Grief Psychotherapy to Improve Mental Health of Covid-19 Survivors (Experimental Study in Mataram City)

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Article Info	ABSTRACT
	The research that I did was a quantitative experimental study that tried to identify the effects of grief psychotherapy on Covid-19 survivors. The population used is covid19 survivors in the city of Mataram. Furthermore, the samples involved were adolescents with low mental health criteria based on the scale provided by the researcher. In this study researchers used grief psychotherapy to improve the health of covid19 survivors. In the normality test output, it can be seen that the value of Sig. (p value) from Kolmogorov Smirnov and Shapirowilk $</= 0.05$, which means that Ho is rejected (Ha is accepted) based on the Asymo Sign results. (2-tailed = 0.058) which means $0.058> 0.05$ so that there is an effect of grief psychotherapy on mental health.

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Introduction

During the Covid-19 pandemic, mental health disorders often occurred, ranging from mild to severe mental health disorders. A number of studies have shown that sufferers experience an unfavorable impact on their mental health (RI, 2020). The problem is that Covid-19 is a new source of stress in society (Iorillo, 2020). Covid-19 is the name set by the *World Health Organization* (WHO) which was reported from China, namely the city of Wuhan. The risk of spreading Covid-19 is high to other countries so WHO declared Covid-19 a pandemic (B, 2020). Woldometers data, the United States is the country with the most cases of Covid-19. Of the 10 countries, 3 Asian countries have the highest cases of Covid-19, namely Iran, India, and Indonesia. Indonesia is the highest number of the Asian country with Covid-19 cases. (htt) In Indonesia, NTB Province, the latest Covid-19-19 data update October 20, 2021, at 17:00 shows that the number of patients treated was 209 (0.75%),

recovered 26,512 (95.98%), and died 902 (3,27%). The highest district experiencing the highest Covid-19 in NTB is the City of Mataram (htt2).

Many cases were obtained from Covid-19 survivors who experienced low mental health, especially *long* Covid-19 survivors. Covid-19 is a disease with long-term effects. There is research that states that if you are exposed to Covid-19 for a year, approximately 50 percent will at least still feel symptoms. After 1 year or more, what you feel varies from shortness of breath, to fatigue, anxiety and depression. Meanwhile, 70 percent of survivors who have recovered from Covid-19 after 6 months admit that they still feel fear, paranoia, and anxiety (PTSD) even though it was declared cured (htt3). In addition, many survivors have been laid off from work due to long treatment and Covid-19 survivors have become the gossip of their neighbors, even though they have been declared negative for Covid-19. Such problems exacerbate the burden of survivors who have experienced physical, emotional, and mental health problems.

WHO and public health authorities state that several things can support mental health and psychosocial well-being during the Covid-19 pandemic, in the form of providing support and compassion and not giving negative judgments to people who have experienced or recovered from Covid-19. This can reduce the grief of Covid-19 survivors. The aspects of grief are first, the physical aspect in the form of physical, somatic, and biological grief causing symptoms such as crying, trembling, dry throat, itching, diarrhea, ups and downs of appetite, decreased sexual appetite (impotent), or hyper potent.) and other symptoms(Wiryasaputra, 2019). The second aspect is the mental aspect, the symptoms are in the form of denial, rejection, shock, confusion, anxiety, anxiety, longing for things that are lost, irritability, disappointment, despair, and depression(Wiryasaputra, 2019). The third aspect is the social aspect by withdrawing, always wanting to tell people or things that are missing or don't want to tell at all, hate or anger, and rude actions(Wiryasaputra, 2019). Spiritual aspects such as feelings of guilt, guilt, and anger at God(Totok, 2019).

The effort to overcome the negative feelings of Covid-19 survivors in avoiding unpleasant situations is to help Covid-19 survivors to make peace with themselves. Covid-19 survivors learn to rearrange their relationships withhimself(Wiryasaputra, 2019). However, this is a difficult thing for covid survivors to do. From the initial data found in the field, several problems arise in survivors, particularly those related to mental health, for example, matters relating to the physical. There are several new physical disturbances

experienced by survivors, especially those who will become potential research subjects. This physical disorder is in the form of a new physical disorder and also in the form of an existing physical disorder, but becomes acute. Furthermore, a new disorder was also found, namely the psychological problems of survivors. Almost all of the survivors who were the subjects of this study experienced psychological disorders. The psychological disturbances that we managed to get from the informants were prolonged stress, unstable emotional outbursts, and feelings of fear of the surrounding environment.

