



The Application of Booklet for Providing Mental and Psychosocial Support (MHPSS) to Elderly during COVID-19 Pandemic



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Article Information

History Article:

Received, 01/02/2021

Accepted, 21/04/2021

Published, 05/05/2021

Keywords:

Elderly, MHPSS,
COVID-19

Abstract

The condition of the COVID-19 Pandemic which is full of uncertainty makes the elderly easily plagued by feelings of excessive anxiety which has an impact on physical health conditions. The purpose of the community service was to provide mental and psychosocial support (MHPSS) during Covid-19 pandemic through booklets. The method used health education by distributing booklets. The activity was conducted in Blitar district area through the online network on February 2021 with 21 elderly people as the respondents. The results showed that the elderly were able to follow all the activities given and able to re-practice physical activities that could be done to deal with anxiety as a psychological impact of COVID-19 properly. Batik activity is one form of occupational therapy for People with mental disorders to continue to be carried out so that independence and entrepreneurial spirit can increase, so they will be more productive. The Mental and Psychosocial Support (MHPSS) for all elderly groups in the community needs to be continuously carried out by involving elderly cadres as an effort to control anxiety as a result of the COVID-19 Pandemic.

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DOI: [10.26699/jcsh.v2i1.ART.p027-033](https://doi.org/10.26699/jcsh.v2i1.ART.p027-033)

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INTRODUCTION

The presence of the COVID-19 Pandemic outbreak certainly has many effects on people's lives. It is not only the impact that occurs on physical health, but also the psychological condition of individuals and communities. They also can no longer do social access to individuals and communities as usual, confusing news, fear of infection and increasingly strong economic pressures are sources of stress that can cause stress. One of the groups of people who are prone to experiencing mental health problems or stress and physical during the COVID-19 pandemic are the elderly. This is because the elderly experience changes in physical, social and psychological conditions as well as decreased hormone production which results in decreased organ function in their bodies (Tristanto, 2020). According to geriatrics experts Probosuseno from Gajahmada University, the functional capacity of elderly body organs has decreased due to aging so that they are susceptible to various kinds of bacteria, viruses and diseases including COVID-19 (Ika, 2020).

In Indonesia, the mortality rate increases with increasing age, namely in the population of 45 to 54 years as much as 8%, 55 to 64 years, 14% and 22% at 65 years. The Indonesian Mental Health Specialist Doctors Association conducted a

mental health survey during the COVID-19 pandemic to 1,552 respondents aged 14-71 years. The survey results showed that as much as 63% of respondents experienced anxiety and 66% experienced depression (PDSKJI, 2020). These data illustrate that mental health problems are felt by the Indonesian people. According to Hooyman (2014), one of the psychological conditions faced by the elderly is anxiety. This anxiety is related to information about COVID-19. According to Qiu et al., (2020) said that a lot of misinformation, especially about the high mortality rate in the elderly, has an impact on the psychological condition of the elderly. The application of social distancing and physical distancing is a trigger for the emergence of the problem of isolation in the elderly during this Pandemic.

Psychologically stressful situation for each age group needs attention and treatment so that it does not become a serious mental disorder. Therefore, there is a need for further treatment that does not only focus on physical healing but also welfare. This can take the form of the mental and psychosocial support (MHPSS). MHPSS integrates approaches biologically, psychologically and socio-culturally. Some of these reasons were used by the community service team of Institute of Health Science Patria Husada

Blitar to help the elderly for reducing the psychological problems by providing

mental health psycho education.

METHODS

This community service activity was held in February 2021.

This activity involved 7th-semester student's elderly families where before the activity was carried out the service team visited the homes of each elderly person to give the MHPSS (The Mental Health and Psychosocial Support) booklets for the elderly in the COVID-19 Era. Activities were given to 21 elderly people in the Blitar Raya area. The flow of activities as follows: 1) The first activity was the service team distributed zoominar links to each student who will accompany the elderly, 2) The series of activities was carried out for 60 minutes. The first 40 minutes were used to provide psycho-education in the form of providing education, information and understanding

to the elderly regarding policies implemented by the government regarding the current situation in a simple and easy to understand. In addition, teaching the elderly is also carried out about the importance of social and physical distancing as well as clean and healthy life behavior such as washing hands and wear a mask correctly. The last 20 minutes are used to discuss the psycho-education that has been given, followed by a self-physical exercise by relaxing in the face of anxiety as a psychological impact of Covid-19. This activity has started and ended by evaluating the abilities of the elderly, both physical and mental immunity abilities that have been given.

