great extent” and 24.2% “to an extent”); 16.2% felt depressed and 23.5% felt lonely.**

Among persons aged 65 and over: 30.4% - approximately 323,600 persons - felt stress and anxiety, 18.9% felt depressed, and 29.5% felt lonely (“to a great extent” or “to an extent”).

The percentages were higher among Arabs: 45.2% felt stress and anxiety, 27.5% felt depressed, and 29.3% felt lonely.

These feelings have been more prevalent among women than among men during the crisis: 39.6% of women and 28.9% of men reported feelings of stress and anxiety.

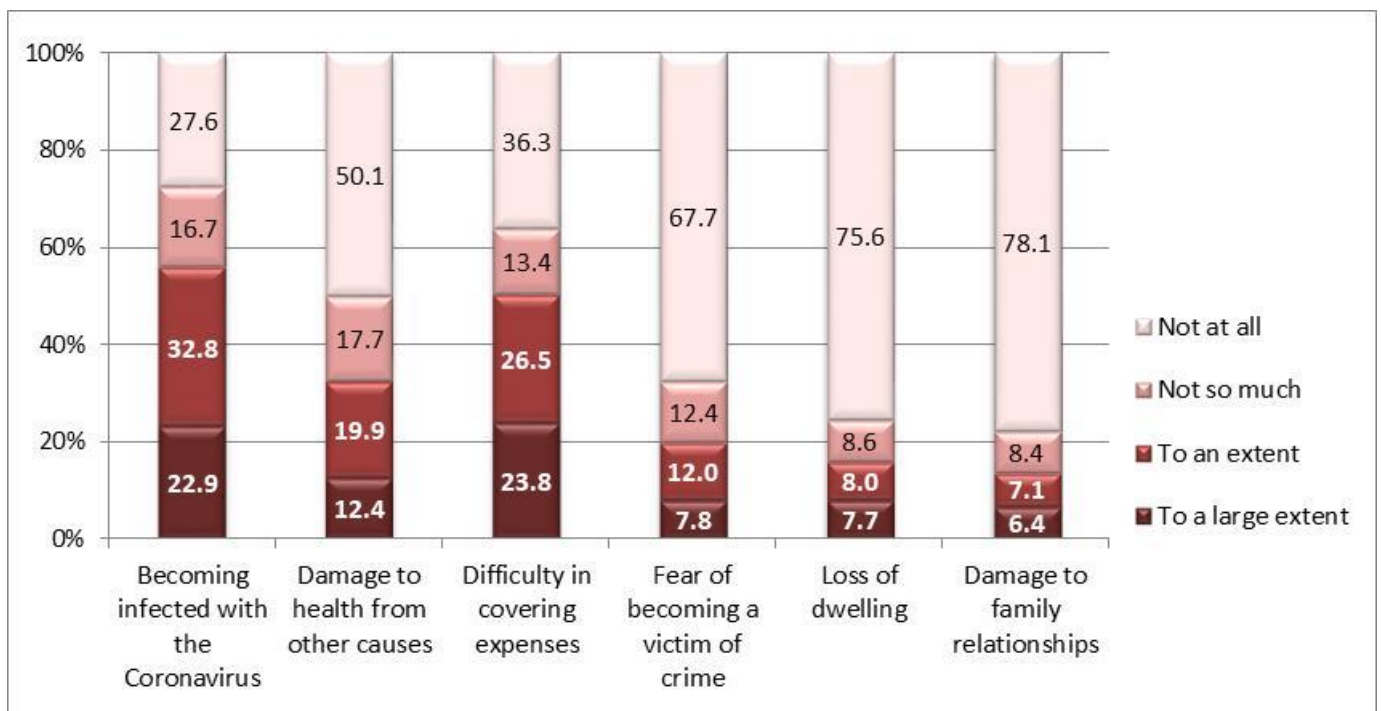
Diagram 2 - Persons Aged 21 and Over Who Experienced Negative Emotions During the Crisis (Percentages)



An extended stay at home can affect relationships between members of the household. **Of persons who do not live alone, 22.6% reported that the crisis has caused tension between members of the household:** 18.0% “to an extent” and 4.6% “to a large extent” or “to a very great extent.” The percentage of persons who reported tension between members of the household in households with two to three members was 16.7%, and 27.1% among households with four or more members.

The Coronavirus crisis has given rise to fears of various scenarios concerning physical and financial health: **55.7% of the population fears becoming infected by the virus** (22.9% “to a great extent” and 32.8% “to an extent”); 32.3% fear damage to their health from other causes. **Half the population (50.3%) fear difficulty in meeting with their expenses** (60.3% of the Arabs and 31.1% of persons aged 65 and over); 15.7% fear losing their dwellings, and 13.5% fear damage to family relationships.

Diagram 3 - Fear of Various Scenarios due to the Coronavirus Crisis Among Persons Aged 21 and Over (Percentages)



Nutrition and Economic Welfare

Of the population, 14.1% - approximately 778,700 persons - reported that they or a member of their household had reduced the quantity of food or number of meals that they ate over the past week: 13.0% of persons aged 65 and over, and 23.5% of Arabs.

The most common reason for this reduction is economic: 57.6% of those who reported reducing the quantity of food that they ate said that they did not have enough money to buy food: 75.1% of Arabs, 66.4% of women and 48.6% of men.

Of the population, 16.2% reported that they had received assistance from someone who helped them by bringing them food, medications, etc.; of persons aged 65 and over - 45.5%.

