



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

Rosnah Sutan

Department of Community Health, University of kebangsaan, Malaysia

Abstract:

Feeling of anxious, scared and confused without proper coping will lead to mental stress disorders. During Covid 19 pandemic, when restriction movement order issued, everyone has to adhere to the standard operating procedure when doing any activities outside home or else need to stay at home. Shutdown of school, colleges and workplace has created 24 hours full house with family members, which is beyond the normal habit. All ages do feel stress in adapting with new life to stay at home for quite some months during the movement restriction order which don't know when it will end. Parental has to play a bigger role in manage home and their family members to adapt with the situation. Tremendous effort has been done by the government to keep public calm and shows their strategic plan transparently to ease panic reduction and control the disease through preventing spreading through multi-agencies involvement. The non-governmental agencies have giving their hands in looking for financial support, provide social support and create more information in the media for public to be aware with updates situation. Friends and neighbourhood are helping each other's by actively sharing information through social media. Everyone put effort to watch television or getting right information on the current situation formed by any media. Number of cases notified, areas of contact tracing and number of deaths per countries are always observed and followed. Concurrently, parent has to manage activities of their family members and do monitoring them in preventing disease. The pattern is seen happening everywhere globally. However, some parents will quickly adapted to the new norm behaviour but not all able to accept it without having mental stress. It creates more stressor as their family economic financial affected during the period of movement restriction and ability to purchase groceries for food and fulfil needs is in limited access. Government, social and family support do help in relieving anxiety of the pandemic covid 19 impact. However, the resources to help our population is sometime



not reachable on time when it is needed. Coping to the stress following Covid 19 impact has been described in social media and published papers or report by non-governmental organization and agencies who has provide the services to the community. Exposure to social media do help in improvement mental stress. Social media is easily accessible with good internet coverage and it is rich in source of information.

Biography :

Assoc Prof Dr Rosnah Sutan (MD, MPH, PhD), Medical lecturer, Community health department, Medical faculty, University kebangsaan Malaysia, Tel:+60193212256,fax: +60391456670, email: rosnah.sutan@ppukm.ukm.edu.my

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