

Promotion of Mental Health Through Digital Media to Reduce Psychosomatic Impact in Pandemic Time

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Abstract

The COVID-19 pandemic has caused anxiety among residents. That anxiety can lead to mental and psychiatric disorders. Technology as a means to provide information in terms of minimizing news that makes people become anxious. The role of psychologists and technology becomes much needed to reduce anxiety (Psychosomatic). The promotion of maintaining mental health is important to reduce anxiety with a deep understanding so that it will have an impact on immunity. Digital products that can provide insight into maintaining mental health in times of pandemics that can provide information widely and easily are very important. Digital products developed by RnD method and finished products in the form of video Innovation Products as a means for mental health promotion. Digital media for the promotion of mental health is able to provide a deep understanding of managing anxiety, maintaining mental health especially in times of pandemic. Video media containing information is expected to provide insight and knowledge about covid-19, healthy lifestyle, and mental health so as to reduce excessive anxiety during the covid-19 pandemic. Anxiety that can be controlled makes the mood pleasant and able to increase the body's immunity.

Keywords: Covid-19, Mental Health, Psychosomatic

1. Introduction

The Government of Indonesia began last March to take a policy for all Indonesians to conduct activities at home or now known as WFH (Work From Home) (Kemdikbud, 2020). Since the rise of information about Covid-19, not a few residents feel anxious and worried (Siswati, Astiena, & Savitri, 2020). Novel coronavirus disease (COVID-19) appeared in December 2019 and, in less than 3 months, evolved into a worldwide pandemic (Dennison Himmelfarb & Baptiste, 2020). The impact of the spread of the covid-19 outbreak covers many aspects including psychology. During infectious disease pandemics, the psychological reactions of the population play an important role in shaping the spread of the disease and the occurrence of emotional distress and social disorders during and after the outbreak (Cullen, Gulati, & Kelly, 2020). Some of the obvious visible psychological effects when Covid-19-related stress arises such as exposure to infected sources, infected family members, loss of loved ones, and physical distancing, secondary difficulties (economic loss, for example), psychosocial effects (such as depression, anxiety, psychosomatic preoccupation, insomnia, increased substance use, and domestic violence), and indicators of vulnerability (such as pre-existing physical or psychological conditions) (Pfefferbaum & North, 2020).

2. Literature Review

2.1. Mental Health

Good mental health is a condition when our mind is in a state of peace and quiet, thus allowing us to enjoy our daily lives and appreciate others around (Kemenkes RI, 2018). The term mental health sits alongside the larger topic of mental disorder with which it overlaps while retaining a wider concept of general, including physical health, well-being, positive functioning, and the development and maintenance of interpersonal relationship functioning (Brugha, 2015). A person who has a mental disorder will show a protective effect on feelings that increase in the mind then leads to behavior that results in his physical health. Feelings of anxiety and anxiety are one of the forms of mental

disorders that are often experienced (Shofwan, Sugiarti, Erlangga, & Yogatama, 2019). There are several categories of people suffering from mental disorders or mental disorders and each type and characteristics vary according to their level from the heaviest to mildest. mental health became a very serious thing during the covid-19 pandemic. As in many other countries, the Covid pandemic brings many changes to society. Covid-19 pandemic with massive transmission of transmission and high mortality rate causing problems that lead to mental health disorders (Ridlo, 2020). Mental health is part of the wholesome definition. Public health traditions and health promotion both bring benefits in the field of mental health. Mental health is very important to solve because it concerns not only individual problems but also families and communities. The handling of mental health in Indonesia during the pandemic must also be considered and become very important. Several efforts in realizing activities in this regard are with a promotional, preventive, curative, and rehabilitative approach that is organized thoroughly, integrately and sustainably by the government, local government, and/or the community (Ayuningtyas, Misnaniarti, & Rayhani, 2018) At the same article mentions that until now, people with severe mental disorders in Indonesia are still experiencing mistreatment and treatment. This happens because of the stigma that is wrong, so it is necessary to intervene in the public health approach. These are several types of mental health problems that often occur in society namely stress, anxiety disorders (psychosomatic) and depression (Kemenkes RI, 2018).

