Literature Study of Mental Health Issues In Families (Communities) During The Covid-19 Pandemic

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ABSTRACT

Observing the spread and transmission of COVID-19 in Indonesia which is increasingly concerning, the Government through Presidential Decree No. 11 of 2020 has established a Public Health Emergency. The purpose of this study was to find out an overview of family knowledge (community) about mental health problems during the Covid-19 pandemic. Research Literature Article Study, where an approach by collecting various articles related to mental health in the Covid-19 pandemic to be interpreted in the form of Narrative, 39.4 percent of respondents agreed and 26.9 percent strongly agreed that they felt bored more in the pandemic than before. Anxiety and Sadness: In addition, 41.4 percent of respondents agreed and 15.6 percent of respondents strongly agreed that they felt more anxious during the COVID-19 pandemic, compared to previous conditions." Feelings of anxiety are also accompanied by feelings of sadness felt by almost 40 percent of respondents.
Keywords: Mental Health, Family, Covid-19 Pandemic

INTRODUCTION

According to the results of the World Bank Study WHO showed that the burden caused by mental disorders is very large, where the *global burden of disease* due to mental health problems reached 8.1%. This figure is higher than tuberculosis (7.2%), cancer (5.8%), heart disease (4.4%), and malaria (2.6%) (Siswono, 2001).

Looking at the condition of mental health problems greater than other health problems, then in the report "Mental health: new understanding, new hope" by Brundtland (2001) reported that public health approaches especially families in handling mental health have an important role, family understanding becomes the main thing in supporting the recovery of people with mental disorders (Walujani, 2001).

Based on surveys in some people are with family members who mental disorders have obtained that there are several things that cause families to be inactive in providing attention and treatment to people with mental disorders (Biegel*et al.,* 1995 quoted from Stuart &Laraia, 2001). There are several identified problems experienced by the family, namely increased family stress and anxiety, fellow family blaming each other, difficulty understanding (lack of family knowledge) in receiving pain suffered by family members who have mental disorders and the arrangement of a number of family time and energy in maintaining and caring for people with mental and financial disorders that will be spent on people with mental disorders.

WHO *(word health organization)* has declared *corona virus disease* 2019 (COVID-19) as a pandemic. The spread of COVID-19 in Indonesia is now increasingly widespread across regions and across countries accompanied by an increase in the number of cases and / or number of deaths. This situation has a wider impact on almost all aspects of people's lives in Indonesia, so a comprehensive strategy and effort is needed in accelerating the handling of COVID-19. Observing the spread and transmission of COVID-19 in Indonesia which is increasingly concerning, the Government through Presidential Decree No. 11 of 2020 has established the COVID-19 Public Health Emergency in Indonesia which requires countermeasures in accordance with the provisions of the laws and regulations. In addition, the President has also established Presidential Decree No. 12 of 2020 on Non Natural Disaster Determination, that the Spread of COVID-19 is a National Disaster. The response to the COVID-19 pandemic requires participation from all parties, both the Central Government, local governments, as well as private parties and all elements of society in the territory of the Unitary State of

the Republic of Indonesia. In connection with this, the Government of Indonesia has taken comprehensive measures in preventive efforts through *physical distancing, social distancing,* procurement of personal protective equipment (APD), to large-scale social restrictions (PSBB) (WHO, 2019).

On January 30, 2020, WHO *(word health organization)* designated Covid-19 as a public health emergency of international concern (PHEIC) / World Health Emergency (KKMMD). The increase in the number of Covid-19 cases is going quite quickly. The number of confirmed cases on September 22, 2020, in the World there were 30,675,675 positive cases of COVID-19 with the number of money sufferers died as many as 954,417 people. For Indonesia, the number of confirmed cases positive for COVID-19 was 252,923, with the death toll reaching 9,837. For the number of positively confirmed events of COVID-19 in West Sumatra as many as 4,653 cases with a death rate of 97 cases (WHO, 2020

