

PHENOMENOLOGICAL STUDY OF SURVIVORS DURING THE COVID-19 ILLNESS

STUDI FENOMENOLOGI PENYINTAS SELAMA SAKIT COVID-19

Srimiyati✉, Ketut Suryani, Agnes, Prisca Ika Pratiwi
Faculty of Health Sciences, Musi Charitas Catholic University Palembang, Indonesia
Colonel H Burlian Street, Aisle Sukasenang Number 204, KM 7
Correspondence Email : srimiyati@ukmc.ac.id

ABSTRACT

Covid-19 is a very dangerous virus that attacks a person's respiratory system. This virus infects many people in the world. The process of transmission is by splashing the saliva of an infected person. Various phenomena are obtained from people infected with the Covid 19 virus, such as emotional disturbances, physical disorders, and psychological disorders. The aim is to dig deeper through the phenomenological study of survivors during the Covid-19 illness. This qualitative research uses a phenomenological approach. Purposive sampling technique for taking participants with the criteria of being diagnosed with Covid-19 for more than 5 days, undergoing isolation, being able and willing to share their experiences, willing to become participants. Data collection was carried out by in-depth interviews using interview guidelines, recorded with a tape recorder. The number of participants was 5 participants. Data analysis using Colaizzi analysis. The results of the study obtained four themes 1) Initial feelings when testing positive for Covid-19, 2) Body disturbances felt when infected with Covid 19, 3) Responses and reactions during independent isolation, and 4) support and motivation obtained while experiencing Covid-19. Suggestions for someone who is sick with Covid 19 needs a positive coping in undergoing isolation. Support and support from the environment, both family and friends, and compliance more with health protocols

Keywords: covid 19; experience; participant

ABSTRAK

Covid-19 merupakan suatu virus sangat berbahaya yang menyerang sistem pernafasan seseorang. Virus ini banyak menginfeksi manusia di dunia. Proses penularan dengan percikan air ludah dari orang yang terinfeksi. Berbagai fenomena yang didapatkan dari orang yang terinfeksi virus covid 19 seperti gangguan emosional, gangguan fisik, gangguan psikologi. Tujuannya untuk menggali lebih dalam melalui studi fenomenologi Penyintas selama sakit Covid-19. Penelitian ini kualitatif menggunakan pendekatan fenomenologi. Teknik pengambilan partisipan purposive sampling dengan kriteria terdiagnosa covid-19 lebih 5 hari, menjalani isolasi, mampu dan mau mengungkapkan pengalamannya, bersedia menjadi partisipan. Pengambilan data dilakukan wawancara mendalam menggunakan pedoman wawancara, direkam dengan alat rekam. Jumlah partisipan 5 partisipan. Analisa data menggunakan analisa Colaizzi. Hasil penelitian didapatkan empat tema ¹)Perasaan awal saat dinyatakan positif Covid-19, ²) Gangguan tubuh yang dirasakan saat terinfeksi Covid 19, ³)Respon dan reaksi selama isolasi mandiri, ⁴) suport dan motivasi yang didapatkan selama mengalami covid-19. Saran seseorang yang mengalami sakit covid 19 diperlukan suatu coping yang positif dalam menjalani isolasi. Support dan dukungan dari lingkungan baik keluarga maupun teman, dan lebih mentaati protocol kesehatan.