2.2. Psychosomatic

Psychosomatic medicine is a wide interdisciplinary field that is concerned with the interaction of biological, psychological, and social factors in regulating the balance between health and disease (Giovanni A. Fava, Cosci, & Sonino, 2017). Psychosomatic illness is a condition that describes the moment of the appearance of a physical illness that is suspected to be caused or aggravated by a mental condition. Etymologically, psychosomatic consists of two words, namely mind (psyche) and body (soma). So, literally psychosomatic is a disease involving the mind and body. A person is said to suffer from psychosomatic disorders when his anxiety interferes with the activities in his life. One of them is the disruption of social function in him. For example, excessive anxiety about Covid-9 makes the body feel like shortness of breath, cough, flu. This is caused by the suggestion or psychological pressure that a person feels related to the current pandemic condition. Since SARS-CoV-2 or covid-19 was declared as a pandemic news in the media increasingly often aired news about the number of patients infected with covid-19, the number of deaths due to covid-19 is getting more and more days, preaching the symptoms of contracting covid-19 disease until the government policy sets lockdown policy and work from home. It further reinforces that covid-19 is a very dangerous virus. Positive patient data in Indonesia dated February 23, 2021 which reached 1,298,608 people (Satgas Covid 19, 2021) who are aware or uncertain to bring psychological impact in the form of anxiety. Signs of anxiety can be seen at the beginning of the lockdown policy in March 2020, namely with the price of masks soaring. Reported from liputan6.com in March 2020 the price of masks in the market ranges from hundreds of thousands to millions of rupiah. For three-layer masks with various brands sold at a price of Rp 300,000 to Rp 350,000/ box with the contents of 50 pieces. While the N95 mask is priced at Rp 1.5 million (Liputan6, 2020). Currently in February 2021 the price of masks can be purchased with prices starting from Rp. 20,000.

Excessive anxiety has the effect of both mild and severe mental disorders. Mental disorders such as being easily carried away with emotions, excessive anxiety, frequent worry, stress and depression. Of course the cause is not only news in the media but also in all aspects including aspects of the declining economy, dismissal, and unemployment. This anxiety and mental disorder will then cause an imbalance in the brain, which eventually arises into a psychic disorder, otherwise called psychosomatic. When a person experiences psychosomatic symptoms, then he can feel symptoms such as COVID-19 disease, namely feeling fever, dizziness, or sore throat, even though his body temperature is normal (Norhapifah, Kholifah, Putri, & Selviyana, 2020). The diagnostic symptoms of psychosomatic or Diagnostic Criteria for Psychosomatic Research (DCPR) are Health anxiety, Thanatophobia, Disease phobia, Illness denial, Persistent somatization, Conversion symptoms, Functional somatic symptoms secondary to a psychiatric Disorder, Anniversary reaction, Demoralisation, Irritable mood, Type A behaviour, and Alexithymia (G. A. Fava & Sonino, 2010). According to the ministry of health directorate of health promotion and community empowerment physical symptoms that may accompany the problem of anxiety disorders include Difficulty sleeping, Body shaking, Excessive sweating, Muscles become tense, Heart palpitations, Shortness of breath, Fatigue, Abdominal or head pain, Dizziness, Mouth feels dry and Tingling (Kemenkes RI, 2018).

2.3. Covid-19

COVID-19 is an infectious respiratory disease caused by a newly discovered pathogen, SARS-CoV-2, novel RNA-dependent RNA polymerase betacoronavirus thought to originate from bats (Dennison Himmelfarb & Baptiste, 2020). The incubation period for COVID-19 is estimated to be within 14 days of exposure, and transmission occurs

from human-to-human contact and its spread through saliva droplets or out of the nose when an infected person coughs or sneezes. Coronavirus is zoonoses, meaning that the way the virus is spread can be transmitted from animals to humans (Siswati et al., 2020). Detailed investigations have found that SARS-CoV is transmitted from ferrets to humans, and MERS-CoV from arab camels to humans. But there are several types of coronavirus in animals that until now are known to have not infected humans. Common signs and symptoms of COVID-19 infection include symptoms of acute respiratory distress such as fever, cough and shortness of breath. The average incubation period is 5-6 days with the longest incubation period of 14 days. Severe cases of COVID-19 can lead to pneumonia, acute respiratory syndrome, kidney failure, and even death. The clinical signs and symptoms reported in most cases are fever, with some cases having difficulty breathing, and X-rays showing necessary pneumonia infiltration in both lungs (Kemenkes RI, 2020).

Previous research entitled Psychosomatic Medicine and Covid-19 Pandemic by Joos, A. 2020 provides a statement that emphasize that psychosomatic depart-ments can be valuable in the phase of natural catastrophes like a severe pandemic like currently with Covid-19 (Joos, 2020). Previous research that has been conducted on a similar topic is a study entitled Mental health and the COVID-19 pandemic by Gavin, B. Lyne, J. McNicholas, F. In 2020 the article lays the foundation for a better understanding of how COVID-19 affects mental health services and this particular issue highlights how the effects of mental health covid-19 on almost every element of society (Gavin, Lyne, & McNicholas, 2020).

