Original Research Article: Qualitative Research

SELF-CONCEPT DISORDER CAUSED BY NEGATIVE STIGMA FROM SOCIETY TOWARDS SOMEONE WHO HAS EXPERIENCED COVID-19

Gardha Rias Arsy [1*], Sri Hindriyastuti [1]

[1] Mental Health Department, Nursing Program, STIKES Cendekia Utama Kudus, Central Java Province, Indonesia

*Correspondence:
Gardha Rias Arsy
Mental Health Department, Nursing Program, STIKES Cendekia Utama Kudus, Central Java Province, Indonesia
Jln. Lingkar Raya Kudus-Pati Km. 05 Jepang, Kec. Mejobo, Kab. Kudus, Central Java Province, Indonesia-59381
Email: gardarias051@gmail.com

Abstract

Background: A patient who has experienced or has been infected with the corona virus has received various kinds of inappropriate responses from the community, family, and health workers. The emergence of negative stigmas from the community towards COVID-19 patients makes the patient's psychological state disturbed.

Objectives: The purpose of this study was exploring the experience of the self-concept of someone who has experienced COVID-19.

Methods: Participants in this interpretative phenomenology study were 10 participants who had met the criteria in this study. The research data obtained in the form of statements expressed by the participants are searched for keywords then compiled and grouped based on categories that have the same meaning, then the categories obtained will be arranged to get sub-themes, and for the last one the sub-themes will be compiled again. Become the theme of the research results. The themes that have been obtained in the analysis process will be validated against the initial transcript. If it is appropriate then these themes can be used as answers to research questions. The implementation of this research uses data analysis techniques Interpretative Phenomenology Analysis (IPA) in the analysis process. The participant in this study was someone who had experienced and managed to recover from COVID-19 and had returned to his activities in the community in Gondoharum Village. The selection of participants in this study used a purpose sampling technique according to the criteria that had been selected by the researcher. The criteria that have been set in the study are people who have experienced COVID-19, people who have recovered from COVID-19, Indonesian Citizen, willing to be a participant, and willing to be interviewed and recorded during the research process.

Results: This theme provides an overview of the meaning of the feeling of being shunned by participants due to being positive for COVID-19. This theme answers from the lived relationship in phenomenological research. The theme of "Feeling isolated due to negative stigma from society" includes Families keeping their distance when communicating and People are afraid to interact and stay away.

Conclusion: The high positive number of COVID-19 in Indonesia has led to the emergence of a negative community stigma towards patients exposed to COVID. Stigma appears in social behavior such as ostracizing patients who have recovered, refusing and ostracizing because they are considered carriers of the virus.

Keywords: *COVID-19, Corona Virus, Mental Health Nursing, Stigma, Self-Concept Disorder.*

INTRODUCTION

At the beginning of 2020 the world was shocked by the news about a virus outbreak that attacks the respiratory system and it is not yet known where the cause of the virus came from. Based on a report submitted by the World Health Organization (WHO) there were 44 initial patients with severe pneumonia who lived in the city of Wuhan, China (Liu, et al, 2011). On March 28, 2020, it was reported that the number of cases of COVID-19 infection had reached 571,678 cases. Currently, the most cases are in Italy with 86,498 cases, while in America it reaches 85,228 cases.

Corona virus has spread to 199 countries in the world. It was also reported that 26,494 people had died from the corona virus. The greatest mortality rate reaches 4-5% in the age group above 65 years who have previous comorbidities (Chang D et al, 2020).

Corona virus cases in Indonesia continued to increase until March 2020, 1,115 cases were reported with the death toll reaching 102 people. This number always increases every month, so far in October it has reached 389,712 cases and the number of COVID-19 patients who died as many as 13,299 people. Indonesia is one of the countries with the highest Covid-19 patient mortality rate, which is 13% (Yuan at al, 2020).

The condition of patients who have experienced COVID-19 is less likely to receive psychological support or assistance. There have been many unfavorable responses from the community to COVID-19 patients who have just returned from the hospital (Gralinski, 2020). Where they are shunned, labeled as patients who can transmit the virus to everyone. Stigma that appears in society can affect the self-concept of a patient who has experienced COVID-19 (Kusumawati, 2011).

