

Psychoeducation to Maintain Community Psychological Well-Being During the COVID-19 Pandemic

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ABSTRACT

The purpose of this activity is to provide an understanding to the public how to maintain psychological well-being during the COVID-19 pandemic. The method of implementation the activity is by providing education about stress during the pandemic and psychological well-being, factors that support psychological well-being, and tips for achieving a prosperous psychological condition and evaluation. Education was carried out through a webinar by streaming YouTube to the Boyolali community, Central Java, Indonesia on August 15, 2021, with 30 participants totally. The criteria for participants are the Boyolali people and adults (above 19 years). As a result, webinar participants felt an increased understanding of how to maintain psychological well-being. Some participants also have more positive feelings. The conclusion obtained is the Boyolali people, Central Java, Indonesia increase their knowledge about how to maintain psychological well-being during the COVID-19 pandemic get more positive feelings.

Keywords: *Psychological Well-Being, Community, COVID-19 Pandemic*

1. INTRODUCTION

The COVID-19 pandemic not only has an impact on the economy and physical health of the community but also has an impact on mental health. Reports about the increasing number of people infected with the virus, victims who died or recovered generally caused fears of contracting COVID-19, both for themselves and loved ones. These conditions trigger panic, anxiety, and depression [1]. Community mental pressure can increase with the implementation of area closures and restrictions on physical social interaction to prevent transmission. People who can't freely engage in activities and meet other people have decreased life satisfaction and positive affect [2].

Restrictions in socializing have a bad impact on individual satisfaction in terms of work and family [3]. The existence of work from home (WFH) policy has more or less interfered with smooth communication and collaboration. People can't enjoy togetherness and socialize with office friends. Likewise, in the family, almost all of his time is spent at home. This condition can trigger conflicts between family members. COVID-19 has had a broad impact on the decline of individual, community, and national resilience [4].

People from various countries feel worried and depressed. Various conditions during the pandemic that can cause stress include alcohol consumption behavior, workload from home, decreased income, gender, limited food, and fears of contracting COVID. Consuming

alcohol to distract from boredom and anxiety increases depression and stress [5].

The various pressures that cause anxiety and depression are also experienced by the people of Indonesia, where some women who work from home while accompanying children in studying and doing homework experience a double burden. Workers are afraid of being laid off, even in the business world, entrepreneurs feel stressed because they have decreased turnover.

Based on a self-check survey of 4010 respondents from 34 provinces in Indonesia in August 2020, it was found that 64.8% experienced psychological disorders in the form of anxiety, depression, and trauma [6]. Healthy people are afraid of contracting the virus and survivors who have received treatment and quarantine are traumatized. In addition, the negative stigma from the community worsens mental health conditions.

According to Megatsari, Indonesian people's anxiety during the COVID-19 pandemic is related to age, gender, education, and work [7]. Anxiety experienced by the elderly is lower than in adults. Women are more anxious than men. Men worry about the adequacy of household needs. People with low education are more anxious than those with high education. ASN is less anxious than private employees.

Emotional support increases a person's sociocultural adjustment to a new environment, while informational support contributes to psychological adjustment. The

higher the social support, the higher the psychological well-being [8].

Adler defines psychological well-being as the absence of elements that paralyze the human experience such as depression, anxiety, anger, fear, and present positive elements such as meaningfulness, healthy relationships, positive emotions, environmental mastery, engagement, and self-actualization. There are three components of psychological well-being, namely spirituality, emotional balance, and evaluative satisfaction [9]. Psychological well-being has three dimensions, namely life satisfaction, supportive social relationships, and self-control related to environmental mastery [10].

Well-Being is the well-being possessed by individuals in the components of positive quality relationships with others, autonomy, life goals, and self-growth [11]. While Psychological Well-Being is defined by Ryff as a term used to describe an individual's psychological health based on the fulfillment of an individual's positive psychological function. Psychological Well-Being or psychological well-being is a term used to describe an individual's psychological health which is based on the fulfillment of personal functions and the absence of negative aspects that hinder individual development such as depression, anxiety, anger, and fear.

When there is psychological pressure, even though social support is reduced or limited, it can cause life satisfaction and the welfare of people's lives during the pandemic to decrease. The results of the initial study by Ramadani, et al, showed that the Boyolali community had a high level of welfare of 27%, a medium level of 72%, and a low level of 2% during the COVID-19 pandemic. Therefore, counseling is needed to maintain the psychological well-being of the Boyolali Society to remain in good condition [12]

The COVID-19 pandemic has caused the Boyolali community to experience economic pressure and psychological pressure. Residents are afraid if infected, or when swabbed. People who are sick due to COVID-19 feel isolated and disgraced. For those who know they are infected, sometimes they cover it up so that other people don't know because they feel that COVID-19 is a shameful and humiliating disease. Limiting the number of people who attend the wedding has disappointed residents. The prohibition on holding RT gatherings puts pressure on residents because they can't meet their neighbors. The ban on congregational prayers at the mosque makes residents sad. For small traders, they complain because their merchandise is low, so many are out of business. For employees who have been laid off, they try to be self-employed, both inside and outside the network. The impact of the pandemic with

the consequences of isolation led to the emergence of anxiety and depression [13].