3. Methods

This video creation method uses ADDIE model stages (Analysis, Design, Development, Implementation, Evaluation). The “ADDIE Model” is a colloquial term used to describe a systematic approach to instructional development. The term is virtually synonymous with instructional systems development (Molenda, 2003). The analysis stage is to identify media needs, materials in the media, and target characteristics tailored to the purpose of video development, namely mental health promotion. The design stage is to compose materials, systematic material delivery, develop media flow, media storyboards, compose instruments related to media assessment. The development stage is to compile a health promotional video media. At this stage involving experts and experts focused on media and health. The development process is done by taking a video and contacting an expert for an assessment. Expert engagement is critical to providing validation of content and display eligibility. The implementation stage is the stage of using media in general as well as asking for feedback from video media users as well as revising according to suggestions. The evaluation phase is the final stage of video media revision and the media is ready to be expanded more broadly. ADDIE stage through the revision stage many times at each stage so that each stage is ensured to have targeted at the needs and goals of development.

4. Data Collection

The development of digital media involves physician practitioners who know deeply about mental health content and handling covid-19, as well as validation of the feasibility of digital media that focuses on assessing the appearance of digital media.

5. Results and Discussion

Technology as a means to provide information in terms of minimizing news that makes people become anxious (Hazizah & Ismaniar, 2020). The role of psychologists and technology becomes much needed to reduce anxiety (Psychosomatic). Based on the results of the dissemination of polls conducted using Google form obtained a number of 34 respondents from the Semarang region got the percentage who experienced psychosomatic symptoms by 38%. The data is data in general regardless of the point of view of indicators of age and work behavior (working indoors and outdoors). The indicators in question are presented at table 1.

Table1 of Psychosomatic Identification Indicators

Indicator
Intensity following the development of covid-19 every day in the last 3 months
Difficulty sleeping when / after seeing tngan / read the news about covid-19
Feeling dizzy when / after seeing the hand / reading the news about covid-19
Feeling fever when / after seeing ta3ngan / read the news about covid-19
Body feels limp, unwell or aches when / after seeing the hands / read the news about covid-19
Feeling pain swallowed / sore throat when / after seeing the hand / read the news about covid-19
Feeling difficult to breathe / shortness of breath when / after seeing the hands / reading the news about covid-19

Diarrhea when / after seeing the hand / read the news about covid-19

Dry cough when/ after seeing hands / reading the news about covid-19

A similar study on this subject is a survey on mental health through swaperiksa compiled by the Indonesian Society of Mental Medicine Specialists (PDSKJI) conducted online explaining that as many as 63 percent of respondents are anxious and 66 percent of respondents are depressed due to the COVID-19 pandemic (Ridlo, 2020). The enactment of the policy of keeping distance and at home during the pandemic makes individuals feel alienated, the situation triggers higher concerns than gathering and chatting with colleagues. Decreased income and termination of employment also result in anxiety that has a greater impact even to feel useless and suicidal. New habits during the pandemic require consistency that cannot be done quickly.

Further to this, researchers developed a video media promoting mental health to reduce the psychosomatic effects during the pandemic. The video was developed with ADDIE development model (Analysis, Design, Development, Implementation and evaluation). The video contains (1) Mental health, (2) The importance of maintaining mental health, (3) Steps / how to maintain mental health, (4) Psychosomatic, (5) addressing the covid-19 pandemic, (6) psychic and pandemic relationships. Video media promotion of mental health during the pandemic is expected to provide in-depth information between mental health connections in the pandemic so as not to cause psychosomatic in the pandemic as in the figure 1.



Figure 1. Video Promotion of Mental Health as a psychosomatic prevention effort during the pandemic

6. Conclusion

Health promotion is done by making a display video to provide an understanding of psychosomatic. Then spread the video to the public to give a deep understanding. The video contains (1) Mental health, (2) The importance of maintaining mental health, (3) Steps / how to maintain mental health, (4) Psychosomatic, (5) Addressing the covid-19 pandemic, (6) Psychic and pandemic relationships. Video media containing information is expected to provide insight and knowledge about covid-19, healthy lifestyle, and mental health so as to reduce excessive anxiety during the covid-19 pandemic. Anxiety that can be controlled makes the mood pleasant and able to increase the body's immunity.

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Biography

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