

Conference Paper

The Resilience of Recovered Covid-19 Patients

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Abstract

This study aims to assess the resilience of patients recovering from Covid 19, using a qualitative method with a case study research design. The subjects of this study were patients recovered from Covid 19. The data collection tool in this study was an interview. The data analysis technique in this research is content analysis technique. The data validation method in this study used data triangulation. The results showed that based on the emotional regulation aspect, the three subjects were able to control their emotions well, in the impulse control aspect the three subjects received support and motivation from family and fellow Covid 19 patients. Aspects of causal analysis of the three subjects had a feeling of fear of being shunned by people in the surrounding environment and the three subjects were worried if there were family members who contracted Covid 19. Then in the aspect of empathy, when they found out that there were Covid 19 patients who had worsened, the three subjects felt concerned and tried to show their empathy by providing motivational support. In the aspect of self-efficacy, the three subjects received support from the surrounding environment and the three subjects always thought positively. Then in the aspect of reaching out, after being declared cured of Covid 19, the three subjects felt grateful and could take lessons from what the three subjects had experienced. So, from these results it can be seen that the three subjects have both internal and external motivations that make the three subjects become resilient individuals.

Keywords: COVID-19, resilience, pandemic, patient infected with positive covid 19

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1. Introduction

December 2019 appeared a case that shocked the world, which was first reported in Wuhan, Hubei Province. This virus was first discovered in an animal and seafood market in Wuhan City where the exact cause of transmission is not yet known. Furthermore, according to data from the World Health Organization, Covid 19 has spread widely and in more than 190 countries in the world (WHO, 2020), one of which is Indonesia. Covid 19 has entered Indonesia since February 2020. So far, there has been a continuous increase in the number of Covid 19 cases in Indonesia.

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The conditions of the Covid 19 pandemic require a clean and healthy lifestyle. Since the publication of the official statement from WHO that the Corona Virus Disease (Covid-19) or Corona Virus is a global pandemic and the official announcement made by President Joko Widodo together with the Minister of Health, Terawan Agus Putranto on Monday, March 2, 2020, that Covid-19 had When entering Indonesia, the government then issued policies, including working from home, praying from home, studying from home, traveling if forced, and with 3-M, washing hands, using masks, and maintaining distance.

Prevention of the transmission of covid 19 can be carried out in various ways, including washing hands properly, using cloth-type masks, surgical masks and N95 masks, carrying out physical distancing or physical distancing, and not traveling outside the house except for urgent or emergency needs. These steps are important to take to break the chain of spreading Covid 19.

Even though these policies and prevention methods have been echoed and made in such a way and their rules and regulations, not all individuals take precautions by implementing health protocols, implementing health protocols can reduce the transmission of covid 19. Until finally data from covid19.go.id on October 27, 2020, there were 394,454 positive cases recorded, and 322,248 patients recovered and 13,512 people died (Satgas Penanganan COVID-19, 2020).

The spread of positive cases of Covid 19 can be through several intermediaries, namely by physical contact with other people and through the air. Individuals who test positive can be recognized for their signs, namely fever (body temperature above 38 degrees Celsius), dry cough, shortness of breath, and loss of ability to taste or smell (Yuliana, 2020). However, in recent cases, there are also many positive Covid 19 patients without symptoms or asymptomatic.

Normal individuals who are physically and mentally healthy require more effort in adapting to new habits following government policies, especially individuals who test positive for Covid 19. Patients who are positive for Covid 19 will be quarantined in a special room either at the hospital or in a place provided by the government. While in the quarantine room, the patient will undergo a series of routine checks to ensure his overall health condition, such as checking specimen samples every day. This is not something that is fairly easy to do.

In Indonesia, Covid 19 has occurred in almost all provinces, and has had a big impact. Among the real impacts of Covid 19 are the high number of deaths in patients and medical personnel, an economic slowdown, disruption of educational, economic and social activities, and a psychological impact on society. This enormous impact

has an impact on patients who are tested positive in the form of stigma from the social environment. That stigma has a significant impact on individuals and the social environment (Frost, 2011). Stigma can include social rejection, gossip, physical violence and denial of service. That people who experience stigma from others can cause an increase in symptoms of depression and stress (Earnshaw, 2020). In this depressed condition, good resilience is needed to get out of this depressed condition.

That resilience can reduce anxiety and anxiety and depression study (Barzilay et al., 2020). The expected result is that positive patients with Covid 19 are able to rise from the difficulties or problems faced. The goal to be achieved in this study is to know how the patient resilience when declared and after recovering from positive Covid 19.

2. Literature Review

Resilience is someone who has the ability to cope with or adapt to severe events or problems that occur in life in a healthy and productive manner when dealing with trauma, which is important to manage the stresses of everyday life (Reivich & Shatté, 2002). Resilience is defined as the ability of individuals, groups or communities to deal with, prevent, minimize and eliminate the adverse effects of unpleasant conditions or even change misleading conditions into things that are reasonable to handle or overcome (Desmita, 2009).

Resilience is a dynamic process that involves the role of various social and individual or environmental factors, which reflect a person's strength and resilience to be able to rise from negative emotional experiences when facing a difficult situation or significant obstacles (Hendriani, 2018). Resilience is a measure of an individual's ability to cope with stress, restore anxiety, depression, and stress reactions that occur as a result of certain conditions (Connor & Davidson, 2003).

