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Mental Health of COVID-19 Survivors during Self-Isolation in Makassar City, Indonesia

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KEYWORDS covid-19 mental health self-isolation survivors	ABSTRACT: Introduction: Isolation can have an impact on one's mental health. This is due to the possibility of contacting confirmed cases or people from pandemic-affected areas. Many medically isolated people are afraid because they are at a higher risk of infection, they are worried about running out of supplies, they are lonely and bored because they can't communicate with other people, and they are afraid of unpleasant news or rumours on the internet.					
	Objectives: This study aimed to analyse the forms of mental health disorders felt by survivors during self-isolation and the effect of self-efficacy on changes in the mental health of Covid-19 survivors during self-isolation.					
	Method: This study employs a qualitative methodology with a case study technique. The informants in this study were fourteen people, consisting of twelve key informants who were survivors and also survivors' families. Two supporting informants who are employees of the Makassar City Health Office and Psychologists. The in-depth interview was done within the administrative boundaries of Makassar City.					
	Result: The find disorder in this mental health,	ndings revealed that Covid-19 survivors' me s study was a minor one that can be treated. so they can undergo self-isolation calmly.	ntal health was harmed during self-isolation. The It is hoped that there will be attention to people's			

1. Introduction

The Covid-19 pandemic is a non-natural disaster that impacts the wider community. Most infected people will experience mild to moderate respiratory distress and recover without special treatment. People who are elderly and who have degenerative diseases such as diabetes, cardiovascular disease, cancer, and others are more susceptible to getting this serious virus (1). Community mental health and well-being are expected to suffer during and after Covid-19. A combination of rational, evidence-based public policies, risk communication, and directly reinforced essential services is necessary to nurture care and expand humanto-human relationships, thereby reducing the effects of acute and long-term mental well-being (2).

Isolation and quarantine have become prevalent in the community, often triggering depression and anxiety. Isolation is believed to be enough to cause stress which can worsen feelings of anxiety and uncertainty (3). Another study conducted by (4) in China, explained that there was a high prevalence of mental health problems related to social media exposure during the COVID-19 outbreak. Risk factors that make patients vulnerable to PTSD (Post Trauma-Stress Disorder) are self-quarantine, self-isolation, fear of death, social discrimination, and watching others become sick and die (3)

The general public may experience increased anxiety and depressive symptoms during the pandemic, especially when they feel their health or safety is at risk (5). Most of the studies reviewed show negative psychological

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effects on patients including symptoms of post-traumatic stress, confusion, and anger (6). Quarantined participants were more likely to see discrimination and show mental distress than others (7). Medical isolation can affect mental health. This is because medical isolation means a confirmed or suspected infection, or close contact with such people, or from a severely affected area, the individual may understandably be angry and worried about their health (8).

Data on the distribution of Covid-19 in the city of Makassar, based on data from the Makassar City Health Office as of March 18, 2022, are a total of 1090 cases died, 62098 cases recovered, 971 cases of self-isolation and 218 cases are being treated. The condition of staying at home raises the question of how to increase the health immunity of the people of Makassar City during the Covid-19 pandemic and how to revive the community's economy during the Covid-19 pandemic (9).

Makassar Recovery Ecosystem is a Covid-19 mitigation program in the city of Makassar that is implemented in three main stages: health immunity, social adaptation, and economic recovery. Social adaptation is an adjustment step to improve each individual's social life quality (9).

2. Objectives

This study aimed to analyse the forms of mental health disorders felt by survivors during self-isolation and the effect of self-efficacy on changes in the mental health of COVID-19 survivors during self-isolation.

3. Methods

This qualitative research was conducted from January to March 2022. This was done to find out how the mental health condition of COVID-19 survivors while undergoing self-isolation in the city of Makassar. Data collection was conducted through in-depth interviews. The informants in this study were fourteen people, consisting of twelve key informants who were survivors and also survivors' families. Two supporting informants who are employees of the Makassar City Health Office and psychologists. The informants of this study were fourteen people consisting of ten women and four men. The age range of informants ranged from fifteen to sixty years old. The informant in this study was determined by the purposive sampling method. The informants interviewed were those who had been in self-isolation for the past two weeks and were undergoing self-isolation.

