

Media Release

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Civil Resilience During the Coronavirus Crisis Among Persons Aged 21 and Over: Findings from the Third Wave of the Survey, Conducted Mid-July in the Midst of the Crisis

42% of persons aged 21 and over feel stress and anxiety
55% fear difficulty in meeting monthly expenses

- The **state of health** of 8.5% of persons aged 21 and over (approximately 478,600 persons) is worse (they responded “worse” or “much worse”) during the crisis. The percentage is higher among persons 65 and over – 13%.
- 26% of persons aged 21 and over (about 1.5 million persons) report that their **mental state** was “worse” or “much worse” during the crisis.
- 42% of the population (about 2.4 million persons) feel **stress and anxiety** during this time (15% “to a large extent” and 27% “to an extent”), compared with 33% during the previous wave of the survey.¹
- 21% of the population feel **depressed**, compared with 16% in the previous wave of the survey; 19% of the population feel **lonely** – similar to the previous results.
- 65% of the population **fear becoming infected by the coronavirus** (33% “to a large extent” and 32% “to an extent”); 38% **fear damage to their state of health from other causes**.

¹ Meaning the second wave of the survey, which was conducted after closure restrictions were removed, from May 11, 2020 to May 14, 2020.

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- About half the population (55%) fear **difficulty in meeting their monthly expenses**: More among Arabs – 65%, and less among those aged 65 and over – 39%. The percentage of those worried about meeting monthly expenses is higher than that observed in the previous survey (46%).
- Among 41% there is a **worsening of their financial situation** and that of their families as a result of the Coronavirus crisis; 49% among Arabs.
- 21% – about 1.2 million persons – report that **they or a member of their household reduced the quantity of food or number of meals** that they ate over the past week; 33% among Arabs. This percentage (21%) is higher than that observed in the previous survey – 14%.
- Most of the population **complies with the government instructions**; more than 80% report complying with them to a large extent.
- 19% of the public report that the instructions **are not so clear or not clear at all**.
- **The percentage of persons who have confidence² in the way the government has been dealing with the Coronavirus crisis (47%)** is lower than that observed in the previous wave of the survey (69%).
- **The percentage of persons that have confidence in the way the local authority has been dealing with the Coronavirus crisis (69%)** is lower than that observed in the previous wave of the survey (77%).
- **77% have confidence in the health-care system – the Health Funds and the hospitals.**
- **62% have confidence in the Ministry of Health**; 38% have “not so much” or “not at all”.
- **45% have confidence in the Ministry of Finance**; 55% have “not so much” or “not at all”.

The first wave of the survey on the Israeli public’s civil resilience during the Coronavirus crisis was conducted at the end of April (April 26–May 1, 2020). The second-wave survey

² To a great extent or to a certain extent.

was conducted May 11, 2020 to May 14, 2020, **and the survey whose findings are presented in this Media Release was conducted in mid-July – from July 12, 2020 to July 16, 2020.**

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, excluding Bedouins in the south and residents of therapeutic institutions. The sample was taken from Israel's Population Register.³

As in the previous two surveys, the questions in this survey covered a variety of topics: health, mental state, food consumption, receiving assistance, economic situation and work, extent of compliance with the instructions of the Ministry of Health and the government, and the extent of confidence in the government, the health-care system and the local authority of the residential locality in dealing with the Coronavirus.

[Media Release on the First Wave of the Survey](#)

[Media Release on the Second Wave of the Survey](#)

[Questionnaire](#) (Hebrew only)

[Explanations](#)

³ The sample comprised 2,291 persons, of whom 1,432 responded by telephone.

Findings of the Survey

Physical and Mental Health

Of the survey population, 68% assessed their current state of health as very good; 22% – good; 6.9% – not so good, and 2.6% – not good at all. Of persons aged 65 and over, 27% assessed their state of health negatively (“not so good” or “not good at all”) – almost five times the rate of members of the younger population (5.4%).

Of persons aged 21 and over, 8.5% – approximately 478,600 persons – reported that their state of health was “worse” or “much worse” during the crisis. The percentage among persons aged 65 and over was higher – 13%.

When the members of the sample were asked about their mental state, 45% responded that their mental state currently was very good; 35% said that it was good; 15% said that it was not so good, and 4.8% said that it was not good at all.

A quarter (25%) of persons aged 65 and over – approximately 270,000 persons – assessed their mental state negatively (“not so good” or “not good at all”).

