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Research Article

Relationship of Stressors and Psychosocial Support with Occurrence of Post-Traumatic Stress Disorder in Patients with Covid-19

Devanti Octavia Ellyamurti^{1*}, Monica Dwi Hartanti²

¹Medical School, Trisakti University, Bekasi, Indonesia

²Teaching Staff of the Biology Section of the Faculty of Medicine, Trisakti University, Bekasi, Indonesia

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*Corresponding author:

E-mail:

charlessilahoo@gmail.com

ABSTRACT

Post Traumatic Stress Disorder (PTSD) is common in COVID-19 survivors and can be caused by a variety of stressors, including the duration of infection, severity, and location of isolation when infected with COVID-19. Furthermore, public anxiety caused by the rapid increase in the number of cases and deaths caused by COVID-19 plays a role in the occurrence of PTSD. To reduce the risk of mental disorders, psychosocial support is required. The purpose of this study was to describe the incidence of PTSD in COVID-19 survivors, to describe aspects of psychosocial support for COVID-19 survivors, and to assess the relationship between stressor factors and psychosocial support and the occurrence of PTSD in COVID-19 survivors. This research used an analytical observational research design with a cross sectional approach, involving 149 respondents aged 17-65 years, 52 men and 97 women from the COVID-19 survivor community known as COVID Survivor Indonesia (CSI) in DKI Jakarta. The Medical Outcomes Study–Social Support Survey (MOS-SSS) and The Impact Of Event Scale–Revised (IES-R) questionnaires were distributed via Google Form to collect data. Data was processed and analyzed using the Statistical Package for Social Sciences (SPSS) for Windows version 26.0, and results were analyzed using descriptive univariate and bivariate using Chi Square. There is a significant relationship between stressor factors and the occurrence of PTSD, specifically the duration of infection with COVID-19 ($P = 0,026$), severity when infected with COVID-19 ($P = 0,027$), and place of isolation when infected with COVID-19 ($P = 0,023$). Furthermore, there was a significant relationship between psychosocial support and the occurrence of PTSD ($p = 0,001$). Management of COVID-19 patients is required to detect stressor factors and provide psychosocial support so that COVID-19 survivors can return physical and psychological health.

Keywords: COVID-19 Survivors, Psychosocial Support, PTSD, Stressor

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Introduction

Coronavirus Disease 2019 (COVID-19) by the World Health Organization (WHO) on March 11 2020 was declared as pandemic because many people around the world are infected with COVID-19. Enhancement rapidly amount cases and deaths caused by COVID-19 emergence anxiety in society, especially sufferers of COVID-19 (Xiao et al., 2020). Based on WHO data, until with on January 2, 2022 there were 281,808,270 cases confirmed COVID-19 and 5,411,759 total death due to COVID-19 worldwide (Yuan et al., 2021). Based on results research by Cai X et al (Yang et al., 2022). patients with COVID-19 can experience mental disorders such as Post Traumatic Stress Disorder (PTSD), disorder anxiety, and depression, even after they get well and get out from House Sick so that mental health of survivors of COVID-19 is necessary attention special (Nakamura et al., 2021).

PTSD is disturbance anxiety that occurs in a person after experience or watched something threatening event safety soul or his physique (Sharif Nia et al., 2021;Chen et al., 2021). In someone who has PTSD can show symptom like re-experiencing or remembered return such traumatic events, avoid things that can remind return to past traumatic events experienced, dream bad, trouble sleep hard concentration, and alertness excessive (Smith et al., 2022).

Based on a number of results study latest show that PTSD often found in survivors of COVID-19. PTSD in COVID-19 survivors can caused by level severity illness, forever infected, and place do isolation moment infected with COVID-19 (Romulo & Urbano, 2022). According to s survey Association Doctor Specialist Indonesian Psychiatry (PDSKJI) stated that there are 80% of respondents have post-traumatic stress symptoms Because experience or watched incident No pleasant related to COVID-19 (Gonzales Diaz, 2021). Thereby case with results study Einvik G et al. (Gallagher et al., 2021) prevalence PTSD events based on criteria Diagnostic and Statistical Manual of Mental Disorder 5th Edition (DSM-5) for COVID-19 survivors who are cared for at home Sick as much as 9.5% and those who are not treated at

home Sick as much as 7% (Liu, Huang, et al., 2021).