The experience of being quarantined in hospitals and at home for 14 days makes patients who have experienced COVID-19 bored and easily stressed. This situation is closely related to the emergence of depression, irritability, sleep disturbances and anxiety. This phenomenon cannot be described quantitatively, because an experience experienced by one COVID-19 patient with another COVID-19 patient will certainly give different results, so researchers use qualitative research.

The purpose of this study was to find out the meaning and significance of the experience of a patient who has or has been infected with the corona virus receiving various kinds of inappropriate responses from the community, family, and health workers. The emergence of negative stigma from the community towards COVID-19 patients makes the psychological condition of the patient disturbed. In addition to this stigma, patients feel lonely during the quarantine period both in the hospital and when they return home. This makes someone who has experienced COVID-19 easily anxious, easily disturbed and has trouble sleeping. Where is the negative stigma?

The phenomenon of the experience of someone who has experienced COVID-19 cannot be described quantitatively, because each participant's experience who has experienced COVID-19 is different and different from one another, so the researchers used a qualitative approach in this study. The research method used is qualitative research with a phenomenological approach.

The results of the study are expected to provide an overview of the self-concept of someone who has experienced COVID-19. In addition, the findings from this study are expected to provide advice for local health service providers in order to support the achievement of health and holistic recovery of COVID-19 patients.

METHODS

Study Design

This research is qualitative research with a phenomenological approach Interpretation.

Setting

This research was conducted in Gondoharum village, Jekulo sub-district, Kudus district. In June-July 2021.

Research Subject

The participant in this study is someone who has experienced and managed to recover from COVID-19 and has returned to activities in the community in Gondoharum Village. The selection of participants in this study used a purpose sampling technique according to the criteria that had been selected by the researcher. The criteria that have been set in the study are people who have experienced COVID-19, people who have recovered from COVID-19, Indonesian Citizen, willing to be a participant, and willing to be interviewed and recorded during the research process.

The method of data collection procedures in this study was carried out using in-depth interview techniques using semi-structured question guides, field notes or field notes with the aim of seeing the non-verbal responses of participants and the situation during the interview process. The process of data analysis in qualitative research is carried out continuously and interactively until it is complete, and reaches saturated data. This qualitative research uses Interpretative Phenomenological Analysis (IPA).

Data Collection

This study uses qualitative research with a phenomenological interpretive approach. The purpose of this study is to understand the phenomena that occur and are experienced by participants through a thorough and detailed research process which includes: what happened, how the circumstances of the phenomenon under study occurred and why it happened. In qualitative research, there is a process of communication and interaction that exists between the researcher and the participants in a thorough, detailed and in-depth manner.

Researchers took data and information from participants by asking for permission in advance from the local village bureaucracy to get a cover letter from the village head. then visited the village midwife and the covid-19 task force to help accompany and ask for information on the number of covid-19 participants in the village.

After getting information and data from the village midwife and the COVID-19 task force, the researchers then looked for participants who met the research inclusion criteria and were willing to be research participants and were willing to be interviewed to get information about the participants' experiences after recovering from COVID-19.

Data Analysis

The data analysis process in qualitative research is carried out continuously and interactively until it is complete, and reaches saturated data. This qualitative research uses data analysis that has been proposed by Smith, et al., (2009), namely Interpretative Phenomenological Analysis (IPA). Using science in analyzing data aims to be able to understand an event from the perspective of the participants. Understanding in this state has two meanings, namely understanding the interpretation in empathy and identifying, as well as the second meaning that understands in the process of interpreting. Interpretative Phenomenological Analysis emphasizes the form of meaning for both researchers and participants so that their thoughts can be used as a central analysis (Smith et al., 2009)

The stages of implementation in the Interpretative Phenomenological Analysis include: 1) Reading and re-reading; 2) Initial noting; 3) Developing Emergent themes; 4) Searching for connections across emergent themes; 5) Moving the next cases; 6) Looking for patterns across cases; 7) Taking Interpretations to deeper levels (Smith et al., 2009).