Community service is carried out by conducting psychoeducation on psychological well-being. It is hoped that the community will be able to recognize the mental health of themselves and those closest to them, overcome mental health disorders in themselves and those closest to them according to their abilities. The community can also ask for help from parties who can help identify and overcome mental disorders so that psychological well-being can still be achieved.

The output of the activities carried out is the transmission of knowledge about how to maintain the psychological well-being of the community during the COVID-19 pandemic. It can also help people feel a better psychological condition.

2. IMPLEMENTATION AND METHODS

Community service in the form of psychoeducation was carried out by Master of Psychology students at Universitas Muhammadiyah Surakarta who also served as presenters in the form of webinars. The webinar is held online using a YouTube streaming channel (webinar) to prevent the transmission of COVID-19. The webinar has been held on Sunday, August 15, 2021, from nine to eleven in the morning.

Invitations in the form of flyers had previously been distributed through social media to the people of Boyolali Regency. The criteria for the participants are the Boyolali people are adults (above 19 years). Furthermore, 42 participants registered and filled out the google form link. The YouTube link is shared in the WhatsApp (WA) group on the day of the activity. Most of the participants were women, namely 92.9%, while 7.1% were men. The age of most participants is between 26-40 years by 69%, then 40-60 years by 21%, and 19-25 years by 9%. Participants consisted of various professions. Most of the participants' professions are housewives at 31%, teachers at 29%, entrepreneurs at 21%, government employees at 14%, retirees and students each 2%. All participants participated in the activity until it was finished because some participants came in and out due to signal problems. They are 30 participants who filled out the evaluation form provided through the WA group.

Flow of activities as shown in Figure 1, namely the delivery of the first material on pandemics and psychological well-being, delivery of the second material on factors that support psychological well-being, the delivery of the third material on tips for happiness during the pandemic, and ends with an evaluation. Each material session used the lecture method and is followed by questions and answers session through the YouTube comment column and WhatsApp (WA) group.

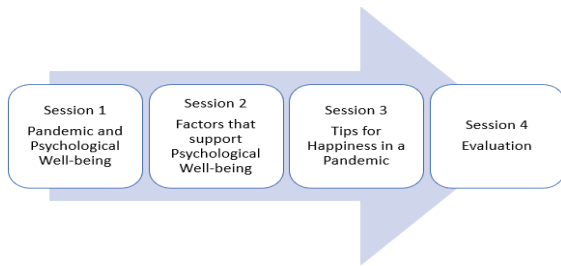


Figure 1. Activity Flow

3. RESULTS AND DISCUSSION

The webinar "psychoeducation to maintain the psychological well-being of the community during the COVID-19 pandemic" was held in three sessions with three presenters.

3.1. Session One: Pandemic and Psychological Well-being

The material on pandemics and psychological well-being was delivered by the first speaker as shown in Figure 2.

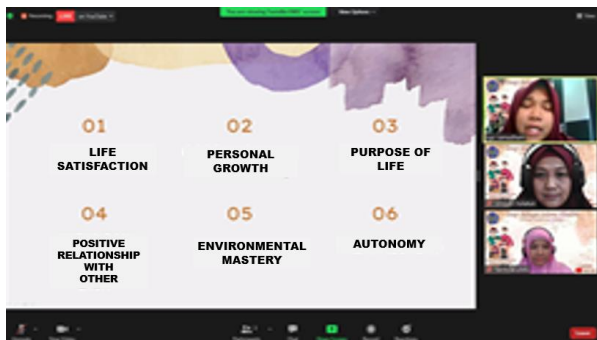


Figure 2. Session 1 Pandemic and Psychological Well-being

The speaker said that research shows the COVID-19 pandemic has reduced the psychological well-being of the community. The speaker then asked the participants how their current emotional state was, whether they were in a state of anxiety or worry. Participants revealed that they felt worried about the health of their families and had heavy thoughts because they thought about the declining family economy during the pandemic. Participants write answers in the WA group. Some participants wrote that they were worried because there were family members who were still toddlers. They feel such as worries about leaving the house and changing sleep patterns. It is known that the presence of emotional stress and stressful conditions resulting from trauma, including a pandemic can worsen psychological well-being [9].

The speaker then asked the participants' level of concern and anxiety due to the pandemic if measured from a number 1 to 10. Participants' answers varied from level 5 to 8. This shows that in general people are at a

high level of anxiety. Furthermore, the presenter asked the participants, what level of anxiety would you like to reduce. Participants want to decrease their anxiety to level two or one. According to Ceri & Cicek, by reducing feelings of anxiety, psychological well-being will increase [14].

