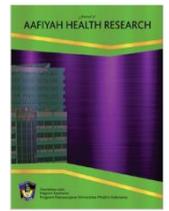


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Original Article

Emotional Focused Coping on COVID-19 Survivors During Isolation in a Rural Area in Indonesia

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Abstract

Background: The current condition is uncertain due to the Covid-19 pandemic. It has impacted survivors, so that coping strategy are needed, including emotional-focused coping.

Aim: The purpose of the study was to obtain information and deeply examine coping strategies during isolation for COVID-19 survivors in the form of emotional-focused coping.

Methods: The research method is quasi-qualitative with a phenomenological approach employing observation, in-depth interviews, and documentation. A purposive sampling technique was used to determine the informants. The informants consisted of 10 regular informants, 2 supporting informants, and 1 key informant.

Results: The results of this study, which is based on the measurement of the DASS questionnaire, showed that 3 COVID-19 survivors were experiencing mild depression, 1 person with mild anxiety, 4 people with moderate stress, 2 people with severe stress. Coping strategies based on emotional-focused coping is varied such as watching Korean drama, worship/shalat, positive thinking, playing with children, and watching a comedy movie. In contrast to survivors who are self-isolating at home, in hotels and hospitals, and are still adjusting to acceptance.

Conclusion: Coping strategies during isolation for COVID-19 survivors are varied, including using emotional-focused coping. This can reduce psychological health problems when isolated in hospitals, hotels, and at home. Regular counseling is advised.

INTRODUCTION

COVID-19 pandemic is an infectious disease that is still a problem in the world of health today. In the worsening COVID-19 situation with the increasing number of cases that died, especially in more than 150 countries and has entered the second wave with the highest burden of COVID-19 in the world, causing a psychological impact in the form of public anxiety and concern regarding the spread and danger of COVID-19 disease (Li 2020). Globally, there are 4,170,424 cases of COVID-19 with 287,399 deaths (WHO 2021). The first COVID-19 case was confirmed on March 2, 2021, a number of two cases and continues to increase the number of cases, where in May it was still at 10,551 cases with 800 people died, but until June 16, 2021 the cases increased significantly to 40,400 cases with a total death toll of 2231 deaths (Ministry of Health of the Republic of Indonesia 2021).

The health crisis of the COVID-19 pandemic causes psychological changes such as fear, anxiety, depression, or insecurity. This disturbance is not only felt by health workers and all people who work in the medical field, but also all citizens experiencing the psychological impact of COVID-19 (Yu et al. 2020). Coping strategies are important in dealing with the pressure/stress experienced. To solve the problem, each person will show different coping behaviors. This depends on the assessment and available resources. Lazarus and Folkman suggested that coping is a person's efforts to reduce stress which is a rule or guidance, either



external or internal, which is considered a burden that exceeds the individual's capacity (Chowdhury 2021; Brooks et al. 2020).

Research on coping strategies has been carried out, a survey of residents in Germany regarding the coping strategies used in dealing with the COVID-19 pandemic showed that the coping strategies were very problem-focused and most of the respondents listened to expert advice and tried to behave calmly and appropriately. Likewise, research on the level of knowledge and coping strategies of the Indonesian people facing the COVID-19 pandemic tends to focus on emotions and there is no relationship between the level of knowledge and coping strategies used by the community in dealing with the COVID-19 pandemic in Indonesia (Gerhold 2020; Kristamuliana dan Simak 2020). Recent research has shown that people who experience isolation and quarantine have significant changes in their levels of anxiety, anger, confusion, and stress. People outside quarantine areas are afraid of being infected because of limited or incorrect knowledge about COVID-19 (Brooks et al. 2020).

The psychological conditions are generally the same for all those who have confirmed COVID-19. Likewise, in South Sulawesi Province, there were 59285 cases of COVID-19 and 56659 of those who had undergone isolation, while 909 died. Makassar City, which is one of the epicenters of COVID-19, has a new number of 29014 cases, 27506 have been isolated and 529 have died. As for the region Biringkanaya District experienced an increase of 3569 confirmed cases and 2351 had undergone isolation and 101 died. Data obtained from the coordinator of the COVID-19, Task Force explained that COVID-19 patients were self-isolating at hotels through the COVID-19, Ambassador Tourism program and patients who did not experience symptoms were isolated at home and patients who showed moderate to severe symptoms would be referred to their homes sick (Health Centre South Sulawesi Province 2021).

Based on the results of the DASS questionnaire measurement, there were 3 survivors of COVID-19 who experienced mild depression, 1 person with mild anxiety, 4 people with moderate stress, 2 people with severe stress. The COVID-19 survivor revealed that he was very anxious and stressed because the PCR swab results which showed that he was confirmed positive for COVID-19 while in isolation, the condition continued to pressure him because he remembered his baby and his own condition so he was unable to control his emotions which caused him to want to run away from the isolation room. This condition is the result of excessive feelings of fear. But slowly overcoming it through family support. The importance of coping strategies during isolation for confirmed COVID-19 patients and the data that has been obtained so that researchers are interested in studying about "Emotional Focused Coping in Isolating COVID-19 survivors in Biringkanaya District, Makassar City in 2021".