Trustworthiness

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Ethical Consideration

This study has passed the ethical test held at the Nursing Faculty, STIKES Cendekia Utama Kudus 12/PI/LPPM/STIKES-CU/IV/2021.

RESULTS

Feeling Isolated Due to Negative Stigma from Society

This theme provides an overview of the meaning of the feeling of being shunned by participants due to being positive for COVID-19. This theme answers from the lived relationship in phenomenological research. The theme of "Feeling isolated due to negative stigma from society" includes Families keeping their distance when communicating and People are afraid to interact and stay away.

Families Keep Their Distance When Communicating

The sub-theme of Family keeping their distance when communicating explains the meaning of the participant's statement where even though the participant has been declared cured of COVID-19, there are still families who are afraid to be invited to communicate by the participant. They kept their distance and seemed worried about chatting with the participants for a long time. The following are examples of expressions from participants:

".... I really miss being able to get together with my family, yes, but sometimes my parents are still worried, Ms. Yaaaa worried I'm still exchanging the virus. So just talk a little bit. Even though after

returning home from the hospital, I also quarantined myself at home. (p2)
"..Cook, yes, I was asked not to tell stories and meet the children first. My son was moved to his grandmother's house after knowing I could go home. At home, I feel like I'm still far away," (p5)
".. my wife asked a little bit .. are you really healthy? Don't get too close first, don't talk first, okay, it's scary, just sleep at home behind first. Even though I have been declared negative.." (p6)

People Are Afraid to Interact and Stay Away

The sub-theme of People being afraid to interact and staying away explains the meaning of statements made by participants where participants feel they are still being shunned by the people around them and the community even though they have been declared negative for COVID-19. The following are examples of expressions from participants:

".. when I was going to the stall, sis, suddenly the mother who was queuing up to pay kept going while looking at me while telling her child.. be careful of contracting covid-19" (p4)
"... my neighbor was shouting at me when he passed by in front of his house, wow, how come covid just wanders..." (p9)

The above statements expressed by participants illustrate that participants do not get good acceptance in their families and communities even though they have been declared negative from the corona virus.

DISCUSSION

In the midst of the outbreak of the COVID-19 outbreak, there is a social phenomenon in society that has the potential to exacerbate the situation, namely the emergence of social stigma or negative associations against a person or group of people who experience symptoms or are exposed to certain diseases. They are labeled, stereotyped, and discriminated against, treated differently, and

experience other inappropriate behavior from the surrounding community. Corona virus is a new disease that has not received good treatment or knowledge to the public.

According to WHO (2020) this corona virus disease is a new disease that is not widely known. Moreover, people are more likely to be afraid of something that is not yet known and it is easier to attribute fear to "different groups" or those who have tested positive for COVID-19. This is what causes the emergence of social stigma and discrimination against people who are exposed to and infected with the virus.

The negative stigma for patients with COVID-19, ODP, PDP and health workers who treat Covid-19 patients is very unfortunate. The negative stigma given will only worsen the situation both mentally and in the spread of the disease itself (Herdiana, 2020). Participants who had been Covid-19 patients admitted that they felt pressured by this negative stigma due to their photos being distributed by certain parties. They feel excluded in the midst of society. His own family shunned for fear of being infected. Not to mention the pressure that occurs when they are trying to get through critical times in the isolation room. They are ostracized from their environment because they are feared to be carriers of viruses that can infect people around them (Leon A, 2020).

This happens because people often get negative news about this disease even though the available data says the probability of recovering from this disease is 97%. This stigmatization has a huge impact on a person's immunity related to COVID-19 and will affect the healing process of COVID-19 patients (Trihandayani et al, 2019)

Negative assessment and discrimination or labeling experienced by someone who has experienced COVID-19 becomes a negative stigma in society. This situation will have a major influence on the psychological development of the person (Wilsher, 2011). Therefore, the surrounding environment is expected to provide good psychological support and help the healing process of COVID-19 clients.

