



MENTAL HEALTH COLLEGE STUDENTS IN THE PANDEMIC ERA COVID-19

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ABSTRAK

Pandemi Covid-19 menyebabkan berbagai dampak bidang kehidupan manusia salah satunya berpengaruh pada kesehatan mental manusia. Mahasiswa yang sementara menempuh pendidikan di perguruan tinggi mengalami gangguan mental. Stress, cemas dan depresi dialami mereka. Oleh karena itu, perlu dilakukan upaya untuk membantu mahasiswa dalam mengembangkan kesehatan mental mereka. Artikel ini mengkaji konsep gangguan mental; faktor-faktor yang mempengaruhi; dan cara mengembangkan kesehatan mental di era pandemi Covid-19.

Kata kunci: Pandemi; covid-19; kesehatan mental; mahasiswa

INTRODUCTION

The world is currently experiencing a pandemic Coronavirus Disease 2019 (Covid-19) (Kalil, 2020). Covid-19 is an abbreviation of coronavirus in 2019. The virus that causes Covid-19 is designated as acute respiratory syndrome Coronavirus 2 (SARS-CoV-2) (Gorbalenya et al., 2020; Raj & Fatima, 2020). People infected with Covid-19 have common signs of infection, including acute respiratory symptoms, fever, cough, shortness of breath and difficulty breathing. The average incubation period is 5-6 days with the longest incubation period of 14 days (Perlman, 2020). In more severe cases, infection can cause pneumonia, acute respiratory syndrome, kidney failure and even death (Djasri, 2020). Even some people infected with Covid-19 can be asymptomatic and can pass it on to others (Gostic et al., 2020).

The COVID-19 outbreak began in the city of Wuhan in the Central Hubei Province of China (Holshue et al., 2020). Then spread 114 countries and infect people in the country (Roy et al., 2020). As a result, WHO declared COVID-19 as a pandemic on March 11, 2020 (WHO, 2020). On March 30, 2020, globally the number of patients

infected with COVID-19 quickly reached 693,000, mainly in the Americas, Europe and the Eastern Mediterranean Region, including in the US, Italy, Spain and Iran (Xiang et al., 2020).

The current COVID-19 pandemic has caused an unprecedented global crisis (Feinman, et al., 2020; Shevlin et al, 2020). COVID-19 is a new disease and has the most devastating effect globally, its emergence and spread rapidly has an impact on socio-economic aspects (Ozili & Arun, 2020; Nicola et al., 2020; Barua, 2020; Alfaro, et al., 2020; Fernandes, 2020), industry (Javaid et al., 2020; Ramasamy, 2020), sports (Parnell et al., 2020), politics (Hallinan, 2020), education (Serpa & Sá, 2020; Wajdi, 2020; Niranjana, 2020), transportation (Anzai et al., 2020; Rodríguez-Morales et al., 2020) and psychological or mental health (Yin, 2020; Chatterjee et al., 2020)

Psychological disorder at the time of the pandemic Covid-19 was something that could not be avoided. Psychological disorders that can be experienced by people who are infected, people who are not infected with COVID-19 and medical personnel (Xiang et al., 2020a; Lee, 2020). For people infected with Covid-19 experiencing psychological disorders such as fear, depression, anxiety, social contact with others, and even worry about the professionalism of health-care workers (Xiang, 2020b). For medical personnel, the psychological disturbances they experience are traumatic stress, depression, anxiety, and insomnia (Liu et al., 2020; Duan & Zhu, 2020). For society, it causes confusion, anxiety, and fear (Roy et al., 2020). This is due to excessive information from social media about corona virus reporting (Gao et al., 2020).

In Indonesia, the first Covid-19 case appeared on March 2, 2020, the Indonesian government has reported two confirmed Covid-19 cases. On March 29, 2020, this case rose to 1,285 cases from 30 provinces in Indonesia (Tosepu, 2020). The five highest provinces in the co-19 case are Jakarta (675), West Java (149), Banten (106), East Java (90), and Central Java (63) (Kementerian Kesehatan Republik Indonesia, 2020).