Kata Kunci: covid 19; pengalaman; partisipan



INTRODUCTION

Covid-19 is a disease caused by a virus, the virus that causes covid-19 is the SARS Coronavirus (SARS CoV-2). Covid-19 has occurred all over the world and has become a pandemic. According to WHO, 12 countries have the most cases of Covid-19 in the world. One of them is China, this country has a high case in April 2020. The country of Indonesia has two cases of Covid-19 (Abudi et al., 2020)

According to data from the World Health Organization (WHO) on March 21, 2021, globally, confirmed cases of Covid-19 reached 122,524,424, and 2,703,620 died. Meanwhile, in Southeast Asia, there were 14,182,826 confirmed cases and 214,790 deaths. Indonesia has confirmed cases of 1,460,184, 39,550 deaths, and 1,290,790 recovered (WHO, 2020). The number of Covid-19 cases in South Sumatra reached 8,519 with 370 dead cases, and 7,457 recovered cases. In the city of Palembang, there are 97 sub-districts spread over 18 sub-districts. There are 2,503 suspected cases in Sukarame Village, and 14 people are probable (Dewi, 2021). There is a saying that experience is the greatest teacher for those who are ready to learn. The role of experience for a person is a means of control and self-efficacy. If someone can build an optimistic attitude, then good things are likely to come true (Sarafino, 2011). In the end, toughness, and self-resistance to face adversity become higher, easily rises from adversity, and his spirit recovers.

According to Almira, in his research on patients who were confirmed to have higher levels of depression and anxiety (Almira, 2020). To prevent transmission, every confirmed individual is required to carry out isolation, both independent isolation and living in places provided by the Government. While undergoing isolation, patients are also faced with situations that are different from usual. Activities in life are under the strict supervision of officers and treated separately, direct communication is not possible. Life changes often cause mental and emotional disturbances (Pratama, Marlin, & Mariana, 2022). Of course, the psychosocial impact on self-isolation causes him to experience changes in social relationships

(Dani & Mediantara, 2020). Isolation carried out for several months to prevent transmission of the virus often causes anxiety, boredom, and even patients experiencing insomnia (Bolay, Gül, & Baykan, 2020).

Researchers got a story from a participant, Ms. "C" on October 8, 2021, at 14:00 WIB, saying: "I didn't know that I was infected with Covid, and I was also surprised why I could get it even though I was taking care of myself and complying with health protocols. I actually already felt that there was a change in my body because suddenly I had a cough, fever, shortness of breath, and no appetite. Therefore, I checked with the doctor, and that's when I was told the results of the swab examination were positive. I was so shocked that I couldn't believe why I was exposed, it was completely unexpected. I became afraid and worried about what was happening to me." Based on this data, this research was conducted to dig deeper and analyze the experiences of participants who were sick with Covid-19 in Palembang.

METHOD

This research process uses a qualitative method, the approach used is phenomenology by digging deeper and analyzing the experience of someone who is sick with Covid-19. The process of taking participants used purposive sampling with the criteria being participants who were diagnosed with Covid-19 for more than 5 days, participants who were able to express their experiences, wanted to be recorded and became participants in this study. The data collection process was carried out using in-depth interviews recorded with a Sony ICD PX-133 tape recorder, using an interview guide.

The collection process is carried out by calling and chatting via WhatsApp because the patient must undergo isolation. The number of participants in this study was 5 participants. The analysis process was carried out using Colaizzi data analysis. The process begins with determining significant statements, then formulating the problem, and making sub-themes until it finally becomes the research theme.

RESULTS

The results of the analysis obtained 4 themes as follows: Participants' initial feelings when they tested positive for Covid-19. Disorders of the body felt during Covid-19, Responses, and reactions during independent isolation of Covid-19, and support and motivation obtained while experiencing Covid-19.

1. Theme 1: Initial feelings when testing positive for Covid-19

Based on the results obtained from theme 1 regarding the feelings experienced by survivors, the following are statements from 5 participants: It felt sad... well because at that time I had no pain, no colds or fever. (P1).

"I feel really sad, because I can't get together with friends, can't go to college, can't study together. Everything can't be like it used to be (P2)."

"I really can't believe it, I always obey the health protocol and I rarely leave the nurse's house, how come I get Covid, that's why it's sad (P3)"

"Really surprised well, how about it at first the test results were fine, then the test again the results turned out to be Covid, that's why I didn't expect it, why did I get Covid (P4)."

