COMPREHENSIVE HEALTH CARE e-ISSN : 2722-1563 p-ISSN : 2580-7137

Burnout Levels In Covid-19 Patients Undergoing Self Isolation In The Work Area Of Puskesmas Bangkala, Makassar

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Article Info
Article History:
Received : 5 November 2022
Revised : 1 December 2022
Accepted: 12 December 2022

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DOI
https://doi.org/10.37362/jch.v6i2.825

P- ISSN : 2722-1563
E -ISSN : 2580-7137

ABSTRACT

Patients who are positive for Covid-19 will be isolated for 10 days in the hospital or isolated independently at home if their condition is fine and without severe symptoms. Isolated for 10 days can make patients feel bored because of restricted access. Stress can be caused by many factors such as excessive worry about physical conditions, feelings of anxiety because they can't get together with family or feeling bored because of the treatment being undertaken. This study is a descriptive study with a survey method to describe the level of burnout in Covid-19 patients undergoing self-isolation in the work area of the Puskesmas Bangkala. In this study, data were collected from 30 respondents using a questionnaire. The results showed that the burnout level for Covid-19 patients who underwent self-isolation in the work area of the Puskesmas Bangkala mostly experienced a medium burnout level of 50%. For covid-19 patients so as not to experience burnout while undergoing self-isolation, it is better to do fun things for yourself, pray a lot to calm the mind, filter out true news about the covid-19 disease, continue to comply with health protocols, maintain good air circulation. both in isolation, exercise regularly, and always check the temperature and oxygen saturation.

Keywords: Burnout; Covid-19 patients; Self-isolation

INTRODUCTION

The phenomenon of Covid-19 can cause stress for some people. Stress according to King (2014) is an individual's response to changes in the environment and events that threaten their coping abilities. The level of stress caused is different for each person. Stress according to Lovallo (in Sarafino & Smith, 2012) has two components, namely physical which involves the body and Psychological aspects that involve how individuals understand the circumstances in their lives. The very fast spread and the absence of antivirals can add to feelings of stress, especially for Covid-19 positive patients.

Patients who are positive for Covid-19 will be isolated for 10 days in the hospital or isolated independently at home if their condition is fine and without severe symptoms. Isolated for 10 days can make patients feel bored because of restricted access. The negative view of society can also increase the level of stress in Covid-19

positive patients. People who are afraid of contracting the virus ostracize Covid-19 positive patients (Kemenkes RI, 2021)

Patients who are in self-isolation situations will experience loneliness (Zandifar,et. al., 2020). This is because the isolation situation requires separation from loved ones or family (Brooks et. al, 2020). Zandifar et al. (2020) also stated that the deadly consequences of Covid-19 can be a pressure for patients while undergoing isolation. n addition, the pressure experienced by patients is not only from the individual itself, but also comes from the surrounding environment (Nurjanah, 2020). Patients who are declared infected with the corona virus and are obliged to carry out isolation feel pressured by the stigma and discrimination from the community (Zandifar et al., 2020). Aslamiyah & Nurhayati (2021) conducted a study which found that there were patients who had difficulty sleeping due to thinking about many things, such as how the health condition of themselves and their families were left at home.

METHODS

This research was carried out in the work area of Puskesmas Bangkala on April 25th to May 2nd 2022. This type of research uses a descriptive research design with a survey method. The population in this study were all Covid-19 patients recorded at the Puskesmas Bangkala with sample of 30 respondents with sampling using purposive sampling. In this study, data and information were collected from respondents using a questionnaire. The data were analyzed univariately to see frequency distribution of respondent characteristics and research variables.

RESULTS

Table 1 : Distribution Characteristic Respondent

Characteristic	Frequency (F)	Percentage (%)
Age		
13 - 18 years old	1	3,3
19 - 44 years old	22	73,4
45 - 59 years old	6	20
≥ 60 years old	1	3,3
Gender		
Male	10	33,3
Female	20	66,7
Education		
Senior High School	8	26,7
DIII	6	20
Bachelor	15	50

Master	1	3,3
Occupasion		
Civil Servant	14	46,7
Contract Employees	15	60
Private Employees	3	10
Student	2	6,7
Retired	1	3,3
Marital Status		
Not Married Yet	8	26,7
Married	22	73,3
Total	**30**	**100**

Based on age, the most age group is 19 - 44 years old, which is 73.3%, based on gender, the most gender is female, which is 66.7%, based on education, the most education group is Bachelor which is as much as 50%, based on occupation there are most occupations are civil servants as much as 46.7%, and based on marital status there is the most marital status is married as much as 73.3%.

Table 2. Distribution of Respondent's Burnout Levels

Burnout Levels	Frequency (F)	Percentage (%)
High	6	20
Medium	15	50
Low	9	30
Total	**30**	**100**

Based on the table above, of the 30 Covid-19 patients studied, 50% experienced medium burnout, 30% low burnout and 20% high burnout.