The implementation of COVID-19 vaccination began on January 13, 2021 with the first vaccination carried out on Indonesian President JokoWidodo, as well as a number of representatives from various backgrounds such as health workers, religious leaders, teachers, and others (Kemenkes RI, 2021).This vaccination program was implemented after on January 11, 2021, the POM Agency issued an emergency use approval (EUA) for vaccines and the issuance of halal fatwas by the Indonesian Ulama Council (Kemenkes RI, 2021).For information, Sinovac's COVID-19 vaccine requires two injections with a distance of 14 days. Vaccine recipients will get a vaccination card and be reminded to return to receive the vaccine a second time. Let's support the vaccination program, and continue to discipline the 3M health protocol: Wear masks properly, keep your distance and avoid crowds, wash hands with soap regularly (Kemenkes RI, 2021).

RESEARCH METHODS

This research is an Article Literature Study, where an approach by collecting various articles related to mental health problems during the Covid-19 pandemic to be interpreted in narrative form. This research focus is a Literature Study Article on family mental health problems (community) during the Covid-19 outbreak.Data retrieval is done through library studies by searching the results of scientific publications with a range of 2019-2021, using Google scholar. The search results of this article are then analyzed and concluded in the form of Narrative. Data analysis is the process of simplifying data in a form that is easier to read and implemented that aims to make data information clearer. Data analysis in this study uses Literature Study Article which summarizes a set of data in providing information presented in the form of Narrative

DISCUSSION

The Immune System in the COVID-19 pandemic is needed, sensory system or five senses, heart system and blood vessels, muscles, bones, breathing, digestion and disposal, reproduction, glands. Of all these systems, there is the nervous system of the brain and its functions. Mental or souls function", this system includes ways of thinking, feelings, behavior, creative processes, and learning processes and so on.

The COVID-19pandemic threatens not only physical health but also mental health. Maintaining mental healthin the midst of a pandemic is no less important than maintaining physical health. Family is the first and main vehicle in maintaining one's resilience and mental health.

Positive thinkingis what experts always recommend that mental healthis maintained during the COVID-19 pandemic.Good mental health always thinks positivelyin the face of all challenges, must do *"self-care"* to yourself, because humans are social creatures who must always connect with others so that mental healthis maintained*(stay connected)*well.

Maintaining physical distance is not a problem, if the closest person experiences fatigue due to a pandemic, our task is to be

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supportive or support him. *Physical distancing* should not be interpreted as social isolation. Support for someone experiencing pandemic fatigue can be provided in any way. Basically humans are social creatures; this makes us need feelings to always be meaningful. "With us engaging our meaning, we will also *stay positive.*"

Causes of Pandemic Fatigue: There are several symptoms of pandemic fatigue that are also influenced by the person's personality. It also affects what he's going to do next. "There are those who are tired, even though he was a very orderly person, suddenly he saw everyone carelessly, (apathy)." Or he's just a very tense and perfectionist, he can be *hypercriticism..* It depends on which situation we are in." that in a pandemic situation, everyone is in the process of learning, but at that stage, there is motivation that can go up and down.

Feelings of anxiety or depression,increased guilt, added worry of transmitting family or people closest to them, "Stigma aggravates mental condition: In the treatment, COVID-19 patients may also still think about how economical sustainability. This becomes even more problematic for the person. Even after recovering, survivors still have to be faced with other psychosocial problems. For example, anxiety towards families who are still in care.

39.4 percent of respondents agreed and 26.9 percent strongly agreed that they felt bored more in the pandemic than before. Anxiety and Sadness: In addition, 41.4 percent of respondents agreed and 15.6 percent of respondents strongly agreed that they felt more anxious during the COVID-19 pandemic, compared to previous conditions." Feelings of anxiety are also accompanied by feelings of sadness felt by almost 40 percent of respondents. We know that this anxiety and sadness was felt from the beginning of the pandemic and the numbers are consistent until now." If sadness and anxiety are prolonged, it can become a mental health problem in the future and affect productivity. "Likewise with boredom, this becomes one of the drivers of the birth of anxiety and sadness".

