



## ***Literature Review: Psychological Impact On Health Workers During The COVID-19 Pandemic***

Sri Nyumirah

Psychiatric Department, Akademi Keperawatan Pasar Rebo  
Jl. Tanah Merdeka No 16-18 Rt 05 Rw 01 Susukan, Ciracas Jakarta Timur  
Email : [srinyumirah@yahoo.co.id](mailto:srinyumirah@yahoo.co.id)

### ***Abstract***

*Introduction: Coronavirus is a virus that causes lung disease and causes death. Many psychological problems have emerged as a result of the Covid-19 pandemic, especially for health workers who work in health services. Health workers have the greatest risk of contracting the Coronavirus because they work at the forefront. Purpose: to analyze the psychological impact of health workers during the Covid-19 pandemic. Methods: a literature review study based on issues and trends, the results equation, the objectives obtained and the method used, as many as 6 articles were used, starting from the journal year used in 2020. Results: The results in the literature review show that the psychological impact that appears on health workers stress, anxiety and depression occur. Health workers are at risk of psychological problems because the various pressures they are facing are increasing, fear of being exposed to viruses, being infected and situations that threaten and the unpredictable pandemic outbreak that occurs. Discussion: providing mental and psychosocial health support for health workers to overcome the impact of psychological problems that occur and increase immunity during the Covid-19 pandemic.*

*Keywords: Covid-19, Health Personnel, Psychological Impact*

### **Introduction**

Coronavirus is a virus that has a physical impact on death and disruption of the respiratory system almost every day, in addition to the physical impact it will have a mental health impact that will cause psychological problems. Psychological problems that occur in individuals will affect a person's condition to be anxious, feel helpless and stressed during the Covid-19 pandemic, (Xiang, Li, Zhang, Qinge Cheung, and Chee H, 2020). There is no treatment to prevent the virus yet, but it can be done with a vaccine prevention program and overcoming respiratory problems. Intensive care is very important to do to overcome respiratory problems that occur as a key therapy that can be done (Gattinoni et al., 2020).

Health workers play a very important and important role in helping to overcome the Covid-19 virus outbreak, so that it has a psychological impact on being stressed and

anxious because the workload is too heavy because of the risks involved in treating patients with Covid-19 (Q. Chen et al., 2020; Chew et al., 2020; Li et al., 2020; Tan et al., 2020). The impact of the Covid-19 pandemic will appear psychological problems, stress for health workers can occur due to separation from closest family due to tasks that must be done, the fear that arises can be infected with the virus, feeling failed to deal with bad conditions in patients. Feelings of anxiety occur because of social stigma related to this pandemic condition, fear of bringing the virus to family and surrounding communities, so that feelings of insecurity arise (El-Hage et al., 2020; Iqbal & Chaudhuri, 2020).

According to research (Kang et al., 2020; Lai et al., 2020; Ying Liu, Gayle, Wilder-Smith, & Rocklöv, 2020; Lu et al., 2020; Pfefferbaum & North, 2020) Health workers are very vulnerable to experiencing physical and psychological exhaustion, difficulty sleeping, anxiety, stress and trauma to pandemic conditions, the risk of suicide and feeling helpless. Other research also says that the Covid-19 pandemic will create a crisis so that psychological changes occur such as feelings of fear, anxiety, depression, or feeling uneasy. This disorder can be felt by health workers or everyone who works in the health care sector, but for all citizens (Zhang, Huipeng, Haiping, Shining, Qifeng, Tingyun and Baoguo, 2020).

Feelings of worry will arise because of the risk of exposure to viral infections and complications that occur, and feelings of fear of bringing the virus to their family, friends, or colleagues, will lead to increased acts of isolation with psychological conditions that are not good. The impact that occurs due to these conditions will be a burden that affects work efficiency and increases the risk of medical errors and moral burdens and/or mental health problems (Belingeri et al., 2020; Greenberg et al., 2020). The results of a study that provided a psychological impact on health workers in the Covid-19 pandemic in Indonesia conducted by (Nasrullah, Natsir et al 2020) showed that around 65.8% of respondents of health workers in Indonesia experienced severe anxiety as much as 3.3% mild anxiety as much as 33.1% , while 55% experienced stress, 0.8% severe stress and 34.5% mild stress. Health workers who experience depression are 23.5%, namely the level of severe depression is 0.5% and mild depression is 11.2%. The results of research conducted by a research team from the Master of Occupational Medicine

Study Program, Faculty of Medicine, University of Indonesia (MKK FKUI, 2021), shows that as many as 83% of health workers in Indonesia have experienced burnout syndrome in moderate and severe degrees, which psychologically interferes with work productivity, quality of life and in providing health services.

