

Psychological Services in the Context of Strengthening Family Resilience to Face the Covid-19 Pandemic

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ABSTRACT

The complexity of handling Covid-19 forces State leaders to implement strict policies to break the chain of spreading the virus by means of social distancing and physical distancing. Changes that are of a fundamental nature are experienced by society, and most of them do not prepare anticipations to face them. This condition of course has a serious impact at the individual, family and community levels. A global survey on the psychological impact of Covid-19 in Indonesia shows that all age groups tend to experience relatively high stress due to this pandemic. On a household scale, a surprising fact emerged in China, which shows that divorce in that country tends to increase. The increasing social and economic pressure due to the corona virus pandemic has led to an increase in cases of Domestic Violence (KDRT) in women and girls. Seeing this situation, it is necessary to provide psychological services to the community to help them cope with the pressure felt due to Covid- 19. Epidemiologists have warned that one of the most obvious effects of the Covid-19 pandemic is mental health. So joint efforts for mental health prevention and promotion need to be made to reduce the high number of psychological problems due to Covid-19 in Indonesia in general and in Yogyakarta in particular. Prevention and promotion efforts can be carried out in the form of strengthening the capacity of individuals and families so that they have the ability to deal with difficult situations so that they can pass the pandemic well. So the team plans to carry out promotion and prevention programs by a) Providing knowledge about strategies for strengthening family resilience against Covid-19; and b) Providing psychological services for the community to form and maintain harmony in the home by helping to provide more understanding to the community and various things which if you can do it at home with your family. Measurement of success is carried out by means of pre-test and post-test instruments that measure the participants' understanding of the material presented. The results of the analysis showed an increase in scores from pre-test to post-test in all sub-programs, both online and offline psychoeducation.

Kata Kunci: Covid-19, Psychological Service, Family Resilience