One of the things that can be done is to include education about mental healthin students. Schools should also be open to children who want to talk about their mental health problems. Adaptation for All Parties: In line with Nova, Headmaster of Madrasah Citra Cendekia Jakarta, AsterikaDwiana, SPd, also said that students' mental health is the main requirement in running the education system. Especially is in the current conditions, where learning is done online. This is a new thing for students, parents and educators."

A survey by the UK's child and adolescent mental health expert Young Minds found that 83 percent of young respondents said the COVID-19 pandemic worsened their mental health. The main factors that improve adolescent mental health disorders are school closures, loss of routine, and limited social connections. According to who, healthy is not only physical but also mental and social." According to the Mental Health Act, a person is said to be mentally healthy if he can develop physically, mentally, socially, and spiritually so that the individual realizes his or her ability to deal with pressures such as in the COVID-19 period. If the teenager has difficulty in dealing with the pressures or changes caused by COVID-19 then the teenager has mental health problems.

Reckless attitudes will ultimately weaken the mechanism of self-protection. If associated with a pandemic, careless people are people who open masks in public places simply because they are sultry or stuffy. In the end, this attitude can have a negative impact. A pandemic situation isan example of this type of anxiety is depicted with a mother who forbids her child to leave the house so anxiously. "He wouldn't dare to let his son go out of the house, imagine if this pandemic situation didn't stop until 3 years his son was left at home without thinking about other strategies that could be the solution in that situation."

First, for those who already have mental health disorders, the conditions caused by COVID-19 can improve the condition of the person. This is due to social restrictionsand activity restrictions that bring discomfort to

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the person. Second, there's boredom going on. For people who like to walk boredom it will be much felt, and third is the discomfort that arises in the family. For people who live in less adaptive families, the risk of mental health disorders will be higher than people who live in supportive families.

LOVE stands for the role of father and mother, remember always the right of the child, and intend to regulate emotions, find the potential for stress in the child, as well as the child and parents are friendly. "Because in childcare can not only be the role of the mother, it cannot be just the role of the father, do not let the child lose the figure of one of his parents just because one of them does not care," he said. "I", remember the rights of children, children are entitled to have birth certificates and are kept away from violence, pornography, young marriage, cigarettes and other negative things. Children are also entitled to nutritious food, education, protection, and so on. "N", intend to regulate our emotions. Want to get angry hold on first, take a breath, take ablution water, that's how we regulate our emotions." Q and A: The "T" in LOVE is the potential for stress in the child. Finally, "A", the child and the parents are friendly. The closeness between parent and child will increase awareness of any changes that occur in the child.

Commitment, Communication, and Creative, this is easy to write and easy to say but if there is no action then there is no way." Commitment must be built by the whole family, communication must occur in all family members, and must be creative do not bore. Families can be pioneers in exercising awareness of mental health starting with themselves, the closest people, and the wider community. Parents can step on their families to make changes to a healthy lifestyle. The family also plays a role in removing stigma and preventing bullying in children with conditions that are not the same as other children. According to DATIN Info Indonesia Mental Health Situation 2019, stigma still surrounds psychiatricissues in Indonesia. Some people still believe mental health disorders are caused by irrational or

supernatural things. Still circulating the stigma in the community makes the treatment of patients with mental disorders becomes inappropriate. People tend to deal with these issues in non-medical ways. Family as a whistleblower, family can also be a whistleblower.

One of the concerns is the increased psychosocial pressure on children. Based on the study, 47 percent of children feel bored staying at home and 35 percent of children feel worried about missing lessons." 34 percent of children are afraid of getting COVID-19 even though they are at home," and "20 percent miss meeting their friends and 10 percent of children worry about their parents' income."

