

The Figure of Mental Emotional Disorder During The Covid-19 Pandemic and Indonesian Red Cross Psychosocial Support Program With Online-Based Psychoeducation

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Abstract:

Mental emotional disorder or psychological distress is one of disaster effect. The COVID-19 pandemic is considered as the most crucial global health calamity of the century and the greatest challenge that the humankind faced since the 2nd World War (Indranil Chakraborty, 2020). The study design was an action research with pre-post test evaluation. The aim of this research was to describe the emotional condition during the Covid-19 pandemic and to see the effect of Psychosocial Support Program of Indonesian Redcross with online based psychoeducation on the increasing of participants' knowledge about stress management. The sample was taken using accidental sampling which are the participants of the National Webinar held by Indonesian Red Cross Volunteer_IPB Unit on October 31, 2020. There were 140 subject, 85% female with 57% less than 20 years follow the program. The instrument used was Self Reporting Questionnaire-20 (SRQ-20) to get a picture of mental emotional disorders. From the results of data processing with SPSS version 24, it was found that 85 people (60.7%) experienced mental emotional disorders and 55 people (39.3%) did not experience mental emotional disorders. This is in line with WHO (2020) which states that the Covid-19 pandemic has caused distress to society. The result of Wilcoxon anylisis shows that asymp.Sig (2-tailed) is 0.00 less than 0.05, so it can be concluded that there is an effect of PMI's Psychosocial Support Program with online-based psychoeducation on increasing knowledge about stress management of the participant.

Keywords:

Mental emotional disorders, psychosocial, online based psychoeducation, Covid-19 Pandemic

JEL: I10, I18

INTRODUCTION

The Covid-19 pandemic is considered to be the most crucial global health disaster of the century and the greatest challenge facing humanity since World War II (Indranil Chakraborty, 2020). The rise of antimicrobial resistance, along with the emergence of new, highly pathogenic viral strains, has fueled fears of another global outbreak of infectious disease (Nerlich & Halliday, 2007). With the global development of the coronavirus disease (COVID-19) outbreak, the psychological issues which accompany this pandemic have rapidly compounded its public health burden (Torales et al., 2020).

Indonesia's new COVID-19 cases continue to increase. Based on the government's data on November 9, 2020, at 12 p.m., there were 2,853 fresh infections over the last 24 hours (Tempo, 2020). The country's total tally of coronavirus cases now reaches 440,569 since the first infection found on March 2, 2020 (Satgas Penanganan Covid-19, 2020). This condition has a physical and psychological impact on society. One of the problems that can occur due to the Covid-19 Pandemic is mental emotional disorders (Nurjanah, 2020)

Mental disorders comprise a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others. Examples are schizophrenia, depression, intellectual disabilities and disorders due to drug abuse. Most of these disorders can be successfully treated (WHO, 1994). The Self Reporting Questioner (SRQ) was developed by the WHO as an instrument to screen for mental disorders, including depression, anxiety-related disorders and somatoform disorders (Infonh, 2006). The SRQ-20 is an instrument with 20 items which question respondents about symptom and problem likely to be present in those with stress related disorder (WHO, 1994).

Stress is something that threatens, challenges or endangers so that individuals respond to these events at a physiological, emotional and cognitive level (Feldman, 1989). Stress arises when individuals perceive a discrepancy between the physical or psychological demands of a situation and the resources of his or her biological, psychological or social systems (Sarafino, 2012). There are many ways of coping with stress. Their effectiveness depends on the type of stressor, the particular individual, and the circumstances. Proper coping strategy in dealing with problems will create good psychological, physical and social welfare (Lazarus & Folkman, 1984).

As a result of large-scale social restriction policies due to the Covid-19 Pandemic, the education sector introduced changes in learning methods. Online-based learning systems have become a stressor for students (Grubic, Badovinac, & Johri, 2020). The Indonesian Red Cross (known as PMI) is a non-governmental organization that supports the government in carrying out disaster management in Indonesia. The Psychosocial Support Program (PSP) is one of PMI's services in the disaster sector. Online-based psychoeducation is one of PMI's programs in the PSP field in tackling the Covid Pandemic (PMI, 2020). Since October 2020, PMI has conducted national webinars organized by PMI's University Volunteer Unit throughout Indonesia.

Research on mental emotional disorders on educational setting in Indonesia is the first step to provide support and intervention in the fields of psychosocial and mental health in the time of pandemic. The purpose of the study was to see the description of Mental Emotional Disorders during the Covid-19 Pandemic and the influence of PMI's Psychosocial Support Program through online-based psychoeducation on increasing knowledge about stress management. This activity is expected to be useful in providing an overview of the mental health of the community, especially on educational setting thus find the benefits of psychosocial intervention by online based psychoeducation approach in increasing knowledge related to stress management.