The Government of Indonesia has launched a program to terminate COVID-19 transmission through Large-Scale Social Restrictions (PSBB), which is limiting the activities of residents in an area suspected of being infected with disease and / or contaminated in such a way as to prevent the possible spread of disease (Pemerintah Indonesia, 2018). PSSB in other countries is known as lockdown and quarantine, which gave birth to a policy of "stay-at-home," "work-from-home," or "work-at-home," and

"social and physical distancing" (Gunawan et al., 2020). The limitation of this activity includes the activities of learning that are carried out at school or campus at home or known as *Work from Home* (WFH) (Purwanto, 2020).

Even though PSBB has been implemented, the death rate in Indonesia due to Covid-19 is very high compared to other Southeast Asian countries, people experience psychological disorders such as stress, fear of contracting, loneliness, rejection, anxiety, insomnia, obsessive-compulsive problems, and fear of meeting other people, fear of death (Thanatophobia), psychosomatic and stigmatization (stigmatization (Pragholapati, 2020a).

In addition, unpreparedness in adjusting and adapting to lifestyle changes resulting from the COVID 19 pandemic causes anxiety, anxiety and panic, anxiety of contracting the virus, anxiety of financial conditions weakening or even worsening, to the anxiety of the future after this pandemic is over.

DISCUSSION

College Student Mental Health

There is no uncertainty how long the pandemic will last COVID-19 this will end also affect people's lives (Sari, 2020). Pandemic has threatened people's physical and mental health (Garfin et al., 2020). All age ranges from children, adolescents, including students to adults, have the potential to experience various mental health disorders.

For college student the government's call for isolation, social distance, quarantine itself, travel restrictions and hoax news that spread on social media also tends to affect their mental health (Banerjee, 2020). Stress, anxiety and depression are mental disorders that are often faced by students in the midst of the Covid-19 pandemic (Pragholapati, 2020b).

Stress

Stress is an inseparable part of life and is related to several physiological, psychological and behavioral symptoms (Monroe & Slavich, 2016). Stress is the pressure caused by a mismatch between desired conditions and expectations, where there is a gap between environmental demands and one's ability to fulfill them, which are considered potentially dangerous, threatening, disturbing, and uncontrolled (Barseli et al., 2017). Stress makes a person experience physical and emotional disorders, such as depression,

anxiety, heart attacks, strokes, digestive disorders, obesity, and hypertension (Buheji et al., 2020).

In the pandemic era COVID-19 stress was experienced by students college. They feel stressed because they are burdened with many tasks by their lecturers. Worried about the continuation of his studies and also not satisfied with class conducted online. (Kusnayat et al., 2020). This stress can have a negative impact on learning and psychological well-being of college students (Al-Rabiaah et al., 2020). Brooks et al. (2020) revealed that a person who experiences stress in a COVID-19 pandemic is caused by;

1. Quarantine duration. The long lockdown caused a long-time fear, anxiety, anger, frustration and community anxiety. The result can make people experience post-traumatic stress disorder.
2. Frustration and boredom. Covid-19 pandemic causes many people to spend their time and do all their activities at home that can make people bored and ultimately frustrated. Reduced physical and social contact and independent quarantine have stressed many people.
3. Fear of infection. Corona virus can infect anyone without knowing age, sex and ethnicity. Caring for people who are close makes many people afraid to interact with others. They are fearful of contracting Covid-19 from other people.
4. Food Shells. Lack of food availability and barriers to maintaining a livelihood to feed family members has made people stressed. Pandemic Covid-19 creates food insecurity. Many people buy food. This food insecurity problem triggers people to experience stress and depression, which culminated in extreme measures such as suicide.
5. Information Overload. Nowadays, people are really flooded or bombarded with information about COVID-19 reports from print, electronic & social-media that are over-done. Spreading false news or hoaxes, gossip, rumors about Covid-19 caused unrest in the community. Information overload has caused too much mental saturation that affects daily life, sleep disturbance because the mind is preoccupied with this corona information.

Anxiety

Stress and anxiety have the same physical symptoms so it is difficult to find differences between them. However, both can cause sleepless nights, fatigue, excessive worry, lack of focus, irritability. Another physical symptoms such as rapid heartbeat, muscle tension, and headaches (Hurley, 2019).