RESULTS

Characteristics of respondents in community service activities

Table 1. Characteristics of Respondents Based on Age, Gender, Education, History of Disease, and Occupation Zoominar Mental and Psychosocial Health Support for Vulnerable Groups of the Elderly in the COVID-19 Pandemic Era in the Blitar Raya region in February 2021

| Variable | Category | f | % |
|----------|-------------|----|----|
| Age | 50-60 years | 2 | 9 |
| | >60 years | 19 | 91 |
| Gender | Male | 2 | 9 |

| | | | |
|------------------|--------------------|----|----|
| | Female | 19 | 91 |
| Education | Elementary school | 12 | 57 |
| | Junior high school | 9 | 43 |
| Category disease | DM | 3 | 14 |
| | HT | 8 | 39 |
| | Asam urat | 4 | 19 |
| | Asma | 3 | 14 |
| | Nothing | 3 | 14 |
| Profession | Does not work | 10 | 49 |
| | Housewife | 7 | 33 |
| | Farmer | 2 | 9 |
| | Traders | 2 | 9 |

DISCUSSION

Based on the results of community service that was carried out in February 2021, data was obtained that 21 people who participated in the MHPSS Zoominar activities in the vulnerable groups of COVID-19, aged 50-60 years, were 2 people (9%) and > 60 years old were 19 people (91%). Gender data shows that there are 2 mens (9%) and 19 womans (91%) with 12 (57%) elementary school and 9 (43%) junior high school students. For diseases suffered by the elderly, 3 people (14%) with diabetes mellitus, 8 people (39%) with HT, 4 people (19%) with uric acid, 3 people (14%) with asthma and 3 people (14%) who do not have the disease. For their own work, IRT 7 people (33%), farmer and trader each 2 people (9%) and does not work 10 people (49%).

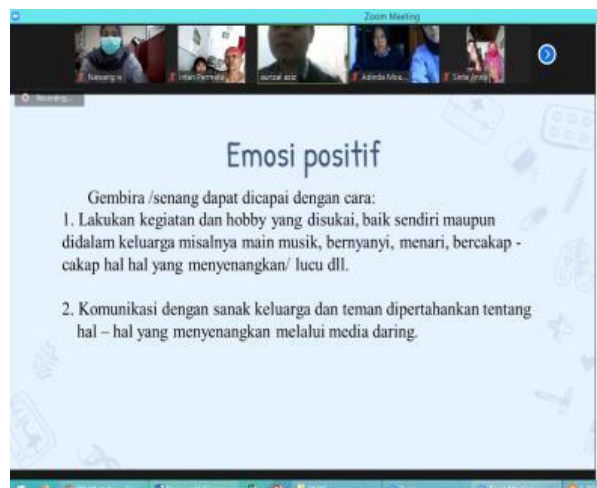
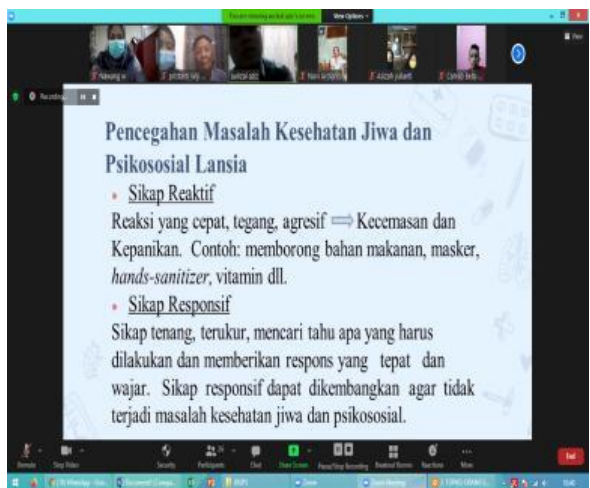
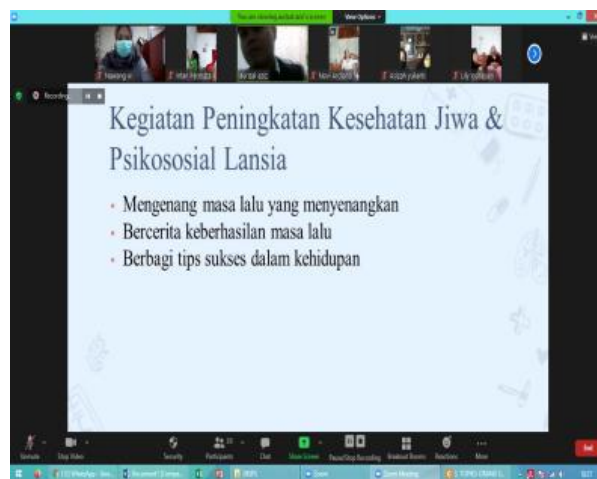
The activity begins with evaluating the psychological conditions felt by the elderly in the Pandemic Era because 18 people (85,7%) of the elderly also had been a history of degenerative diseases

