



Psychological Well-Being of Patient with Confirmed Covid-19 at RSUP Dr.

Mohammad Hoesin Palembang

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ABSTRACT

Pandemic that occur at the end of 2019, Coronavirus Disease, caused respiratory tract infections with commonly till seriously symptoms. Patient confirmed with Covid-19 not only impact their somatic, but also their psychological and social condition. Until now, Civil society still have negative assumed about Covid-19, which triggers social stigma and discrimination. That's impacted to psychological well-being. Purpose of this research, described of psychological well-being of patients with confirmed Covid-19 at RSUP Dr. Mohammad Hoesin Palembang 2021. Used quantitative descriptive design and total sample that took by purposive sampling was 45 samples. Analysis of the research used descriptive statistical percentage. The results describe the presentation of psychological well-being was 4 respondents on high category of (8.8%), 40 respondents on moderate category 88.8%, and 1 respondent low category (2.20%). The highest score of psychological well-being in the moderate category is environment mastery dimension of 84.3%; in the high category is positive relation dimension of 26.6%; and in the low category is personal growth dimension of 15.6%. Expected of the research, to know overview of the psychological well-being of patients with confirmed Covid-19 and make the optimally planning of the medical and non-medical care.

1. Introduction

An outbreak at the end of 2019, was severe respiratory infections caused by a derivative of the corona virus as known as coronavirus disease 2019 or Covid-19¹. The incidence increased when human-to-human transmission occurs². Coronavirus can cause respiratory tract infections from the common cold to serious diseases for example, Middle East Respiratory Syndrome (MERS) and severe acute respiratory syndrome (SARS)³.

The first incident of corona virus infection was begun when they found 44 patients with severe pneumonia in the Wuhan¹. Cases of Covid-19 continuously increasing until January 2020. In Indonesia, 1,115 patients with confirmed of Covid-19 was recorded and 102 people for data of deaths in

early 2020. The latest data from the Covid-19 Task Force on March 2021 showed that 1.386.556 patient was confirmed, 1,203,381 had recovered and 37,547 was died³. Meanwhile, Data from medical records of RSUP dr. Mohammad Hoesin Palembang from early 2020 to the end of March 2021 consists of 1299 women and 1481 men who have confirmed as patient Covid-19 and received treatment in isolation rooms.

Commonly, Covid-19 causes mild to severe symptoms. The most mild symptoms found in patients are fever, dry cough and feeling tired¹. Around 80% of people infected with mild symptoms can recover without any special treatment, but Covid-19 patients who have comorbidities could get serious health problems³.

The Covid-19 pandemic presents a new situation that not only affects the somatic condition but also the mental health of the patients. Research from the Oxford Health Biomedical Research Center found that 20% of Covid-19 sufferers experience psychological problems⁴. This happens mainly due to the isolation carried out by the patient which can cause depression, unreasonable fear and unable to sleep (Yulianingsih, 2020)⁵. A person who is dealing with a disease has a different psychological response and indirectly affects the person's physical condition.

Indirectly, the physical condition and social stigma give effect to the quality-of-life Covid-19 patient. The Decrease of health and physical function can decrease someone well-being. Well-being can be said as a condition when someone get their physically, psychologically, and socially needs fulfilled. Well-being consists of three things: positive and negative experiences, positive and negative thoughts, and psychological well-being. Psychological well-being describes the function of an optimal human being are having a meaning and purpose in life, mutually supportive and beneficial relationships, involvement, and interest, contributing to the well-being of others, competence, self-acceptance, optimism, and respect for self and others⁶. Individuals with high psychological well-being describing as individuals who have satisfied with lives, good positive emotional, able to go through bad experiences, nice positive relationships, can determine their own destiny, without depending on others, controlling environment, know purpose in life and can develop themselves⁷.

Interviews from two Covid-19 survivors, they said that they feel fear when the result of PCR is positive, and, they said that their expression like confusion and anxiety. Especially, they have to self-isolation in the hospital or at home. One of the survivors when interview said that he was bored, worried that others know his condition, not interested in interacting with care giver and even thought hospitalist was

misdiagnosed. Meanwhile, other survivors just accepted the fate and thought this also was part of the life, and still actively communicating with their families and caregiver when they did home isolation.