Terms Related to COVID-19

COVID-19 as a new disease just appeared, still growing with fast trend. For some people with good immunity, COVID-19 can be fought with the immune system in his own body. Because people who suffering from COVID-19 or infected with the virus.

This corona can only be known after perform certain tests. To help government and health analyze the patients, then at least there are some people's names related to COVID-19 that is, insiders monitoring (ODP), asymptomatic people (OTG), positive for COVID-19.

The social impacts of community stigma are encouraging people to hide their illness to avoid discrimination and prevents people from seeking immediate health care when experiencing symptoms, preventing them from developing healthy behaviors and contributing to more serious health problems, ongoing transmission and difficulties in controlling the spread of the coronavirus.

Some of the actions that are expected to be taken to fight stigmatization are educate and provide correct information about COVID-19 based on facts, provide positive support to stigmatized people, provide education to the public about things that can reduce stigma against someone who has experienced COVID-19, disseminate from the testimonies of COVID-19 patients who have finished undergoing quarantine, treatment and have been declared negative, asking for a story from someone who has recovered from covid-19 about how to be free from COVID-19, and reporting through the media must be balanced and contextual, published to the public based on evidence and information and help combat rumors that lead to stigmatization.

Stop Stigma Against Someone who has experienced COVID-19

The public is expected not to think negatively and panic excessively about the Covid-19 pandemic. Specially to create a negative stigma against people who have experienced or contracted COVID-19. They all

need support from their families and communities to increase their immunity.

Providing good news and information is one of the supporting factors for healing. Give them care and love, Help them during the healing period. Be mentally strong and pay attention to their psychological condition in dealing with this pandemic.

The COVID-19 pandemic outbreak was a terrible outbreak in early 2020 caused by SARS Coronavirus 2 (SARS-CoV-2). Corona Virus is an infectious disease that can spread quickly and easily between humans. Until now, there is no definite cure for COVID-19 and there is no cure for this vaccine. This virus can only be fought with a strong and healthy human immune system. In addition to being faced with the absence of a cure for COVID-19. The situation is exacerbated by the emergence of negative views and stigma from the community towards patients and people who have recovered from COVID-19.

They experience a lot of rejection, stigma, labeling without any basic reason from society. The lack of information and education has created a lot of misunderstandings that occur in the community regarding COVID-19 sufferers. Patients with COVID-19 are not people who have done disgraceful acts, so there is no need to be ostracized, let alone shunned. And the public is also expected not to panic too much about the COVID-19 pandemic. Support from all parties is needed so that people with COVID-19 can be enthusiastic to recover. The role of all parties and lines of society, government, and health practitioners in providing education related to COVID-19 is expected to help reduce negative thoughts and stigma that have developed in the community to people affected by COVID-19 and someone who has been declared cured of COVID-19.

CONCLUSION

There will be a need for qualitative studies of cases in the realm of psychiatric nursing. It is also important to investigate the experience of someone who has experienced COVID-19 significantly and from different perspectives.

For example, the perspective of the family caring for COVID-19 patients. or seen from the perspective of medical personnel regarding their challenges and experiences in providing health services during the COVID-19 pandemic. Thus, the results of subsequent studies can complement this research and previous studies.

It is recommended to prioritize the care and mental state of the client. The client also needs a comprehensive review rather than just physically meeting the client's needs. It is also important to consider their psychological effects. The health team needs to develop a good cooperation system and involve a psychiatrist if needed in assisting someone who has experienced COVID-19 to provide counseling and support for these psychological cases. Learners could use these research findings as additional learning materials and science enrichment to provide nursing care and mental nursing care for specific groups.

AUTHOR CONTRIBUTION
Gardha Rias Arsy: Analyzing data, determining themes, arranging permits, and making discussions with related research.

Sri Hindriyastuti: Helping the verbatim process and Participate in In-depth interviews.

ORCID
Gardha Rias Arsy:
https://orcid.org/0000-0001-5380-764X

Sri Hindriyastuti:
None.

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