

The Description of Family Knowledge About How To Prevent The Occurrence of Psychosocial Disorders During The Pandemic Covid-19

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ABSTRACT

Background: The Covid-19 is an infectious disease caused by coronavirus infection. During the Covid-19 pandemic can cause psychosocial disorders such as stress, anxiety, and depression. One of the ways that determines the success of families in preventing psychosocial disorders during the Covid-19 pandemic is to know how to do 5B activities (learning, worship, playing, chatting and recreation together), increasing physical immunity, as well as improving mental and psychosocial health such as positive emotions, positive thoughts, positive social relationships.

Purpose: This study aimed to know the overview of family knowledge on how to prevent psychosocial disorders during the Covid-19 pandemic.

Methods: This research used a descriptive crosssectional design with a population of 318 families and a large sample of 39 families, sampling was done by Random Sampling method. The research variable is an overview of family knowledge on how to prevent psychosocial disorders during the Covid-19 pandemic. Data collection was held on 15 – 30 December 2020. The research instrument used in data retrieval is a questionnaire. The collected data is then analyzed with the help of frequency distribution tables.

Results: From the results of the study obtained from 39 respondents, 18 respondents (46%) good knowledge, 16 respondents (41%) enough knowledge and 5 respondents (13%) less of knowledge on how to prevent psychosocial disorders during the Covid-19 pandemic. This is due to factors that influence knowledge, age, education, employment, never/unable to get information about the prevention of psychosocial disorders during the Covid-19 pandemic.

Conclusion: To increase family knowledge of enough and less categories, respondents are expected to add and search for information through health workers as well as media such as TV, Internet, and newspapers. Respondents with good knowledge should apply in their daily lives and help health workers socialize on how to prevent psychosocial disorders during the covid-19 pandemic to other families.

Keywords: Knowledge, Family, Prevention, Psychosocial Disorders, Covid-19 Pandemic.

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BACKGROUND

The Covid-19 is an infectious disease caused by coronavirus infection. The disease is known to have first appeared in the Wuhan City, China in December 2019 (WHO, 2020). At first the virus has not been determined how dangerous it is and through what intermediaries it can spread from human to other human. Over time the number of cases affected continues to grow until now. So this pandemic can cause physical and psychosocial disorders. Psychosocial disorders during the Covid-19 pandemic are stress, anxiety, and depression. Stress is a disorder of the body and mind caused by changes and demands of life. Anxiety is an uncertain and helpless worry. Depression is an emotional condition that is usually characterized by very deep sadness, feelings of meaninglessness and guilt (withdrawing, unable to sleep, loss of taste, interest in daily activities ([Rosyanti Lilin, 2020](#))).

Thus, families need to know how to prevent psychosocial disorders in family members during the Covid-19 pandemic because prevention is all activities carried out either directly or indirectly to prevent a health problem or disease ([Hidayatullah, 2017](#)). A family is a group of people connected by marriage, adoption, birth ties aimed at creating and maintaining a common culture, physical, mental, emotional and social development of each member ([Andarmoyo Sulisty, 2020](#)). While knowledge is the result of knowing a person towards an object through his senses (eyes, nose, mouth and other parts of the senses). Knowledge is influenced by the intensity of attention and perception of sensing objects ([Budiman, 2013](#)).

The incidence of covid-19 disease in the world on September 5, 2020 reached 26,197,626 people with a mortality rate of 867,741 people in 215 countries ([WHO, 2020](#)). According to the Kemenkes (2020) on September 5, 2020 In Indonesia, 162,884 confirmed positive cases of Covid-19, 118,575 recovered (Positive Covid-19), 7,064 deaths (positive Covid-19), 76,201 spec and 29 specimens. According to the East Java Covid-19 Task Force (2020) Covid-19 cases in the East Java region of September 5, 2020 as many as 40,441 cases with a death toll of 3,040 patients. Covid-19 cases in Blitar regency according to BPBD (Regional Disaster Management Agency) of Blitar Regency on September 5, 2020 there are 406 people confirmed covid-19, with details of 353 recovered, 29 still observed, and 24 others died.