Those who provided assistance were mainly family members (in 61.0% of the cases); 13.6% received assistance from the welfare authorities or the local authority, and 25.4% received assistance from others, including neighbors or a volunteer organization.

Of those who did not receive assistance, 95.5% reported that they did not need help.

The survey revealed that 46.1% - approximately 2.5 million persons - reported that their own economic situation and their families' economic situation was worse due to the Coronavirus crisis; 57.0% of Arabs reported that their economic situation had worsened.

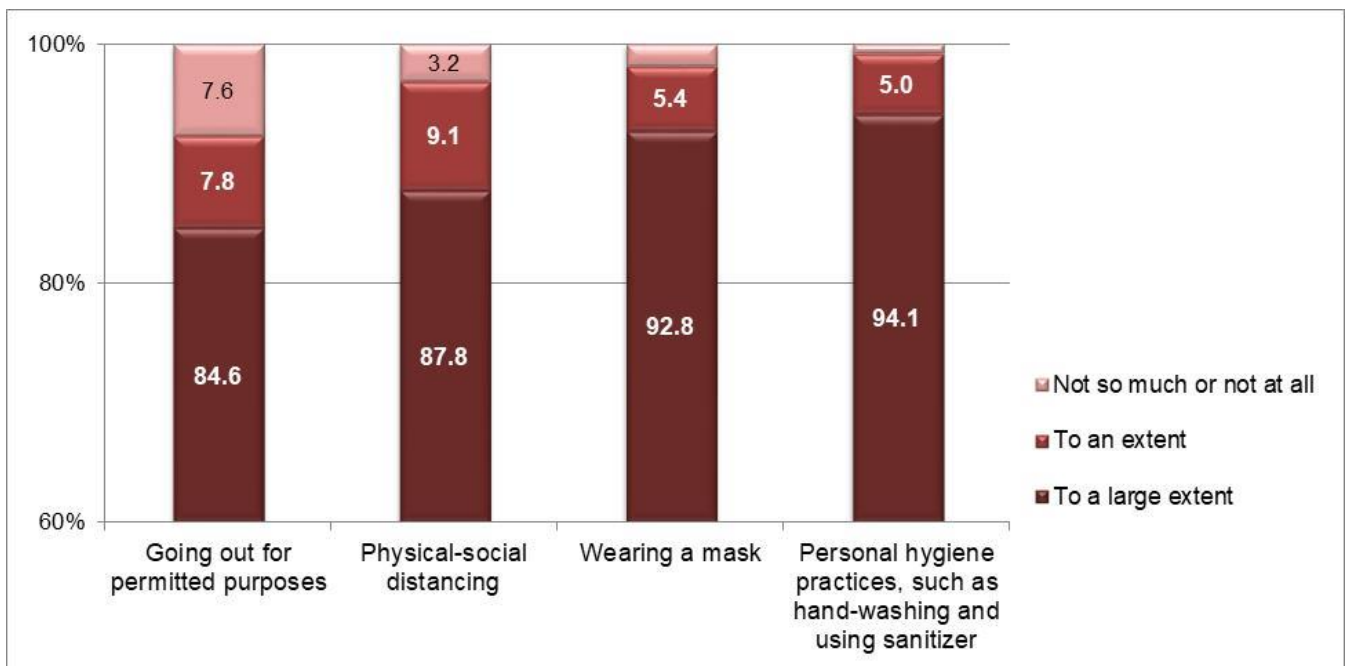
The income of 46.4% of the population was harmed due to the crisis - 49.8% of Arabs.

Of the population, 20.6% expected that their economic situation would improve over the next 12 months; 52.2% believed that their economic situation would not change, and 27.3% believed that their economic situation would worsen.

Compliance With the Instructions of the Ministry of Health and the Government

The majority of the public complies with the instructions: 84.6% are compliant "to a great extent" regarding leaving home for permitted purposes; another 7.8% are compliant "to an extent"; 87.8% practice physical-social distancing "to a great extent"; 92.8% when it comes to wearing masks; 94.1% are careful to follow hygienic practices - washing hands and using sanitizer - to a large extent.

Diagram 4 - Compliance With Instructions During the Crisis Among Persons Aged 21 and Over (Percentages)



Confidence in the Government and in the Local Authority

The survey's findings show that 38.0% of the population (48.9% of Arabs) have a great deal of confidence in the way in which the government is handling the Coronavirus crisis. Another 33.6% have confidence "to an extent"; 28.3%, however, have no confidence in the government.²

In the eight large cities (with populations of 200,000 or more), the percentage of those who have confidence³ in the government ranges between 81.5% in Petah Tiqwa and 54.5% in Tel Aviv-Yafo.

A higher percentage of Israelis have a great deal of confidence in the local authorities of their places of residence: 46.9% (62% of Arabs) have a great deal of confidence in the local authority. Another 32.2% have confidence in the local authority "to an extent."

In the eight large cities, the percentage of persons who have confidence in the local authority range between 90.1% in Be'er Sheva and 67.1% in Tel Aviv-Yafo.

² "Not so much" or "not at all".

³ "To a large extent" or "to an extent".

In localities with between 100,000 and 199,000 residents: 64.5% have confidence in the government, and 80.5% have confidence in the local authority. In localities with fewer than 100,000 residents: 73.4% have confidence in the government, and 80.5% have confidence in the local authority.

Diagram 5 - Persons Aged 21 and Over Who Have Confidence in the Government and in the Local Authority During the Crisis in the Large Cities and by Type of Locality (Percentages)