RESEARCH METHOD

This is an action research with pre and post test with online-based psychoeducation intervention. The research was conducted on a webinar organized by IPB University's PMI Volunteer Unit. The data collection period was carried out in October 2020. The intervention was online based psychoeducation (google meet application). The material provided was basic knowledge of stress, reactions and impacts as well as stress coping skills from a psychosocial perspective during the Covid-19 pandemic.

It was implemented on October 31, 2020 starting at 1 pm- 3.40 pm. In addition, participants also received self-care material on the topic of Family Care and Community - Based First Aid. The primary data were gathered using two sets of survey instruments. The first set was SRQ-20 questionnaire and was administered to 140 respondents who self registered to join the program. The second set was pre and post test evaluation with the same constructed question to measure the impact of the intervention.

The accidental sampling/ convenience sampling was used to obtain the sample of study. In which the population selected (participant of the webinar organised by IPB University's PMI Volunteer Unit) is accessible to the researcher. In the time of pandemic Covid-19 the available subjects are simply entered into the study without any attempt at randomization.

Statistical Analysis

Statistical analyses were performed using the Statistical Package of Social Sciences (SPSS), version 24.0. Univariate analysis was carried out to describe respondent characteristics and the mental emotional disorder. Differences between results before and after the intervention were tested using the Wilcoxon signed-rank test. The proposed hypothesis as follows:

H0: There is no significant increase in respondents' knowledge of stress management between before and after participating on the webinars

H1: There is a significant increase in respondents' knowledge of stress management between before and after participating on the webinars

Finally the potential effect of intervention were using $Z_{scores} < Z_{table}$ or $assimp-sig < 0,05$.

RESULT AND DISCUSSION

1. The Figure of Mental Emotional Disorders During The Covid-19 Pandemic

140 people participated IPB University's PMI Volunteer Unit's webinar. It was found that the average respondents were less than 20 years old and female as listed in table 1.

Tabel 1.

General Characteristics of Our Study Population (n=140)

Respondent Characteristics	n	%
Age (years)		
< 20	79	56,4
20-30	52	37,1
31-40	7	5,0
41-50	1	0,7
> 50	1	0,7
Sex		
Male	21	15,0
Female	119	85,0

SRQ-20 conducted as online self administered instrument to figure out the respondent mental emotional disorders. Table 2. The most symptom were found, namely easily tired (64,3%), followed by symptom of feeling tired all the time (52,1%), feeling nervous, tense or worried (48,6%) and trouble of thinking clearly (48,6%).

Each of the 20 items is scored 0 or 1, a score of 1 indicates that the symptom was present during the past month, a score of 0 indicates that the symptom was absent. The maximum score is therefore 20. The cut of point is 6, which if the respondent answers "yes" to at least 6 questions, then the subject is grouped as experiencing stress or mental emotional disorders. Based on data processing, it was found that 61% of respondents experienced stress or mental emotional disorders (Table 3).

Tabel 2.

Percentage of SRQ-20 (n=140)

Number	Question	Yes	
		f	%
SRQ 1	Do you often have headaches?	56	40
SRQ 2	Is your appetite poor?	30	21,4
SRQ 3	Do your sleep badly?	57	40,7
SRQ 4	Are you easily frightened?	57	40,7
SRQ 5	Do you feel nervous, tense or worried?	68	48,6
SRQ 6	Do your hands shake?	11	7,9
SRQ 7	Is your disgestion poor?	41	29,3
SRQ 8	Do you have trouble thinking clearly?	68	48,6
SRQ 9	Do you feel unhappy?	50	35,7
SRQ 10	Do you cry more than usual?	37	26,4
SRQ 11	Do you find it difficult to enjoy your daily activities?	58	41,4
SRQ 12	Do you finf it difficult to make decisions?	58	41,4

Number	Question	Yes	
		f	%
SRQ 13	Is your daily work suffering?	40	28,6
SRQ 14	Are you unable to play a useful part in life?	45	32,1
SRQ 15	Have you lost interest in things?	53	37,9
SRQ 16	Do you feel that you are a worthless person?	48	34,3
SRQ 17	Has the thought of ending your life been on your mind?	18	12,9
SRQ 18	Do you feel tired all the time?	73	52,1
SRQ 19	Do you have uncomfortable feelings in your stomach?	52	37,1
SRQ 20	Are you easily tired?	90	64,3