The results of research related to health workers in China who are at risk of psychosocial disorders in treating Covid-19 patients showed that 50.4% of respondents experienced depression and 44.6% experienced symptoms of anxiety due to feelings of distress ([Ausrianti, Riska, 2020](#)). On the official website of the Association of Psychiatric Specialists cases of psychosocial disorders in 2020 as many as 64.3% of the 1,522 people who became respondents had psychological problems of anxiety or depression after conducting an independent online check on mental health impacts of the Covid-19 pandemic conducted on the official website of the Indonesian Society of Psychiatric Physicians. Of the 1,522 respondents, the most were 76.1% women with a minimum age of 14 years and a maximum of 71 years. Respondents mostly came from West Java 23.4%, DKI Jakarta 16.9%, Central Java 15.5% and East Java 12.8%. Mental health checks are carried out to examine psychological problems such as anxiety, depression, and psychological trauma.

Based on one of the studies examined by the Society of Psychiatric Physicians that has successfully identified the main problem of anxiety is something bad will happen, excessive worry, easy to get angry or annoyed, and difficult to relax or think calmly. While the main symptoms of depression felt are sleep rest disorders, powerless tiredness, and loss of trust. This was felt by the respondents at half-time and almost all day in the last 2 weeks. Lahargo (2020) also said that 80% of respondents experienced psychological trauma related to Covid-19. As many as 80% of people have symptoms of post-traumatic stress due to experiencing or witnessing unpleasant events related to Covid 19. Of the respondents who experienced

psychological trauma, 46% experienced severe symptoms, 33% experienced moderate symptoms, 2% mild symptoms, and 19% had no symptoms ([PDSKJI, 2020](#)).

Other research results from Riskesdas data in 2018 related to emotional mental disorders and depressive disorders. The prevalence of depressive disorders in Indonesian population aged 15 years and above by province, 2018 was recorded 6.1% experienced depressive disorders and the prevalence of emotional mental disorders in Indonesian population aged 15 years and above according to the Province, 2018 was recorded 9.8% experienced emotional mental disorders. Meanwhile, according to Riskesdas per region in East Java the prevalence of depression in the population aged 15 years and above was recorded about 4.5% experienced depressive disorders and the prevalence of emotional mental disorders in the population aged 15 years and above was recorded about 7.2% experienced emotional mental disorders ([Riskesdas, 2018](#)).

The occurrence of psychosocial disorders is related to the emergence of SARS-CoV-2 (Severe Acute Respiratory Syndrome-Covid-19) that is since the outbreak of this virus appeared in the city of Wuhan, which impacted globally throughout the world. The World Health Organization (WHO) declared an International Emergency on January 30, 2020 followed by a declaration as a pandemic on March 11, 2020. There is currently no treatment or vaccine available for Covid-19, and it is still in the process of developing a vaccine. The number of people already infected and those who die increases by the day. Covid-19 as a Global pandemic certainly has a psychosocial impact for all the world infected with the Covid-19 virus. Psychosocial impact on families that occurs as a result of the widespread spread of Covid-19 can worsen the condition of psychosocial disorders such as depression, anxiety, and post-traumatic stress disorder ([Rosyanti Lilin, 2020](#)).

Manifestations of anxiety and fear from the community is seen by the discovery of several cases, namely the presence of people who wear PPE (personal protective equipment) when out of the house that should be used by medical personnel while on duty, there are cases where the community does not allow medical personnel if there are people who died buried in their area, there are cases where residents suspect each other for fear of neighbors who have just returned from outside the area, and many incidents of parents worried if their child goes out of the house for fear of carrying the virus from outside ([Nurkholis, 2020](#)).

Thus, if the family lacks knowledge on how to prevent the psychosocial impact of the Covid-19 pandemic, this condition will cause the impact of psychosocial disorders such as anxiety, depression, and stress, and if not handled with bik can cause mental disorders. But if the family has good knowledge about how to prevent the psychosocial impact of the Covid-19 pandemic itself, the condition will certainly not cause psychosocial disorders let alone mental disorders.