The percentage of Arabs who assessed their mental state negatively was twice that of Jews,⁴ 33% versus 17%, respectively.

The percentage of Jews who estimate that their mental state is very good, 45%, is lower than the rate in the previous survey wave – 50%.

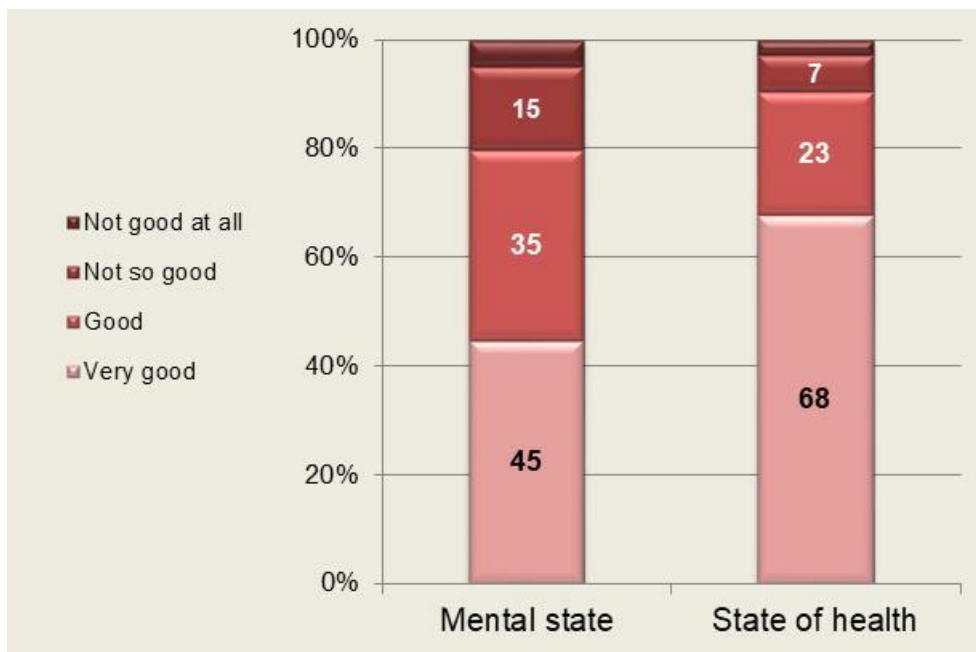
The mental state of women was also observed to worsen compared with the previous wave of the survey:⁵ 40% estimate that their emotional state is very good, compared with 49% in the previous survey.

Of persons aged 21 and over, 26% – approximately 1.5 million persons – reported that their mental state was “worse” or “much worse” during the period. The rate of those whose mental state was worse increased from 20% in the previous wave of the survey to 26% in the current wave.

⁴ The population group of Jews includes “Others” – non-Arabs Christians and persons not classified by religion in the Population Register.

⁵ This refers to the second wave of the survey conducted after closure restrictions were removed, conducted May 11–14, 2020.

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



The respondents to the survey reported on the mental state of their children (if they had children in the household) during the crisis: 70% said that there was no change in their children’s mental state, and **24% 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, 42% – approximately 2.4 million people – felt stress and anxiety during this period (15% “to a large extent” and 27% “to an extent”), compared with 33% in the survey’s previous wave.

Feelings of depression accompanied 21% of the population, compared with 16% in the survey’s previous wave; 19% felt lonely, similar to the survey’s previous wave.

Among persons aged 65 and over: 38% felt stress and anxiety, 20% felt depressed, 24% felt lonely (“to a large extent” or “to an extent”).

