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Research article

The Impact of COVID-19 on the Mental Health of Health Workers: A Literature Review

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Abstract.
COVID-19 is an infectious disease caused by a new type of coronavirus called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) which has already caused millions of cases. One of the impacts caused by the virus outbreak has been mental health problems, especially for health workers who are at the forefront of dealing with the pandemic. The objective of this study was to analyze articles related to the impact of COVID-19 on the mental health of health workers. This was a literature review where articles were found through the databases of Google Scholar, Pubmed, and Scimagjr. This involved identification, screening, and assessing eligibility criteria, according to the PRISMA diagram and JBI Critical Appraisal Checklist for Analytical Cross Sectional Studies instrument. The results showed that COVID-19 has had an impact on mental health disorders of health workers such as anxiety, stress and depression, and stress is the most common mental disorder experienced by health workers. The stress is caused by fears of being infected and transmitting COVID-19 to family and surrounding people. Government and health institutions should therefore pay more attention and immediately implement policies that support efforts to maintain and restore the mental health of health workers; a step that can be considered is the provision of counseling services and coping training.

Keywords: COVID-19, mental health, health workers

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1. Background

Corona Virus Disease-19 or more popularly known as COVID-19 is an infectious disease caused by a new type of Coronavirus called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). This virus is very small (120-160 nm) mainly infects animals but currently the spread from human to human has become the main source of transmission so that the spread of this virus occurs very aggressively. Transmission of this disease occurs from positive Covid-19 patients through droplets that come out when the sufferer coughs and sneezes or from people who are asymptomatic but the examination shows a positive Covid-19 [1].

The case of the Corona Virus Disease-19 outbreak began with information from the World Health Organization (WHO) on December 13, 2019 which reported a cluster of pneumonia with unclear causes in Wuhan City, Hubei Province, China. China identified

the case as a new type of coronavirus that has never been identified before in humans. On January 30, 2020, WHO declared Covid-19 a Public Health Emergency of International Concern (PHEIC) and on March 11, 2020, WHO declared the incident a pandemic [2].

The coronavirus has spread rapidly around the world with total confirmed cases in February 2021 with 110.7 million cases and more than 2.4 million deaths worldwide since the start of the pandemic [2]. Meanwhile, in Indonesia until February 2021, there were a total of 1.33 million cases spread across 34 provinces with 311 districts/cities affected and the death toll reaching 35,981 people. West Java is one of the provinces that contribute the most corona cases in Indonesia with a total of 210,000 cases and 2,304 deaths, where the city of Depok ranks first with a total of 27,274 cases and the second is Bekasi City with 25,747 cases [3].

The process of the journey of the corona disease-19 virus is thought to be not much different from the course of the disease from other known respiratory viruses [1]. If this corona virus attacks humans, the virus will enter the respiratory tract. breathing and can cause damage to the pulmonary alveoli and even cause respiratory failure or death. However, not everyone feels these severe symptoms, many people infected with Covid-19 experience mild to moderate disorders such as fever, cough, sore throat, headache, shortness of breath. etc., which can heal on their own and do not require special treatment. For some groups of people who have co- morbidities such as diabetes, cardiovascular disease, chronic respiratory disease, and cancer, if they experience Covid-19 infection, they can experience serious problems [4].

The impact of Covid-19 is being felt, including by the community and health workers. When Covid-19 began to be designated as a pandemic, the response of the people who were directly or indirectly

affected was to feel panic because the process of spreading the virus was very fast and through direct contact, fear of getting sick and dying, afraid of losing their livelihood because they could not work during isolation and were expelled. from work, confusion, feeling bored, restless, frustrated, lonely, depressed and feeling helpless [5]. In addition, for health workers, the impact of this pandemic outbreak is felt by the number of cases that continues to increase every day, indicating that the global health system is experiencing difficulties in handling patients infected with Covid-19 and the higher demand for health care, this results in an increase in the burden that is very heavy. to the health care system. The most visible risk is the safety aspect of health workers, especially those at the forefront in dealing with this corona virus outbreak, who are very vulnerable to being exposed to Covid-19 [6], and the direct

burden faced by health workers is feelings of anxiety and death. facing a large number of infectious cases, stigmatization of people who care for Covid-19 patients and their bodies, witnessing traumatic scenes including patients in critical condition and death, facing unprecedented risks of occupational morbidity and mortality, inadequate/lack of Personal Protective Equipment (PPE) as well as personal protective equipment that limits movement, lack of social support from the surrounding environment, work overload, and experiencing fatigue or burnout [7], these conditions place health workers in the threat of psychological disorders.