Furthermore, there are also social disturbances, the most visible of which is the survivor's inability to act neutral when in the midst of community groups. This was conveyed because of the negative views of the community about the presence of peacocks in the group. This resulted in the survivors choosing to withdraw from the environment. Departing from some of the information and data obtained, researchers tried to conduct research using grief therapy as an effort to recover all the disturbances experienced by survivors of covid19. By understanding this situation, it is hoped that Covid-19 survivors can survive and grow through grief so that finally, Covid-19 survivors Are born into a new human being through sorrow(Wiryasaputra, 2019). Grief therapy is a new therapy, so grief psychotherapy to improve mental health is the first research conducted during a pandemic as an effort to improve the mental health of Covid-19 survivors. Mental health is a variable targeted by researchers because several indicators of mental health namely physical, psychological, social, and religious are disturbances directly experienced by survivors of covid19.

The integration strategy in dealing with grief cases for Covid-19 survivors is integration between client center, gestalt, behavioral, and existential models(Wiryasaputra, 2019). Every Covid-19 survivor has the ability to grow and create warm relationships so the client center model is the main basis for intervention in which there is empathy by listening, creating warm relationships, and communication. Furthermore, in counseling, it is necessary to experience the process of returning a complete experience so the gestalt model is the right technique. Likewise in counseling, it is necessary to release tension caused by grief, make decisions, and change thinking and behaving so that the technique is in the Behavioral model. Furthermore, in an effort to help Covid-19 survivors grow, change, function and be meaningful as an effort for Covid-19 survivors to find purpose and meaning

in life after experiencing grief, skills are needed in communicating with an existential model(Wiryasaputra, 2019).

The four techniques contained in second-hand psychotherapy are a combination that prioritizes the capacities possessed by survivors. The ability to help oneself, have self-confidence, awareness of one's role as a human being and the ability to grow. These are the techniques found in humanist and behavioral psychology. So researchers are required to be professional in providing interventions to survivors.

Method

This study used a pre-experimental design and the selection of subjects was carried out by non-random assignment with criteria for the age range of adults who experience low mental health. The material used in grief psychotherapy is in the form of a grief psychotherapy module. The following is a pre-experimental design workflow chart:

Group	Pre-test	treatment	Post-test
KE	Y_1	X	Y_2

1. **Research Setting**

The research setting will be carried out in Mataram City, NTB. The implementation of Psychotherapy will be carried out in five sessions.

2. **Population and sample**

The population in this study are Covid19 survivors. Furthermore, this research sample must have criteria:

a) Covid survivor
b) The subjects in this study were adults aged 20-40 years.
c) Have low mental health scores.

Result and discussion

Based on the assumption test that has been carried out, namely the normality test where the data is not normally distributed. In the output test of normality, it can be seen that the value of Sig. (p-value) of Kolmogorov-Smirnov and Shapiro-Wilk $</= 0.05$ which is

