

Resilience As a Strengthening Capital for Covid Patients

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Abstract The disease caused by COVID-19 is a disease that is feared by society today. Because COVID-19 is a new disease, no effective drugs or vaccines have yet been found. Covid 19 is a contagious disease. This situation certainly affects the psychological condition of patients experiencing Covid19. This article aims to describe the resilience of ex-covid19 patients, the psychodynamics of ex-covid-19 patients, protective factors, and risk factors. The research method uses qualitative research methods with a phenomenological approach. The research subjects were three patients who had been discharged from the hospital. The results of the study show that patient resilience skills are needed to recover quickly.

Keywords: covid 19, resilience, psychodynamics, protective

1 Introduction

Covid-19 (*coronavirus disease 2019*) is a new disease caused by a virus from the *severe acute respiratory syndrome coronavirus 2* (SARS-CoV-2) group. Covid-19 is a newly discovered disease in the world. The first case of covid-19 was found on December 31, 2019, in Wuhan, Hubei province, China [2]. Covid-19 comes from the Coronavirus, which is easily transmitted and causes death. Until now, the COVID-19 pandemic has not been handled properly, and even a second wave has arisen with the number of patients soaring. Aging and comorbidities make individuals at the greatest risk of COVID-19 serious illness and mortality due to senescence-related events and deleterious inflammation [6].

Having a chronic condition (CC) means facing an additional stressor in life [8]. This condition certainly affects the public's perception of the Covid-19 disease. The perception that the Covid-19 disease is a highly contagious, deadly disease, has therefore been ostracized from neighbours. This, of course, affects the psychology of individuals who suffer from diseases caused by the Covid-19 virus. Covid-19 has a physical and psychological impact on sufferers. Covid19 causes cognitive

disturbances, such as brain fog to fatigue, lung and heart disorders [4]. In addition to physical condition experienced by Covid-19 patients, psychological disorders such as anxiety, stress, excessive worry, and mental illnesses are also experienced by Covid-19 patients [10]. This psychological disorder often worsens the patient's physical condition.

The resilience of COVID-19 patients is needed so that the psychological disorders experienced by patients do not worsen the patient's physical condition. Similarly, patient resilience is required to rise when experiencing a critical moment. Resilience plays an essential role so that patients can survive through Covid19. The formulation of the problem from this study: How is the picture of resilience in covid19 patients who work?

This study aims to 1) determine the psychodynamics of resilience, 2) identify patient risk factors, and 3) identify protective factors and covid 19.

Resilience means bounce Back. Resilience means the ability to recover from a state. Return to its original shape after being bent pressed, or stretched. Or, in other words, the ability to heal. Resilience is the capacity to maintain the ability to function competently in the face of various life stressors (Kaplan et al., 1996; Egeland et al., 1993 in [14]). Resilience is the ability to survive and adapt as well as the human capacity to face and solve problems after experiencing misery (Grotberg, 1999 in [14]).

According to Grotberg (1999), the sources of resilience include: (1) I Have, related to how much social support individuals receive from their environment; (2) I am; related to personal strength within the individual, which includes feelings, attitudes, and beliefs. (3) I Can; relate to one's efforts in solving problems towards success with one's strength. Assessment of self-ability in solving problems, social and interpersonal skills.

According to Reivich and Shatte (2002), seven factors are components of resilience, namely: (1) *Emotion Regulation*, (2) *Impulse Control*, (3) *Optimism*, (4) *Casual Analysis*, (5) *Empathy*, (6) *Self-Efficacy*, (7) *Reaching Out*.

Resilience occurs when individuals are faced with situations that contain risks, how individuals can manage the problems they face. According to Windle (1999 in [6]) states that resilience is formed from risk factors and protective factors. Excellent and successful adaptation reflects the strength of individual protective factors.

Resilience in Health settings

Pain is a sensory and emotional experience and is also influenced by various psychological factors [1]. Psychological resilience is a psychological resource that facilitates individuals adapting to disease [8]. Through resilience, individuals can cope with pain and transform themselves or maintain conditions to function competently in the face of various stressors in life.

Research conducted by Baraqbah and Hatta [2] on cervical cancer patients found that resilience patients feel calmer when facing problems and in emergencies. Patients can see things from a different point of view and try something they think cannot go through [2].

Research conducted by Saputri and Valentina (2017) on breast cancer patients found that patients who have good resilience can develop emotional regulation, control stress, have hope for the future, and can identify problems so that patients can have a more positive outlook on life by grateful for the conditions experienced and accept breast cancer as part of his life[12].