4. Results

Tabel 1. Respondent Characteristics

The characteristics of the interviewed informants are as follows.

No.	Initial	Age	Gender	Education	Occopation
		(yr)			
1.	NF	27	W	Graduate	Lecturer
2.	NW	29	W	Graduate	Lecturer
3.	KA	23	М	High School	Self Employed
4.	А	29	М	Bachelor	Private Employess
5.	RM	60	W	High School	House-wife
6.	SW	26	W	Graduate	Civil Servant
7.	TNH	27	W	Graduate	Psikolog
8.	NAP	16	W	Junior HS	Student
9.	BAK	39	М	Bachelor	Private Employess
10.	F	28	W	Graduate	Private
					Employess
11.	WA	28	М	Bachelor	BUMN Worker
12.	ZD	50	W	Bachelor	Civil Servant
13.	Ν	28	W	Bachelor	Colleger
14.	RAR	27	W	Bachelor	House-Wife

Severity

One of the factors causing mental health disorders is the presence of threat factors. This variable will assess the opinion of informants regarding the presence of Covid-19 which can threaten their mental health.

"... Fear of die, fear of exposure becomes more severe, because I think I'm still young, I'm not married yet."

(NF, 27 years old, Lecturer)

The informant felt like he was confined during his selfisolation at home. Therefore, began to feel fear of dying at a young age and not married yet. From the results obtained that the influence of social media on the mental health of survivors who are undergoing self-isolation.

Vulnerability

Vulnerability is the vulnerability of Covid-19 survivors who are considered to affect their mental health. The vulnerability in question is an unexpected condition that will affect the mental health of survivors.

"... It just so happens that I work outside and always meet a lot of people, so I don't know exactly where it comes from."

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(A, 29 years old, Private Employee)

"... For that reason it is still in the influence of several factors. But what is most often discussed now is because there are still people who are not compliant and about vaccines."

(ZD, 50 years old, Civil Sevant)

From the interviews, it was found that the informant stated that the reason for the informants being exposed to COVID-19 was due to the informant's activities that often interacted with others. In addition, health workers stated that the factors causing Covid-19 still exist due to the lack of public compliance regarding health protocols. In addition, one of the health workers stated that other factors of Covid-19 still exist because vaccines in the community have not been evenly distributed.

Response Efficacy

The efficacy response referred to in this study refers to the belief that one's actions will be effective and have expected consequences (Bradley et al., 2020). In this study, the efficacy response studied was what the informant felt when he found out he was exposed to COVID-19 and also the informant's way to cope with pressure during self-isolation.

"... Immediately ka overthinking until dak know what to do."

(NF, 27 years old, Lecturer)

"... To overcome panic, watch continue to exercise in the morning, the same as praying 5 times. Every day I check my smell to overcome my panic."

(KA, 23 years old, Entrepreneur)

From the informant, it was found that the informant assumed he was experiencing panic and anxiety. To overcome the pressure of informants during selfisolation, it is different, namely by playing games, watching, and playing mobile phones. In addition, some routinely do morning exercise.

Self-Efficacy

Experiences during self-isolation

"... As long as the self-isolation is like nothing to do, watching, chatting people, eating and so on." (NW, 29 years old, Lecturer)

"... The first is that the level of laughter is rather disturbing, the second time it starts to get normal symptoms. When I got Delta I happened to have not been vaccinated, but when Omicron was recently vaccinated. Well, I also have congenital diseases of Asthma and lungs. During isolation, most maintain distance and maintain the diet and vitamins only." (BAK, 39 years old, Private Employee)

"... headache, disturbed directly into my stomach, ulcer, lazy to eat, weak, if you cough it's very itchy throat." (RM, 60 years old, Housewife)

Information from informants is very diverse. There are two experiences during self-isolation. Some informants explain physical and psychological conditions. The physical symptoms of informants include anosmia, headache, cough, laziness to eat, fever, chills, feel, and ulcers.

Emotion

Deep emotions and weak physiology will be perceived as threats that tend to be avoided. The emotions of informants during self-isolation are very important to be processed to support the self-isolation process.