sign. Kolmogorov-Smirnov in the mental health post-test has a value of 0.007 so 0.007 <0.05 means the data is not normally distributed.
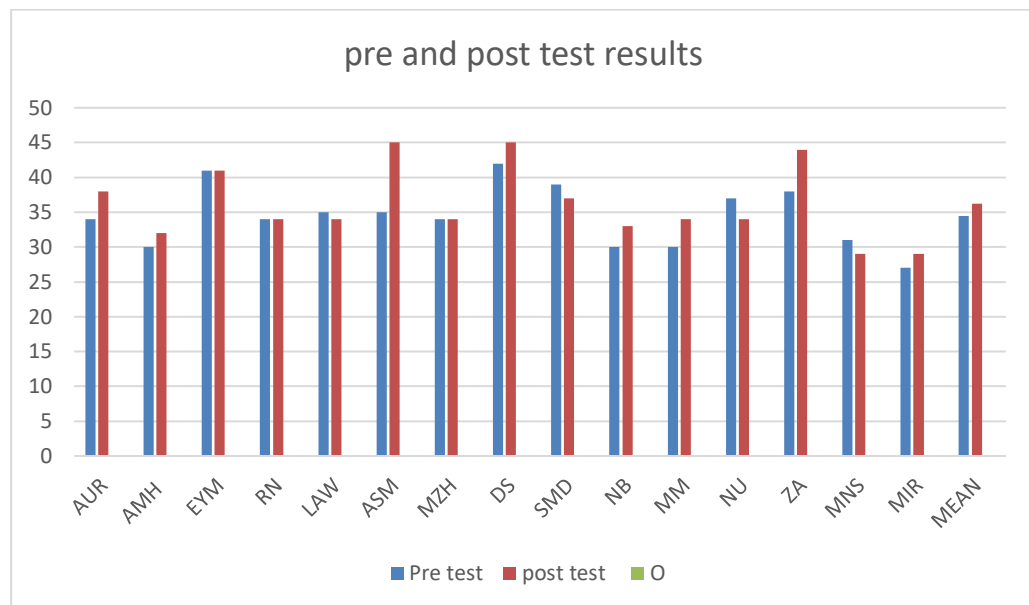
Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	Df	Sig.
Pree Test mental health	,124	15	,200[*]	,963	15	,736
Post Test mental health	,260	15	,007	,890	15	,067

This non-normally distributed data fulfills the requirements to test the hypothesis by using a non-parametric analysis test with the Wilcoxon sign rank test. The Wilcoxon signed rank test is a non-parametric test which is a pair of paired sample t-tests when the assumptions of the paired sample t-test are not met. Even so, Wilcoxon has assumptions or conditions that need to be met. The assumption or condition of this test is that the dependent variable is ordinal or interval/ratio data scale but not normally distributed.

Statistics test[a]

	Mental health
Z	-1,894[b]
Asymp. Sig. (2-tailed)	,058

In the output test of normality, it can be seen that the value of Sig. (p value) from Kolmogorov Smirnov and Shapirowilk </= 0.05, which means that Ho is rejected (Ha is accepted) based on the Asymo Sign results. (2-tailed = 0.058) which means 0.058> 0.05 so there is an effect of grief psychotherapy on mental health.

From the calculation results of the Wilcoxon Signed rank Test, the Z result is -1.894 where the value if the Z value is between -1.96 to 1.96 then the hypothesis is accepted. Based on the results of the Wilcoxon test, it is known that the Z value is -1.894 which is below the critical Z value. So the hypothesis is accepted.

pre and post test results

Based on the data that has been filled in by the client after participating in the intervention, namely on voluntary items, the average client answers that there are no regrets at all following the therapy process. This indicates that the therapist has good skills in managing the therapeutic process provided. Furthermore, the researchers analyzed the therapist's ability to provide grief therapy material. Judging from the average answer, the client said that they were able to understand all the material provided well.

Observation data that the researcher obtained with the observer team showed several findings, namely that the client seemed quite disciplined in following the series of interventions that had been scheduled by the researcher. This can be seen from the timeliness and client participation from the beginning to the end of the intervention session. In discipline also the client shows enthusiasm when listening to directions and instructions from the therapist. This is a form of voluntary cooperation which is purely done on the basis of awareness.

All activities carried out by the client are always communicated with the therapist. In this case, the observer obtained several findings, namely the attitude of obedience in the group was shown by all clients. Of course, this is one of the indicators supporting the success of the psychotherapy process carried out. An important note given by the observer is the ability of all clients to work together in their group, this cooperation can be seen from the several group discussions created by the therapist during the therapy. Based on the results of observations, researchers can draw conclusions that between clients and therapists have a

good emotional relationship. This can be seen from the ability of all clients in the group and the participation of all clients in participating in the implementation of the therapist process. The results of the analysis that the researchers collected from all the self-report inventory items showed that the implementation process carried out during the therapy could be categorized as successful. This is of course directly proportional to the results of the significance of posttest data processing that researchers give to clients who take part in grief psychotherapy.