Worries regarding COVID-19 such as height number prevalence death due to COVID-19, the rapid spread of COVID-19, and having disease comorbid as well reason occurrence of PTSD (Brog et al., 2021). Support psychosocial is one method For can restore impact psychological and social problems found in survivors of COVID-19 after experience incident infected with COVID-19 and reducing risk happening mental disorders (Park et al., 2020). Support psychosocial including one recommended way in guidelines support health mental and psychosocial by the Ministry of Health of the Republic of Indonesia (Liu, Liu, et al., 2021;Konwar et al., 2022). However, still A little linking research with health soul survivors of COVID-19. because it, then researcher interested For do study about connection factor stressor and support psychosocial with happening Post Traumatic Stress Disorder in COVID-19 survivors (Chamberlain et al., 2021). Study This aim For describe number PTSD incidence in COVID-19 survivors, describes aspects support psychosocial For COVID-19 survivors, and assess connection factor stressor and support psychosocial with occurrence of PTSD in survivors of COVID-19 (Flatt et al., 2018).

Methods

Research design observational analytic with approach cross sectional used in study This with included 149 respondents aged 17-65 years consisting of 52 men and 97 women in the community COVID-19 survivors with name of COVID Survivor Indonesia (CSI) located in DKI Jakarta in September- December 2021. Criteria inclusion on research this, ie COVID-19 survivors aged 17-65 years, already healed of COVID-19 in period 1-6 months time, and ready become respondent with agreed informed consent. Meanwhile, criteria exclusion, that is survivors of COVID-19 who have history or currently in treatment disturbance soul, like schizophrenia, dementia, and addiction drugs and or alcoholb(Kobayashi et al., 2019).

Study This use technique non-probability sampling with type consecutive sampling. Data collection is carried out with use questionnaire

The Medical Outcomes Study–Social Support Survey (MOS-SSS) and The Impact Of Event Scale-Revised (IES-R) which were distributed through google forms (Wang et al., 2021). Data

processing and analysis was carried out use Statistical Package for Social Sciences (SPSS) for windows version 26.0, and analyzed (Bruckmann et al., 2020).

Result and Discussion

Demographic data respondent

Table 1. Distribution frequency and characteristics respondent

Variable	Total (n=149)	Percentage (%)
Age		
17-25 years	29	19,5
26-35 years	43	28,9
36-45 years	30	20,1
46-55 years	23	15,4
56-65 years	24	16,1
Type sex		
Man	52	34,9
Woman	97	65,1
Factor stressor :		
• duration infected with COVID-19		
< 14 days	65	43,6
> 14 days	84	56,4
• COVID-19 severity level		
Without symptom	34	22,8
Light	51	34,2
Currently	34	22,8
Heavy	30	20,1
• Place do isolation		
Isolation independently at home	88	59,1
Treated at home Sick	61	40,9
PTSD category		
Not PTSD	67	45
Low	33	22,1
Tall	49	32,9
Support psychosocial		
Good	87	58,4
Not good	62	41,6

Variable	Total (n=149)	Percentage (%)
• aspects support psychosocial :		
a. <i>Emotional-informational support</i>		
Good	90	60,4
Not good	59	39,6
b. <i>Tangible support</i>		
Good	92	61,7
Not good	57	38,3
c. <i>Affectionate support</i>		
Good	87	58,4
Not good	62	41,6
d. <i>Positive social interaction</i>		

Variable	Total (n=149)	Percentage (%)
Good	83	55,7
Not good	66	44,3

Based on demographic data respondent show that majority respondents in research This aged 26-35 years of 28.9% and various sex Woman by 65.1%. Based on factor stressor seen from ever infected with COVID-19, level severity, and location do isolation moment infected with COVID-19 shows that ever the majority infected with COVID-19 respondents in

research it is >14 days 56.4 % and symptomatic light by 34.2% as well do isolation independently at home by 59.1%. Besides it, based on the majority PTSD category respondent No experiencing PTSD ie by 45%. Majority respondents also get support psychosocial and aspects support good psychosocial.

