

Emotional Well-being With Emotional Spiritual Quotient (ESQ) during covid-19

Dr. RISYDAH FADILAH., S.Psi., M.Psi, Psikolog
Dean Faculty of Psychologi UMA




Internasional Webinar
COVID-19 : Taking Care of Your Mental Health
Faculty of Psychology
Universitas Medan Area
June, 27th, 2020



Introduction

- 1) The first confirmed case of positive for the COVID-19 was announced publicly by the the Indoensian authority in ealry March.
- 2) The cases spread fastly all over the regions of Indonesia pressing the government to issue poliocies to limite people's mobility (Social distancing)
- 3) Although 'lockdown or PSPB in Indonesia (Pembatasan Sosial Berskala Besar) ' is never applied in the country, effort to limit people's mobility causes IS Mental Health

- With more than 260 million population, Indonesian government has been struggling to stop the spread of covid-19. Starting from Jakarta, the virus reached some other regions, especially in Java Island, and certain provinces in Sumatra, Sulawesi and Kalimantan.
- Sectors severely affected by the pandemic include health, Psychology education and economy.
- After overcoming challenges, challenges and insecurities, people are starting to look for ways to survive the **Mental Health** of the corona virus while increasing efforts to overcome health problems.
- Among other things, community activities to be able to

- 
- It is undeniable that the corona virus has shaken human civilization in the world. Each country through its authority asks its people to stay at home, maintain physical distance, and social (social distance) and even lock (quarantine the area) to use the corona virus spread. Not just releasing the appeal but strict rules and prohibitions to carry out activities outside the home (PSPB in Indonesia)
 - The application of social distance, and physical distance, of course, the space and mobility of the community and even locking the community can not move outside the home, including students at school, students who can no longer allow their teaching and learning process

Corona Impact :

- Very big influence on the order life, family and individuals
 - The effect on employment, the economy
 - The physical psychology of the individual soul is stress
 - depression (suicide)
- Housewives turn into teachers, add other routine work → Tired and stressed
- Students study from home → don't understand material, many demands from teacher / lecturer → stress
- Teachers / lecturers / employees working from home (WFH) → "Work becomes double" salary decreases → stress

COVID-19



Early lockdown studies found that



up to 45% of adults felt adverse effects on mental health,



up to 37% showed signs of psychological distress and



up to 70% felt this period was the most stressful of their careers.

Source: COVID-19 Risk Report 2020: A Preliminary Mapping and its Implications

Mental Health

- ❑ Problems among the General Population
- ❑ The COVID-19 pandemic has caused stress, anxiety and worry for many individuals, arising both from the disease itself and from response measures such as social distancing

Depression

- Americans are reporting significant and sustained increases in symptoms of **depression and anxiety** related to the COVID-19 pandemic,
- Higher rates of fear and anxiety :
 - Women,
 - minorities,
 - people with pre-existing health conditions,
 - seniors

A decorative border made of watercolor illustrations of various plants, including succulents, cacti, and flowers in shades of pink, orange, and green, framing the central text.

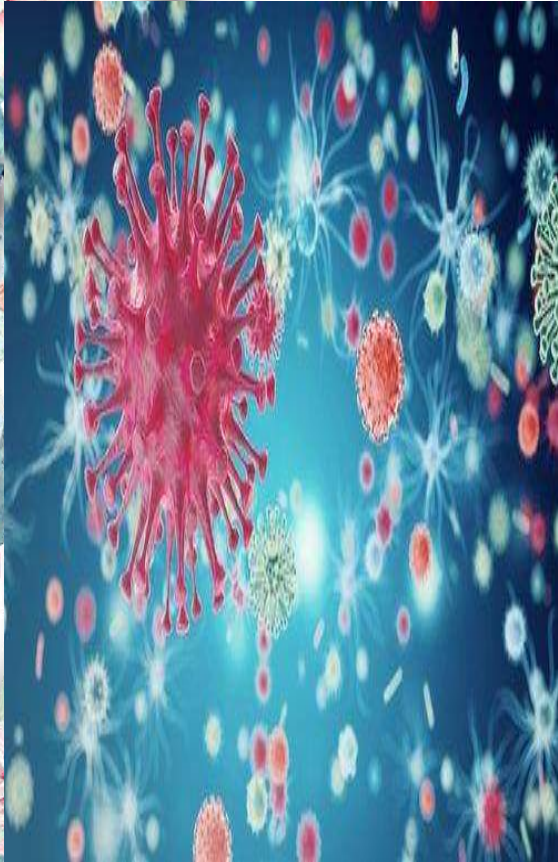
Anxiety

- Anxiety has spread because of a wide array of concerns, including
 - uncertainty of when normalcy is going to return,
 - worries about contracting the virus or of ones loved ones getting sick
 - the loneliness caused by isolation can all lead to negative overthinking.