### **Methodology**

The method used in the literature review is done by selecting the topic to be discussed, then creating keywords: psychological impact for health workers on Covid-19, then the search for articles is carried out by collecting themes that match the inclusion criteria from 2020-2021 in English and Indonesian and full text. A total of 65 articles appeared, then the author analyzed those that matched the inclusion criteria of 8 articles that could be used.

### **Results**

Based on 8 articles obtained with keywords and criteria that have been determined that the psychological impact on health workers in the Covid-19 pandemic is obtained, health workers experience mild stress to severe stress due to various pressures that occur and the fear of being exposed to infections that will transmit the family, friends and the local community. Many health workers feel that they are isolating themselves to prevent stigma that occurs in the surrounding environment, this is in accordance with research (Handayani et al, 2020), the same as the results of research conducted by (Rehman et al, 2020) that 50% of health workers experience stress lighter than 97%.

Research (Rosyanti and Hadi, 2020) The psychological impact that occurs for health workers during the Covid-19 pandemic is prolonged stress due to physical fatigue, difficulty sleeping and stigma on health workers. Anxiety also occurs because of the limited self-protection in providing health services and the fear that always arises from being easily infected with the virus, causing feelings of insecurity and unease, similar to the results of research conducted by El-Hage, W., Hingray, C., Lemogne , C., Yrondi, A., Brunault, P., Bienvenu, T., Aouizerate, B.

A similar study was also conducted by (Nasrullah, Natsir et al 2020) that around 65.8% of health worker respondents in Indonesia experienced severe anxiety as much as 3.3% mild anxiety as much as 33.1%, while 55% experienced stress, 0.8% severe stress and mild stress. 34.5%.

Health workers who experience depression are 23.5%, namely the level of severe depression is 0.5% and mild depression is 11.2%, this is due to mental and physical fatigue in each individual, thus affecting a person's emotional level, this is in accordance with research by Kholifah, Siti, Suharto, Setyawati, & Supriati, Lilik (2016).

S. Brooks, Amlôt, Rubin, & Greenberg, 2020) conveyed the results of his research that feelings of anxiety and fear are one of the natural responses that occur in health workers but will disrupt professional work productivity and cause individual conflicts, feel less concentrated, feel restlessness, difficulty sleeping, feeling lonely, fear of infection, even negative stigma in society, this is also according to research conducted by (Kang et al., 2020; Lai et al., 2020; Ying Liu, Gayle , Wilder-Smith, & Rocklöv, 2020; Lu et al., 2020; Pfefferbaum & North, 2020).

According to research (Varshne, et all, 2020) regarding the psychological impact that occurs, health workers experience moderate stress more than mild stress and severe stress. There is a feeling of worry about the socioeconomic related to the workload and health conditions that affect the spread of the virus, feeling uncomfortable and having trouble sleeping. Stigma in the surrounding environment for fear of being infected and exposed to the virus.

## **Discussion**

During the Covid-19 pandemic, health workers experienced feelings of anxiety and fear that caused stress that occurred due to changes in work productivity that caused lack of focus, difficulty sleeping, this is a normal reaction that can arise due to a response that feels threatened by the virus and the impact of the pandemic. occur. Health workers as professionals have negative impacts that cause a person to feel lonely, feel uninformed,

this is in accordance with research conducted (S.Brooks, Amlôt, Rubin, & Greenberg, 2020).

Other reactions that occurred in health workers during the Covid-19 pandemic felt threatened by each individual differently, this can be seen in the reactions of feeling lonely, stress that never ends, doing the same behavior over and over again, excessive fear. against contracting the virus. Quarantine and isolation process.

One of the actions taken to prevent transmission also makes health workers feel depressed, uncomfortable and greatly triggers psychosocial problems, this is in accordance with research (Vahia et al., 2020).

Stress that occurs in health workers because they feel unable to carry out treatment, personal protective equipment is running low for health care needs, Health workers are a very vulnerable population because of a very risky situation during a pandemic, namely with a sense of worry in treating patients Morally very vulnerable to suicidal ideation and feeling like a failure in helping treatment, when finding a client who has a death condition or cannot be saved, this is in accordance with research (Bryan, Bryan, Roberge, Leifker, & Rozek, 2018; Victoria Williamson, Murphy, & Greenberg, 2020).