"I feel anxious but more afraid like that, afraid that something will happen to me later (P5)".

2. Theme 2: Disorders of the body felt during Covid 19.

The following are participant statements regarding the problems experienced in the participant's body:

a. Thermoregulation problems

"Suddenly had a high fever, then I had a higher fever at night (P1)." "Fever that I often feel when I'm sick (P2)."

"I feel like my body is fine, no fever (P3)

"Fever but more often when it's 8 p.m., like that night (P4)."

"At that time my fever was only one day not long (P5)."

b. Respiratory Problems

"There is a cough, especially when it's cold (P1).

"What I experience is a little tightness (P2)."

"I experience shortness of breath more often (4)."

c. Skin problems

"I have redness on the skin... especially on the body, (P2)."

"There is a red rash appearing on my body (P5)".

d. problems with taste and smell

"I can't feel the taste of food, so when it doesn't taste good, it's like I don't care (P1)."

"My sense of smell can't be used, meaning I can't smell smells like that (P4).

"lost taste, at first it was still fine then the third day there was no total (P5)."

3. Theme 3: Responses and reactions during Covid-19 Self-Isolation

a. Emotional Response

"Sadly (while looking down), I can't meet friends, I can't chat, the point is I can't meet face to face (P1)."

"Sadly, I don't know what it feels like now everyone is alone, usually together with friends (P2)."

"I don't feel comfortable anymore, I can't stand being isolated alone, it's like living without friends (P3)."

"Disappointed, there is a sense of shame (while wiping my face) can I face it, where do I have to isolate alone (P4)."

"It's very boring, I don't feel at home... because I can't go anywhere, I'm just in my room... I feel like I want to scream... I'm bored, I can't be as free as I used to be (P4)."

"I often cry, feel embarrassed,.....during isolation, I have never communicated with friends, so I have closed myself more (P5)"

b. Psychological Response

"I just take it as a positive, maybe I have to be more careful (P1).

"Yes....I can't accept it...I'm ashamed....Until a few days, I don't want to receive calls from anyone (P3)

"I take the positives, it's nice not having to go to college...he...he.

(While scratching his waist(P2)."

"There's still a feeling of rejection... that's why I often get angry myself, throwing things around like that... but after a while, it's positive (P5)."

4. Theme 4: Support and motivation obtained during the experience of Covid-19

"There is support, there must be someone who calls every day.... encourage, remind me to eat, take medicine. (P1)."

Got extraordinary support... from friends, parents, then lecturers as well, basically I was given the spirit to get well soon (P3)."

"Motivation from friends, telephone, video call (P4)."

"Very supportive, yes...especially parents...facilitate as much as they want, food needs, and always give enthusiasm, they will surely recover" (P5)

DISCUSSION

Theme 1: Participants' initial feelings when they tested positive for Covid-19

The participants' feelings during the positive illness of Covid-19 were obtained from 5 participants. Various kinds of feelings were experienced by participants while sick with Covid 19 such as sadness, fear, shock, and anxiety. Anxiety is a response most commonly felt by someone during a pandemic, apart from that it is a severe stressor that causes feelings of discomfort (Huang & Zhao, 2020)

The feelings of sadness experienced by the participants were felt because the participants felt no pain at all, all body conditions were fine, and there was no cough, fever, or flu, but after being checked, they were positive for Covid-19. Other feelings that the participants felt were sadness about their current situation, sadly not being able to play together with friends, and not being able to go out together. Other participants expressed

anxiety and fear after being infected with Covid 19, the fear they experienced was related to how their condition would be, whether they would be healthy again as usual, and were afraid that something would happen to them later.