Connection age, type gender and factors stressor with PTSD

Table 2. Connection age, type gender and factors stressor with PTSD

Variable	PTSD						P-value *
	Not PTSD		Low		Tall		
	n	%	n	%	n	%	
Age							
17-25 years	19	12,8	6	4	4	2,7	0.044
26-35 years	13	8,7	10	6,7	20	13,4	
36-45 years	12	8,1	6	4	12	8,1	
46-55 years	11	7,4	8	5,4	4	2,7	
56-65 years	12	8,1	3	2	9	6	
Type sex							
Man	19	12,8	9	6	24	16,1	0.041
Woman	48	32,2	24	16,1	25	16,8	
Factor stressor :							
• duration infected with COVID-19							0.026
< 14 days	37	24,8	13	8,7	15	10,1	
> 14 days	30	20,1	20	13,4	34	22,8	
• COVID-19 severity level							0.027
Without symptom	14	9,4	11	7,4	9	6	
Light	32	21,5	7	4,7	12	8,1	
Currently	12	8,1	9	6	13	8,7	
Heavy	9	6	6	4	15	10,1	
• Place do isolation							0.023
Isolation independently at home	47	31,5	19	12,8	22	14,8	
Treated at home Sick	20	13,4	14	9,4	27	18,1	

Research results This obtained that level PTSD tall more Lots occurs between the ages of 26 and 35 years of 13.4% and manifold sex Woman by 16.8%. Based on chi square test results show that there is meaningful

relationship between age and type sex with PTSD (p < 0.05) (Byon et al., 2022).

Connection factor stressor with PTSD where subvariable factor stressor consists from ever infected with COVID-19, level COVID-19 severity, and location do isolation, then on

research This obtained that respondent with level PTSD tall more Lots happened in the past infected with COVID-19 >14 days by 22.8% and symptomatic heavy 10.1 % and those treated at home Sick by 18.1%. Based on chi square test

results show that there is connection meaning between factor stressor subvariable ever infected with COVID-19, level severity, and location do isolation moment infected with COVID-19 with PTSD ($p < 0.05$) (Yıldırım et al., 2022).

Connection support psychosocial with PTSD

Table 3. Connection support psychosocial with PTSD

Variable	PTSD						P-value *
	Not PTSD		Low		Tall		
	n	%	n	%	n	%	
Support psychosocial							
Good	50	33,6	17	11,4	20	13,4	0.001
Not good	17	11,4	16	10,7	29	19,5	
• aspects Support Psychosocial :							
a. Emotional-informational support							
Good	50	33,6	17	11,4	23	15,4	0.005
Not good	17	11,4	16	10,7	26	17,4	
b. Tangible support							
Good	52	34,9	17	11,4	23	15,4	0.001
Not good	15	10,1	16	10,7	26	17,4	
c. Affectionate support							
Good	47	31,5	19	12,8	21	14,1	0.013
Not good	20	13,4	14	9,4	28	18,8	
d. Positive social interaction							
Good	48	32,3	14	9,4	21	14,1	0.002
Not good	19	12,8	19	12,8	28	18,8	

Connection support psychosocial with PTSD was found that support less psychosocial both in respondents who experienced PTSD level tall by 19.5%. Based on chi square test results show that there is meaningful relationship between support psychosocial with PTSD ($p < 0.05$).

Connection aspects support psychosocial with PTSD was found that support less psychosocial good in every aspect support psychosocial occurred in respondents who experienced PTSD level high. Based on chi square test results show that there is meaningful relationship between aspects support psychosocial with PTSD ($p < 0.05$).

Discussion

Post Traumatic Stress Disorder (PTSD) in COVID-19 survivors can caused by several matter like height number prevalence death due to

COVID-19, nature from the swift COVID-19 contagious, ever infected with COVID-19, level severity moment infected with COVID-19, and places do isolation moment infected with COVID-19 which causes fears and worries for survivors of COVID-19 (Pistarini et al., 2021).

Results on research This show that level PTSD tall more Lots occurs at the age of 26-35 years and types sex girl. this caused because of women more prone to to events that can cause stress and age those people still are in stage look for stability like climb career, married, and started family so that moment infected with COVID-19 activity they become disturbed and stable Not yet reached which causes factor the stressor become more high. this show that factor age and type Gender also causes occurrence of PTSD (Ju et al., 2022).

Based on results study This show that there is connection between factor stressor with

Where does PTSD occur in COVID-19 survivors? subvariable from factor stressor covers ever infected with COVID-19, level severity, and location do isolation moment infected with COVID-19. On longtime COVID-19 survivors infected >14 days cause PTSD occurs because moment infected with COVID-19 them Far from family so that experience lonely and evoking feelings negative like easy anger, worry, and fear are circumstances This including in PTSD symptoms (Martin-Lesende & Blasco-López, 2022).