A term that describes personal qualities that allow individuals and their communities to grow even though they are at a disadvantage is called resilience (Connor & Davidson, 2003). In general, resilience is understood as the ability to keep getting up again and continuing a life that has been shattered as a result of the severity of the difficulties experienced. Resilience is understood as the ability to bounce back from challenges that can arise in life (Campbell-Sills & Stein, 2007).

There are seven aspects that make up resilience namely emotion regulation, impulse control, optimism, causal analysis, empathy, self efficacy. (self-efficacy), and reaching out (finding a way out of problems) (Reivich & Shatté, 2002).

Besides from the resilience aspects already mentioned, there are other aspects, namely personal competence, high standards, and persistence, self-confidence and tolerance for negative emotions and strong stress, positive reactions in facing change and having a strong relationship. safe with others, self-control, and spirituality (Connor & Davidson, 2003).

3. Method

This study aims to see the recovery of patients recovering from covid 19. This research is a qualitative research with a case study approach. Approach carried out by studying and understanding a specific case. The case study in this study is related to the resilience of patients recovering from Covid 19 (Poerwandari, 2007).

This study used 3 subjects with criteria for patients recovering from Covid-19. Data were collected by means of interviews. Through this interview method, researchers can obtain all the information needed about the resilience of patients recovering from Covid 19. The data that has been collected are then analyzed using the analytical technique used in this study is content analysis. Analytical technique used to conclude through an attempt to find the characteristics of the message, and it is carried out objectively and systematically (Meleong, 2016).

4. Result and Discussion

Each individual has a different quality of resilience. There are several results in this study, where these results refer to aspects of resilience. In the aspect of emotional regulation, subjects 1 and 2 received full support and attention from family, neighbors, coworkers and other relatives. While in subject 3, the subject felt less acceptable to the surrounding environment, thus making the subject feel depressed and stressed, this is in line with what was expressed by the people closest to the subject that the subject was avoided by the people closest to him or his neighbors because he knew that the subject tested positive for Covid. 19. Based on the results of the interviews with the three subjects, the most appropriate effort to face this pandemic is to be patient, to get closer to God Almighty, in this way it can create calm in each individual in undergoing the recovery period.

In the aspect of impulse control, the three subjects experienced a downturn when they first got information that they were exposed to the corona virus, sad, suicidal, angry. In the optimistic aspect, subjects 1 and 2 say that family is their biggest motivation to

get up again, while subject 3 gets motivation or support from fellow Covid 19 patients, the three subjects have the same expectations, namely carrying out health protocols, implementing a healthy lifestyle, people closest to the subject, fellow covid patients revealed that in the Covid hospital they were so solid to motivate each other to support each other and carry out sports and then sunbathe in the morning.

Aspects of causal analysis, when tested positive subject 1 was in the crowd so that the subject immediately took precautionary steps to keep their distance from other people so that they did not transmit the Covid 19 virus to other people, in contrast to subject 1, subject 2 thought about her family, subject 2 was afraid if her family joined exposed to covid 19 because subject 2 was always in contact with her mother while her mother was sick. Whereas subject 3 felt fear of being shunned by other people and was worried about not being accepted in the work environment because of being positive for Covid 19, then according to the person closest to the 3rd subject, having anxiety or feeling excessive fear of being shunned by other people knowing that the subject had been a Covid 19 patient.

Furthermore, the empathy aspect of subject 1 was concerned when hearing other people were also exposed to Covid, while subject 2 emphasized more on people who were positive for Covid 19 to always be patient and subject 3 who felt fear when hearing other people who were positive for Covid 19. but the subject said they would always providing motivational support to people who are positive for Covid 19, according to someone closest to him, the subject looks wise by always providing motivation to people who have just become patients at the Covid hospital.

The sixth aspect is self-efficacy, the three subjects get support from the closest people and always think positively and get closer to Allah. This was able to make the 3 subjects feel something positive when they got support and motivation from their closest people, according to the exposure of the closest people, the subjects received a lot of support from both Covid patients and their families.

Then the final aspect is reaching out the three subjects learned a lot after they were declared cured, the three subjects said to be more careful, not to be careless, to maintain health by adhering more to health protocols by implementing 3 (three) M, namely wearing masks, washing hands, keeping distance and The 3 subjects get closer to the Almighty, namely to Allah. It was found that the three subjects felt the fear of being shunned by the closest people.

If individuals want to have good resilience, the aspects put forward must develop. Good resilience makes individuals able to adapt and rise from their problems. The results of this study, based on the aspect of emotional regulation, the third subject

who is able to control his emotions well, in the control aspect, the subject received support and motivation from families and fellow covid 19 patients. On the optimistic aspect, the three subjects had families who provided support for recovery. Patients, thus encouraging patients to undergo treatment to recover from Covid 19.

Aspects of the causal analysis of the three subjects had a feeling of fear of being shunned by people in their surroundings and the three subjects were worried if family members had contracted Covid 19. Then in the aspect of empathy, when seeing a patient who entered the three subjects, they felt concerned and tried to show empathy by providing motivational support. In the aspect of the efficacy of the third party the subject received support from the surrounding environment and the three subjects always thought positively. Then in the aspect of reaching out, after being declared cured of Covid 19 the three subjects felt grateful and could take lessons from what the three subjects had experienced. So from these results it can be seen that the three subjects have both internal and external motivations that make the three subjects become resilient individuals.

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