

Conference Paper

Stress Management for Family and Community During the COVID-19 Pandemic

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ORCID:Eti Suryati: <https://orcid.org/0000-0002-8096-3477>**Abstract**

Although mental health issues are not considered as a disorder that causes immediate death, this disorder can lead to an individual's inability to work. Stress is experienced by everyone. Mental pressure if not managed properly can lead to mental disorders and despair (suicide). For this reason, management of stress is an important thing in human life. A total of 30 community members agreed to participate in this program. Most (80%) were women with a mean age of 32.54 (SD = 2.76). The most frequently used sources of information were mostly (86.7%) via the internet. Based on the results of the paired t-test, it was found that this program was effective in increasing knowledge, attitudes, and behavior about COVID-19 and stress (p value <0.001), with a difference value of 7.13 for knowledge, 5.02 for attitudes, and 4.24 for behavior, 3.45 for stress. This program is an approach based on the empowerment of health workers by utilizing existing applications for communication, namely social media and reminder systems. A subsequent program needs to be developed to increase the sustainability of this initiative, such as through integrated development and using technology as a medium of delivery and promotion.

Keywords: stress management, COVID-19

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1. Introduction

The corona virus pandemic (SARS-CoV-2) besides attacking physical health, also has an impact on mental health. Psychiatrists recommend maintaining sanity by maintaining inner calm, avoiding excessive panic, and managing stress in the right way. Stress management can be done by doing positive and fun activities. Also do activities related to other people using technology such as calling, videocalling, social media, and playing online games, maintaining inner calm for example by meditating, praying and moving actively at home, for example working hard, doing hobbies, cleaning the house, playing

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with children, even gardening and cooking can also be a way to manage stress in the midst of times full of anxiety, stress, depression like today.

There are a number of factors that cause suicide amid the corona outbreak, one of the triggers is isolation in a pandemic. Isolation is the main trigger, as well as the fear of contracting Covid-19, losing a job and seeing people closest to being sick and even dying of Covid-19, to date in the world there are 3 suicides due to Covid-19, the first is a 34 year old nurse in Italy who fear of transmitting the covid-19 virus to others. Second, the Minister of Finance of the German State of Hesse, Thomas Schaefer (54), is suspected of being worried about the economic impact of Covid-19. And third, teenagers in Britain who are depressed because of isolation at home. In order to curb the spread of the Covid-19 virus, health experts and authorities in various countries have implemented independent isolation policies.

Behavior disengagement is a condition when a person does not put in much effort in dealing with pressure or stressors. This condition can also be said to be a form of helplessness, while mental disengagement is a condition of escaping from problems by daydreaming, fantasizing, sleeping, or watching TV fixated. Prevention of suicide is usually carried out with social connections, while to limit the spread of Covid-19, physical distancing is applied (maintain physical distance). Stress management is the ability to use (human) resources effectively to deal with mental and emotional disorders or disorders that arise due to responses (responses). The purpose of stress management itself is to improve the individual's quality of life for the better. All it takes is recognizing our daily emotional barometer which is an effective strategy for dealing with the causes of stress, and relaxation skills for calming the body.

Based on a preliminary study conducted in Kab. Serang, Puskesmas Serang District has a target village and has a Puskesmas health program covering health promotion, prevention and eradication of disease, both for adults and for children. Based on our health survey data obtained, increased disease in the elderly, weak immunization coverage, pregnant women who do not want to have their pregnancies checked in health services and others, this is what happens in Kab. Attack. Public environmental health is the most important problem, with an unclean environment it will result in a decrease in a person's immune system or immune system, which will facilitate the transmission of Covid-19. It is very likely that the corona virus will spread among the people of Serang City, which is brought by people contaminated with the corona virus and will attack people with weak immune systems. In order to prevent the spread of the plague, the government has also implemented a Stay at Home and Social Distanching policy to limit social interaction in the community, both through education and appeals

from the government to provide comfort for families and communities to avoid anxiety and panic. The purpose of this program was to provide an intervention for stress management in family and community during pandemic COVID-19 in Serang, Banten, Indonesia.

2. Methods

The stress management program is part of the pre-hospital care concept which was developed based on community development. This program was developed in three stages, namely:

1. The process of licensing and bureaucracy, the process of community empowerment through counseling, training, and coaching.
2. The core program which contains: Formation of a “mentally healthy community” with an agreed work program and the formation of mental health models and posts.
3. A coaching program to maintain the sustainability of the program which will be carried out through in-service training.