The speaker continued by saying that everyone has the right to feel psychological well-being. Psychologically, an individual is called prosperous if he can accept his strengths and weaknesses, has good, close, and warm relationships with others. Trying to develop self-potential, have a purpose in life so that they are passionate about life, comfortable living in society because they can carry out social roles, not pressured by the environment, and free to behave and make decisions [15].

3.2. Second Session: Supporting Factors of Psychological Well-being

The second speaker explained factors that support individual psychological well-being. Individuals feel prosperous when their life needs are fulfilled, can carry out a good role and status in society, able-and-have the opportunity to develop their potential so they can be useful for others and fulfill self-actualization needs. Individuals can also control their thoughts to solve problems, can control emotions with appropriate expressions, can accept their strengths and weaknesses, get along well with others, and believe that they can maintain health and try to stay healthy [16].

3.3 Third Session: Tips for Maintaining Psychological Well-Being During a Pandemic

In the third session, the presenter explained happy tips during the pandemic, which can be seen in Figure 3.



Figure 3. Session 3 Tips for Maintaining Psychological Well-being

Individuals maintain their happiness during the pandemic by carrying out simple tips. Physical needs must be considered, namely adequate nutritional needs, continuing to carry out activities according to health protocols routinely, and getting enough sleep.

Social needs are trying to be fulfilled, namely maintaining family harmony, communicating with neighbors and friends by telephone, and still caring for the environment. According to Labrecque, social support will help someone treat loneliness [17]. To be able to reduce anxiety, individuals should to strengthen their religiosity and to reduce activity such watching and hearing bad news about COVID-19.

Individual psychological well-being can be maintained by developing a more positive outlook on life, being grateful, optimistic, and have good hopes. Optimism strengthens subjective well-being because it always expects good things to happen [18]. Hope encourages people to look to the future-focused on their goals even when experiencing difficult times. Gratitude is to gladly accept material or non-material gifts from other parties. The effect of gratitude is that the person who is given wants to be close to the person who gives [19]. Gratitude is positively correlated with psychological well-being, the more grateful a person is, the more his psychological well-being and happiness will increase. Because grateful people will feel happier [20].

Participants are allowed to provide feedback after the material is delivered by the presenter. There was one participant who responded by confirming with the speaker that a short nap can refresh the heart and mind to continue activities.

A total of 27 participants simultaneously participated in the webinar via YouTube streaming and could give messages in the YouTube comments column as shown in Figure 4.



Figure 4. Number of YouTube Streaming Viewers

3.4. Fourth session: Evaluation

Evaluation is given to webinar participants through the WA group chat. Thirty participants responded and all stated that they benefited from participating in the webinar. Participants became more aware of how to stay healthy and happy during the pandemic by 83%. Participants more understand how to handle anxiety appropriately. In addition to an increased understanding of how to maintain psychological well-being, 17% of the participants felt more positive, felt less anxious, could

think positively, mentally strengthen, manage stress, and make themselves closer to God.

Happy people is one who get social support from his closest ones in joy and sorrow as well as the achievement of goals, socioeconomic status, social networks to play a role and actualize themselves. In addition, it also has an aspect of religiosity by relying on the Almighty and being able to accept one's strengths and weaknesses [21].

This webinar succeeded in providing benefits to participants, are more than understanding psychological well-being or happiness, factors for increasing happiness, and tips for creating feelings of happiness (60%) recognizing negative feelings and their causes as much as 73%. Some participants also felt more positive (12%). Thus the feeling of happiness that has been owned by the participants is expected to be maintained during the COVID-19 pandemic.

4. CONCLUSION AND SUGGESTIONS

During the COVID-19 pandemic, people in The Boyolali district, Central Java, Indonesia felt psychological impacts such as worrying about being infected so they didn't leave the house, worrying about family health, and the family economy. The psychoeducation carried out through streaming YouTube received a positive response from the participants, increasing knowledge about how to stay psychologically prosperous. In addition, some participants experienced more positive feelings.

This activity can run succesly because most of the participants actively participate in the forum and are responsive during discussions even through WA groups and chat rooms. The limitation of this activity is that it is carried out online, so it is often hampered by an unstable internet network which results in participants leaving the room. In addition, the discussion becomes less effective and less lively. Another limitation is that respondents are less specific so that the material is also presented in general.

In the next activity, it is hoped that it can be carried out offline so that the process and benefits achieved are maximized. The criteria of the intervention target are also more specific so that the benefits are more felt.

AUTHOR'S CONTRIBUTION

Nur Ramadhani made a webinar registration flyer. Terminalia socialized the registration and identification of participants. Ismiyati Yuliatun, Tarmilia, and Nur Ramadhani were the speakers at the psychoeducational webinar. Ismiyati Yuliatun analyzed the results of the activities and created articles. Kumaidi reviewed the article.

ACKNOWLEDGMENTS

The author would like to thank and express appreciation to the University of Muhammadiyah Surakarta which has provided funds for this activity. The authors also thank the people of Boyolali who have collaborated and participated in organizing this community service activity. Also to other parties who have participated in helping the implementation of the service program.

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