To prevent the occurrence of psychosocial disorders due to the impact of the covid-19 pandemic, families need to know about how to prevent the occurrence of psychosocial disorders. Some ways to prevent psychosocial disorders during the Covid-19 pandemic, namely health workers must educate families on how to prevent psychosocial disorders (stress, anxiety and depression) during the Covid-19 pandemic by doing 5B activities (learning, worshiping, playing, chatting and socializing together), increasing physical immunity, as well as improving mental and psychosocial health such as positive emotions, positive thoughts, positive social relationships ([Kemenkes RI, 2020](#)).

OBJECTIVE

Based on the description, researchers are interested in researching the picture of family knowledge on how to prevent psychosocial disorders during the Covid-19 pandemic in Gondang Village, Gandusari District, Blitar Regency

METHODS

This study used a descriptive crosssectional design with a population of 318 families and a large sample of 39 families, sampling was done by Random Sampling method. The research variable is a picture of family knowledge on how to prevent psychosocial disorders during the Covid-19 pandemic. Data collection was held on 15 - 30 December 2020. The instruments used in data retrieval are questionnaires. The collected data is then analyzed with the help of frequency distribution tables.

RESULTS**1. CHARACTERISTICS OF RESPONDENTS**

An overview of respondents' Demographic Data is an important part of data collection to find out the characteristics of respondents more in-house. The demographic picture of respondents includes age, gender, marital status, education, occupation, status in the family, never/never informed, and the source of information listed in detail in table 1.

Table 1: Characteristics of respondents based on age, Gender, Marital Status, Education, occupation, status in the family, never/never get information and resources in Gondang Village, Gandusari District, Blitar Regency on December 15 - 30, 2020

No	Variable	Frequency	Percentage
1.	Age		
	- 17 – 22 Tahun	6	15
	- 23 – 28 Tahun	5	13
	- 29 – 34 Tahun	7	18
	- 35 - 40 Tahun	6	15
	- 41 – 45 Tahun	7	18
	- 46 – 50 Tahun	8	21
2.	Gender		
	- Male	25	64
	- Female	14	36
3.	Marital Status		
	- Married	27	69
	- Unmarried	11	26
	- Widower	1	5
4.	Education		
	- Primary School	3	8
	- Yunion High school	7	18
	- Senior high school	21	54
	- college educated	8	20
5.	Occupation		
	- Not Working	1	3
	- Laborer	6	15
	- Farmers	9	23
	- self-employed	10	26
	- private employees	3	8
	- civil servants	4	10
	- student	6	15
6.	status in the family		
	- Father	18	46

-	Mother	11	28
-	As a child	10	26
7.	Have/never got information		
-	Ever	26	67
-	Has never been	13	33
8.	Resources Of information		
-	TV	12	31
-	health workers	11	27
-	Internet	16	42

From table 1 above obtained from 39 respondents, the minimum age of respondents is 17 years and the maximum age of respondents is 50 years. Gender, 25 respondents (64%) male and 14 respondents (36%) female gender. For marital status, 27 respondents (69%) marriage, 11 respondents (26%) unmarried and 1 respondent (5%) Widower. For education level, 3 respondents (8%) Primary school, 7 respondents (18%) Yuniior High School, 21 respondents (54%) Senior high school and 8 respondents (20%) college educated. For jobs, 1 respondent (3%) not working, 6 respondents (15%) working as a laborer, 9 respondents (23%) as farmers, 10 respondents (26%) self-employed, 3 respondents (8%) as private employees, 4 respondents (10%) civil servants and 6 respondents (15%) as a student. For family status, 18 respondents (46%) as a father, 11 respondents (28%) as a mother and 10 respondents (26%) as a child. For information, 26 respondents (67%) ever information and 13 respondents (33%) has never been informed. As for resources, 12 respondents (31%) obtained from TV, 11 respondents (27%) from health workers and 16 respondents (42%) from the internet.

