



Psychological Aspects Among Persons Who Tested Positive from Coronavirus Disease (Covid-19)

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Abstract: The conflict against COVID-19 is active and escalating. To aid in the outbreak management of COVID-19, it is imperative to assess the public's awareness of the virus at this crucial time. Assessing the Psychological Aspects Among Persons Who Tested Positive for COVID-19 (coronavirus) pandemic on a local scale would determine their readiness to accept changes in psychological aspects that measures for a long-time span, and consequently introduce further control measures ensuring the safety of the survivors and the general public as a whole, and the psychological aspects of persons who tested positive would provide the baseline data to determine the type of intervention to implement.

The majority of COVID-19 survivors in Barangay Munoz, Catbalogan City, lacked correct and relevant information regarding the consequences of the infectious virus and safety procedures, which negatively impacted the psychological well-being of those who tested positive. In some way, the respondents demonstrated a willingness to commit the necessary health measures to prevent infection, especially given the severity of the psychological effects; mental and emotional health concerns for the children and family are high, which prompted a positive attitude to face the challenges of combating COVID-19 (coronavirus). However, the majority of the population was closed-minded and unwilling to understand the situation of those who tested positive, which led to the development of social issues that affect a person's well-being in regards to COVID-19 (coronavirus). False information in the community may be the reason for this resistance. The majority of informants adhere to fundamental health protocols, such as wearing masks outside the home and sanitizing their hands, but less so with face shields.

Introduction

A cluster of unexplained pneumonia infections has been recorded in Wuhan, China, as of late December 2019. A new coronavirus was discovered to be the causative agent of this strange pneumonia a few days after it was discovered. The COVID-19 outbreak is currently expanding throughout China and the rest of the world (He et al., 2020), and it is having a drastic impact on the worldwide population. One of the residents from Wuhan, China, which is the epicenter of the coronavirus outbreak, passed away in the Philippines, becoming the first person to die outside of China as a result of the outbreak. It was announced that Metro Manila will be shut down, followed by the rest of Luzon Island, and that the government would consider other localized lockdowns. On March 17, 2020, the government of the Philippines declared a state of misfortune throughout the country for a period of six months. Mayor Dexter Uy of Catbalogan City, Samar signed Executive Order No. 09-001 on October 5, 2020. According to the Mayor's directive, rigorous home quarantine must be enforced in all households, with the exception of those who need to access vital commodities and services.

The fast spread of COVID-19 has placed enormous strain on global health systems, which are grappling with issues such as preventing infections, identifying and managing COVID-19 patients, and ensuring effective public health policies. The majority of the time, these challenges develop as a result of an infectious disease with physical health repercussions, but they can also have a significant impact on one's mental health and overall well-being. People who have been exposed to COVID-19 may be more likely to suffer from mental health problems such as depression, anxiety disorders, stress, panic attacks, irrational anger, impulsivity, somatization disorder, sleep disorders, emotional disturbance, and suicidal behavior. These difficulties may become more prominent in COVID-19 as a result of psychological pressures faced by the broader population. COVID-19's psychological effects may even develop and persist for an extended.

According to Hossain et al. (2020), the psychological impact of COVID-19 on those who tested positive is most certainly one of the most significant worldwide health concerns. Individuals with COVID-19 diagnosis had profound psychological distress, anxiety, depression, and other mental health problems compared to those who were not infected. period of time even after discharge from the hospital or isolation areas. Globally, health systems have demonstrated a serious lack of preparedness to combat COVID-19, which includes the pandemic's mental health consequences. Since the health consequences of COVID-19 on those who tested positive have still not been investigated thoroughly, the purpose of this study is to assess the potential adverse effects on the long run or long term effects of the COVID-19 pandemic on the psychological health of the residents of Barangay Muñoz, Catbalogan City who tested positive and survived, in the goal of eventually gaining feedback and suggested actions for preventing mental and functional decline, establishing mental health policies, developing population-based programs, strengthening institutional capacities to develop mental health workforce, revising health system financing for mental health, and engaging communities and institutions to address barriers to mental health care and promote positive mental health across populations.

