

Mother's Resilience When Confirmed Positive for Covid-19

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ABSTRACT

Resilience is the ability to be able to adapt to the conditions faced by someone and is needed by someone who has COVID-19. The purpose of this study was to explore the experience of mothers in increasing resilience when confirmed positive for COVID-19. The method used in this study is qualitative with a phenomenological approach. A total of 11 mothers who have recovered from COVID-19 participated in telling their experiences of fighting against COVID-19. Data was collected through semi-structured interviews. From the results of the study, 5 themes were identified, namely: 1) Various feelings that arise when confirmed positive for covid-19 and have to undergo self-isolation; 2) Availability of support makes mothers able to survive; 3) Mother's source of resilience; 4) Continue to carry out the role as a mother even in an unhealthy condition; 5) Various feelings after completing self-isolation. Experiencing covid-19 does not make mothers give up on the situation. Every mother thinks about how the life of her children and spouse would be without them and this becomes the greatest strength for every mother to get through the illness well.

Keywords: *Resilience, Mother, Covid-19*

1. INTRODUCTION

Cases of covid-19 were first found in Wuhan, China. On December 31, 2019, the World Health Organization (WHO) shared information about several cases of pneumonia that were not known to cause it and later named this outbreak as coronavirus disease 2019 (covid-19). Corona virus event itself is designated as a pandemic in March 2020 (Ortega Guizado, 2021). In Indonesia, the first case of covid-19 was discovered in March 2020 in two Indonesian citizens domiciled in Depok. The number of covid-19 cases from 2020 to February 2021 has reached 1. 329,074 with the number of cases recovered reaching 1,136,054 and the number of people who died 35,981[3]. EastKalimantan itself has reached 54,638 cases and in the city of Samarinda in particular has reached 10,583 cases [2].

Cases of covid-19 are increasing, making the government take a policy to prioritize patients with moderate and severe symptoms that are treated in

health services, while for mild symptoms it is recommended to undergo treatment at home or self-isolation. However, during self-isolation, many people experience stress. Self-isolation has negative psychological effects that include confusion and anger[1]. During self-isolation, a person can experience sleep disturbances, anxious stress, sadness, saturation, fear of loss, fear of death and panic or anxiety [11]. This condition will certainly affect the recovery from covid-19.

Efforts to deal with psychological problems experienced by people infected with covid-19 are very important. Howto reduce psychological distress caused by COVID-19 infection can be done by identifying several factors, such as individual resilience, need for security, calmness in responding to a problem, relationships with others, self-confidence and expectations[5]. Everyone has a different level of resilience in the face of different difficulties. There are humans who have a high level of endurance and a low level of endurance. Humans who have a high level

of resilience will not give up easily in the face of difficulties and humans who have a low level of resilience will easily give up in the face of difficulties. The ability to survive and struggle in the face and overcome difficulties or problems is called resilience.

Resilience is a condition in which a person is able to bounce back and adapt to the difficulties faced. Resilience emphasizes on an individual's abilities and self-confidence that can help a person manage the challenges he or she faces[12]. Confirmed positive covid-19 is an easy situation and a challenge for some people including mothers, because the mother is a figure who is relied on in a family. Therefore, the mother must be able to achieve adequate resilience, in order to be able to adapt to changes in her health.

Psychological pressure experienced by a mother is not only related to her health, but also related to her duty to care for all members in family life. Concern for personal health, being infected and passing it on to family members are risk factors that trigger psychological responses such as anxiety and stress[13]. This psychic problem if left unchecked will affect the immune system and susceptible to making things worse, so it takes high resilience for a mother to adapt to health problems faced.

2. METHOD

This study is a qualitative study using a phenomenological approach to explore how maternal resilience when confirmed positive covid-19. Participants in the study numbered 11 mothers who were confirmed positive and have been declared cured. Data collection is done through semi-structured interviews with 5 main questions, namely how does the mother feel when confirmed positive? What's the toughest challenge you've had? Who is the source of your motivation? How did mom survive? How do you feel after recovering from covid-19? The results of the interview are poured in the form of transcripts then analyzed by reducing data and interpreting the data.

3. RESULTS

3.1 Various feelings that arise when confirmed positive covid-19 and must undergo self-isolation

Various feelings expressed by participants such as feelings of sadness, fear, worry and down showed they felt that covid-19 could threaten their lives and family. In addition, participants are also afraid if suddenly their condition worsens.

..... jujur saja saya sedih dan saya tuh takut Kondisi saya memburuk lalu saya tidak bisa ketemu dengan anak-anak saya lagi atau suami saya lagi atau keluarga saya lagi...P¹⁰

... saya sih lebih takutnya ke tiba-tiba sesak.. karena terlalu itu ya... mungkin karena terlalu banyak tahu tentang penyakit ini...saya bawaannya panik, mungkin tuh bisa bikin.. akhirnya saya drop ya.. karena... rasanya tuh nggak nyaman banget....P⁹

3.2 The availability of support makes the mother able to survive

All participants revealed that family was their reason to immediately return to normal and carry out their roles as mothers and wives. Some get support from other spouses, children and families. The form of support provided is not only in the form of material, but also encouraging words, attention through electronic media.