Tabel 3.
Figure of Mental Emotional Disorder in time of Pandemic Covid-19 (n=140)

Condition	f	%
<i>Experienced mental emotional disorders</i>	85	60,7
<i>Did not experience mental emotional disorders</i>	55	39,3
<i>Total</i>	140	100

2. Indonesian Red Cross Psychosocial Support Program With Online-Based Psychoeducation

The pre and post test were used to determine effect of the intervention. It was online self administered by the participant. The number of participant who filled pre and post tests properly is 77. In the pre-test, the respondent's knowledge about stress management during the Covid-19 pandemic was 61.86% on average and at the post test it increased by 78.5%. While the minimum score during the pre-test is 17 (out of 100) and at the post test is 33.

Tabel 4.
Intervention Effect: Statistical analysis by Wilcoxon Signed-Rank Test

	N	Min	Max	Mean	Std. Deviasi	Wilcoxon
Pre tes	77	17	100	61,9	21,9	Z = -4,411
Pos Tes	77	33	100	78,5	16,8	Asymp. Sig. (2 tailed) = 0,000

The result of Wilcoxon analysis shows that asymp.Sig (2-tailed) is 0.00 less than 0.05, so it can be concluded that there is an effect of PMI's Psychosocial Support Program with online-based psychoeducation on increasing knowledge about stress management of the participant.

Discussion

Mental emotional disorder related to stress is something normal in human life. Most people will be able to withstand the stress of both ordinary or extraordinary in their lives and remain psychologically healthy (Shultz, Baingana, & Neria, 2015). But in a pandemic situation, many people will become frightened and experience emotional distress (Taylor, 2019). The psychological impact of the Covid-19 pandemic is visible from the results of this study. The number of respondents who experienced mental emotional disorders or stress was 60,7% of the total 140 people. The most symptom were found, namely easily tired (64,3%), followed by symptom of feeling tired all the time (52,1%), feeling nervous, tense or worried (48,6%) and trouble of thinking clearly (48,6%).

Fatigue experienced is in line with neglecting daily routines due to increased pressure to study independently due to the direct consequences of the distance learning system due to the Covid-19 Pandemic (Wickens, 2011). Based on the results of previous research, it makes sense that the anxiety conditions experienced during the pandemic have an impact on students' academics due to decreased motivation to study (Nicholas, AmerJohri, & Bedovinac, 2020).

The study showed that immediate intervention on mental health is needed in time of Pandemic Covid-19. Communities, both directly and indirectly affected by the Corona Virus, need appropriate psychosocial support for interventions (Zhu, 2020). Contemporary methods for dealing with pandemics are mostly behavioral or educational interventions (Taylor, 2019). As in China, a tele-medical approach is needed to be applied in a public health strategy to support multiple people simultaneously and is proven to be effective (Baurle, et al., 2020). This study shows that these two approaches combine to provide an online-based psychoeducation intervention, as psychosocial support has been shown to improve responders' stress management knowledge during the COVID-19 pandemic.

The results of the preposttest showed that the online psychoeducation program was effective in increasing participants' understanding of stress management. Even though the respondents had shown adequate knowledge regarding stress before participating in the intervention, it was indicated by an average score of above 50% of the questions asked. However, the interest in understanding how to manage stress during the Covid-19 pandemic can be seen from the many questions asked by the webinar participants. In addition, several questions outside the topic of stress also appeared which indicated concerns, anxiety from participants over their life problems.

The barrier to this intervention is online based, which fully depends on the participation of participants voluntarily. Both for participating in intervention activities and in filling out evaluations / research instruments. The presence of participants who did not fill out the pre and post test questionnaires became a separate problem in data processing. However, overall this activity can be carried out well with a large number of participants seen from the attendance and interaction in the question and answer session.

CONCLUSION

The results of this study indicate that 61% of the 140 respondents affected mental emotional disorders in students who carry out distance learning. The mental emotional disorder in this study was enforced based on data if the respondent had 6 complaints or more than 1 to 20 questions. Online psychoeducation intervention as a form of PMI psychosocial support carried out by the KSR PMI IPB Unit has shown a significant increase in knowledge when measured quantitatively. The average knowledge of participants regarding how to manage stress during a pandemic increased when compared to before and after attending the webinar.

It is important that the same activity be carried out by reaching a larger number of participants of various ages so that this activity can be useful in improving psychosocial skills during a pandemic. Ensure that online media support is available properly so that it can provide various illustration materials. In addition, mental health assessments and appropriate interventions can also target communities outside of education by adjusting the problems faced by these communities related to stress problems during a pandemic.

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