2. SPECIAL DATA

The specific data in this research covers the level of knowledge of respondents. The specific data of the research results on 39 respondents in full is listed in table 2.

Table 2: Overview of Family Knowledge on How to Prevent Psychosocial Disorders During the Covid-19 Pandemic in Gondang Village, Gandusari District, Blitar Regency on December 15 - 30, 2020.

No.	Knowledge	Frequency	Percentage
1.	Good	18	46
2.	Enough/sufficient	16	41
3.	Less	5	13
	Total	39	100

From Table 2 above obtained from 39 respondents 18 respondents (46%) Good knowledge, 16 respondents (41%) Enough knowledge and 5 respondents (13%) less knowledge on how to prevent psychosocial disorders during the Covid-19 pandemic.

DISCUSSION

The results of the study obtained from 39 respondents, 18 respondents (46%) good knowledge, 16 respondents (41%) enough knowledge and 5 respondents (13%) less of knowledge on how to prevent psychosocial disorders during the Covid-19 pandemic

According to [Budiman \(2013\)](#) Knowledge is the result of human sensing or the result of knowing a person to an object through his senses (eyes, nose, mouth, ears and other parts of the senses). Knowledge is influenced by the intensity of attention and perception of a particular object. Factors that influence knowledge there are two internal factors that include work, education, experience and age, and external factors namely the environment and sources of information.

A healthy psychological/mental condition is a condition where an individual lives in welfare, is able to recognize his/her potential, is able to face daily pressures, and is able to contribute in his social environment ([WHO, 2019](#)). Covid-19 is an infectious disease caused by coronavirus infection. The impacts of Covid-19 include economic, physical, and psychosocial impacts. Psychosocial disorder is a psychic and social change that occurs after a burden or pressure or traumatic event. Psychosocial problems during the pandemic are stress, anxiety, and depression ([Muzakki Moh Aqib, 2016](#)).

Stress is an attempt at self-adjustment where if the individual is unable to overcome it, it can cause physical disorders, behaviors, feelings to mental disorders with various factors such as frustration, conflict, pressure, and crisis ([Maramis & Maramis, 2009](#)). Stress is a disorder of the body and mind caused by changes and demands of life the source of the appearance of stress is called a stressor. The cause of the appearance of stress can be due to the distribution of an inappropriate cognitive assessment process that gives rise to negative thoughts that result in stress ([Sarafino, 2008](#)). Anxiety is an uncertain and helpless concern ([Sukadiyanto, 2010](#)). Depression is an emotional condition that is usually characterized by deep sadness, feelings of meaninglessness and guilt (withdrawing, unable to sleep, loss of taste, interest in daily activities ([Dirgayunita, Aries, 2016](#)).

A family is a group of people connected by marriage, adoption, and birth ties aimed at creating and maintaining a common culture, improving the physical, mental, emotional and social development of each member ([Achjar, Komang A H, 2010](#))

Prevention of mental health and psychosocial problems in the family can be a constructive family activity that will further strengthen emotional and family ties more harmoniously. There are several ways that need to be known by families to prevent psychosocial disorders during the Covid-19 pandemic, namely by way of families can plan to do 5B activities (learning, worship, play, talk and have fun together), increase physical immunity, as well as improve mental and psychosocial health such as positive emotions, positive thoughts, positive social relationships ([Kemenkes RI, 2020](#)).

Increased physical immunity can be done by eating a balanced diet, drinking enough (adults at least 2 liters per day), exercise at least 30 minutes a day, sunbathing in the morning two times a week, not smoking and not drinking alcohol. Improving mental health and psychosocial can be done with positive emotions, namely feeling happy and happy by doing activities and hobbies that are liked, positive thoughts that are keeping away from hoax information, reminiscing about all pleasant experiences, talking to yourself about positive things, responsiveness (finding solutions) to events, and always confident that the pandemic will be resolved, and always having positive social relationships by giving praise , give hope between each other, remind each other of positive things, and maintain and improve communication between family members, and the community ([Kemenkes RI, 2020](#)).