The negative stigma to Covid-19 patients or survivors is a mistake. Covid-19 patients who are under treatment, quarantine or self-isolation must be given more attention and support for encourage the desire to recover, improve the quality of life and not make this experience be trauma and fear to re-interact in the social environment. Based on this background, researchers are interested in knowing the description of the psychological well-being of patient with Confirmed Covid-19 at RSUP DR. Mohammad Hoesin Palembang.

2. Methods

The research design used descriptive percentage research design. Definition of Operational, ordinal measuring scale on Psychological Well Being-modified questionnaire and used a google form. The population in this research are all Covid-19 patients at Dr. Mohammad Hoesin Palembang. And sample was taken by purposive sampling technique, \pm 45 patients with confirmed Covid-19 and the inclusion criteria: know how to read and write, Covid-19 patients in the mild-moderate category, and in a conscious state or not receiving intensive care.

This research use patients in the Covid-19 isolation room of Dr. Mohammad Hoesin Palembang: Lematang 1.1, Lematang 1.2 and Rawas 1.2 rooms. The research occurs in March-August 2021. The research was carried out after had passed the RSMH ethical test and completing the validity and reliability tests.

3. Results

Frequency distribution of Psychological Well-Being as a whole or into 6 dimensions can be seen on the below table:

Table 1. Frequency distribution Psychological Well-Being Patient with Confirmed Covid-19(A Whole of PWB)

Psychological Well-Being	Frequency (n)	Percentage (%)
A Whole		
High	4,00	8,80
Moderate	40,0	88,8
Low	1,00	2,20
Total	45,0	100,0

Most of the respondents in the Covid-19 isolation room had moderate psychological well-being 40 respondents (88.8%), high psychological well-being 4

respondents (8.88%), and low psychological well-being category 1 respondent (2.20%).

Table 2. Frequency distribution Psychological Well-Being Patient with Confirmed Covid-19 (Four Dimensions)

Psychological Well-Being	Frequency (n)	Percentage (%)
Dimensions		
Autonomy		
High	8,00	17,8
Moderate	32,0	71,1
Low	5,00	11,1
Environment Mastery		
High	6,00	13,3
Moderate	38,0	84,3
Low	1,00	2,20
Personal Growth		
High	6,00	13,3
Moderate	32,0	71,1
Low	7,00	15,6
Positive Relation		
High	12,0	26,6
Moderate	30,0	66,7
Low	3,00	6,70
Purpose In Life		
High	5,00	11,1
Moderate	37,0	82,2
Low	3,00	6,70
Self Acceptance		
High	9,00	20,0
Moderate	32,0	71,1
Low	4,00	8,90
Total	45,0	100,0

Based on the table, found that the highest score of psychological well-being in the moderate category is in the environment mastery dimension 84.3%, then followed by the purpose in life dimension 82.2%, autonomy, personal growth and self-acceptance dimensions 71.1%, and the dimensions positive relation of 66.7%. The highest score of psychological well-being in the high category was found in the positive relation dimension of 26.6% and the highest score in the low category was found in the personal growth dimension of 15.6%.

4. Discussion

Psychological well-being is an individual assessment for life achievement like self-evaluation and acceptance in positive and negative aspects that occur in life. Psychological well-being is divided into six dimensions. The dimensions are self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life and personal growth. Based on data obtained from 45 respondents who were confirmed to be Covid-19 at RSUP dr. Mohammad Hoesin Palembang, as many as 40 respondents or 88.8% were in the category of moderate psychological well-being.

There are some factors of psychological well-being like age, gender, social and economic status, social support, and religiosity. This opinion supports the result of this research that the age range and gender in this research were different from previous research, therefore the result was different too⁷.

In the new normal era where society are familiar and always exposed information about Covid-19, not make the results of the psychological well-being assessment of respondents in this research into the high category. The moderate category is on psychological well-being, it is considered that the respondent is quite capable but not yet at the highest level in making decisions, managing, and regulating environmental conditions, developing potential, establishing positive relationships with others, achieving life goals, and quite able to accept his situation from all aspects. Maybe, there is still criticism and negative stigma in the society for Covid-19 patient or survivors. So, the achievement of self-evaluation and

acceptance is not at the highest level.