Suicidal ideation

- Negative mental health effects also increase **at risk for suicidal ideation** which leads to commit suicide
- There have been a number of **suicide cases** related to pandemic in many different countries

Suicidal Cases



1. www.cnnindonesia.com ›international› doctors-who-t

...

Apr 28 2020 - A famous doctor in New York City, United States, which is at the forefront in reach corona virus, commits suicide.

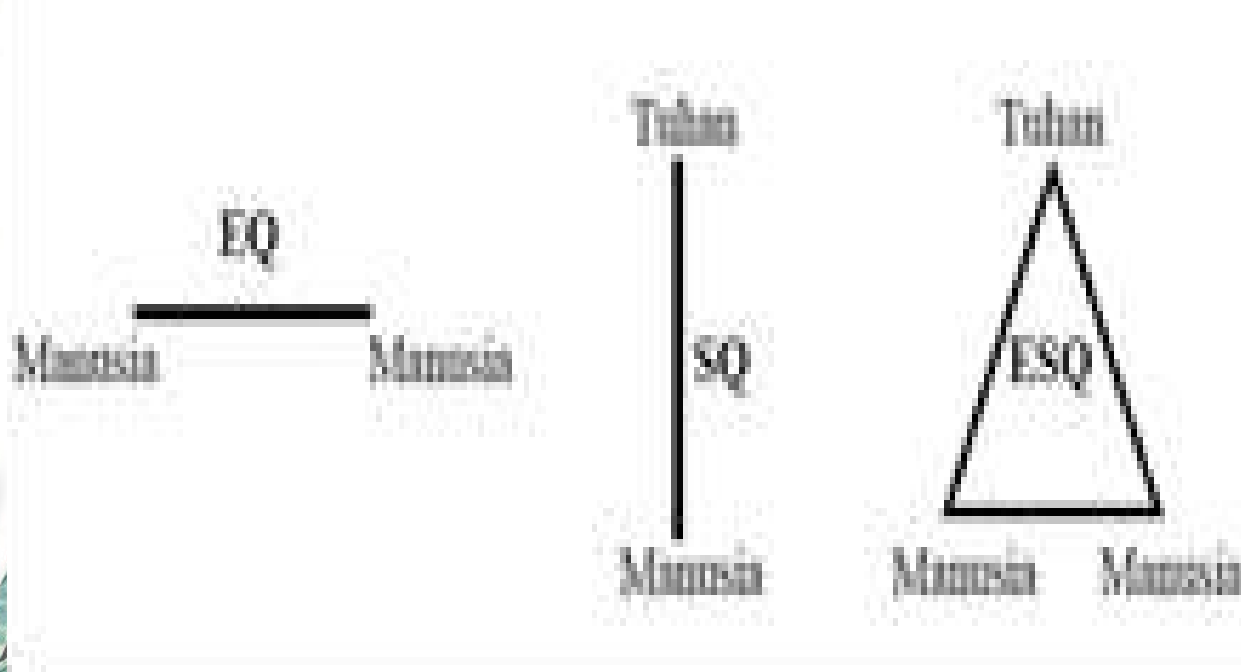
2. Indians Suicide Allegedly Affected by Sushants ...
republika.co.id ›news› indonesian self-murderer-indicted

...

5 days ago - This self-shot victim is a big fan of Sushant Singh Rajput. REPUBLICA.CO.ID, VISAKHAPATNAM - Shocking news ...

Psychological Well-Being

Intelligence Convergence (ESQ)





Stages of ESQ implementation

Zero Mind Process

Mental Building

Personal Strength

Social Strength



ZERO MIND PROCESS

Clear God Spot-Eliminate 7 black Shackles on yourself and Emotions with 7 steps:

- Avoid bad prejudice
- Principled and hold fast to God
- Free yourself from the experience that binds the mind, think free
- Listen to the voice of the heart
- Look at all points of view wisely based on conscience
- Check your mind before judging something
- Remember that the source of knowledge is from God

A decorative border made of watercolor illustrations of various plants, including succulents, cacti, and flowers, framing the central text. The border is composed of two vertical lines on the left and right sides, and two horizontal lines at the top and bottom, all in a light teal color. The plants are rendered in soft, painterly styles with a variety of colors like pinks, oranges, greens, and blues.

Thank you