Professional health workers have the potential for serious mental health disorders during the Covid-19 pandemic, many important things need to be done to prevent further mental disorders from occurring. The implementation strategy that can be done is by always approaching it emotionally well, and being able to determine which priorities must be carried out. Able to perform early detection of psychological problems, so that intervention can be done quickly by the right specialists. Provide support in emergency situations and be able to carry out discussions and make the right decisions (Qiongni Chen, Mining Liang, Yamin Li, Jincai Guo, Dongxue Fei, Ling Wang, Li He, Caihua Sheng, Yiwen Cai, Xiaojuan Li, et al., 2020 ; Greenberg et al., 2020; Pfefferbaum & North, 2020).

One of the other causes of psychological problems during the pandemic is the increased workload of health workers, the use of PPE that is quite strict, health workers in direct contact with patients who are confirmed positive, limited equipment to prevent exposure to the Covid-19 virus. Universally, health workers experience anxiety because as a front line that is easily infected and spreads quickly, besides that they are afraid of bringing the virus to their families, the more people who are critically ill, the more it causes tension, anxiety and depression. Professional health workers are fighting disease at the forefront, so that they are able to treat and protect the public from Covid-19 (Y. Liu, Zhang, Hennessy, Zhao, & Ji, 2019; Tempest, Carter, Beck, & Rubin, 2017 ; C. Wang et al).

The strategy used and important given to health workers is to provide attention, support and encouragement. The most comfortable place to rest, provide food, personal protective equipment and add health service personnel in each service area for handling Covid-19. Anxiety and depression can be reduced in health workers in hospitals by paying attention to mental health and progress in hospitals in the future. Psychological problems can be solved comprehensively by managing mental health and avoiding post-traumatic stress disorder (Friedman, Gelaye, Sanchez, & Williams, 2020; Jiang et al., 2020; Kickbusch & Leung, 2020; Tang, Liu, Fang, Xiang). , & Min, 2019).

All healthcare workers must be prepared to face the moral dilemmas they will face during the Covid-19 pandemic, the need to properly prepare staff for the job and the challenges of reducing the risk of mental health problems. Health care workers should be given assurances and an honest assessment of what they will face. As the COVID-19 outbreak situation evolves, team leaders must help staff understand the moral decisions that are being made, which is achieved by using forum-based discussions of healthcare staff from all backgrounds to discuss the emotional and social challenges of caring for patients (SK Brooks, Dunn , Amlôt, Rubin, & Greenberg, 2018; Qiongni Chen, Mining Liang, Yamin Li, Jincai Guo, Dongxue Fei, Ling Wang, Li He, Caihua Sheng, Yiwen Cai, & Xiaojuan Li, 2020; Huang, Yang, & Pescosolido, 2019).

## Conclusion

From the 8 journals reviewed, it was found that the psychological impacts obtained on health workers during the Covid-19 pandemic were experiencing stress, anxiety, difficulty sleeping, and trauma to pandemic conditions, the risk of suicide and feeling helpless. Psychological changes such as feelings of fear, anxiety, depression, or feeling uneasy. This disorder can be felt by health workers or all people who work in the field of health services. Stress for health workers can occur due to separation from the closest family due to tasks that must be done, the fear that arises can be infected with the virus, feeling a failure. dealing with the poor condition of the patient. Feelings of anxiety occur because of social stigma related to this pandemic condition, fear of bringing the virus to family and surrounding communities, so that feelings of insecurity arise.

## Acknowledgement

The author expresses his sincere thanks to: Ns. IGA Dewi P, M.Kep., Sp.Kep.An, as Director of the Pasar Rebo Akper. Lucia F, M.Kes, as Chair of LPPM. Friends who provide endless support and moral assistance in the making of this literature review. All parties who have helped that cannot be mentioned in its entirety.