.....Kami punya grup keluarga..kalau perlu....perlu apapun itu...istilahnya eh apa ya...ehhh... nasehat atau apa itu... kita saling ngomong di grup itu... sama suami...sama anak. Jadi sudah kayak adapanduan tiap hari gini...gini... justru anak-anak yang menguatkan kami....P²

.....kata-kata suami kemarin yang akhirnya menguatkan. terus.. kita bersama-sama berdoa, ya... akhirnya menguatkan... menetralkan kembali hati dan pikiran....P⁹

3.3 Source of maternal resilience

Being strong is not easy for participants. But seeing children and couples became a strength for participants to bounce back, overcome psychological pressures and adapt to the situation. All participants revealed that children are their

biggest source of motivation to recover soon, then their partners. Participants tried to do anything, so that they could immediately get together with their children and partners.

... ya mungkin motivasi terbesar saya adalah anak-anak.. karena ya seperti yang saya bilang tadi... anak-anak itu selalu kayak manggil saya atau mencari saya..P11

....Saya harus kuat... karena anak saya positif dua dua, jadi saya harus tunjukan kalau saya mampu.....saya harus kuat.. karena..saya harus menjaga anak-anak.... anak-anak harus saya jaga..itu sih prinsip saya...saya harus kuat ...P6

3.4 Keep acting as a mother even in unhealthy conditions

Participants revealed that even though they were unwell, they tried to carry out their duties as mothers. There are participants who feel they can't bear to see their husbands prepare everything themselves. Some feel sorry to see their children who are also positive and stressed. Despite the pain, my mother tried to stay strong.

...saya berusaha supaya anggota keluarganya tidak ada yang tahu kalau saya tuh demam. jadi saya masak...P5...saya fokus untuk pantau kondisi ya.... terutama suami saya, karena memang sampai seminggu habis dinyatakan itu masih banyak keluhannya....jadi rutin mengecek tekanan darah...saturasi...gula darah... rutin banget itu untuk dikerjakan. Ehhh ya...konsumsi vitamin.. kalau suami saya, sampai saya buat jadwal untuk minum obat itu seperti di rumah sakit gitu dan ada alarmnya. Jadi kalau udah waktunya itu.. udah.. kita udah.. apa... saya yang woro-woro ke anggota keluarga, "ini waktunya minum obat"...P1

3.5 Various feelings after completing self- isolation

All participants felt grateful and happy because they could recover, but they also felt that covid-19 was unpleasant and did not want to be exposed a second time. They are afraid to get hit again and threaten the lives of other family members.

... yang saya takutkan kalau terpapar lagi..ehhh.. dampak ke mereka. Jadi ya... untuk pencegahannya, saya selalu prokes lah... itu aja... ketakutan pasti masih ada...takut menularkan...P3

....bersyukur banget....terus eh...habis itu...masih ada trauma.....trauma sakitnya itu..jadi..jangan sampai....jadinya kemana mana itu sampe parno sendiri... ..jadi lebih waspada..P7

4. DISCUSSION

The emergence of covid-19 triggers several problems including mental health that can eventually worsen a person's physical health. Problems related to mental health are not inevitable. A person who has tested positive for covid-19 may exhibit mental health problems such as regret and insanity, loneliness and loneliness, anxiety, phobias, anxiety, resentment and lack of anxiety[7].

Quarantine is one of the steps taken to prevent the spread of the coronavirus outbreak, but thisindakan memprovida psychological aggravation effects, including the occurrence of PTSD symptoms, confusion and confusion. Factors that affect this psychological problem include a quarantine duration that is more than ten days, fear of transmitting to others who are usually most experienced by those who have young children, boredom due to loss of daily routine, having to keep a distance from people around him and feeling isolated from the world around him.

Concerns that arise because something that has not happened, can make a person experience serious physical problems. A person who is able to recognize and direct his or her concerns to positive activities can make him or her a stronger individual and adapt to sudden changes. Individuals who are able to get through these situations are resilient individuals, i.e. individuals who are able to survive difficult circumstances and strive to learn and adapt to those circumstances, becoming someone stronger, persistent, resilient and creative. A person with adequate resilience will be able to fight every feeling that arises and try to achieve better conditions.

In the formation of resilience, ability is needed that includes the regulation of emotions associated with calming and focusing. These two elements are able to have an impact on

controlling existing emotions, focusing distracting thoughts and reducing stress. In addition to emotion regulation, impulse control is also needed to form resilience, where this control is the ability of individuals to control the desires, urges and pressures that arise from within a person. Individuals who have optimism can also investigate because they have a high level of trust and also have expectations in the future. In addition, self-confidence can also help a person in facing and solving a problem effectively. Self-confidence is a high commitment and a sense of unyielding in solving a problem faced by the individual [8].

Ethics of a mother faced with various problems, to keep the family harmoniously needed various sources of coping (*coping sources*). The source of coping is obtained from various things to be able to adapt in certain ways according to the conditions faced. The source of coping comes from yourself or comes from a family. In addition to the two sources of coping, no less important is the source of coping that comes from outside, known as social support (*social support*). The husband is one of the strongest support for a wife in adding *power* or strength in the family, the support provided by the husband such as being involved in the process of care and parenting that has indirectly provided invaluable support for the wife [4].

5. CONCLUSION

Adapting to covid-19 disease is not an ability that is automatically obtained by the mother. To be able to adapt and have a sufficient ability to undergo self-isolation due to exposure to covid-19 is in dire need of various support and assistance from both family and friends. In addition, it also takes adequate self-confidence to keep thinking that a mother is able to get through the difficult times faced.

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