In general, the methods to be used are:

1. Focus group discussion (FGD) with the aim of exploring the problems and human resources in the area where the results of the FGD will be used to develop programs so that they can really suit the needs and achieve rational targets.
2. Increasing the capacity of families and communities in general through health education, training, and guidance on stress management
3. Establishment of a “mental health community” with short-term programs that have been developed and agreed indicators of achievement. The formation of a “mental health community” will be carried out through deliberations involving cadres and the community who care and are voluntary and declared in general for their socialization.
4. The formation of an IoT-based mental health post and community is a model and system and the real form of this program. The post will be established integrated with the kelurahan under the coordination of the local government and the puskesmas. The model is a mental health community work system in the community.

The coaching program will be carried out using the inservice training method to upgrade new knowledge and monitor program sustainability.

3. Results and Discussion

The aim of this program is to help people and families to be able to prevent or reduce stress during the COVID-19 pandemic. A total of 30 community members agreed to participate in this program. Most (80%) were women with a mean age of 32.54 (SD = 2.76). The most frequently used sources of information were mostly (86.7%) via the internet. Based on the results of the paired t test, it was found that this program was effective in increasing knowledge, attitudes, and behavior about COVID-19 and stress (p value <0.001, with a difference value of 7.13 for knowledge, 5.02 for attitudes, and 4.24. for behavior, 3.45 for stress (Table 1).

TABLE 1: Knowledge, attitudes and behavior, stress after program implementation (n=30)

	Pre-test Mean (SD)	Post-test Mean (SD)	<i>p-values</i>	Nilai Beda
Knowledge	13.31 (SD:1.95)	20,96 (SD:9.12)	0.001	7.13
Attitude	35.45 (SD:2.62)	40,52 (SD:5.45)	0.001	5.02
Behavior	17.72 (SD:2.5)	21,18 (SD: 7.32)	0.042	4.24
Stress	12.43 (SD:4.3)	9.02 (SD:2.1)	0.011	3.45

Mental health is more than the absence of mental disorders. The positive dimension of mental health is emphasized in the WHO definition of health as stated in the constitution: "Health is a state of complete physical, mental and social well-being and not simply the absence of disease or infection. "The concept of mental health includes subjective well-being, perceptions of self-efficacy, autonomy, competence, intergenerational dependence and recognition of the ability to realize one's intellectual and emotional potential. It has also been defined as a state of well-being in which individuals recognize their abilities, are able to cope with the stresses of normal life, work productively and fertile, and make contributions to their community. Mental health is about increasing individual competence community and community and enable them to achieve goals that set themselves. Mental health should be a concern for all of us, not just those who suffer from mental disorders.

Mental health problems affect society as a whole, and not just a small, isolated segment. They are therefore a major challenge to global development. No group is immune to mental disorders, but the risk is higher among the poor, the homeless, the unemployed, people with low education, victims of violence, migrants and refugees, indigenous people, children and adolescents, abused women and other people. neglected elderly. For all individuals, mental, physical, and social health are closely linked, and vital in life. As our understanding of these interdependent relationships

grows, it becomes increasingly clear that mental health is vital to the well-being of individuals, societies and countries as a whole. Unfortunately, in most parts of the world, mental health and mental disorders are not given the same importance as physical health. On the contrary, they have been largely ignored or neglected.

Social stressors, such as the climate of family life: relationships between family members are not harmonious (broken home), divorce, cheating husband or wife, husband or wife dies, naughty children (likes to fight against their parents, often skips school, consumes alcohol, and abusing illegal drugs) the attitude and treatment of parents who are harsh, one member has a mental disorder and a low family economic level, then there are job factors: difficulty finding work, unemployment, being subject to layoffs (Termination of Employment), disputes with superiors, types of work that are not in accordance with their interests and abilities and income is not in accordance with the demands of daily needs, then the last is the environmental climate: rampant crime (theft, robbery and murder), brawls between groups (students, university students, or community members), expensive prices of basic necessities, insufficient clean water facilities available, dry p arbor, extremely hot or cold air, noise, air pollution, dirty environment (smell of garbage everywhere), or poor housing conditions, traffic jams residing in flooded or landslide prone areas, and political and economic life unstable.

4. Conclusions and Suggestions

From the results of program implementation, it was found that increased knowledge and skills regarding COVID-19 and stress among family and community. This program is an approach based on the empowerment of health workers by utilizing existing applications for communication, namely social media and reminder systems. So that the next program needs to be developed to increase the sustainability of the program, such as through integrated development and using technology as a medium of delivery and promotion.

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