From the results of research on family knowledge on how to prevent psychosocial disorders during the Covid-19 pandemic that has a good level of knowledge as many as 18 respondents (46%). This is likely to be influenced by educational, employment, age, and information source factors. Education is guidance or direction given by a person towards the development of others towards certain goals that determine human beings to do and fill their lives to achieve safety and happiness ([Budiman, 2013](#)). From the general data obtained high

school educated as many as 21 respondents (54%) and higher education as many as 8 respondents (20%). With the level of education of upper middle families and universities, the family will be easier to understand new things and solve various problems related to their families. They will think quickly and responsively because the higher a person's education, the broader the insight and understanding related to how to prevent psychosocial problems during the Covid-19 pandemic where this way of prevention is indeed a new thing for families.

Another factor that affects the good level of knowledge is both work factors. According to [Budiman \(2013\)](#) work is an activity that must be done especially to support personal life and family life. From the general data obtained who worked as civil servants as many as 4 respondents (10%) and who worked as students as many as 6 respondents (15%). With the work of civil servants and students they are easy to get information, because they often discuss and get socialist related to the prevention of psychosocial problems during the Covid-19 pandemic. A person who has an office work environment can discuss and exchange ideas about how to prevent psychosocial disorders during the pandemic. For those in educational institutions, they can gain experience and knowledge directly from lecturers or teachers and also they can obtain information from reference books in educational institutions.

Another factor that affects the good level of knowledge is both the age factor. According to [Budiman \(2013\)](#) age is the individual count from birth to birthday. The older you get, the more mature one's level of maturity and strength will be in thinking and working. From the general data obtained respondents aged 41-45 years as many as 7 respondents (18%) and ages 46-50 as many as 8 respondents (21%). Family members aged 41-50 years are more responsible and easy to understand about how to prevent psychosocial disorders during the Covid-19 pandemic. They think more rationally and it is not easy to underestimate something that is the center of attention of the whole community. This greatly affects the family members in an effort to find information related to new things about how to prevent the occurrence of psychosocial disorders during the pandemic. Age is also related to the number of experiences a person acquires. According to [Notoadmodjo \(2011\)](#), experience is an event that a person experiences in interacting with an environment that is also related to one's age and education meaning that higher education experience will be broad as more and more (older) experiences are also more and more. A person's experience can affect knowledge, the more experience a person has about a thing, the more knowledge a person has about it.

Another factor that affects the good level of knowledge is the factor of never or not getting information on how to prevent the occurrence of psychosocial disorders during the pandemic as well as sources of information. According to [Budiman \(2013\)](#) the source of information is data that is processed into a form that has the meaning as the recipient and has real value to provide a new cognitive basis for the formation of such knowledge. From the general data obtained respondents who get information sources as much as 26 respondents (67%), and sources of information obtained from health workers as many as 7 respondents (27%). The source of information is very important to add insight in improving knowledge. The source of information obtained from health workers is certainly more appropriate and appropriate information so that respondents who have been informed about how to prevent psychosocial disorders during the Covid-19 pandemic from health workers have better knowledge.

From the results of the study obtained families who have enough levels of knowledge on how to prevent the occurrence of psychosocial disorders impacted by the covid-19 pandemic as many as 16 respondents (41%). This is likely to be influenced by educational,

employment, age, and information source factors. According to Budiman (2013) education is all efforts to make society can develop human potential in order to have religious spiritual power, self-control, and personality. From the general data obtained junior high school educated as many as 7 respondents (18%). With junior high school education one is possible to have enough knowledge because junior high school education is the first secondary education that allows one's way of thinking still can not be as traditional as people who have higher education. They will think more slowly and less responsively because the lower a person's education, the less insight and understanding related to how to prevent psychosocial problems during the Covid-19 pandemic where the way to prevent psychosocial disorders problems is indeed a new thing for families.