This qualitative study aimed to determine the psychological aspects among persons who tested positive in COVID-19 in Barangay Muñoz, Catbalogan City.

Specifically, it sought to answer the questions as follows:

- 1.) What are the lived experiences that the Barangay Muñoz's residents who tested positive from COVID-19 went through?
- 2.) How did the persons who tested positive from COVID-19 coped up with the challenges they faced or experienced?

Theoretical Framework

This theoretical underpinning of this study is Sharma's Multi-theory model (MTM) for health behavior change. It discusses the limitations of commonly used theories such as the health belief model, the transtheoretical model, the Predisposing, Reinforcing, and Enabling Constructs in Educational Diagnosis and Evaluation (PRECEDE)-PROCEED model, and ecological models, as well as the development of a framework for a new theory focused exclusively on health behavior change. This is especially helpful in the context of the current research for illnesses and injury prevention initiatives. As a result, this multi-theory is composed of numerous models that, when applied to the present research, may be successful in addressing the current coronavirus pandemic issue, and may be particularly beneficial for disease and harm prevention strategies. As a consequence, this multi-theory is composed of multiple models that may be adequate for one's well-being in light of the current conditions surrounding the coronavirus pandemic, as detailed before. The aforementioned theory explained the significance of incentive, support, needs, and other such underlying factors that encouraged individuals to be proactive and increase their knowledge base by neutralizing those who tested positive with the psychological impact of COVID-19.

Literature Review

According to Lee et al. (2020), COVID-19 has spread worldwide causing an unprecedented public health crisis. Coronavirus illness 2019 (COVID-19), which was caused by the SARS-CoV-2 virus, has decimated public health, the economy, and the everyday lives of billions. Originating in Wuhan, China, it took around one month for the outbreak to be labeled a 'public health emergency of worldwide concern' and less than two months for it to explode into a pandemic.

Psychological Aspects of COVID-19 Survivors During the Pandemic

The pandemic affect society at a large, having long-lasting psycho-social implications, many of which tends to outlast the pandemic itself (Banerjee, 2020). One of such sections are clearly defined and increased risk those who tested positive in COVID-19. The experiences of persons who tested positive during their quarantine in an isolation room is purely torture which happened to trigger their psychological aspects and these psychological interventions could be stimulated by patients with suspected or confirmed COVID-19 that exhibited higher levels of psychological stress. The current situation of COVID-19 with its medical and psychosocial implications leads to mental health problems around the globe such as excessive fear, discrimination, anger, guilt, denial, stress, anxiety/fears, post-traumatic stress, stigmatization, insomnia, and depressive symptoms that increases the risk for acute complications or aggravation of pre-existing chronic diseases, but also to positive changes and cognitive restructuring (Stamu-O'Brien et al., 2020). Rather, the mental health and well-being of the general population can be affected as a result of disruption to daily life, fear, uncertainty, stigmatization and concerns relating to job and financial security (Chew et al., 2020). Individuals predisposed to psychiatric issues are particularly susceptible, along with physical health devastation because of the infectious disease, mental health is being compromised at the moment: symptoms consistent with psychological distress may manifest in persons with no personal positive history, and patients with pre-existing mental problems may have their clinical picture deteriorate.

Lived Experiences of COVID-19 Survivors

The recent COVID-19 pandemic wreaked havoc on the population's psychological and social well-being (Banerjee et al., 2020). The influence on the psychological well-being of the most exposed populations, such as youngsters, college students, and health care professionals, has been documented and these groups are more prone to suffer post-traumatic stress disorder, anxiety, depression, and other distressing symptoms (Serafini et al., 2020). People who tested positive in COVID-19 triggered their health capacities down which lead to serious cases of mental and emotional illnesses. There are some

elements related to the pandemic that affect more the population, such as separation from loved ones, loss of freedom, uncertainty about the advancement of the disease, and the feeling of helplessness (Li & Wang, 2020; Cao et al., 2020). In characterizing the lived experiences of persons who tested positive, results suggest that the COVID-19 survivors have suffered more from the repercussions of isolation and prejudice than the disease's clinical effects.