## Reference

- A. (2020). Beyond the assistance: additional exposure situations to COVID-19 for healthcare workers. *The Journal of hospital infection*, S0195-6701(0120)30132-30138. <https://doi.org/10.1016/j.jhin.2020.03>.
- Belingeri, M., Paladino, M. E., & Riva, M. differential psychological distress of populations affected by the COVID-19 pandemic", *Brain, Behavior, and Immunity*. doi: 10.1016/j.bbi.2020.04.031.
- Brooks, S., Amlôt, R., Rubin, G. J., & Greenberg, N. (2020). Psychological resilience and post-traumatic growth in disaster-exposed organisations: overview of the literature. *BMJ Mil Health*, 166(1), 52-56. <https://doi.org/10.1136/jramc-2017-000876>
- Bryan, C. J., Bryan, A. O., Roberge, E., Leifker, F. R., & Rozek, D. C. (2018). Moral injury, posttraumatic stress disorder, and suicidal behavior among National Guard personnel. *Psychological trauma: theory, research, practice, and policy*, 10(1),36. <https://doi.org/10.1037/tra0000290>
- Chen, Y., Liu, Q., & Guo, D. (2020). Emerging coronaviruses: Genome structure, replication, and pathogenesis. *Journal of Medical Virology*, 92(4), 418-423. <https://doi.org/10.1002/jmv.25681>
- El-Hage, W., Hingray, C., Lemogne, C., Yrondi, A., Brunault, P., Bienvenu, T., Aouizerate, B. (2020). Health professionals facing the coronavirus disease



- 2019 (COVID-19) pandemic: What are the mental health risks? [Les professionnels de santé face à la pandémie de la maladie à coronavirus (COVID-19) : quels risques pour leur santé mentale ?]. *L'Encephale*, S0013-7006(0020)30076-30072.
- Gattinoni, L., Coppola, S., Cressoni, M., Busana, M., Rossi, S., & Chiumello, D. (2020). COVID-19 Does Not Lead to a "Typical" Acute Respiratory Distress Syndrome. *American journal of respiratory and critical care medicine*, Handayani. Kuntari. Darmayanti. Widiyanto. Atmojo (2020). Factors that cause stress in health workers during the Covid-19 pandemic. doi :1026714/j.kj.8.3.2020.353-360
- Kang, L., Li, Y., Hu, S., Chen, M., Yang, C., Yang, B. X., . . . Liu, Z. (2020). The mental health of medical workers in Wuhan, China dealing with the 2019 novel coronavirus. *The lancet. Psychiatry*, 7(3), e14-e14. <https://doi.org/10.1016/S2215->
- Kholifah, Siti, Soeharto, Setyawati, & Supriati, Lilik. (2016). The relationship of internal factors with the incidence of mental fatigue (burnout) in nurses. *Jurnal Kesehatan Mesencephalon*, 2(4). [Google Scholar](#)
- Mental health and aging: A need for new knowledge to bridge science and service. *The American Journal of Geriatric Psychiatry*. <https://doi.org/10.1016/j.jagp.2020.03.007> 201(10), 1299-1300. <https://doi.org/10.1164/rccm.202003->
- MKK FKUI. (2021). <https://fkui.ac.id/>.
- Nasrullah, Natsir, Twistiandayani et al. (2020). Psychological Impact of Health Workers in Efforts to Deal with the Corona Virus Pandemic (Covid-19). [Google Scholar](#)
- Rehman, U. Shahnawaz, M G. Khan, N H. Kharshiing, K D. Khursheed, M, Gupta, K Kashyap, D, Uniyal, R (2020), „Depression, Anxiety and Stress Among Indians in Times of Covid-19 Lockdown“, *Community Mental Health Journal*. Springer US. doi: 10.1007/s10597-020-00664-x.
- Vahia, I. V., Blazer, D. G., Smith, G. S., Karp, J. F., Steffens, D. C., Forester, B. P., . . . Reynolds, C. F. (2020). COVID-
- Varshney M, Parel JT, Raizada N, Sarin SK (2020) Initial psychological impact of COVID-19 and its correlates in Indian Community: An online (FEEL-COVID) survey. *PLoS ONE* 15(5): e0233874. <https://doi.org/10.1371/journal.pone.0233874>
- Xiang, Y. T. Li, Zhang, Qinge Cheung, and Chee H (2020) „Timely mental health care for the 2019 novel coronavirus outbreak is urgently needed“, *The Lancet Psychiatry*. doi: 10.1016/S2215-0366(20)30046-8.
- Xiang, Y.-T., Yang, Y., Li, W., Zhang, L., Zhang, Q., Cheung, T., & Ng, C. H. (2020). Timely mental health care for the 2019 novel coronavirus outbreak is urgently needed. *The lancet. Psychiatry*, 7(3), 228-229. [https://doi.org/10.1016/S2215-0366\(20\)30046-8](https://doi.org/10.1016/S2215-0366(20)30046-8)
- Zhang, J. Huipeng, Haiping, Shining, Qifeng, Tingyun and Baoguo (2020) „The populations affected by the COVID-19 pandemic“, *Brain, Behavior, and Immunity*. doi:10.1016/j.bbi.2020.