Discussion

Based on data analysis, it is known that there are differences between the pre and post-tests participating in grief psychotherapy. In the post-test group that participated in grief psychotherapy, there was an increase in mental health. The post-test group in the form of clients with covid-19 survivors after participating in grief psychotherapy training experienced an increase in mental health compared to the pre-test group who had not participated in grief psychotherapy with the output test of normality showing that the value of Sig. (p-value) from Kolmogorov Smirnov and Shapirowilk $</= 0.05$, which means that Ho is rejected (Ha is accepted) based on the Asymo Sign results. (2-tailed = 0.058) which means $0.058 > 0.05$ so there is an effect of grief psychotherapy on mental health. From the calculation results of the Wilcoxon Signed rank Test, the Z result is -1.894 where the value if the Z value is between -1.96 to 1.96 then the hypothesis is accepted. Based on the results of the Wilcoxon test, it is known that the Z value is -1.894 which is below the critical Z value. So the hypothesis is accepted.

Based on the explanation above, it can be concluded that grief psychotherapy can improve mental health in survivors of covid19. an explanation of grief psychotherapy, this is done so that participants know the purpose and are actively involved in providing psychotherapy. The therapist invites participants to get to know each other so that a sense of comfort is created, and a close and intimate atmosphere is established between the participants and the therapist team. In addition, this stage is to foster a relaxed atmosphere and reduces tension for the participants, and motivates participants to be able to follow the whole process of psychotherapy and the benefits that can be obtained from psychotherapy. In the second session, client-centered therapy provides an opportunity for participants to get to know themselves better, both their strengths and weaknesses of himself, and provides

opportunities for participants to be more open to themselves and others, as well as open to other people's assessment of him. Participants are able to recognize and identify the problems they experience and participants can name and classify problems within themselves. Participants can feel some problems more deeply, Participants can describe or describe problems that occur within themselves (there are physical sensations or thoughts that arise), and Participants know the solutions that can be done to solve the problems they face.

In the third session, participants were able to learn to express their emotions through writing. Participants slightly reduced their emotions by expressing them. Participants recognize the emotions they feel and then help participants express tension when experiencing emotions. Participants are able to change their negative emotions into more positive emotions so that they realize that the almighty likes people who are able to accept and take lessons from every fateful event. Furthermore, the expected results of this session are that participants are able to learn to express their emotions through writing, and participants reduce their emotions a little by expressing them. Participants recognize the emotions they feel and then help participants express tension when experiencing emotions. Participants can change their negative emotions into more positive emotions so that they realize that the almighty likes people who can accept and take lessons from every fateful event.

The fourth and third sessions consisted of two main sessions, namely the behavior model and refresher results with all participants. Participants can learn to express their emotions through writing. Participants slightly reduce their emotions by expressing them. Participants can change their negative emotions into more positive emotions and then can practice with action. Furthermore, participants also position themselves as human beings who are present with all the capacities they have. Ability to survive in an environment where participants grow and develop. In the last session, namely, the fifth, participants made a scheme of their potential and were able to find out which potential was more dominant, then learned to express and realize that potential. So that the expected final result is that Participants make a scheme of their potential and then are able to find out what potential is more dominant they have then learned to express and realize their potential. Before the session was closed, the participants filled out a self-report inventory which aimed to provide an evaluation of the entire implementation of the intervention.

Therefore grief psychotherapy is quite important for improving mental health, grief psychotherapy skills can help and provide understanding and skills to be more creative and effective in managing life's problems so that institutions working in the health sector generally have mental health and even religious institutions really need to pay attention to the issue of grief(Wiryasaputra, 2019). In grief, individuals can find meaning for the rest of their lives so mental health is achieved by remembering and then finding ways to create a meaningful life(Kessler, 2019).

Conclusion

Based on the results of data analysis that researchers obtained using Wilcoxon analysis, it can be concluded that the Sig. (p-value) from Kolmogorov Smirnov and Shapirowilk $</= 0.05$, which means that Ho is rejected (Ha is accepted) based on the Asymo Sign results. (2-tailed = 0.058) which means 0.058> 0.05 so there is an effect of grief psychotherapy on mental health. From the explanation above, it can be concluded that grief psychotherapy has a significant influence on the mental health of Covid-19 survivors.

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