which of course also affect the mental condition of the elderly. In addition, the servants also evaluate what mental immunity the elderly had done to overcome the psychological impact they feel. From the results of the initial evaluation, it had found that the elderly were mostly worried about their current condition because the pandemic would not end soon, those who had a history of the disease felt more worried because from the news they heard people who had the disease were prone to the virus and many died because of it. What they have done to overcome the psychological impact is to surrender to the conditions that have occurred. Basically, all mental disorders were preceded by feelings of anxiety. Anxiety begins with a threatening situation as a dangerous stimulus where at a certain level anxiety could makes a person more alert (Sadock, 2010). In the face of the COVID-19 pandemic, anxiety needs to be managed properly so that it still provides

awareness but does not cause excessive panic or even worse mental disorders.

The next activity was continued with providing psycho-education about COVID-19 in general for 40 minutes, providing information about the rationale the elderly as one of the vulnerable groups of COVID-19, the importance of clean and healthy life behaviour, and the last was The Mental Health and Psychosocial Support (MHPSS). MHPSS was given in the form of ways to increased physical immunity (i.e eating nutritious food, drinking enough, exercising at least 30 minutes a day, sunbathing in the morning,

adequate rest) and mental immunity (i.e physically relaxed, positive emotions, positive thoughts, positive behavior, positive relationships and positive spiritual), prevention of transmission and mental health problems. The last activity was followed by self-relaxing physical exercises, namely deep breathing and progressive muscle relaxation. The elderly were assisted by students and carried out for 20 minutes. The elderly felt that the material presented and taught by the team was something new and very useful for them. Activities could be seen in Figure



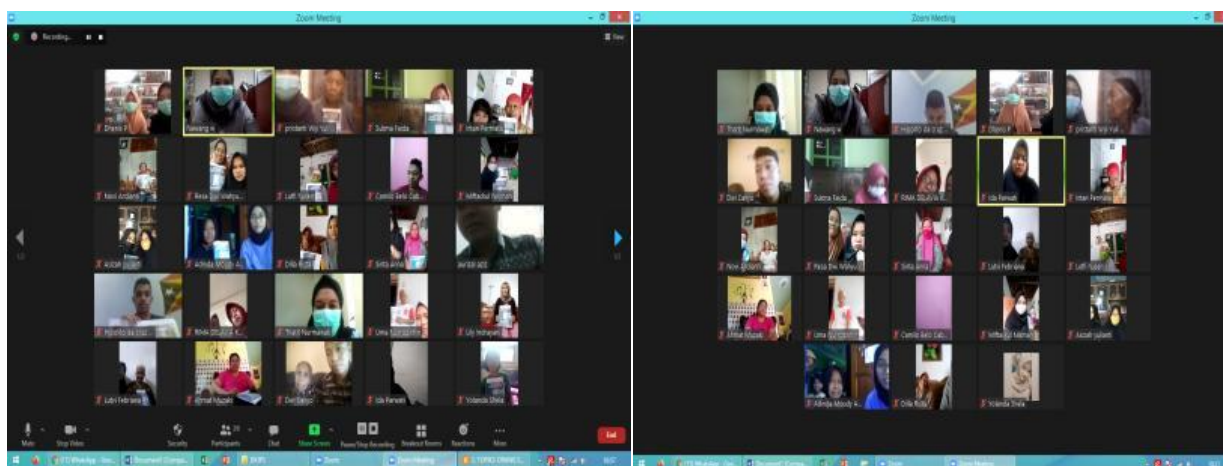


Figure DKJPS for elderly vulnerable groups

The result of this final evaluation of community service was that the elderly were very enthusiastic about the activities given. It could be seen from the ability of the elderly to reiterate what physical

CONCLUSION

Based on the results of the activities carried out, it could be concluded that: 1) Anxiety is a psychological impact felt by the elderly in stressful conditions such as during the COVID-19 Pandemic, so it was necessary to provide control efforts by providing the mental and psychosocial support (MHPSS), 2) Implementation of

SUGGESTION

Efforts should be made to provide provision and capacity building to elderly cadres related to the mental and psychosocial support (MHPSS) so that the all elderly groups in the community can

immunity and mental immunity should be done during the COVID-19 Pandemic. Besides, the elderly were also able to do relaxation exercises properly and correctly, independently.

community service activities takes place successfully and smoothly as planned, 3) The elderly had gained knowledge and skills to relax experiencing anxiety and were able to re-demonstrate relaxing physical exercises to overcome their anxiety

know what physical and mental immunity activities need to be done in an effort to control anxiety due to the COVID-19 pandemic.

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