COVID-19 survivor with symptom weight and symptoms currently can experiencing PTSD because often remembered return with circumstances they moment infected with COVID-19 (Zhong et al., 2022). For COVID-19 survivors with symptom heavy especially those who experience disturbance breathing too experiencing PTSD because afraid will respiratory failure and possible death happened. Besides that, more and more heavy perceived symptoms moment infected with COVID-19, then risk For happening prolonged symptoms or long covid after infection completion also increases so that matter This can become triggering stressor occurrence of PTSD (Rofail et al., 2022).

Thereby as is the case, COVID-19 survivors who are cared for at home Sick can especially those with PTSD currently being treated in the ICU infected with COVID-19 because critical and intense nature of the ICU as well as invasive procedure can make COVID-19 survivors are stressful and have a huge impact on the situation psychological them. Besides that is, a COVID-19 survivor who is cared for at home sick too experiencing PTSD because often remembered incident before and after they undergo home care memory pain the always There is in his mind, and them often see other people's circumstances deterioration and death. This is what traumatizes and causes occurrence of PTSD in survivors of COVID-19. Different case with COVID-19 survivors who do isolation independently at home No experiencing PTSD because environment that is already familiar and located near with family so that easy For fulfil his needs (Muslu et al., 2022).

Based on results analysis bivariate to support psychosocial with the occurrence of PTSD

in COVID-19 survivors shows that there is connection Which meaning between support psychosocial with PTSD ($p = 0.001$). this in line with results research conducted by Cai X et al. (3) state that COVID-19 survivors who get support good psychosocial can lower PTSD-SS score, incl score re-experiencing, hyperarousal, and avoidance as well as relieve emotional stress related with incident traumatic the compared to with those who get support less psychosocial ok. Thereby case with results research conducted by Sun N et al (in Romulo & Urbano, 2022) state that support psychosocial is very important needed for COVID-19 survivors for help healing they moment infected with COVID-19, and the support that comes from it from family can make feeling they more calm down and trust will recovery from infected with COVID-19. because it, with exists support psychosocial can prevent occurrence of PTSD. Negative stigma from public due to the spread of COVID-19 in a manner fast can become stressor so that needed support proper psychosocial For help healing. Besides that, in survivors of COVID-19 who do isolation self needed help For fulfil need daily so that necessity support good psychosocial. Continual and excessive publicity to impact negative COVID-19 can also raises somebody become more stress and anxiety so much needed support psychosocial in a manner directly can originate from family, friends, relatives close, and community.

Based on results on research This aspect support still psychosocial not enough Good found in aspect affectionate support of 18.8%, and positive social interaction by 18.8% so aspect support psychosocial it is very necessary for COVID-19 survivors with grade PTSD high. this caused Because they difficult For do activity together with famil, friend, and relatives near although Can done online, and no entirely understand in use technology via online.

Conclusion

Based on results study this, can concluded that COVID-19 survivors experiencing grade PTSD tall occurred in respondents aged 26-35 years of 13.4% and manifold sex Woman by 16.8% and respondents in the study This majority No experiencing PTSD ie by 45%, and

if compared to between PTSD levels low with level PTSD tall it turns out more many experience level PTSD tall by 32.9%. Besides that is , aspects support psychosocial support which is still very much needed for survivors of COVID-19 ie affectionate support, and positive social interaction. On research this also shows that there is connection meaning between factor stressor and support psychosocial with occurrence of PTSD in survivors of COVID-19 ($p < 0.05$).

Based on results study about connection factor stressor and support psychosocial with happening Post Traumatic Stress Disorder in COVID-19 survivors , then For reduce number the incidence of PTSD in COVID-19 survivors in the Indonesian Covid Survivor community is suggested to chairman Indonesian Covid Survivor community for do coordination with government or other party use request help psychiatrist as companion COVID-19 survivors experiencing PTSD. Besides that, share family, friends, and relatives near suggested For give affectionate support and positive social interaction to COVID-19 survivors with method do activity together although online to create they Certain that There is someone they are dear is at nearby so that No feel alone. As effort prevention the occurrence of PTSD in survivors of COVID-19 it is recommended that family, friends, relatives close and powerful health can give support psychosocial during they infected with COVID-19 to after healed from COVID-19.

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