The psychological condition of Covid-19 patients

Covid-19 exposes not only the patient's physical condition but also the patient's psychological condition. Research conducted by The Guardian (2020) states that patients feel insomnia, anxiety, depression, and others. The Guardian study stated that of 402 patients, 28% had post-traumatic stress disorder (PTSD), 31% depression, 42% anxiety, 40% insomnia, and 20% obsessive-compulsive. In addition, The Guardian's research on 265 men and 137 women showed that women suffer more psychologically than men [13]. Based on the explanation above, this study was conducted to reveal resilience in COVID-19 patients.

2 Research Methodology

This study uses a qualitative method with a phenomenological approach. This method explores the dynamics of resilience in COVID-19 sufferers. The subjects in this study were three people who had finished being treated from the hospital isolation room. Data were collected through observation and interviews. The data analysis technique uses the theory of Miles and Hubberman, namely data collection, data reduction, data presentation, and concluding.

3 Results and Discussion

In this section, the author describes descriptively Source Books in Riau Malay Culture Local Content and Utilization of Digital Literacy.

This study reveals three things to focus on, including:

- 1) Psychodynamic resilience of covid-19 patients
- 2) Identify risk factors for COVID-19 patients
- 3) Identification of protective factors for covid 19 patients

1) Psychodynamic resilience of covid-19 patients

Thoughts and feelings when tested positive for Covid-19. The subject's experience shows his surprise, feeling sad because he will undergo an atmosphere of isolation. Subject says:

I cry. Afraid that my age will soon be (R)

Another subject, when he heard the doctor's diagnosis that he had tested positive for Covid-19, also said:

When I heard the doctor's diagnosis stating that I was positive for Covid-19, at first I cried, how come it was like that. Like.. How do you... Deny that... How come you get hit, like that (N).

Thoughts and feelings at the time of isolation in the Hospital. Subjects feel lonely, anxious, and depressed facing treatment.

Subject stated:

I went to the hospital and went straight to the ICU. I feel uncomfortable, afraid of being alone in the room. The room is full of medical equipment, the sound of the heart detection continues to add to the atmosphere even more pressing. Afraid. Especially when it comes at night. The more tense (A).

Things that cause you to feel depressed, anxious, and depressed. Subjects feel that their movements are minimal, must always maintain health protocols, because they are in an infectious disease environment. Subject stated:

I feel pressured because we can't move freely. We must strictly implement the health protocol, even in the room, while sleeping we must still wear a mask. Likewise, if we want to chat with other Covid-19 patients. Sometimes we are afraid of being infected in the isolation room, especially for new patients.

Feeling anxious when we wait for laboratory results once a week. Anxious when the swap result is still positive, it has not been allowed to go home (A).

Another subject stated:

I often couldn't stand being in isolation. I often cry, sad, confused. I thought about my son at home alone. How to eat it. Thinking of my husband who is old and sick. (R)

2) Identification of risk factors for COVID-19 patients.

A risk factor is anything that influences a person's susceptibility to stress when dealing with or exposed to a stressor. The more vulnerable to stress, the more non-adaptive behaviour emerges. When a patient is tested positive for Covid-19, the term Covid-19 is a stressor. Another problem that is a risk factor is people who have a negative view of Covid-19 patients. In this case, the neighbours of the patient, stay away from families who are sick with Covid-19. Another notable factor associated with this pandemic is the stigma in its two dimensions (public stigma and self-stigma), previously documented with other infectious, physical, and psychological health disorders, especially when isolation and quarantine are involved [4]. Subject stated:

I deliberately hide my pain. I told my neighbor that I was sick with typhus and that the doctor shouldn't be able to visit me. If I am honest with my neighbors, my child will be ostracized by the neighbors. My son will have difficulty buying food and difficulty shopping.. I get more stressed when a neighbor calls, tries to investigate my illness, why don't I get out of the hospital, even though it's been a long time. (R)

Another subject stated:

I don't tell my neighbours about my illness. I am afraid that my family will be ostracized by the neighbors. Neighbours who know I work at the hospital. Luckily I live with my in-laws (N).