Table 3. Distribution of Respondent's Self Isolation Length

Self Isolation Length	Frequency (F)	Percentage (%)
≥ 10 Days	12	40
< 10 Days	18	60
Total	**30**	**100**

Based on the table above, Of the 30 Covid-19 patients studied who undergoing self-isolation for < 10 days as many as 60% and the length of isolation ≥10 days as many as 40%.

Table 4. Distribution of Respondent Symptoms of Covid-19

Symptoms of Covid-19	Yes		No	
	Frequency (F)	Percentage (%)	Frequency (F)	Percentage (%)
Fever	14	46.7	16	53.3
Cough and cold	17	56.7	13	43.3
Sore Throat	12	40.0	18	60.0
Out of Breath	3	10.0	27	90.0
Headache	10	33.3	20	66.7
Weak Body	9	30.0	21	70.0
Loss of Sense of Taste	7	23.3	23	76.7
Loss of Sense of Smell	9	30.0	21	70.0
Other Symptoms	2	6.7	28	93.3

Based on the table above, of the 30 COVID-19 patients who experienced symptoms of the Covid-19 disease, 56.7% cough/cold, 46.7% fever, 40% sore throat, 33.3% headache, weak body and the loss of sense of smell was 30% each, and the loss of sense of taste was 23.3%, while the respondents who felt other symptoms were only 6.7%.

DISCUSSION

Burnout Rate

Burnout is a syndrome that contains symptoms of physical exhaustion, emotional exhaustion, mental exhaustion and feelings of low self-esteem due to prolonged stress. Prolonged self-isolation can trigger stress in Covid-19 patients. Stress can be caused by many factors, such as excessive worrying about physical conditions, feelings of anxiety about not being able to gather with family or feeling bored because of the treatment being undertaken.

From the results of the study, it was found that 50% of respondents experienced medium levels of burnout. This is because during self-isolation, respondents feel that their activities are limited so they feel bored with monotonous activities. They feel lonely because they are not allowed to contact other people, including family. They feel stressed because they can't do their work and remember unfinished tasks at work. They even feel worried about the negative views of society about the Covid-19 disease.

The stress experienced by Covid-19 patients during self-isolation can result in the patient's condition getting worse and having an impact on physical aspects such as

headaches, indigestion, lack of appetite, easy fatigue, palpitations, tense shoulder and neck muscles, difficulty sleeping and even anxiety. memory loss. Besides that, it can also have an impact on psychological aspects such as feeling useless, depressed, anxious, bored, irritable, feeling irritated, uncomfortable, feeling tired and lonely and even feeling decreased productivity.

Length of Self Isolation

Isolation is an activity to separate confirmed cases of Covid-19 with the aim of keeping people around from getting infected and making it easier for health workers to monitor the health of people who are isolated. The place and duration of isolation are determined by health workers (Dirjen PPP, Kemenkes RI, 2021). Patients who are positive for Covid-19 will be isolated for 10 days in the hospital or isolated independently at home if their condition is fine and without severe symptoms.

However, according to the Secretary of the Directorate General of Public Health, Kemenkes RI, said that a positive Covid-19 patient can carry out self-isolation for 7 days, if the PCR test results from the exit test on the 5th day are declared negative (Sari, 2022).

From the results of the study, 60% of respondents undergoing self-isolation < 10 days. This is because while undergoing self-isolation the respondent was asymptomatic and the PCR test results on the 5th day were declared negative. Meanwhile, 40% of respondents undergoing self-isolation for ≥ 10 days. This is because while undergoing self-isolation, respondents experienced symptoms of the Covid-19 disease so that the isolation period became longer.

Symptoms of Covid-19

Patients infected with COVID-19 will generally show a variety of typical symptoms from fever to shortness of breath. However, there are also many COVID-19 patients who do not show symptoms, or asymptomatic people.

Research conducted at the University of Arizona, United States said SARS-CoV-2, the cause of COVID-19, can affect certain cells in the body, thereby relieving pain and making patients asymptomatic. However, even if patients are asymptomatic, they can still spread the virus in large numbers. This is because the virus can cause pain suppression, especially in the early stages. This makes the patient feel no changes in their vital organs. However, they can unknowingly transmit the COVID-19 infection to many people, especially in the early days of infection (Alam, 2020).

From the results of the study, it was found that the 3 symptoms that most appeared in Covid-19 patients who underwent self-isolation were cough and cold as much as 56.7%, fever 46.7% and sore throat as much as 40%. This is because a person's body's resistance to the COVID-19 virus is different. In addition, the results of the study also showed that 6.7% of respondents experienced other symptoms such as rashes on the neck and stomach disorders. This is because apart from suffering from Covid-19, respondents may also experience complications from other diseases.

CONCLUSIONS

Burnout level for Covid-19 patients who undergoing self-isolation in the work area of the Puskesmas Bangkala mostly experienced a medium burnout level of 50%. For covid-19 patients so as not to experience burnout while undergoing self-isolation, it is better to do fun things for yourself, pray a lot to calm the mind, filter out true news about the covid-19 disease, continue to comply with health protocols, maintain good air circulation. both in isolation, exercise regularly, and always check the temperature and oxygen saturation.

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