The positive case of Covid-19 in Indonesia continues to increase and does not end with an impact on the mental health of college students in the form of anxiety disorders (Mahardhika, 2020). The Saputra study (2020) revealed that students experienced anxiety due to fear of being infected with Covid-19. This is because they often do activities outside the home in order to complete their studies. Concern is far from the family from when infected with Covid-19 while there are no family members beside them.

In addition to anxiety about contracting a virus, students also feel anxiety about poor or even worsening financial conditions (Chodijah et al., 2020) due to reduced parental income due to the Covid-19 pandemic. His other anxiety is anxiety about his future after the pandemic is over. Various factors that affect experiencing anxiety in the middle of the Covid-19 pandemic (Mahardhika, 2020) include:

1. **Psychic illness before the Covid-19 pandemic.** Many college students had psychological illnesses such as depression or suicidal tendencies before the Covid-19 pandemic. The existence of the Covid-19 pandemic increasingly makes them experience psychological disorders that can have an impact on the symptoms' anxiety disorders
2. **Economic conditions.** Economic conditions can cause anxiety disorders in college students (Abreu et al., 2019). The Covid-19 pandemic caused a financial crisis in the company, thus forcing companies to lay off several workers / laborers or cut salaries (Nicola et al., 2020). As a result, many students experience disappointment because they are afraid that their life needs will not be fulfilled because their parents have been laid off.
3. **Physical environmental conditions.** College students who live in cramped boarding rooms while doing lectures can trigger anxiety symptoms (Martin et al., 2014). The implementation of lockdown or quarantine area in certain areas that require to do all activities at home makes them limited in doing all their activities.
4. **Study Conditions.** In the pandemic era Covid-19 made college students do online lectures at home (Anhusadar, 2020). Many lecturers give lecture assignments that make

of college student assignments pile up (Harahap et al., 2020). This is a pressure on college students who can cause anxiety symptoms on them.

5. Inadequate learning facilities. Since the Covid-19 pandemic made lectures carried out online at home (Firman & Rahayu, 2020). Many college students do not have adequate facilities for conducting online lectures. For example, do not have a laptop or smart phone (Purwanto et al., 2020). The limited Internet network or Internet packages, especially those students who live in villages are a constraint faced by students (Farida et al., 2020).

Depression

Depression is one of the most common mental health problems experienced by students (Lyubomirsky et al., 2013). Depression is considered as a multi-problem disorder that leads to interpersonal, social, and work function disorders that have the basic characteristics of the loss of positive influences that are shaped in various symptoms, such as sleep disorders, lack of self-care, poor concentration, anxiety and lack of interest in doing activities everyday (Ibrahim et al., 2013)

Corona virus pandemic (COVID-19) is currently making all parties to maintain physical and social distance in order to stop the chain of spread of this virus (Rawat & Choudhary, 2020). However, keeping a distance for a long time can cause psychological distress. This might trigger depression symptoms (Anastasia, 2020)

Research from the Faculty of Medicine at Padjadjaran University (UNPAD) in Bandung shows that as many as 47% of Indonesian students experience symptoms of depression in the midst of the Corona pandemic. From 47% of depressed students, data found that 32% of them experienced mild symptoms; 12.1% moderate symptoms; 2.5% severe symptoms. (Mahardhika, 2020). The forms of depression they experience are anxiety, anger, confusion and post-traumatic stress symptoms (Brooks et al., 2020). According to Ikhsan (Anastasia, 2020) revealed that students experiencing depression caused by:

1. Final Project Must Be Completed. The final semester student's job is to finish the thesis. With these assignments, college students are required to find references that cannot be obtained on the Internet. Looking for books and journals that are only in the library or collecting data cannot be done by college students because

of the WFH policy from the government. In addition, the final project is hampered due to the difficulty of consulting with the supervisor. Research also cannot be done because of difficulties in obtaining primary research data due to work from home (2020) policies. If you cannot complete the final assignment, you will have to pay a single tuition (UKT) next semester (Hadyan, 2020). All of these events can impact students experiencing depressive symptoms.