Covid-19 treatment therapy is classified as treatment using high doses because it is classified as an infectious disease. This treatment therapy causes physical discomfort and even pain. This condition is a risk factor that adds to the patient's stress condition. Subject says:

I couldn't eat at all, I ate a little, I vomited, I was hungry, I threw up a little. Then, who was the doctor at that time? You see, ma'am, don't teach bread 1 to eat a little, the medicine will be drunk later, oh no, ma'am, already. Force it, ma'am, 10 minutes later, bread 1 is like this, ma'am. It's okay Alhamdulillah until I eat a little bread one drink six that's okay, thank God I can feel the pain how it is infused, it hurts to put the infusion in, I'm sick nurse, hold on, don't you want to get well, hold on, it hurts until it hurts so much that I keep on holding back crying, but at that time the nurse forbade it, mother, if you keep crying like this, it doesn't increase your immune system, it will drop later,

3) Identify protective factors

Individual protective factors are a means to prevent and overcome various obstacles, problems, and difficulties effectively (Hogue and Liddle, 1999 in Hendriani, 2019). These three patients have the same protective factor, namely spirituality. They believe that because Covid-19 is a newly discovered disease, and no effective medicine has yet been found, asking God for help is a method to reduce their anxiety. Subject stated:

Hmm.. Maybe what it's called is my way of life like this, this is my test. Finally, I give up then pray. (N)

Another subject said

I contacted the servant of God, Mr. Edi. I pray for you and I believe, you will get well. I believe because you are often involved in ministry. Service in prison, ministry to the sick. Believe you will recover, don't cry. Let's rise. Three people give this strength, husband, son, and priest. In addition, I asked for prayer support online. I accidentally got that information. I ask for prayer support, by writing on Whatsapp. I don't know anyone who prays for me. Besides that, the person who supported me was Mrs. A's roommate. She encouraged me to happen to be a psychology lecturer. He helped me a lot.. (R)

This is in line with what was stated by Rutter (1990 in Hendriani, 2019) how protective factors could change the effects of risk factors and minimize stress, namely: (1) reducing the impact of risk factors; (2) reducing the negative chain of events that give rise to risk factors; (3) maintain and develop positive traits in individuals; (4) open oneself to new opportunities for success. When the subject does these four things to reduce stress.

The support of family, friends, doctors, and nurses is a protective factor that can revive the patient's enthusiasm in dealing with the Covid-19 disease [11]. Subject says:

The support from family and friends, both co-workers, and other friends is very encouraging. The main support comes from the husband, like, come on, you can get better. When we get better, we'll go for a walk. (N)

Discussion

1. Psychodynamics of resilience of COVID-19 patients

Based on research results on the three subjects showing the news of the doctor's diagnosis that stated they were positive for COVID-19, the three subjects reacted with great shock. The subject's reaction begins with a feeling of rejection starting from saying "how can I be positive for Covid-19, the response is crying, reacting a lot to talk to medical personnel. The fear reaction arises because COVID-19 is a newly discovered disease and there is no cure. Sad to be separated from family and friends, and unable to visit because they are in isolation. Restless because it is difficult to communicate with other people. Besides that, they also have difficulty communicating with health workers because they use PPE. Worried and anxious for fear of being infected with fellow patients and often seeing patients who are seriously ill die. They were frustrated waiting for a negative PCR test result.

In line with time, the three subjects made various efforts to get well soon, among others, by encouraging themselves and encouraging each other to other patients. Trying to make the heart happy by communicating with patients, greeting each other, sharing experiences and exchanging information, exercising together under the sun, joking with health workers and fellow patients.

2) Identify risk factors for COVID-19 patients

A risk factor is anything that influences a person's susceptibility to stress when dealing with or exposed to a stressor. One of the subjects expressed his fear if his disease was discovered by his neighbors. Because of the risk that will be accepted in the family and he will receive isolation treatment from neighbors when he leaves the hospital. Even the subject did not want to leave the hospital, even though the doctor had allowed him to go home in the condition that the PCR result was still positive.

The three subjects stated that some of the Covid-19 treatments caused pain and discomfort, which lowered the patient's mental illness.

3) Identification of protective factors for covid 19 patients

Based on research results, it appears that resilience is an art. By relying on belief in God, the subjects managed to accept their lives with the covid-19 disease. By using this art of resilience, individuals will be able to overcome problems, be able to overcome the pain and difficulties faced during covid-19 [9].

4 Conclusion

It can be concluded that the resilience of Covid-19 patients plays an important role. Through resilience, Covid-19 patients can arise from stress, fear, etc. Protective factors play a role in boosting the patient's motivation when he is "down".

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