This opinion is reinforced by Novita and Elon, their research shows that the stigma from community to Covid-19 patient or survivors were still high, the result is 67% stigma of knowledge and 55.3% the stigma of attitudes, and there are still many people who think that Covid-19 patients do not deserve to live close together because they suffer from disgusting diseases and tend to have a high transmission rate⁸. Patients who are confirmed Covid-19 should receive social support from families and the community, not criticism or negative stigma. According to Cobb, the important thing to improve psychological well-being is social support for individuals for what they are experiencing⁹.

The results of the research showed that the psychological well-being score was dominant in the moderate category. This is in line with Widiанти research, the level of psychological well-being into the moderate category with a percentage of 84.9%¹⁰. The results of the research are in line with Widiанти's, the dimensions in the moderate category are mostly found in the environmental mastery dimension (87.2%), while in this research results the environment mastery dimension gives a percentage of 84.3%.¹⁰ These results indicate that respondents are able to manage and responsible for themselves, their lives and their environment. The environmental mastery dimension is an individual who has competence in managing the environment, controlling complex situations and external activities, making effective opportunities in the environment, able to choose or create contexts that are suitable for personal needs and values⁷.

Based on each dimension of psychological well-being, it is found that the dimension has the largest percentage in high category is positive relation dimension, which is 26.6%. The results of this study indicate that most of the respondents have good relationships with other people. This is in line with the case study by Pantow, that respondents do not have problems to stay relationships with other and describe that they still on positive relation, both during isolation treatment in hospital and after becoming a survivor¹¹. A high score on psychological well-being in the positive relation dimension describes

individuals as having warm, satisfying, and trusting relationships with others; concerned with the welfare of others; able to have strong empathy, compassion, and intimacy; understand the give and take of relationships¹².

The Dimension that has the largest percentage in the low category is personal growth dimension, which is 15.6%. This is in line with Prabowo's research which states that the largest percentage that contributes to the low category of psychological well being is the personal growth dimension (25%). According to him, individual feels stagnant, lacks self-improvement, bored and uninterested, feels unable to develop new attitudes and behaviors¹³. From these results, it can be concluded that respondents tend to not be able to view what they are currently experiencing in a positive way. Respondents may have accepted what has happened to their lives as depicted in the results of a fairly high self-acceptance dimension score (20%), but stay continue to develop is not at the highest level in the context of welfare. Covid-19 confirmed patients tend to stagnate to develop, especially when they are in a condition of limited space to move due to isolation.

Sustained Well Being does not require individuals to feel good all the time. The experience of painful emotions such as disappointment, failure, or grief is a normal part of life, and being able to regulate negative emotions is important for long-term well-being. The assessment of psychological well-being is not a judgment of whether an individual is good or bad, but rather a self-evaluation of the positive and negative things that happen in life. So, it is very possible that later the psychological well-being of confirmed Covid-19 patients will be at the highest level, because of the frequent exposure of information and knowledge about the disease, treatment, prevention and use of good stress coping mechanisms.

Psychological well-being is a concept related to positive mental health criteria. Psychological well-being is related to physical, mental, socio-cultural aspects, as well as spirituality. Therefore, it is important for the community to pay more attention to their condition, especially psychological well-being. According to some research, psychological well-being affects immunity,

where immunity itself is the key word against the pandemic. The pandemic will not have a big impact if every individual has immunity both physically and psychologically. After knowing the description of psychological well-being, the researcher feels that it can be used as a guide in providing/modifying care, both medical care, nursing care, nutritional care and pharmaceutical care by considering psychological aspects in the form of collaborative independent interventions, as well as therapeutic and educational interventions.

5. Conclusion

This research was conducted in 3 Covid-19 isolation rooms at dr. Mohammad Hoesin Palembang. The results showed that most of the patients with confirmed Covid-19 had moderate psychological well-being. The rest, several other patients included in the high and low categories. While the dimension that most influences psychological well-being in the moderate category is the Environmental Mastery dimension, this means that the respondent is said to be quite capable and has competence in managing the environment, controlling complex situations and external activities, creating effective opportunities in the environment, being able to choose or create the right context for personal needs and values. The implication of this research is that it can be a record for both medical and non-medical care givers by involving psychological aspects.

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