2. Active Outside the Home. College students often doing activities outside the home will be a problem during the Covid-19 pandemic at this time. The government's call for social distancing and the obligation to be at home will make these college students feel imprisoned at home and unable to do any activities, other than sitting, sleeping, watching, or playing games. This factor can trigger someone experiencing symptoms of depression.
3. Family problem. Family problems can be the cause of college students experiencing symptoms of depression (Ghamari, 2012). When college students have a bad relationship with their parents, doing self-quarantine or work from home can be the most severe 'torture' during the corona virus pandemic because they will meet their parents every day.
4. Have a Depression Problem. College students who already have or have experienced depression are also vulnerable to relapses due to the coronavirus pandemic. The reason is because they have to be in the house, stressed because his family is infected with the corona virus, and himself infected with COVID-19.
5. Social Media Influence. During the Covid-19 pandemic the people were encouraged to do many activities at home. Students spend a lot of time using cell phones every day, opening up social media that is the same thing can cause boredom. Moreover, seeing someone's life better than his life now will cause jealousy that will lead to anxiety.

Develop Mental Health in the Middle of the Covid-19 Pandemic

The Corona virus pandemic not only threatens physical health, but also the mental health of every individual. The psychological effects of the impact of this pandemic can have a serious impact. Therefore, efforts should be made to develop the mental health of each person, including:

1. Perform routine activities. Pandemic Covid-19 requires someone to do activities at home in order to break the chain of transmission of Covid-19 (Bradbury-Jones & Isham, 2020). Performing routine activities can help create self-discipline and have a positive effect on one's thoughts and feelings. Developing puzzles or quizzes related to subjects, general knowledge, starting reading new books, managing and cleaning the house, arranging your own clothes, etc. are activities that can be done. This activity can increase productivity and eliminate boredom (Nadhrira, 2020).
2. Establish relationships with others. Government's recommendation for Work from Home, social distancing in order to break the transmission of the corona virus does not mean forbidding someone to interact or establish relationships with other people. Social-media like Facebook, whatshap, instagram, line, etc. can be used to establish relationships with friends and family (Zhu & Chen, 2015). By staying in good relations with others, they will have a warm, satisfying relationship, trust with others, have empathy, compassion, and strong intimacy with fellow human beings (Ryff, 1995). Establish good relationships with others one indicator of one's mental health (Ryff & Keyes, 1995).
3. Maintain physical health. The body's immunity needs to be improved amid the Covid-19 pandemic (Fitriyana, 2020). Eating a healthy and balanced diet, drinking lots of water and sleeping eight hours a day will energize, boost the immune system and keep spiriting high (Rawat & Choudhary, 2020) so that it can help reduce stress and anxiety.
4. Doing Social Activities. The termination of employment (PHK) in a number of companies is increasingly occurring as a Covid-19 pandemic pressure on the economy (Herispon, 2020). The large number of people who experience a termination of employment impacts the difficulty of meeting the needs of his family. Therefore, doing social activities in the form of helping others by providing assistance in the form of money or food needs to be done. People who like to help others will feel happy, proud, and valuable, so that it can lead to positive self-assessment will develop into a person with a healthy mental state and avoid behavioral problems, so that it can lead to the achievement of psychological well-being (Putri & Rustika, 2017).
5. Consultation with professionals. Consultation with professionals is necessary if college students experience continuous stress, anxiety and depression. Counselor, psychiatrists, psychologists, therapists, and social workers are professionals who help deal with high

levels of stress, anxiety, depression, and other psychological conditions experienced by the community, including college students (Ifdil et al., 2020). The form of assistance that can be given to students in the midst of a Covid-19 pandemic is online counseling (Effendi et al., 2020). Its use is online communication systems with social media such as Skype, WhatsApp, Facebook, WeChat and others (Akgül, 2020).

CONCLUSION

Mental disorders during the pandemic Covid-19 experienced by students such as stress, anxiety and depression. Different factors that influence it include; information from social media, living expenses, college assignments and so on. Therefore, it is necessary to make efforts from different parties, especially from universities to prevent and overcome student mental disorders.

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