

Annual World Congress on PSYCHIATRY

November 29, 2021 | Webinar

Fatigue, sleep disturbance and the desire to die as an adverse impact of the covid-19 survivors in Denpasar - Bali.

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Statement of the Problem: The Covid-19 pandemic leads to the threat of a multidimensional crisis like what is happening today. Problems that started from the health sector extended to the economic, political and services sector, also entertainment and tourism sectors, especially in Bali Island. Preventive efforts had been made since the beginning to anticipate the impact of the Covid-19 pandemic, but have not been resolved yet. Many cases of mental disorders arise when people who affected covid-19 have to be isolated, as well as when they have been allowed to go home. Shadows of fear, anxiety and sadness continue to haunt the survivors of Covid-19, and may lead to mental disorders. Mental disorders arise in vary symptoms, from insomnia to severe mental disorders, and was disturbed the productivity. Signs and symptoms of depressive disorders are often detected too late by both of the patient and the family. The purpose of this study is to describe what kind of mentally symptoms can abrupt at Covid-19 survivors. Methodology & Theoretical Orientation: Early detection is done by distributing questionnaires online or through direct interviews with the Covid-19 survivors. During early detection, education is also given to Covid-19 survivors so that they can find out about mental disorders that can occur due to the Covid-19 pandemic. Finding: The results obtained from 150 samples of Covid-19 survivors, it was found that the most dominant main symptom is feeling tired (34,67%) as one of triad of depression, while the other symptoms showed sleep disturbances (32%). What we need to be aware of is that 15.33% of covid-19 survivors feel like dying, not only thinking that it is better to die or wanting to die, but also injuring or harming themselves.

Keywords: mental disorder, early detection of depression, covid-19 survivors

Biography

Dr. Lely Setyawati Kurniawan graduated as a psychiatrist from the Airlangga University of Surabaya in 2002. She works at Sanglah General Hospital as a senior consultant psychiatrist and senior lector in Faculty of Medicine, Udayana University Denpasar – Bali. She is a fellow of the Indonesian Psychiatrist Association, Denpasar Branch and ISPCAN (International Society for the Prevention of Child Abuse and Neglect). She joins in many activity of Forensic Psychiatry in Indonesia and also in foreign country.