Not all people can live with a lifestyle with good health:Leonardi said, to overcome stressful situations, maintain good body health and exercise lightly regularly. You can do breathing exercises, *stretching,* yoga, or meditation. In addition, treat yourself with healthy and balanced food, get enough sleep, and avoid unnecessary use of alcohol, cigarettes, and drugs,which are new due to the COVID-19 pandemic. A person who is usually more easily depressed, will feel the impact of this situation more severely.

"The principle of relaxationtherapy is to train breathing, relax all muscles of the body and suggest the mind in the direction of constructive or desired will be achieved," relaxationcan be done by practicing abdominal breathing, relaxing the muscles, imagining comfortable and calm places, and mentioning positive personal sentences. "Abdominal breathingis done by breathing air through the nose, developing the stomach instead of the chest. Then exhale the air through the mouth, deflated the stomach. Tighten and relax the muscles of the face, neck, shoulders, arms, chest, abdomen, and legs."

Maintaining mental health while at home,social contact is needed with loved ones in the house. When possible, social contact with our siblings, family, and relationships that are outside, using various media or communication tools, "People also maintain a healthy lifestyle by eating nutritious food,

getting enough sleep, and regular exercise. Another thing that must be considered of course is to maintain mental health in both parents and children. If there are changes in both children and adolescents, Lahargo recommends consulting or asking for help from a mental health. Anxiety arises from exposure to information overload. "Taking a short distance from the information will be good for our mental health," If there are feelings of discomfort, channel it with positive activities. "Avoid smoking; avoid drinking alcohol or drugs to overcome uncomfortable feelings. Because it won't solve the problem. If you feel stress, a bad feeling, immediately consult a mental health professional."

CONCLUSION

Based on the results of 18 Literature Articles on mental health problems in families (communities) during the Covid-19 pandemic, can conclude as follows:

1. Humans consist of various systems, ranging from the immune system that in the COVID-19 pandemic is needed, sensory system or five senses, heart system and blood vessels, muscles, bones, breathing, digestion and disposal, reproduction, glands, mental or mental function", covering the way of thinking, feelings, behavior, creative processes, and learning processes.
2. Family (community) is the first and main vehicle in maintaining one's resilience and mental health. Each familymember also fills and provides affection, appreciates each family member's role, and encourages the quality of time together.
3. Humans are social creatures who must always connect with others so that mental healthis maintained, people who have good mental health will always think positivelyin facing all challenges during the Covid-19 pandemic.
4. Anxiety and Sadness: In addition, 41.4 percent of respondents agreed and 15.6 percent of respondents strongly agreed that they felt more anxious during the COVID-19 pandemic, when compared to previous conditions.
5. According to research conducted by the Indonesian Association of Mental Medicine Specialists (PDSKJI) in May 2020 found 69 percent of survey participants experienced psychological problemsrelated to COVID-19.
6. PDSK Jiwa survey results found that 6 out of 10 people who took the survey had mental problems. This figure is equivalent to 64.8 percent of all respondents turned out to experience mental problems during the COVID-19 pandemic.
7. Feeling happy and happy in family life (community) is very beneficial for endurance so it is not easily exposed to Covid-19 in the pandemic.Relaxationcan be done by practicing abdominal breathing, relaxing the muscles, imagining comfortable and calm places, and mentioning positive personal sentences. "Abdominalbreathingis done by breathing air through the nose, developing the stomach instead of the chest. Then exhale the air through the mouth, deflated the stomach.
8. Despite being at home, people still maintain a healthy lifestyle by eating nutritious food, getting enough sleep, and regular exercise. "Because by doing a healthy lifestyle like that, we can also take good care of our mental health," feeling anxious is a normal thing when someone hears bad news, especially in times of crisis like this. Here, it never hurts to take a break from exposure to information about COVID-19. "Taking a short distance from the information will be good for our mental health," said the doctor who is a member of the Indonesian Association of Mental Medicine Specialists (PDSKJI). Another thing that can be done is to sort out information about COVID-19 obtained.

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