The causes of these psychological disorders will have an impact on the mental health of health workers such as stress, fear, anxiety, depression, insomnia which in turn affects work efficiency [8]. with the research of Lai et al., (2020), in a journal entitled "Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019" stating that health workers are at risk of experiencing psychological disorders in treating Covid-19 patients, the results show that there are 50.4% of respondents have symptoms of depression, 44.6% have symptoms of anxiety due to feeling depressed, 34.0% have symptoms of insomnia, and 71.5% have difficulty[9]. Dr. Hamidah, M.Si as a lecturer at Universitan Airlangga revealed that "The potential for stress to health workers is very high, they are under pressure from all sides, ranging from physical, social, and psychological. All related to abnormal conditions in which during this pandemic." Mental health problems are also reported to affect the attention, understanding, decision making and ability of health workers and hinder the ability of health workers to provide care [10].

When a person has an unhealthy mentality, he will not be able to handle stress in his daily life, anxiety will overwhelm him, cannot work productively, and cannot contribute to the environment [2], therefore it is very necessary for human resources. health and policy makers to be able to pay attention to the protection factor for health workers who directly treat Covid-19 patients and the process of adaptation to the conditions of the Covid-19 pandemic, the focus of attention is less on the mental health of health workers, especially on the front lines dealing with this corona virus outbreak. has the potential to disrupt and even turn off health services and will affect the handling of the Covid-19 pandemic [10]. By maintaining the mental health of health workers, the handling of this corona virus outbreak can be controlled optimally [11].

Based on this background description, researchers are interested in analyzing journals both national and international journals regarding "The Impact of Corona Virus Disease (COVID-19) on the Mental Health of Health Workers".

2. Research Method

The research method is a Literature Review with Literature Search contained in journal databases such as Google Scholar, PubMed, and Scimagojr with a sample population of health workers. The journals used are in accordance with the criteria for Indonesian and English literature published in 2016-2021. Journal of Quality Assessment Techniques with critical assessment using the JBI (Joanna Briggs Institude) format and journal literature selection using PRISMA for research protocols so that literature review writing is carried out in a systematic and structured manner.

3. Results And Discussion

Based on the descriptions of the six journals [8],[11]–[14] show the results of statistical analysis, namely P-value < 0.005 which means that it significantly states that Corona Virus Disease (Covid-19) has an impact or causes mental health problems/psychological disorders to health workers who become at the forefront of dealing with this virus outbreak. In line with the results of a survey [9] of 1,257 health workers found that 50.4% of health workers experienced symptoms of depression, 44.6% experienced symptoms of anxiety, 71.5% experienced distress and 34% experienced insomnia. The health profession is a profession that is constantly exposed to high stressors, before the Covid-19 pandemic the health care profession had a higher risk of developing psychological disorders such as depression, burnout, and suicide compared to other professions.

The Covid-19 pandemic has resulted in a very heavy burden on the health care system, especially health workers who are at the forefront of dealing with the Covid-19 pandemic which has the potential to affect and cause psychological disorders, and also stated that the potential for psychological disorders in health workers is very high and health workers are under pressure from all sides ranging from physical, social and psychological, all of these things are related to abnormal conditions during this pandemic [15].

Psychological disorders that appear in health workers, whether it's anxiety, stress, or depression during the Covid-19 pandemic, have increased, from the six journals that have been reviewed, the mental/psychological disorder that is most experienced by health workers is stress. Stress is a person's reaction both physically and (mentally/psychically) if there is a change from the environment that requires a person to adjust. In line with research conducted health workers in 8 islands in Indonesia stated

that 55% of health workers experienced stress due to Covid-19, very severe stress levels were 0.8%, and mild stress levels were 34.5%.