This research is in line with Aslamiyah and Nurhayati's research, regarding the feelings experienced when a positive diagnosis of Covid-19, the feelings experienced was sad. Feelings of sadness because the results of the second test are still positive. It's sad how my children will be if I get sick and have to be hospitalized. Apart from that, data was obtained from the second participant who was also sad when experiencing Covid 19, his interaction with his family was limited (Aslamiyah & Nurhayati, 2021). In addition, the results of this study support Heylen Amildha Yanuarita's research finding that survivors' experiences of social culture have a negative impact, namely experiencing restrictions on social interaction (Yanuarita H A, 2020).

Another researcher, Veronica Anggun Prastika, in her statement, stated that after testing positive for Covid-19, they were labeled as spreaders and transmitters of the Covid-19 virus. They were excluded in a planned manner and separated from social interactions and received discriminatory actions in social and work activities in everyday life. Day (Prastika et al., 2022). The emergence of Covid19 requires everyone to stay at home which hurts social interaction and causes boredom (Lamasigi, Rahmanissa, Iriani, Putra, & Irfani, 2021)

Theme 2: Disorders of the body felt during covid 19

Based on the results of the study, the second theme was about the bodily disorders felt by participants when suffering from Covid-19. Some of the disturbances felt by the participants were problems with body thermoregulation, breathing problems, skin problems, and problems with taste and smell.

The body temperature disturbance felt by the participants was fever. Fever that is felt especially at night. Respiratory disturbances felt by some participants such as tightness and coughing. Whereas for skin problems, there

was one participant who said a reddish rash on the body but not itchy.

Taste and smell problems were experienced by participants, some participants said they could not taste the food being eaten, and did not smell anything. This research is in line with research conducted by Aslamiyah regarding the general symptoms felt by survivors (Aslamiyah & Nurhayati, 2021). Physical complaints felt by participants included fever, shortness of breath, hypotension, and coughing.

Several symptoms such as fever, dry cough, and appearance of ground-glass opacification on chest X-ray (Gennaro et al., 2020). An increase in body temperature is possibly the impact of an increase in T-helper-2 (Th2) cytokines caused by infection with the Covid-19 virus which suppresses inflammation (Ramanathan et al., 2020). Meanwhile, tightness is a real symptom indicating a tracheobronchial disorder. Increased proinflammatory cytokines create infiltration-inflammation of lung tissue which damages the lung epithelium and endothelium. The symptom experienced by sufferers is shortness of breath (Indahningrum et al., 2020). Based on the results of the study, almost all participants experienced disturbances in the body's systems such as fever, cough, shortness of breath, and disturbances in smell and taste. Although not all participants have the same symptoms.

Theme 3: Responses and reactions during Covid-19 Self-Isolation

Theme 3 obtained from this research is the response and reaction during self-isolation of Covid-19. All participants expressed their responses when isolated independently such as emotional responses and psychological responses.

The emotional response that a person feels is not only from himself but also from outside the environment (Pratama et al., 2022). The emotional response is an individual response to illness, Kubler, Ross (1974) in Nursalam (Nursalam, 2020). The main factors that cause

emotional or behavioral disorders are biological disorders, unhealthy family relationships, experiences in an unexpected environment, and bad social influences. The emotional responses felt by the participants in the study were sad, disappointed, crying, and embarrassed at the conditions they were experiencing.

The sad response expressed by the participants was that they could not get together with their families and could not meet their friends. Some of the participants said they were disappointed that they were exposed to Covid-19, so now that they are sick, they cannot carry out their usual activities. There was one participant who said many plans had to fail because of his illness. One participant said he was embarrassed by his illness, which cut off communication with his friends. Despair is a reaction to actions that do not match expectations. Disappointment and despair don't only happen because of other people, but also because of yourself, and often people who feel disappointed with themselves forget what they've done for themselves. This happens because individuals only focus on their incompetence (Rifayanti & Kristanto, 2022).

In addition, several participants said there was a feeling of disappointment, and rejection while experiencing independent isolation such as crying, throwing things, and not being ready for the conditions they were experiencing now. But several participants said that they tried to think positively about the conditions they were experiencing, they had to be more careful and tighten the program. One participant was happy with the isolation because they had more time at home and did not have to go to campus, although they sometimes felt bored when they were alone.