"... My emotions were out of control because selfisolation felt that no one could visit." (NW, 29 years old, Lecturer)

"... First of all, panic, because you know how issues in Indonesia. I've never seen social media." (KA, 23 years old, Private Employee)

"... Stress because when the fever starts delirious, stress because there is no one to talk to. Shortness of breath is also and coughing is annoying." (N, 26 years old, Colleger)

From the above, it was found that the informant's feelings when undergoing self-isolation at home were panic and stress because they could not meet other people.

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Suggest

Suggestions used by family and friends of survivors during self-isolation are needed as a form of support. The suggestion is considered capable of making quite effective effects during self-isolation.

"... They were scared, anxious but after the first week my parents were told to go out because they could be comforted if they went out." (NF, 26 years old, Lecturer)

"... My children said that it is good for me to be vaccinated. I don't want to be vaccinated because my brother died of Covid, even though he has been vaccinated too."

(RM, 60 years old, Housewife)

The informant stated that the family's response was initially anxious, but after a week of self-isolation, the informant's parents advised him to go out to be entertained. There are feelings of anxiety and depression during isolation at home.

Modeling

Various kinds of motivations were obtained for survivors to recover from Covid-19.

"... Because I do so much work. The target of the lecture was also pushed back because the supervisor suggested taking a break."

(N, 26 years old, Colleger)

In addition, another motivation to recover quickly is the reason for work. The informants had to be absent from the office because they had to undergo self-isolation. In addition, the work of informants also accumulates so that it becomes another burden of thought for informants.

5. Discussion

This study used two theories, namely Protection Motivation Theory (1975) and Self-Efficacy Theory (1997). Protection Motivation Theory (PMT) suggests that if there is a change in health behavior when a person feels that his behavior is likely to lead to unhealthy conditions, as well as the elimination of current behavior and the adoption of new behavior will prevent or reduce the possibility of getting sick. This theory is widely considered capable of developing interventions to reduce threats to individuals by applying the concepts of psychology, sociology, and related fields.

Self-Efficacy Theory is a theory that analyzes the belief in a person in the ability to be able to do something or overcome something. In this theory, Bandura explains that action is a reciprocal relationship between humans, the environment and behavior.

Severity

It is known that the circulation of inappropriate information in the community has caused public distrust of this information. Another reason obtained is that the presence of symptoms that are not too significant it affects the level of public confidence in the news circulating. The characteristics of the Covid-19 pandemic that cause many deaths are considered a threat to humans (10). The existence of excessive and incorrect information is the reason. There is a significant relationship between social media reporting and women's anxiety levels during the pandemic (11). In addition, there is a "diffusion of distrust", where people perceive "fake news" and media sensations that are "not good" for mental health (12). Higher levels of social media use are associated with poorer mental health (13).

Vulnerability

Delikhoon stated that respiratory transmission of SARS-CoV-2 can occur through droplet transmission. Droplet transmission can occur when virus carriers talk, cough, breathe, sing, and sneeze, which secrete bioaerosol particles that can reach (14) Currently, the spread of SARS-CoV-2 (Covid-19) is strongly influenced by contact with infected people, either through aerosol, airborne, or object transmission (15). SARS-CoV-2 aerosols remain viable in the air for approximately three hours with a half-life of about one hour and are contagious enough to infect humans (16).

People wear masks for a variety of reasons, such as pollution, allergies and winter protection, not only when sick (17). Masks can protect against coarser aerosol transmission and finer droplets (18). Medical masks have the potential to be very effective as a source control and primary prevention of respiratory disorders and coughs (19). Wearing masks is one of the non-pharmaceutical intervention measures that can be implemented

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effectively at minimum cost without social practices dramatically (17).

Response Efficacy

The psychological impact of severe and potentially fatal new diseases, concerns about infecting others, and stigma (20). The psychological impact of severe and potentially fatal new diseases, concerns about infecting others, and stigma (20). Among participants infected with Covid-19 isolated at home, 74.2% of anxiety and 79% of depressive symptoms were respectively (21).

The priority for survivors who are in isolation is contact with family. Phone calls or video calls can mitigate the mental health impact of social isolation (22). In addition, playing video games is a popular recreational activity for many people worldwide (23). Online video games can benefit players because they activate dopaminergic neurotransmitters in the reward circuits of players' brains that can influence their stimuli synapses, resulting in happy and pleasant behaviors with others (24). Excessive screen time is associated with various adverse mental health outcomes (25). By spending more time watching TV series during the pandemic lockdown, especially women, who also reported higher levels of anxiety and stress than men (26). Exercising, taking a walk, gardening, pursuing hobbies, and caring for children are activities associated with the most significant affective benefits (27).

