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Psychosocial (anxiety) treatment during pandemic of COVID-19

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Abstract---In life, there are many obstacles and choices that we need to face, such as competition, accident, or tragedy are bring impacts on physical or psychological health. One example psychological impact on life problems is anxiety (Yusuf, et al, 2015). The anxiety indicated by feeling worried, bad feeling, fear of their thought, irritable, uneasy, agitate, having somatic complaints such as; pain in muscle and backbone, buzzing hearing, breathless, having digestion problem or urinate, and headache. This event is purposed to increasing the knowledge of the society about the psychosocial problem in the pandemic of the Covid-19 era, especially for anxiety cases. This event employs 3 methods, they are; the lecture method, the discussion method, and the demonstration method about how to decrease the anxiety and prevent the transmission of the Covid-19 virus. The population of this event is the families who live in the environment of the rehab center about 21 people. The evaluation of this event is; increasing the knowledge and understanding the audience about anxiety and the Covid-19 pandemic, how to prevent anxiety and how to decrease the anxiety level, the audience skills have about implemented the prevention of Covid-19 transmission and anxiety are increasing. The final result of this event could become the evaluation material for the nurses that they need to know and understand the importance of explaining the anxiety in this Covid-19 pandemic era. By this event too, the researcher hopes families as the audience and the society, in general could aware and increase the knowledge and understanding to do the health protocol to prevent the virus transmission with the result that prevents the psychosocial problem.

Keywords---anxiety, the cause of anxiety, the anxiety indication, COVID-19.

Introduction

Anxiety is a feeling of uneasiness which is vaguely due to discomfort of fear (the fear is caused by unknown or unspecific particular reason). The fear and uneasy feeling are the warning signal about the danger of comes and strengthen the patient to take action due to the danger and threat. In life, there are many obstacles and choices that we need to face, such as competition, accident, or tragedy are bring impacts on physical or psychological health. One example psychological impact on life problems is anxiety (Yusuf, et al, 2015). The anxiety indicated by feeling worried, bad feeling, fear of their thought, irritable, uneasy, agitate, having somatic complaints such as; pain in muscle and backbone, buzzing hearing, breathless, having digestion problem or urinate, and headache. The anxiety also indicated by the patient exposed to a toxin or harmful substances, unreal conflict, the relation between the patient and family is having a problem, having unfulfilled necessity, having a situational or maturational crisis, the threat of death, treat of living concept, having stress, addicted to drugs or substance abuse, changing in role status and function, environmental changing, and economical status changing (Stuart, 2016).

- The Situation Analysis
The world health system nowadays is facing a pandemic of Covid-19. In this pandemic era, the system of world health cannot be considered to respond the mental health, thus the gap between treatment needs and the supply is very high. About 85% of people in the middle of society who impacted by the pandemic are increasing the psychosocial problem, for example, that is increasing the score of anxiety.
- The Partner Problem
Anxiety is a feeling of uneasiness which is vaguely due to discomfort of fear (the fear is caused by unknown or unspecific particular reason). The fear and uneasy feeling are the warning signal about the danger of comes and strengthen the patient to take action due to the danger and threat. In life, there are many obstacles and choices that we need to face, such as competition, accident, or tragedy are bring impacts on physical or psychological health. One example psychological impact on life problems is anxiety (Yusuf, et al, 2015).

Implementation method

The methods implemented in this event are:

- The lecture method is the method to deliver the main theory and subjects about anxiety during the pandemic of the Covid-19 era.
- The discussion method is the method used to discuss the theory and subject which have been delivered to get the feedback between the speaker and the audiences.
- The practice method or demonstration method is the method used to demonstrate how to decrease anxiety and prevent the transmission of coronavirus.

Result

The counseling about the treatment of psychosocial problems especially anxiety during the pandemic is held in Bumi Kaheman rehab center on Wednesday, 5th August 2020, attended by the local society near the rehab center about 21 people. According to the evaluation after the event ended, the result of this event are:

- The counseling event is going according to a predetermined time.
- There was a deal between the audience and nursed in held the other nursing implementations.

Discussion

Mental health is an important aspect to create the full health of human life. Mental health is also the same importance as physical health. According to WHO's definition, mental health is the well-being condition of someone that realizes their capability, could solve the normal life problem, could be work productively, and be able to give a contribution to their community. About 450 million people in the world have a mental illness. One in four people is estimated to have a mental illness. According to WHO SEARO, India have the most depression cases in the world that are 56.657.969 cases or 4.5% of the population. And the Maldives has the lowest that is 12.739 cases or 3.7% of the population. In cases of Indonesia, that is 9.162.886 cases or 3.7% of the population.

The elderly number in 2014 in Indonesia about 20,24 million people or 8,03% (BPS,2014). In 2005, life expectancy is 66,4 years and around 2045-2050 life expectancy Indonesia estimated to 77,6 years (Kemenkes, 2013). Based on the data it shows that the elderly are constantly increase in time. With the amount of elderly increase, anxiety becomes a long life problem. Mostly the elderly who live in a nursing home are suffering from mental health amount 75% (Agusti, 2011). Health services are maximally enhanced in terms to prevent and increase the physical, mental, and social conditions (Kemenkes, 2013). The world health system is not contributed towards mental illness, then the gap between treatments need and treatment supply is too high. About 85% of people who suffer from serious mental illness in a developing country not get the right treatment for their problem. Same with Indonesia, with several biologic, psychology, and social factors with a variety tribe of people, then the number of mental illness is estimated to increase. However, very important for every country in the world need to prevent the impact of mental illness. The concept of mental illness awareness in Indonesia is the activity to provide optimal mental health for the person, family, and society using indorse, preventive, curative, and rehabilitative approaches with doing continuously by the government, or society. The mental health implementation based on these principles, they are; justice, humanity, benefits, transparency, accountability, comprehensive, protection, and non-discrimination.

Conclusion

Based on the result of the event about the psychosocial treatment especially anxiety during the Covid-19 pandemic is conclude that:

- There was an increase in knowledge and understanding for the audience about the definition and prevention of the Covid-19 virus, and to decrease their anxiety problem.
- The skill of the audience about the health protocol to prevent the transmission of the virus.

Suggestion

Based on the result of the event about the implementation of health protocol during the Covid-19 pandemic there were some suggestions which are needed to be considered, there are:

- The nurses need to know and understand the importance to explain the impact of anxiety during a pandemic.
- The family and society need to increase knowledge and implemented the health protocol in terms to prevent the transmission of the Covid virus and also to prevent the psychosocial problem.

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