The most common source of stressors experienced by health workers during the Covid-19 pandemic out of the six reviewed journals were concerns about being infected and transmitting it to family and people around them, then health workers also experienced stress from high/heavy working hours, worries about the lack of Personal Protective Equipment (PPE), the high number of deaths, both patient and peer deaths, as well as concerns about work due to high mortality if not handled on time. In line with research[16]that the fear of health workers, especially the increased risk of being exposed, infected, and possibly infecting their loved ones, as well as fatigue due to the workload, and many health workers have to isolate themselves from their family and closest people even though not having Covid-19, it causes a significant psychological burden. Sources of stressors experienced by health workers that result in the emergence of mental/psychological disorders (anxiety, stress, and depression), especially stress that is most experienced by health workers can affect their professionalism in working as the front line in dealing with the Covid-19 pandemic [17]. Meanwhile, according to the head of the Research Team for Masters in Occupational Medicine, Faculty of Medicine, University of Indonesia (MKK FKUI), Dewi Soemarko., (2020), stated that if a health worker feels emotionally exhausted mentally, the result is a clear loss of motivation to work so that it affects the quality of service. and impact on the performance of medical personnel.

Psychological pressure directly hampers the ability of health workers to provide care, support or attention from the government is needed, such as maximizing intensive care for health sector workers, insurance, the quality of Personal Protective Equipment (PPE), as well as from the community who provide enthusiasm and support for the health sector [18]. does not give negative stigma to health workers, it can reduce the psychological pressure of health workers, especially those who work as the front line in dealing with Covid-19, and stated that efforts that can be made in dealing with psychological problems of health workers need to be psychological intervention [19]. Psychological interventions are carried out in the form of a psychological help hotline team. The team formed is in charge of providing guidance and supervision to health workers. The first intervention steps were to provide the hospital with a place to rest for a while in the process of self-isolation. Second, providing knowledge related to disease, steps for using personal protective equipment and conducting training before handling COVID-19 patients. The three hospitals developed detailed health protocols related to the

management of personal protective equipment during the COVID-19 pandemic. Fourth on how to relax well to reduce psychological stress.

In overcoming psychological disorders in addition to efforts from the government, efforts are needed from oneself to be able to overcome mental health disorders, namely by doing physical activities such as light exercise to produce endorphins that can relieve stress, reduce worry, and can improve mood [10]. In addition, it is necessary to consume nutritious food to maintain a healthy body because adequate nutritional intake can maintain mental health, stop bad habits such as smoking and consuming alcoholic beverages, then an effort that can be prevented is to take time to communicate with family, friends, friends. , and co-workers by telling their worries and anxieties because this can reduce the pressure they feel so they can become calmer.

According to Dr. Sandeep Poddar (2021), psychology can continue to become a chronic psychological disorder if it is not addressed early on, therefore it is necessary to take steps to improve mental health services for health workers. Although the health profession is based on the principle of altruism, health workers are not martyrs in this pandemic. Health workers also have the right to enjoy health which includes not only physical health but mental health as well.

So it can be concluded from some of the research results and theoretical studies above, that statistical results with a P-value < 0.005 indicate that Covid-19 has an impact on the mental health of health workers such as anxiety, stress, and depression. The prevalence shows that the most common mental disorder among health workers is stress. Efforts that can be prevented or overcome in dealing with mental disorders that arise are by balancing one's own efforts and the government's efforts, one's own efforts such as always getting closer to God to ask for protection from the dangers of the Covid-19 virus and trying to be diligent in exercising, consuming vitamins, consuming nutritious food, and doing refreshing as an effort to refresh the mind. and the government's efforts to pay more attention to health workers starting from the availability of sufficient equipment, as well as establishing a psychological assistance hotline by providing guidance and supervision to health workers. The balance of prevention efforts is believed to be able to prevent and reduce mental disorders that arise in health workers.

4. Conclusion

Based on the results of a review of 6 research journals that have been presented regarding the "Impact of Corona Virus Disease (Covid-19) on the mental health of health workers, the following conclusions are obtained:

1.Research characteristics, namely the year of publication used by the entire journal, namely 2020, with the research design using a Cross Sectional design, and the population in the entire journal, namely Health workers.

2.The results of the analysis from 6 journals show that due to the corona virus, health workers experience psychological pressure/mental health disorders, namely anxiety, stress, even depression, meaning that the Corona Virus (Covid-19) has an impact on the mental health of health workers, especially health workers who be at the forefront of dealing with the Covid-19 outbreak.

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