Theme 4: Support and motivation obtained while experiencing Covid-19.

Theme 4 obtained in this study was about the support and motivation that participants received during the Covid-19 illness. The support and motivation that the participants got during their illness from their parents, friends,

and lecturers. Parents get support and motivation such as giving encouragement and fulfilling all needs such as food, vitamins, and medicines. Friends always give the enthusiasm to recover by calling every day and giving food. Meanwhile, the lecturers gave encouragement by sending messages via WhatsApp, so they could focus on healing and always suggest positive thinking. Everything that the participants got was a form of social support they got during their illness.

Social support is comfort, care, and help that a person gets from other people (Zulfa., Nugrahaningrum., & Susatyo Yuwono ., 2021). Social support is needed by survivors of Covid-19 to reduce loneliness during isolation because it affects mental health (Ma et al., 2020). All participants received social support both from family and the surrounding environment, all participants felt the love given by family, friends, and lecturers. Support from the closest people, family, and colleagues, both moral and material support helps survivors get through their days to recover from Covid-19. (Zulfa. et al., 2021)

Social support has two different sides that need attention, namely the support received and the support felt. The support received is more about the helping behavior given by others. Social support has several aspects, including a) Emotional support in the form of conveying a sense of empathy, a sense of caring and being cared for, a sense of having positive encouragement from outside oneself, b) Instrumental support, which is support in the form of objects that are received directly by a person from other people (Sarafino, 2011). The healing process during Covid 19 requires support and motivation from all parties so that the healing process will be faster, with lots of support obtained from outside, the patient will be happy and happy, so it affects the patient's psychology. Support from all parties, both internal and external, is needed.

CONCLUSION

The research that has been conducted on participants' experiences during illness from Covid-19 obtained the results of participants' experiences starting from initial feelings when

tested positive for Covid-19, body disturbances felt during Covid-19, responses, and reactions during independent isolation of Covid-19, support and motivation acquired during COVID-19. It is hoped that participants will be more patient and stronger in dealing with their illness and need motivational support in undergoing isolation from both family and friends. Participants pay more attention to health protocols so they can recover quickly from Covid-19 and not be infected with Covid-19

REFERENCES

- Abudi, R., Mokodompis, Y., & Magulili, A. N. (2020). Stigma Terhadap Orang Positif Covid-19. *Jambura Journal of Health Sciences and Research*, 2(2), 77–84. <https://doi.org/10.35971/jjhsr.v2i2.6012>
- Almira, T. (2020). Depresi Dan Kecemasan Pada Penderita Corona Virus Disease 2019. *Jurnal Penelitian Perawat Profesional*, 2(3), 355–360.
- Aslamiyah, S., & Nurhayati. (2021). Dampak Covid-19 terhadap Perubahan Psikologis, Sosial dan Ekonomi Pasien Covid-19 di Kelurahan Dendang, Langkat, Sumatera Utara. *Jurnal Riset Dan Pengabdian Masyarakat*, 1(1), 56–69. <https://doi.org/10.22373/jrpm.v1i1.664>
- Bolay, H., Gül, A., & Baykan, B. (2020). COVID-19 is a Real Headache! *Headache*, 60(7), 1415–1421. <https://doi.org/10.1111/head.13856>
- Dani, J. A., & Mediantara, Y. (2020). Covid-19 dan Perubahan Komunikasi Sosial. *Persepsi: Communication Journal*, 3(1), 94–102. <https://doi.org/10.30596/persepsi.v3i1.4510>
- Dewi, R. (2021). Situasi Corona Virus Disease9 (COVID-19) Kota Palembang. Retrieved July 29, 2021, from <http://dinkes.palembang.go.id/tampung/dokumen/dokumen-166-793.pdf>
- Gennaro, F. Di, Pizzol, D., Marotta, C., Antunes, M., Racalbutto, V., Veronese, N., & Smith, L. (2020). Fasting as a Way to Boost Your Immune System | Universitas Gadjah Mada. *International Journal of Environmental Research and Public Health*, 17(2690), 1–11. Retrieved from <https://www.ugm.ac.id/en/news/19336-fasting-as-a-way-to-boost-your-immune-system>
- Huang, Y., & Zhao, N. (2020). Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID- 19 . The COVID-19 resource centre is hosted on Elsevier Connect , the company ' s public news and information. *Esilver Psychiatry Research*Psychiatry Research, 288(January), 2–3.
- Indahningrum, R. putri, Naranjo, J., Hernández, Naranjo, J., Peccato, L. O. D. E. L., & Hernández. (2020). No 主観的健康感を中心とした在宅高齢者

