

Improvement of Millennial Generation Mental Health Due to Pandemic Effects

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ABSTRACT

The millennial generation is a generation born in the range of 1980 to 2000. Known as millennials because this generation is developing in technological advances and the digital era. This decade is a moment that dominates the millennial generation. The role of the millennial generation in the present generation has a great influence on the progress of the nation. The mindset that tends to be at the peak of development encourages this generation to become the pioneers of the movement for change. However, in the midst of the peak of its development, the millennial generation must face a pandemic that affects the whole world. The purpose of this study is to determine the improvement of Millennial Generation Mental Health Due to the Effects of the Pandemic. This research applies a method of systematic review in which secondary data collection is carried out, and is a synthesis of all available relevant evidence that brings together all existing primary studies for review. The pandemic caused by coronavirus disease 2019 (COVID -19) caused the cessation of many activities throughout the world. This pandemic period has a significant negative impact both in the fields of education, economy, and health. In addition to the increasing number of suspects and deaths caused by covid-19, mental health also occupies an important role as an influence caused by the pandemic. The productive times of the millennial generation must be faced with the pandemic as the biggest challenge. Moreover, as many as 27% of millennials are negatively affected by mental health due to COVID-19. Some of these disorders include fear of contracting it, stress due to work, anxiety, fear, and depression to face the future.

INTRODUCTION

Mental health has an important role for humans as well as physical health in general. Mental health is also an aspect that affects other lives, if mental health is well maintained then one's abilities will work more optimally. A healthy mental condition cannot be separated from good physical health (Afsharnia et al., 2016). Various studies show the results that there is an interaction between a person's physical and mental health, where individuals who suffer from physical illness indicate a psychological to mental disorder. Conversely, individuals who have mental disorders show impaired physical functioning. Health and illness are biopsychosocial conditions that are integrated into human life (Solli & Barbosa da Silva, 2012). The introduction

of the concept of health and illness, both physically and psychologically is part of human recognition of his condition and how he adapts to the surrounding environment.

Good mental health is a condition where individuals are free from all kinds of mental disorders, and function normally in carrying out life, especially in adjusting to deal with problems that may be encountered. According to WHO, mental health is a state of well-being that is recognized by individuals in which there are abilities to manage normal life stressors, to work productively and productively, and to participate in their communities (Ridlo, 2020).

It is important to pay attention to the mental pandemic of the younger generation, considering that the younger generation is the driver of the economy in the future. Ironically, the impact of the COVID-19 pandemic is only focused on infected cases, so that the problem of mental anemia is forgotten (Smith & Nichols, 2015). Data compiled by the Indonesian Association of Psychiatric Doctors (PDSKJI) from April to August 2020 shows 3,443 people who underwent self-examination complained of psychological problems. About 47.9% of them showed anxiety symptoms, 36.1% depressive symptoms and 16% psychological trauma. In fact, 49% of respondents who indicated depression had thoughts of suicide or self-harm. This data is supported by data from the UI COVID -19 Response Team which shows people with symptoms of depression touched more than 35% during a pandemic, 2-3 times higher when compared to depression during other non-pandemic disasters (Arda Jiter, Muhammad Iqbal Fasa, 2022). These data are in line with the results of investigations on epidemic conditions, the level of anxiety can be much higher than before. There has been a 20% increase in new patients every day being referred to a psychiatrist during the pandemic. The number of mental health sufferers can still increase because people are still reluctant to consult a psychiatrist. This is due to the lack of understanding of mental disorders which are always identified with madness (Helianti Utami, 2022). In addition, ignorance in determining effective strategies in dealing with situations that cause stress, or known as coping, can contribute to an increase in the number of sufferers of mental health problems. There is evidence that greater stress and trauma can result from a lack of development of appropriate emotional reactions and coping techniques. Mental or mental health needs attention because it plays a role in increasing the body's immunity. A healthy mind will feel happy, and happiness will form the body's immune system. A healthy mentality will make people ready to face challenges. It can be said that a healthy soul is a requirement for survival to get through the pandemic and become a resilient generation that is ready to face challenges in the future. Therefore, for this reason, there is a need for insight for the younger generation, especially regarding mental health, and how to maintain health in order to be able to overcome challenges during a pandemic (Sihombing & Simanjuntak, 2020). Moreover, based on that phenomenon regarding mental health and COVID-19 pandemic, the purpose of this study is to determine the improvement of millennial generation mental health due to the effects of the pandemic.

METHOD

This study applies the method of a systematic review in which secondary data is collected, and is a synthesis of all available relevant evidence that brings together all existing primary studies for review. A systematic review differs from other types of literature review in a number of key respects. This requires a transparent and reproducible methodology that shows how studies were identified and the criteria against which they were included or excluded. In addition to the synthesis of the study findings, there must be an element of evaluation and quality assessment. The systematic review methodology originated in medical and health research, but has now been

adopted by other disciplines, such as engineering, education, economics and business studies (Hasanpoor et al., 2019).

Although a systematic review may be an imprecise or unnecessary research methodology for answering many research questions. A systematic review may not be recommended for various reasons. Perhaps the topic is too new and there are not enough relevant published papers to synthesize and analyze for a systematic review, or, conversely, many other researchers have published systematic reviews on the topic. However, if the scoping search appears to yield sufficient relevant studies for synthesis of evidence, and demonstrates that no previous systematic reviews have been published (or that previously published ones require updating or have methodological weaknesses), a systematic review will likely be appropriate (Phillips & Barker, 2021).