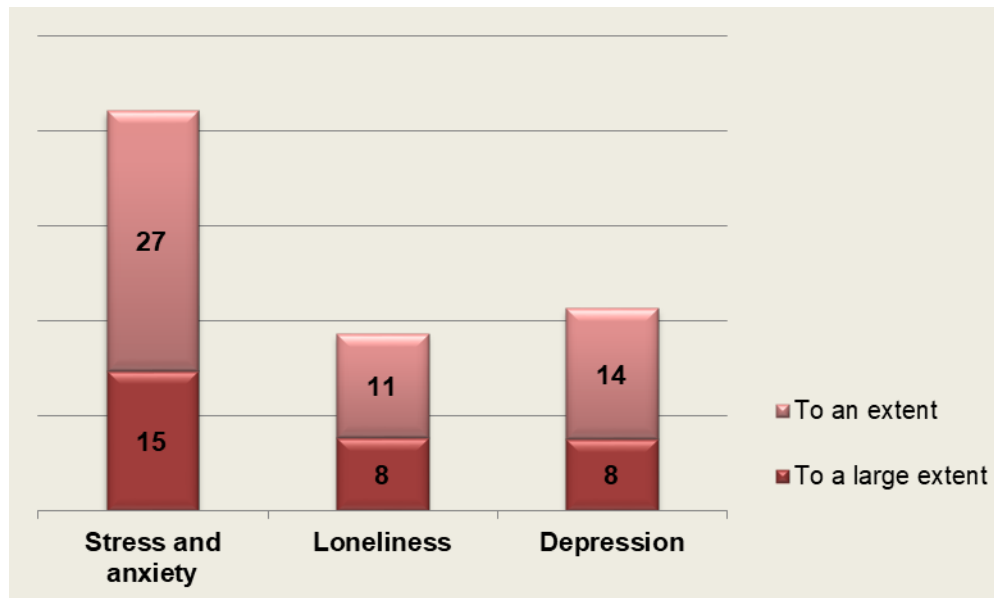
Among Arabs, the percentage of persons who felt depressed (35%) was higher than among Jews (18%). Additionally, 45% of Arabs felt stress and anxiety. The percentage of those feeling depression, stress and anxiety was higher in the survey’s current wave than that in the previous wave, by more than 10 percentage points.

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These feelings have been more prevalent among women than among men during the crisis: 50% of women and 34% of men reported feelings of stress and anxiety.

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



The Coronavirus crisis raises fears of various scenarios concerning physical and financial health. **Of the population, 65% fear becoming infected by the virus** (33% “to a large extent” and 32% “to an extent”); 38% fear damage to their health from other causes. Both of these concerns worsened compared to the survey’s previous wave in which 53% feared being infected with the virus, and 31% feared damage to their health from other causes.

The percentage of persons aged 65 and over who fear infection by the virus (63%) is similar to the percentage among the younger population (65%). The percentage of persons aged 65 and over who fear damage to their health from other causes is lower than the percentage of persons in the same age group who fear infection by the virus, but higher than the percentage among the younger population (48% versus 36%, respectively).

Women are more afraid than men – both of becoming infected by the virus (69% of women as opposed to 60% of men) and of damage to their health from other causes (41% of women and 35% of men).

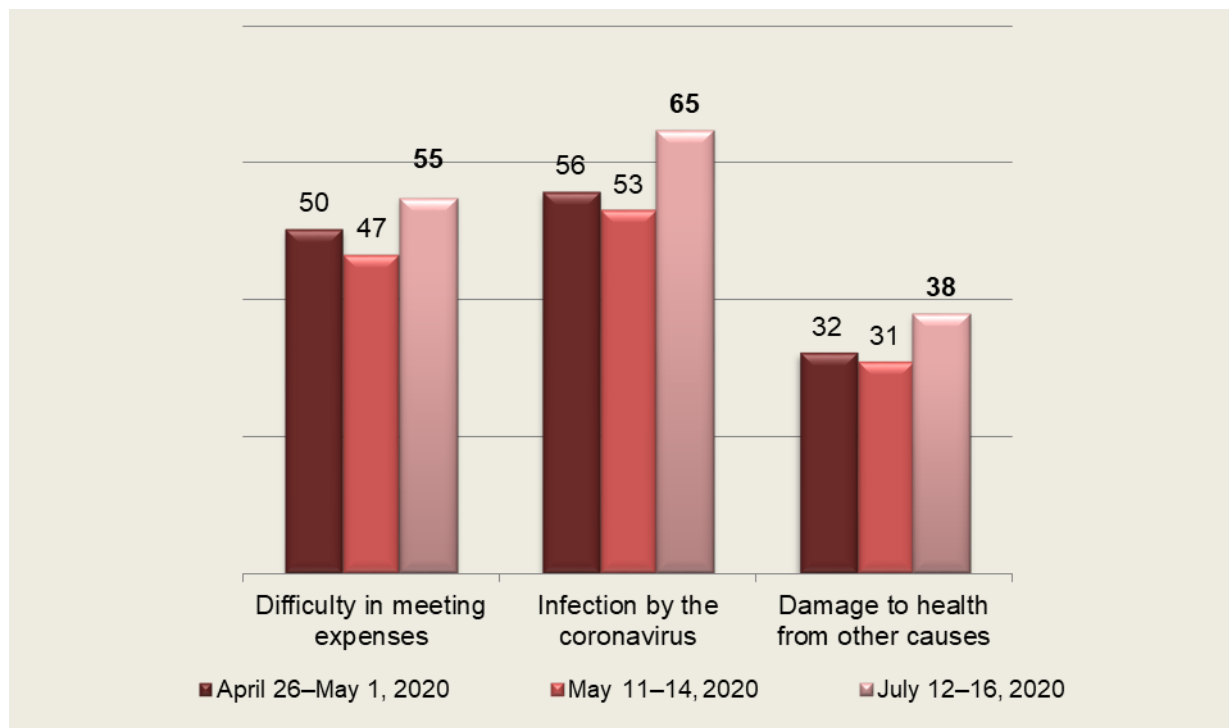
Approximately half of the population (55%) fears difficulty in meeting their expenses: More among Arabs – 65%, and less among persons aged 65 and over – 39%.

