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## Education on Personal and Family Stress Management by Thinking Positively after the COVID-19 Pandemic

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### ABSTRACT

Various problems caused by COVID-19 are considered to be a new source of stress for the community, namely tension, a burden for personal and family psychological conditions. This condition will gradually give a negative influence on the health of the body. Therefore, stress management needs to be known and mastered by the community to be able to maintain a healthy body. This stress management activity by thinking positively after the COVID-19 pandemic was carried out in the village of Tatah Alayung, Barito Kuala Regency. This activity was carried out in the form of socialization by visiting the village office and then residents' houses one by one. The socialization provided was in the form of tips on how to keep a positive mind during the Covid 19 pandemic and distributing and pasting posters and banners around the village. Education about personal and family stress management by thinking positively after the COVID-19 pandemic is very good and has received a good response from the community.

### INTRODUCTION

Health is very important for all human beings and must be maintained because when we are sick, humans will find it difficult to carry out their daily activities. Health is also a fundamental thing in human life. In maintaining our health, we are required to one of them get enough rest. Many sick people and their families sacrifice all their possessions to seek healing. Health is so important that some people would rather die than live unhealthy and be unable to do anything (Falabiba, 2019). Public health is the science and art of preventing disease, prolonging life, and improving health through community organizing to improve environmental sanitation, eradicate infectious diseases through health education and can do yoga and meditation to restore health to the mind and so on (Arisman, A. et al. , 2021).

People are feeling the effects of the COVID-19 pandemic. Basically, COVID-19 or Corona Virus Disease 2019 is a new type of virus that was first discovered in 2019 in Wuhan City of China

(Nasrullah & Sulaiman, 2021). The pandemic has not only affected physical health but also one's mental health. There are various problems caused by COVID-19 which are considered to be a new source of stress for society, namely tension, a burden that attracts a person from all directions, pressure that is felt when facing demands or expectations that challenge one's ability to cope or manage life (Fidiansjah, 2020). Based on this, there must be a way of dealing with stress so that a person is able to continue his life in a healthy manner. When individuals experience stress they often do not have the ability to overcome or implement strategies appropriately, so they are unable to resolve the problems they are facing (Linayaningsih, 2016). Various stress management techniques can be used to deal with stress both by individuals and communities, one of which is by thinking positively.

## **METHOD**

This stress management activity by thinking positively after the COVID-19 pandemic was carried out in the village of Tatah Alayung, Barito Kuala Regency. This activity is a form of psychological support directed to the Tatah Alayung village community. This is a form of community service activity that aims to deal with problems psychosomatically.

This activity was carried out in the form of socialization by visiting the village office and then residents' houses one by one. The socialization provided was in the form of tips on how to keep a positive mind during the Covid 19 pandemic. After conducting outreach to the community, we also put up posters in public places in Tatah Alayung village as a form of education so that all people can read and apply the tips provided. given about how to keep your mind positive during a pandemic.

## **FINDING AND DISCUSSION**

Psychoeducational activities regarding stress management by means of positive thinking in the post-pandemic period were carried out in the form of socialization and also by placing posters in the form of education for the Tatah Alayung village community by providing education to residents' homes and placing posters in public places in Tatah Alayung village. This activity received a positive response from the Tatah Laung village community. The results obtained are that people have started to understand the importance of thinking positively during the Covid 19 pandemic because positive thinking has a role that can make individuals accept the situation they are facing in a more positive way.

The whole world is feeling the effects of the COVID-19 pandemic. Basically, COVID-19 or Corona Virus Disease 2019 is a new type of virus that was first discovered in 2019 in Wuhan City of China. Starting from a city in China, namely Wuhan, it was reported that 27 people were suffering from a pneumonia-like illness with symptoms of difficulty breathing, fever and abnormal lungs. This incident originated from a marine animal food market and there were several other animals such as snakes, rabbits and other poultry. on January 5, 2020 China informed WHO (World Health Organization) that there were 41 cases and one of them died. sourced from Live Science on January 15 2020, WHO stated that this mysterious virus is a new virus called Novel Coronavirus or known as 2019-nCoV (Nasrullah & Sulaiman, 2021).

At this time Indonesia is also being attacked by a disease called the corona virus. Corona virus disease also known as Covid-19 is an infectious disease caused by SARS-COV-2, a type of corona virus. This disease resulted in the COVID-19 pandemic. Patients with Covid-19 with symptoms that can experience fever, dry cough, and difficulty breathing. Sore throats, runny nose or sneezing are less common in the most vulnerable sufferers (Akbar et al., 2021).

Therefore, it is necessary to hold socialization about the importance of health, especially when we are in the current pandemic, it is very suitable to conduct socialization about health and also about the existence of the corona virus in our country. This socialization is located in the village of Tatah Alayung.

Public health is the science and art of preventing disease, prolonging life, and improving health through community organizing to improve environmental sanitation, eradicate infectious diseases through health education and can do yoga and meditation to restore health to the mind and so on (Arisman, A. et al. , 2021).

This health education activity was carried out in Tatah Alayung Village. The socialization on how to protect themselves and their families from the corona virus which was given to the Tatah Alayung village community was an activity carried out to inform the community that aimed for the

village community to maintain health, both from their diet and also from the surrounding environment. The method of distributing banners on how to protect yourself and your family from Covid 19 and placing banners was chosen, because it was done as a prevention of negative things before an unpleasant incident occurred in the village of Tatah Alayung. Submission of banners to the head of Tatah Alayung village and also with direct explanations to the people of Tatah Alayung village hopefully can increase public knowledge regarding health during the COVID 19 pandemic.

Based on the statement above about how to protect yourself and your family from Covid 19. After being given an understanding of the Tatah Alayung community through the socialization carried out, the result is that the community has understood the socialization about protecting themselves and their families from the corona virus. Based on the results of community service activities located in the village of Tatah Alayung. The response that was very good from the residents was seen when conveying the socialization, many residents came and also paid attention to what was conveyed.

## CONCLUSION

Education about personal and family stress management by thinking positively after the COVID-19 pandemic is very good and has received a good response from the community. As well as providing understanding of the importance of psychological health and managing stress both personal and family in living life after the COVID-19 pandemic.

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