Coping Styles of Individuals in Response to Psychological Distress during COVID 19

Immediate and long-term detrimental impacts on mental health are possible as a result of psychosocial responses to infectious disease outbreaks, both during and after the outbreak (Yuan et al., 2021). Survivors can also experience psychosocial consequences due to feelings of shame or guilt (e.g. from transmitting infection to others) and stigmatization or blame from their communities (Bortel et al., 2016). Individuals may use a range of coping methods to help them cope with their psychological distress and suffering. Certain coping strategies are ineffective and may even exacerbate mental health problems and the most often cited strategies for maintaining mental health were relaxation exercises, discussing issues with families and friends, and avoiding news broadcasts regarding the COVID-19, which might exacerbate anxiety and worry (Grover et al., 2020). One review identified that there were emerging coping strategies like problem-focused coping (seeking alternatives, self-encouragement, and other-preservation), seeking social support, avoidance, and positive appraisal of the situation (Chew et al., 2020; Stanislawski, 2019). Positive emotion-centered coping strategies have been linked to enhanced mental health, one of the said strategy is humour was also found to be connected with decreased stress when used to deal with negative emotions and it can aid in the management and regulation of emotions (Stanislawski, 2019). These strategies are employed in more formal therapeutic processes such as cognitive behavioral therapy and acceptance and commitment therapy, demonstrating their utility in a COVID-19 environment. Along with these beneficial emotion-based coping mechanisms, maladaptive coping mechanisms like ranting and self-blame should be discouraged (Gurvich et al., 2020).

The study's primary objective is to discover the perspectives of those who tested positive, since they have a greater risk of acquiring a mental health problem throughout their rehabilitation. Furthermore, assessing the psychological effects of COVID-19, particularly on individuals who were infected, would help identify their susceptibility to mental health disease despite their seclusion. The aforementioned research is comparable in that they all focused on psychological aspects of a particular pandemic phenomena, such as COVID-19.

Methodology

Research Design

The study's methodology is phenomenological, with an emphasis on how people articulate and understand their lived experiences as a result of occurrences. In this contribution, we discuss some methodological concepts related to phenomenology and its phases: prior stage or budget clarification, experience collection, reflection on lived experiences or structural stage, and finally, writing-reflecting on lived experience as evidenced in individual and group physiognomy, also known as phenomenological text (Fuster, 2019). For the purpose of this study, hermeneutical phenomenology will be applied by the researchers with an interest in the real-life experiences of persons who tested positive in COVID-19. This approach can extract the participant experiences as COVID-19 patients. Hermeneutic phenomenology is concerned with the personalized lived experiences and interpretations of individuals (Ramsok, 2018). According to Deolmi & Pisani (2020), the pandemic impacted psychological suffering caused by the outbreak and the government's excessive actions, including quarantine and social isolation. Early research indicates that anxiety and depressed symptoms are prevalent among individuals as a result of the pandemic, social isolation, and stress. Due to the study's

emphasis on the psychological well-being of individuals who tested positive for COVID-19, and the researchers' inexperience with qualitative research, there may be situations when the researchers' upbringing influences the study's conduct. In this regard, the researchers made sure to avoid biases by strictly following rigor in qualitative study and through emphasizing trustworthiness.

Research Setting

The informants of the study are the recovered COVID-19 individuals. The said informants are all recovered residents of Barangay Muñoz, all informants are between the ages of 24 and 45, have families, have between one and three children, and have an average to low standard of living. Before starting and/or upon conducting the said inquiry, the researchers kept in touch with assuring who's with each of the said informants, by this, the researchers gathered much more data apart from what the study elements can provide as for the reason of making this study healthy and well-contributed in light of accumulating needed pieces of information.

Sampling and Sampling Procedure

The qualitative interview facilitates the process of making sense of and identifying the meaning of specific events, experiences, or phenomena through conversation (Seidman, 2013). The technique, objective, and purpose of the study is aligned with the interview questions or interview guide/protocol (Castillo-Montoya, 2016). This includes the study's overall structure, which is decided by the researcher's methodological approach, as well as the methods used to conduct the study, such as the interviewing process and the interview questions. Interviews are an excellent approach to gain further knowledge about a subject and about a person. Interviewing individual respondents following a questionnaire might be beneficial in certain instances, such as conducting additional study on their responses. The one-on-one interviews were peaceful to avoid interruptions. The recordings were kept confidential. Researchers used unconditional acceptance, active listening, and clarification to ensure data accuracy and bias-free analysis. All audio interviews were transcribed. The study's results were analyzed using thematic themes.