Self-Efficacy

Self-efficacy refers to a person's belief in his ability to produce an achievement. There is no definitive measurement of self-efficacy. Although efficacy beliefs vary, social cognitive theory identifies several conditions that can vary even across different domains of functioning (28).

Experiences during self-isolation

Quarantine and isolation experiences include uncertainty, health issues, and boredom (29). Reduction of movement and activity and lack of social interaction certainly have a relationship with psychological disorders. The psychological disorders in question include stress, anxiety, and depression (30). Experience during self-isolation varies. Some explain physical changes. Examples of physical changes in question are anosmia, headache, cough, lazy to eat, fever, chills to feel of an ulcer. A sudden increase in anosmia, hyposmia and hypogeusia is consistent with the Covid-19 pandemic. Most people have considered anosmia as an early symptom of Covid-19. These symptoms are most likely caused by the direct neuropathic effects of the virus due to nasal congestion (31).

Emotion

Higher levels of stress are associated with younger ages, women, and living in countries or regions with more severe Covid-19 situations (32). There may be feelings of exclusion, abandonment, and neglect while undergoing isolation (33). Individuals who are isolated or quarantined during the COVID-19 pandemic are significantly more likely to experience moderate to high stress, significant anxiety symptoms, and significant depressive symptoms (34).

Suggestion

The level of physical activity carried out during the social distancing period is lower than before the pandemic period. Thirty percent of participants showed moderate depressive symptoms and 23% had major depressive symptoms, (35).

The informant explained more deeply that the reason for not wanting the vaccine until the time the interview was conducted was because the informant had a sense of trauma. After all, he had lost. According to information from the informant, the informant's brother died due to exposure to COVID-19 even though he had taken the vaccine. COVID-19 is considered capable of being a traumatic stressor capable of causing responses such as PTSD (post-traumatic stress disorder) and exacerbating other mental health problems (e.g. anxiety, depression, psychosocial functioning, etc.) (36).

Modeling

During the pandemic, it was confirmed that workers felt an increase in stress (37). Working from home significantly negatively impacts work-life balance. Workers cannot divide time between work and personal life (38). This is supported by findings (39) that worker (nurse) stress is influenced by children, working hours per week, and anxiety. In addition, participants reported feeling restricted in their activities of daily living and

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emotional instability. Adaptation in habits, coping strategies, and greater understanding of the disease is described based on information available in the media (Gonçalves et al., 2022). Determined and analyzed various physical symptoms experienced in solitary confinement: (1) skin irritation and weight fluctuations associated with solitary confinement conditions; (2) untreated and mistreated chronic conditions related to the of limiting solitary confinement: policy (3)musculoskeletal pain is exacerbated by restrictive and policy conditions (40).

6. Conclusions and sugesstions

The mental health of Covid-19 survivors during selfisolation has been disrupted. The disorder in question is a mild disorder that can interfere with daily activities. Media coverage during the pandemic has triggered the mental health disorders of survivors. From the research obtained, there were differences in the mental health conditions of survivors at the beginning of the pandemic and after more than a year. This was experienced by several survivors infected with Covid-19 who were infected several times. At the beginning of the pandemic, survivors felt fear and were also confused about what to do because they were influenced by media coverage. This is also exacerbated by various policies imposed by the government. Government policies that limit community distancing are also one of the triggers for the emergence of mental health disorders in survivors. Reduced physical activity during self-isolation, so that survivors feel lonely and stressed because there is no physical activity with others. Especially for survivors who work in offices.

The importance of education on the ambiguity of information that occurs in the community and the importance of setting limits for exposure to media coverage related to Covid-19.

Ethical standards disclosure

This study was conducted according to the guidelines in the Declaration of Helsinki. The Ethics Committee of Hasanudin university approved all procedures involved in this research study participants with No. register; 11567/UN4.14.1/TP.01.01/2021. In addition, written informed consent was gained from all subjects.

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Declaration of competing interest

All authors declare there is no conflict of interest in this study.

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