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The percentage of those who feared difficulty in meeting their expenses was higher than that observed in the survey's previous wave (46%).

Diagram 3 - Fear of Various Scenarios due to the Coronavirus Crisis among Persons Aged 21 and Over in the Three Waves of the Survey (Percentages)



Nutrition and Economic Welfare

Approximately 1.2 million persons – 21% of the population – 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: 19% of persons aged 65 and over, and 33% of Arabs. This percentage (21%) was higher than that recorded in the survey's previous wave – 14%.

Of the population, 14% reported that they had received assistance from someone who helped them by bringing them food, medications, etc.: 29% of persons aged 65 and over, as compared with 11% of younger persons. Those who provided assistance were mainly family members (in 72% of the cases); 13% received assistance from the welfare authorities or the local authority, and 21% received assistance from others, including neighbors or a volunteer organization.

Approximately 2.3 million people – 41% of the population – reported that their own financial situation and their families' financial situation had worsened due to the

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Coronavirus crisis; 49% of Arabs reported that their financial situation had worsened.

Among persons aged 65 and over, the percentage of those who reported that their financial situation had worsened was lower: 25%, compared with 45% of the younger population.

In the third wave of survey, 11% of the population predicted that their financial situation would improve over the next 12 months, compared with 27% in the previous wave; 60% believed that their financial situation would not change, and 28% believed that their financial situation would worsen – an increase compared with the percentage of those who said so in the survey's previous wave (18%). One-tenth – 10% of Jews – expected an improvement, compared with 25% in the survey's previous wave.

The percentage of optimists among Arabs (19%) decreased as well, to half of what it was in the survey's previous wave (37%).

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

To what extent are the instructions clear? For 57% the instructions are clear to a large extent; for 24%, to an extent; for 13% they are not so clear; and for 6% the instructions are not clear at all.

For 80% of those aged 65 and over, the instructions are clear to a large extent or to an extent.