Another factor that affects enough levels of knowledge is the work factor. Work is something done by man for a certain purpose that is done in a good and right way (Budiman, 2013). From the general data obtained who worked as self-employed as many as 10 respondents (26%). Respondents who work as self-employed, will gather with a variety of categories of work and information obtained on how to prevent the occurrence of psychosocial disorders will also vary, so that the ability to filter various kinds of information. Respondents who work in self-employed environments the information obtained is less specific so that it will affect the knowledge gained. Employment is also related to economic status, where economic status determines the availability of facilities needed for certain activities in improving knowledge.

Another factor that affects enough levels of knowledge is the age factor. Age is a missed time since birth (Budiman, 2013). From the general data obtained responden aged 29-34 years as many as 7 respondents (18%) and ages 35-40 as many as 6 respondents (15%). With the age of 29 to 40 years, it is possible that a person will have enough knowledge related to new things about the prevention of psychosocial problems during the Covid-19 period. Because a person who has an age that is not so mature then the way of thinking of a person will also not be as traditional as those who have an older age and the desire to share and discuss each other is also reduced.

Another factor that affects the enough level of knowledge is the factor of obtaining a source of information. According to Budiman (2013) The source of information is data that is processed into a form that has the meaning as the recipient and has real value to provide a new cognitive basis for the formation of knowledge. From the general data obtained respondents who get information sources as much as 26 respondents (67%), and who get sources of information from TV as many as 8 respondents (31%). An information is very important to add insight so as to increase knowledge. By getting a source of information from TV, it is possible that the info submitted cannot be repeated and the information from the TV is not as detailed as info from health officials on how to prevent psychosocial disorders during the Covid-19 pandemic, so that respondents have enough category knowledge.

From the results of the study obtained families who have a level of less knowledge than 5 respondents (13%). This is likely to be influenced by educational, employment, age, and information source factors. According to Budiman (2013) education is an effort to form a whole human being born mentally that is healthy, intelligent, and virtuous. From the general data obtained elementary school educated as many as 3 respondents (8%). With a person having a basic level of education will affect the breadth of information or knowledge and easy or not in receiving and understanding an information or knowledge. Education has an important role in shaping behavior and providing resources to respondents, the lower a person's education will be the harder and longer in understanding related information or new

things including related to how to prevent psychosocial disorders during the Covid-19 pandemic.

Another factor that affects less knowledge levels is the work factor. According to [Budiman \(2013\)](#) work is an activity that must be done especially to support his life and family life. From the general data obtained who worked as farmers as many as 6 respondents (15%) and did not work as much as 1 respondent (3%). With farmers' work and not working it is likely that they will find it difficult to get specific information on how to prevent psychosocial disorders during the covid-19 pandemic because they may also very rarely discuss and share related to the prevention of psychosocial problems during the Covid-19 pandemic. A person who has a work environment such as being under-edified and not working they have more discussion about work and how to make a living for the family than discussing how to prevent psychosocial disorders during the pandemic.

Another factor that affects the level of less knowledge is the age factor. From the general data obtained responden aged 17 -22 years as many as 6 respondents (15%). Families around the age of 17-22 are still unstable, have immature mindsets and are less interested in knowing about how to prevent psychosocial disorders during the Covid-19 pandemic. They are more focused on their growth and development and seem to underestimate something that is going on.

Another factor that affects the level of less knowledge of information sources. According to [Budiman \(2013\)](#), information sources are media that play an important role in determining attitudes and decisions to do something. From general data, it was found that 13 respondents (33%) did not get any source of information. Not getting information will affect a person's level of knowledge. Information is useful for increasing knowledge, if the family is less exposed to information, it will have an impact on the lack of family knowledge. Moreover, this information is new, for example information on how to prevent psychosocial disorders during the Covid-19 pandemic.

CONCLUSIONS

Based on the results of research on the picture of family knowledge on how to prevent psychosocial disorders during the Covid-19 pandemic, it can be concluded that almost half of respondents have good category knowledge.

To increase the knowledge of families who have enough knowledge and less, i tis expected that families will add and find out information through health workess and media such as TV, Internet, and newspapers. For families with good knowledge, i tis expected to always apply and help health workers socialize to other families. And for health workers are expected to do more socialization to all families in order to increase family knowledge.

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