METHOD

This research was conducted in Biringkanaya District, Makassar City. The research method uses a quasi-qualitative approach to phenomenology with the aim of exploring coping strategies for COVID-19 survivors by means of observation, in-depth interviews and continuous documentation throughout the study. The number of this research is 10 regular informants, 2 supporting informants, and 1 key informant.

RESULTS

The research was conducted on 10 informants from general public with the subject of COVID-19 survivors, 2 supporting informants namely family, and 1 key informant, namely psychologist. The results of this study based on the measurement of the DASS questionnaire, there were 3 COVID-19 survivors experiencing mild depression, 1 mild anxiety, 4 moderate stress, 2 severe stress.

The informant revealed that while undergoing self-isolation, he often watched Korean dramas if his eyes were difficult to close and then felt relieved and fell asleep. As expressed as follows:

"...Anyway, if it's really hard to close my eyes, what I do is definitely watch Korean episodes until the morning..."

This shows that the informant is doing emotional focused coping, namely self-distraction. Feeling calmer and more relieved when getting closer to Allah, because worship is a means to sincerely accept the destiny that has been outlined. This is indicated by the statement:

"Get closer to Allah SWT which makes you feel calmer and relieved, because every problem will feel light and not heavy if I leave it to Him".

This shows that IR does emotional focused coping, namely religion. The informant said that to deal with the stress that is felt due to being in an isolation room, he always takes drugs. This is indicated by the statement:

"Anyway, I take all the medicines that can cure Covid-19, from antibiotics to herbal medicines, that makes me calm and I feel its healed."

This shows that RA does emotional focused coping, namely substance use. Another informant felt guilty for transmitting COVID-19 to his two children. As expressed as follows:

"I was very stressed when I found out that my result was positive for Covid-19, especially since my child was also confirmed, I felt really guilty, like I wanted to get out of the hospital."

This shows that the informants do emotional focused coping, namely self-blame.

This is different from what the informant experienced when he was infected with Covid-19, the symptoms he felt before his estimated parturition until delivery, as expressed as follows:

"In the beginning, it was really hard to accept the reality, every night you were dizzy, I couldn't sleep, I were so stressed because I was pregnant with my child, I was afraid of contracting".

This shows that the informant is doing emotional focused coping, namely denial. This is reinforced by information obtained from supporting informants who explained that:

"No, I let my wife be isolated in the hospital because the atmosphere is not very conducive, just not very comfortable."

The informants who use Acceptance are as follows:

"One of the things I am grateful for and try to accept my situation is because with self-isolation I can take a day off from the many offices work that has piled up".

Based on the observations obtained, it shows that the informants are doing emotional focused coping, namely using emotional support.

"Diligent meditation and sports, sunbathing as a form of mutual support to heal with fellow COVID-19 sufferers even though they keep their distance,".

Informants who use venting the following interview excerpts;

"The way I relieve stress is at the hotel because there are many beautiful views in the hotel environment, it's very different if I are in hospital when you are isolated, I'm sure you will be more stressed".

Based on the observations made, it showed that the informants were doing emotional focused coping, namely positive reframing and the following interviews:

"I overcome my anxiety by thinking positively and increasing my immune system, so that I can recover quickly and be reunited with my child ".

Other things done by Informants to entertain themselves is to look at funny pictures on the internet such as the following interview excerpt:

"I always see funny pictures on the internet that make me laugh".

Through the interview, it was shown that the informant did emotional focused coping, namely using emotional support and Humor.

On the other hand, IT revealed that all COVID-19 survivors who have just entered the isolation room so far will experience pressure which makes them will make various efforts to reduce the pressure they experience according to the statement:

"When a COVID-19 survivor is in a certain environment, especially in an isolation room in a hospital, hotel or home, they will definitely experience stress, including physiological changes, this usually happens to most patients with confirmed Covid-19."

DISCUSSION

Coping strategies that focus on emotions, namely that there are 5 survivors using coping Using Emotional Support, this is based on the results of interviews conducted by researchers with COVID-19 survivors who said that survivors always seek emotional support from their fellow COVID-19 survivors while in the living room. isolation. This study is in line with the results of research found by Nursalam stated that COVID-19 patients who do not receive social support are at risk of experiencing more serious psychological problems because there is no place to share (Nursalam et al. 2020). The number of COVID-19 survivors who carried out Positive Reframing was 1 person, based on the results of research that COVID-19 survivors showed their ability to control themselves and be more relaxed in dealing with their problems with good self-control, namely positive thinking. This research is in line with research that shows the need for positive thinking and self-control that is significant between nature, attention, and measures of psychological well-being. During uncertain events, including COVID-19.

The results of the study related to the Self-Distraction dimension, there were 3 COVID-19 survivors who used it while in the isolation room, namely they often watched Korean dramas if their eyes were difficult to close and then felt relieved and fell asleep so that it didn't feel like time had passed and it was the next day. The results of this study are in line with research conducted by Hamdi Chtourou that potential tactics to overcome the negative effects of COVID-19 during isolation include exercising, dancing, watching music, and participating in yoga (Chtourou et al. 2020).