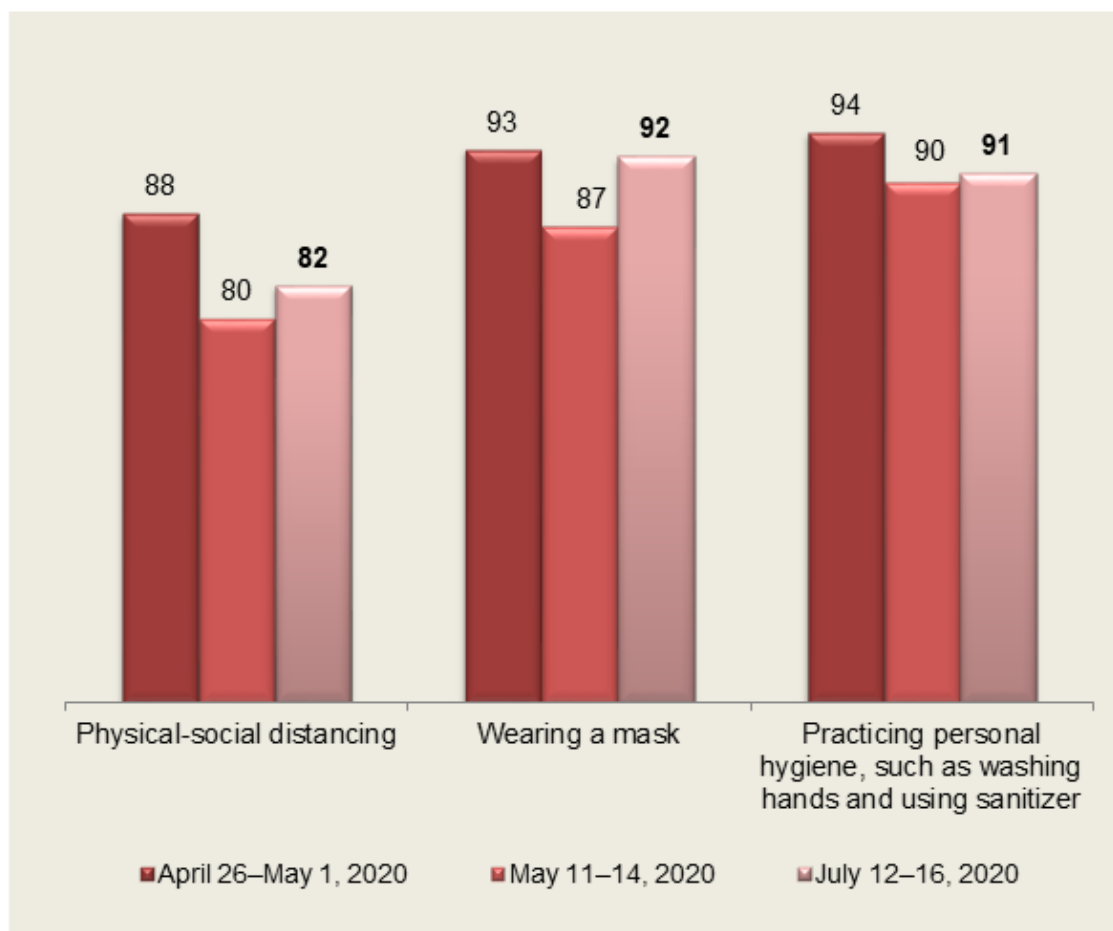
Of the population, 32% believe that the **police's enforcement of the instructions** is carried out to a very large extent; 41% to a large extent; 27% believe that enforcement is not carried out so much or not at all.

Of Arabs, 41% believe that enforcement is carried out to a large extent, and among Jews, 30%.

The survey revealed that 47% believe that **the main action that will increase compliance with the instructions** is explaining them (57% of the elderly and 36% of the Arabs believe so); 27% believe that the distribution of free protective and hygienic measures will increase responsiveness; 26% – enforcement by issuing fines.

The majority of the public complies with the instructions. 82% practice physical-social distancing “to a large extent”; 92% wear masks and 91% follow hygienic practices – washing hands and using sanitizer – to a large extent.

Diagram 4 - Persons Aged 21 and Over Who Complied With the Instructions to a Large Extent During the Three Waves of the Survey (Percentages)



Confidence in the Government and in the Local Authorities

The survey’s findings show that 22% of the population has a great deal of confidence in the way in which the **government** is handling the Coronavirus crisis: Arabs (42%) more than Jews (18%). Another 25% have confidence in the government “to an extent”; 53% do not have confidence in the government (“not so much” or “not at all”).

The percentage of those who have confidence in the government’s handling of the crisis (47%) is lower than the rate observed in the survey’s previous wave (69%).

Regarding Israelis' confidence in the local authority of their places of residence: 37% have a great deal of confidence in the **local authority**, another 32% have confidence in the local authority "to an extent". The proportion of those with confidence in the local authority's handling of the pandemic (69%) is lower than the percentage found in the survey's previous wave (77%).

Confidence in the **health system – the health funds and the hospitals**: 40% have great confidence, another 37% to an extent; 23% do not have confidence ("not so much" or "not at all") in the health-care system in handling the Coronavirus crisis.

Confidence in the **Ministry of Health**: 29% have great confidence, another 33% to an extent; 38% not so much or do not at all have confidence in the Ministry of Health in handling with the Coronavirus crisis.

Confidence in the **Ministry of Finance**: 19% have great confidence, another 26% to an extent; 55% not so much or do not at all have confidence in the Ministry of Finance in handling with the Coronavirus crisis.