- における健康関連指標に関する共分散構造分析 Title. *Applied Microbiology and Biotechnology*, 2507(1), 1–9. Retrieved from <https://doi.org/10.1016/j.solener.2019.02.027%0Ahttps://www.golder.com/insights/block-caving-a-viable-alternative/%0A???>
- Lamasigi, A. W. I., Rahmanissa, S., Iriani, L. A. A., Putra, & Irfani, N. (2021). Title Conseling on Mental Health Awareness of Children of Nation. *Jurnal Ilmiah Indonesia*, 6(2), 1349–1360. <https://doi.org/http://dx.doi.org/10.36418/syntax-literate.v6i2.5188>
- Ma, Z. F., Zhang, Y., Luo, X., Li, X., Li, Y., Liu, S., & Zhang, Y. (2020). Increased stressful impact among general population in mainland China amid the COVID-19 pandemic: A nationwide cross-sectional study conducted after Wuhan city's travel ban was lifted. *International Journal of Social Psychiatry*, 66(8), 770–779. <https://doi.org/10.1177/0020764020935489>
- Nursalam. (2020). Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis. Retrieved from <http://www.penerbitsalemba.com>
- Prastika, V. A., Rahman, A., Hermawan, Y., Program,), Pendidikan, S., & Antropologi, S. (2022). Sosiologi: Jurnal Ilmiah Kajian Ilmu Sosial Dan Budaya Analisis Stigma Sosial Terhadap Penyintas COVID-19 Di Kabupaten Klaten. *Jurnal Ilmiah Kajian Ilmu Sosial Dan Budaya*, 24(1), 1–25. Retrieved from <http://journalsosiologi.fisip.unila.ac.id/index.php/jurnal>
- Pratama, R. M. K., Marlin, D., & Mariana, S. (2022). Mental Emosional Pasien Covid-19 di Rumah Isolasi. *Jurnal Ilmiah Universitas Batanghari Jambi*, 22(1), 344. <https://doi.org/10.33087/jjubj.v22i1.1672>
- Ramanathan, K., Antognini, D., Combes, A., Paden, M., Zakhary, B., Ogino, M., ... Brodie, D. (2020). Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China. *The Lancet*, 395(20), 497–506.
- Rifayanti, R., & Kristanto, A. A. (2022). Tingkat Religiusitas Dengan Kebermaknaan Hidup Pada Survivor COVID-19. 10(3), 566–574.
- Sarafino, E. P. (2011). *Health psychology: biopsychological interactions* (7th ed) (7th ed). Hoboken,: John Wiley & Sons.
- Yanuarita H A, H. S. (2020). Pengaruh Covid-19 Terhadap Kondisi. *Jurnal Ilmiah Widya Sosiopolitika E-Issn 2685-457 Pengaruh*, 58–71.
- Zulfa., R., Nugrahaningrum., & Susatyo Yuwono ., A. W. (2021). Social Support for Families Tested Positive for Covid-19. *Proceeding of Inter-Islamic University Conference on Psychology*, 1(1), 1–8.