The researchers used an in-depth interview through a semi-structured Interview guide in collecting data. Overall, the interview process was anchored to the interview stages and strategies presented by Ritchie et al. (2013). In line with the study, the researchers observed proper interview strategies by identifying what should be included in the interview questions as reflected in the interview guide and by following the interview protocol. Braun & Clarke (2013) also stated that interview questions may vary from the objectives of the study to the personal styles of the interviewers. The interview guide was validated by experts before it was used in the data collection phase. The validated instrument was used in the interview process that was conducted through one-on-one interviews with the research questions. During the interview process, the researchers asked for the consent of the informants to record the whole interview. After the interview process, the researchers treated the data with utmost professionalism and confidentiality.

Data Collection Procedure

Using the framework method of Gale et al. (2013), that consists of 9 preeminent steps, including (1) Transcript (2) Themes (3) Matrix (4) Indexing (5) Data (6) Code (7) Charting (8) Categories and (9) Analytic memo, the researchers were able to conduct and utilize the data that was gathered from the participants. When the researchers received the responses from the informants, the researchers divided them into their assigned codes and categorized and compiled the data. When the codes are arranged in the correct sequence, the researchers assigned them a theme. The researchers used Credibility, Dependability, Confirmability, and Transferability to ensure the accuracy of data sorted and gathered in accordance with procedures.

Data Analysis

Those recovered individuals from COVID-19 struggled with psychological issues. Informants infected with COVID-19 developed mental and emotional issues, such as anxiety and depression. The stigmatization and societal rejection of the quarantined cordon through discrimination, suspicion, and neighborhood avoidance is another crucial factor (Dubey et al., 2020). Increased information intake may aid informants with low hardiness and ambiguity tolerance in overcoming social isolation (Vasilievna & Vladimirovna, 2020). Informants' support systems are bolstered when they demonstrated resiliency in the face of adversity by developing coping strategies and living normally before they were positive. During the recovery of each participant, the effect had a psychological impact. The COVID-19 pandemic directly affected the daily lives of six people. Those who reported more psychological symptoms, including stress, anxiety, and depression, indicated that COVID-19 affected their daily lives. COVID-19 has significantly altered people's daily routines. Those without families have better mental health than families with significant disruptions to daily life. The COVID-19 had a greater effect on their daily lives than the incident and the stress.

Results and Discussions

This study was enabled by the responses of each COVID-19-positive informant in Barangay Muñoz Catbalogan City to explore their experiences and perspectives. According to the data, the pandemic has negative psychological effects on those who tested positive for COVID-19. The majority of participants with families endure hardship. The psychological aspects of the participants affected their system, causing depression, anxiety, emotional distress, fear of discrimination, and discomfort. The findings can aid in the development of interventions to assist residents of Barangay Muñoz with deteriorating mental health to cope with the pandemic. Throughout COVID-19, the community must assist resilient and mentally fragile individuals. Because the current health crisis may have long-lasting effects, more research is required to comprehend the psychological impact of the COVID-19 pandemic. Authorities and policymakers must swiftly implement clear behavioral policies to reduce disease burden and catastrophic mental health consequences associated with this outbreak.

Recommendations

In addition to focusing on the psychological effects of the virus, the researchers recommend assessing more on the mental and emotional well-being of participants who have tested positive from the virus in an age group to have a specified and deep understanding on what is happening on a person's wellbeing after testing positive from the disease.

The researchers recommend to Future Researchers that the study can be a pioneering effort to adapt the same concept or of great assistance as a support study if the future researchers will attempt to conduct a study that also includes the Psychological Aspects of persons who tested positive from COVID-19, and ultimately help to provide baseline data to reinforce the significance of acknowledging how the participants feel and further improve current health measures.

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