Furthermore, there are 3 survivors who use the Denial dimension, namely survivors can hardly accept the positive swab test results that are addressed to them, every night they also can't sleep thinking about their baby who will be infected with the COVID-19 disease. In addition, the survivor said that the conditions in the hospital made him uncomfortable, so he refused to isolate in the hospital. The results of this study are in line with PTSD status (*post-traumatic stress disorder*) Negative psychological results and rejection that occur in society during the COVID-19 outbreak. The COVID-19 survivors who carried out Acceptance were 4 people based on the results of the study, namely the ability of COVID-19 survivors to live their days in an isolation room with an attitude of resignation and not despair. This is in accordance with the statement made by the informant that the survivors still have hope of recovering. This is in line with the research of Tintori which showed a relationship between individual factors (ie, the atmosphere at home) and educational and social factors (ie, adherence to boundaries during a health emergency) in which individuals were able to accept their circumstances. The dimension of religion used by survivors is 1 person, as it is well known that while in the COVID-19 isolation room the survivors overcome stressful situations by diverting from the source of stress, including reading the Qur'an (Tintori et al. 2020).

The results of this study are in line with research conducted by Swapnajeet Sahoo based on coping methods used during their hospital stay to adapt to negative situations and emotions, approximately two-thirds of participants reported remembering God (66%), talking to friends and family members over the phone (64%) and praying to God (62%) helped them to a large extent. In the Venting dimension, it was found that there were 1 COVID-19 survivors by carrying out the process of dealing with the stress they experienced in the form of focusing on things that made them more stressful, such as not doing isolation in the hospital because they considered it a stressor (Sahoo et al. 2020). The results of this study are in line with research on COVID-19 patients with chronic diseases who reported the impact of confinement in relation to their emotional experiences and coping resources in the form of focusing on things that made them more stressed, namely improving the sources of information received. COVID-19 survivors who use the Humor dimension number 1 to divert stressors by seeing some very funny and interesting pictures on the internet so that they can make themselves feel entertained when doing self-isolation at home. The results of the study identify and analyze specific semiotic patterns in COVID-19 related caricatures and memes on Jordanian social media to show how humor can be used as a means to soften the gloomy atmosphere created by Pandemic through examining data from social media.

The Substance use dimension is consuming drugs in excess to deal with the problems at hand. However, it is different with this COVID-19 survivor. Based on interviews and observations made by researchers, it was found that COVID-19 survivors used drugs from doctors and some were consumed excessively in the form of anti-depressants were also often used as an effort to relieve the stress they faced. This study is in line with the results of studies showing Individuals with Drug Abuse Disorders are in the population other substance use (SUD) in the United States (US). outcomes for COVID-19 in individuals with SUD. as many as 12,030 have a diagnosis of COVID-19. COVID-19 patients with SUD had a much worse outcome (death) 9.6%, hospitalization: 41.0%) compared to common COVID-19 patients (death: 6.6%, hospitalization: 30.1%).

Based on the results of research on the self-blame dimension, when it was confirmed that COVID-19 was initially confirmed, there were 2 survivors, what one of the survivors did was immediately feel weak and the mind went blank because they had to undergo isolation in the hospital. The factor that made him even more stressed and felt guilty was that the two child survivors were also confirmed to have COVID-19, so they had thought about escaping from the isolation room at the hospital. The results of this study are in line with research conducted by Huang L that women show greater anxiety and fear than men in dealing with COVID-19. The pressure felt in the form of always blaming himself and the situation, so that the stress of anxiety during isolation felt by the survivors can make the situation worse (Huang et al. 2020).

Based on the researcher's analysis of emotional focused coping carried out by the survivors themselves, it is marked by the efforts made to regulate the feelings experienced during the COVID-19 isolation both at the hotel, in the hospital or at home, meaning that survivors who can control their feelings will not dissolve in sadness. or the downturn caused by Covid-19, so that the psychological condition will be stable and will affect the recovery of survivors which is characterized by emotional control (emotional regulation).

CONCLUSION

Based on the results of research on coping strategies for COVID-19 survivors in this study, different coping strategies in undergoing isolation for COVID-19 survivors, including using emotional focused coping. this can reduce psychological health problems when isolating COVID-19 both in hospitals, hotels and also at home. Regarding Emotional Focused Coping carried out by COVID-19 survivors in this study, among others were COVID-19 survivors using emotional focused coping, namely Using emotional support 5 people, positive reframing 1-person, self-distraction 3 people, vinting 1 person, denial, 4 people accept 4 people, religion 1 person, humor 1 person, self-blame 2 people and substance use 1 person. The most widely used emotional focused coping by COVID-19 survivors in this study were using emotional support, denial, and self-distraction. It is hoped that the Biringkanaya Makassar District will provide regular counseling to individuals and groups for COVID-19 survivors, especially COVID-19 survivors who are in urgent need, such as research subjects whose coping strategies are maladaptive.

Declaration of Conflicting Interest

The author (s) declared no potential conflict of interest with respect to the research, authorship, and/or publication of this article

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