RESULTS AND DISCUSSION

Based on research on literature studies that have been done, more than 450 million people worldwide live with mental disorders. The prevalence of mental disorders in the world's population according to the World Health Organization (WHO) in 2000 obtained data on mental disorders of 12%, in 2001 it increased to 13%. In 2002 survey results showed that 154 million people globally experience depression and 25 million people suffer from schizophrenia, 15 million people are under the influence of illicit substance abuse, 50 million people suffer from epilepsy and around 877,000 people die by suicide each year. It is predicted that in 2015 it will be 15%, and in developing countries the prevalence is higher (Purnawati et al., 2022).

Mental health disorders are conditions in which an individual has difficulty adjusting himself to the conditions around him. The inability to solve a problem causing excessive stress makes the individual's mental health more vulnerable and eventually is declared to have a mental health disorder.

In Indonesia, based on the 2007 Rikesdas data, it is known that the prevalence of emotional mental disorders such as anxiety disorders and depression is 11.6% of the adult population. This means that with a total adult population of approximately 150,000,000 Indonesians, there are 1,740,000 people currently experiencing mental-emotional disorders (Princess et al., 2015).

In reality, COVID-19 does not only affect people's physical health, but also affects other aspects of life. The impact is quite felt on the mental health conditions of the people affected by the pandemic. The living conditions since the COVID-19 pandemic have indeed made many people's lives different. Changes that occur suddenly make it difficult for people to adapt and cause stress and trauma. The amount of news and information regarding the spread of COVID-19 that seems frightening has made people feel anxious and worried (Nasrullah & Sulaiman, 2021).

As in many other countries, the COVID-19 pandemic brought many changes to society. The COVID-19 pandemic with massive transmission of transmission and high mortality rates is causing problems that lead to mental health disorders. This is due to the existence of a new habit that must be carried out by the community, namely carrying out social restrictions. In addition to having a direct impact on medical and health workers, the increase in cases of mental health disorders is also felt by the community. Problems that often occur include symptoms of anxiety, depression and trauma due to COVID-19. In July 2020, a suicide case occurred in a COVID-19 patient in Surabaya, East Java from the 6th floor of the hospital due to depression due to seven swabs and the results were always positive (Hilmi & Febriansyah, 2021). This case explains that the COVID-19 pandemic is triggering mental health problems at an alarming stage. A survey on

mental health through self-examination compiled by the Indonesian Association of Psychiatric Specialists (PDSKJI) conducted online explained that as many as 63 percent of respondents experienced anxiety and 66 percent of respondents experienced depression due to the COVID-19 pandemic.

The main anxious symptoms are feeling worried that something bad will happen, worrying excessively, getting angry easily, and having difficulty relaxing. While the main depressive symptoms that appear are sleep disturbances, lack of confidence, fatigue, lack of energy, and loss of interest. Furthermore, as many as 80 percent of respondents had symptoms of post-traumatic psychological stress due to experiencing or witnessing unpleasant events related to COVID-19. Severe post-traumatic stress symptoms were experienced by 46 percent of respondents, symptoms of post-traumatic stress were experienced by 33 percent of respondents, mild post-traumatic stress symptoms were experienced by 2 percent of respondents, while 19 percent had no symptoms. The prominent symptoms of post-traumatic stress are feeling distanced and separated from others and feeling constantly alert, cautious, and vigilant (Indonesian Association of Mental Health Specialists, 2020). There are at least four main risk factors for depression out of 14 that are commonly encountered, which arise as a result of the COVID-19 pandemic, namely isolation and social distancing, economic stress, stress and depression in health workers and stigma and discrimination (Xiong et al., 2020).

Maintaining physical distance (physical distancing) raises a lot of public anxiety. But in this case the vulnerability occurs in people who are at risk of depression and individuals who live in solitude. Feelings of alienation due to social distancing and self-isolation have disrupted normal activities. The COVID-19 pandemic has triggered a global economic crisis that is likely to increase the risk of suicide related to unemployment and economic stress. Feelings of uncertainty, hopelessness, and worthlessness increase suicide rates. In Tangerang City, for example, a 20-year-old youth allegedly committed suicide because his workplace was not operating due to the COVID-19 pandemic situation, economic growth which declined drastically to minus 5.32% in the second quarter of 2020 resulted in the possibility of Indonesia entering the economic abyss (Purnawati et al., 2022).

Stress and trauma to health workers is also an important issue in Indonesia. Global experience of mental health cases in Korea, Singapore, Taiwan and several other countries has disrupted health services (Ghosh, 2021). The potential for depression and suicide cases in medical and health personnel should also be a priority. Apart from that, stigma and discrimination are also another part besides the risk of duties that must be borne by medical and health personnel. This stigma and discrimination have long-term risks to health (National Collaborating Center for Determinants of Health (NCCDH), 2020).

CONCLUSION

Mental health policy is an important part of the policy to accelerate the handling of the COVID-19 pandemic. Mental health problems are closely related to the loss of community productivity and also the control of the COVID-19 pandemic. If the government does not pay the necessary attention to mental health issues, especially in integrating the implementation of policies related to handling the COVID-19 pandemic, then the potential for post-demic losses will be even greater. Governments should integrate mental health services into community-based services as a way to ensure universal coverage of mental health services. The participatory and bottom-up empowerment model is a rational choice for overcoming the problem of resources and stigma as a barrier to the success of mental health programs in Indonesia.

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