



Approaches to cope with mental stress in facing the COVID19 pandemic: a framework review from Malaysian's experiences and perspectives

Rosnah Sutan

Department of Community Health, Medical Faculty, University Kebangsaan Malaysia

Abstract:

The feeling of anxiety, fear and confusion without proper coping will lead to mental stress disorders. During the COVID-19 pandemic, when the Movement Control Order (MCO) is issued, everyone has to adhere to the Standard Operating Procedure (SOP) while doing any outdoor activities or else stay at home. The shutdown of schools, colleges and workplace has created 24 hours full house with family members, which is beyond the normal habit. Parents have to play a bigger role in managing their home and family members to adapt to the situation. Some parents will quickly adapt to the new norm behaviour but not all of them will be able to accept it without having mental stress. It creates more stress as their family economic finance is affected during the period of MCO and the ability to purchase groceries to fulfil their basic needs is in limited access. The aim of present study is to explore the Malaysian's experiences, challenges and perspective in coping with the COVID-19 pandemic among the Muslim parents and draw a possible framework. The outcome of this study is to provide evidence based on healthcare workers in approaching parents to face the current situation, assessing knowledge and feelings while practicing good health intervention. Narrative review is done to observe framework approach used by Muslims while facing the COVID-19 pandemic situation. The research question used was: how do Muslim parents with children cope at home during COVID-19 pandemic? The present review used social media as a resource for quick review of the current situation based on what people has responded and posted on social media. Preliminary result showed that Muslim parents preferred to seek information, post information and comments which linked to the religious activities based on Quran and Sunnah while facing mental stress. The themes drawn from the review were grouped into (1) Awareness: informed Knowledge (2) Attitude: accepting, internalised, decision making (3) Practice: react. Main impact of COVID 19 is on economic, social life and education. Parents used to follow the credible facts channels, speaking to people they trust and grounding themselves with their family members in prayer and reciting Quran to reduce their stress and anxiety. Encouragement in practicing good family functioning is an important dimension that needs to gear in helping parents to cope with mental stress. Challenges to engage with parents dealing with mental stress identified more gaps that needs to be determined.

Biography:

Rosnah Sutan received her PHD degree from University of Aber-

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deen Scotland. Currently, she is a medical lecturer in public health and hold post as the Head of Family Health unit in University Kebangsaan Malaysia and the chairperson of National perinatal and reproductive clearinghouse Malaysia. She is the associate professor of public health (Family Health Physician) and involved in coordinating community empowerment and engagement program related to youth and family. A key focus on her research is on lifestyle behaviors related to social determinant epidemiological research. She has contributed to the society with health intervention educational module for trainers related to teenager, youth, maternal care and elderly health.

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