

Improving Community Mental Health during the COVID-19 Pandemic through Online Psychoeducation

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ABSTRACT

The COVID-19 pandemic affects all aspects of human life. The existence of policies to maintain distance (social distancing), policies to work and study at home, and restrictions on large-scale activities force individuals to adjust. There is also a fear of being infected with COVID-19 whose antivirus has not been found. This results in the emergence of various psychological problems such as anxiety, panic, confusion, helplessness, and negative emotions. There is a need to improve people's mental health. One solution that can be done is to increase the understanding of self-management in facing psychological problems due to COVID-19. Therefore, this study aims to improve the mental health of the community, residents of Blotan Village during the COVID-19 pandemic through online self-management psychoeducation. To test the effectiveness of psychoeducation, the study used a one-group pre and post-test design. A total of 31 subjects participated in the activity. Effectiveness is seen from the score of anxiety, hope, and positive emotions on the pre and post-test measurements. The results found that self-managed psychoeducation facing psychological problems during a pandemic was able to significantly increase positive emotions ($t = -2,753$, $df = 30$, and $p < .05$). As for the measurement of anxiety and hope, there was no significant change because the subject's anxiety score and life expectancy were in the moderate category.

Kata Kunci: psychoeducation, mental health, positive emotions, COVID-19, pre and post-test