

Self Healing with Positive Activities to Maintain Mental Health during the 3rd Wave Covid-19 Pandemic in Youth in Mts.1 Regency of Gorontalo

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Abstract. *This study aims to find out the procedures for handling Covid-19 at MTs. State 1, Gorontalo Regency. Schools are asked to adhere to strict health protocols in an effort to break the chain of COVID-19. The implementation of this Community Service activity will be held on February 23, 2022 WITA. The stages of achieving the target results are described according to the order of implementation methods with some modifications according to field conditions. The results achieved with this activity are 42 students who are willing to take part in Community Service and according to reports on evidence of activities carried out. MTs party. The State 1 of Gorontalo Regency expressed his gratitude. In conclusion, increasing knowledge to students on how to maintain mental health in the covid-19 pandemic by using the self-healing method with positive activities. Increasing students' skills on how to maintain mental health in the era of the COVID-19 pandemic by using the self-healing method with positive activities. The collaboration of Nurses Class XII and lecturer service is an activity that benefits both the community and the campus.*

Keywords: *Self Healing, Mental Health, Covid-19*

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INTRODUCTION

Corona viruses are a large family of viruses that cause disease in humans and animals. In humans, it usually causes respiratory tract infections, ranging from the common cold to serious illnesses such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). Information shows that the highest prevalence of COVID-19 sufferers in 2021 is in the United States with 49.9 million cases (Deng et al., 2021). For Indonesia, according to data from the COVID-19 idea unit, the number of COVID-19 sufferers in 2021 will reach 4,235,385. In Gorontalo province alone, the number of COVID-19 sufferers reached 11,759 people. In Gorontalo Regency up to February, 3,319 people were recorded.

With the COVID-19 pandemic, the public is asked to adhere to strict health protocols in an effort to break the COVID-19 chain. This has an impact on changes in lifestyle both in activities inside and outside the home, as a result, various groups of people experience stress due to these changes in lifestyle, such as working and studying from home as implemented by the government. Realizing that anxiety due to COVID-19 has covered many people, it is necessary to educate the public on the importance of maintaining mental health during the 3rd wave of the covid-19 pandemic (Bendau et al., 2021; Branquinho et al., 2022). One of the easy ways to do it in the community without having to violate the applicable health protocol rules is to do self-care. healing with positive activities.

Self healing itself is an approach that is often combined with several methods used, both spiritual methods, and so on. Self-healing is a term that often uses a process based on the principle that the human body is something that has the ability to naturally repair and heal itself, through several different steps (Hager et al., 2010; Bahrien & Ardianty, 2017). Based on the above background, extension workers are interested in providing community service about self-healing with positive activities that will be given to teenagers, especially in MTs. State 1 Gorontalo Regency.

METHODS

The implementation of this community service activity was carried out on February 23, 2022, at 08.00 WITA. Servants hold meetings with school principals to prepare for community service and things that need to be known in community service regarding the number and situation of MTs students. State 1, Gorontalo Regency. The stages of implementing community service activities with the title Self-healing with positive activities to maintain mental health during the Covid-19 pandemic wave 3 for adolescents such as opening counseling by servants, then providing education about self-healing by servants, after which a two-way discussion was held by servants and MTs students. Negeri 1 Gorontalo Regency. The instrument used in this community service activity is a leaflet about self-healing with positive activities to maintain mental health during the Covid-19 pandemic wave 3.

RESULTS AND DISCUSSION

The results achieved with this community service activity: increased knowledge to students on how to maintain mental health in the era of the covid-19 pandemic by using the Self-healing method with positive activities, increasing skills in students on how to maintain mental health in the era of the covid-19 pandemic by using Self-healing method with positive activities, collaborative community service for Nurses class 12 and lecturer service are activities that can provide benefits for both the community and the campus. Most individuals have experienced emotional exhaustion which is reflected through various forms of expression. Such as worrying about future failures, achieving something, experiencing unwanted events, getting angry at one's own mistakes and so on. Next is how to deal with it, whether it is left alone or is there a treatment that can be done by individuals who experience it. One way that individuals can do is by doing self-healing for themselves (Crane & Ward, 2016).

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Self-healing is a process to help heal oneself from psychological problems such as inner wounds on oneself (Castro, 2019). This method is carried out when the individual harbors an inner wound that ultimately disturbs his emotions. As written by (Perianto, 2021) that self-healing is a recovery process that generally occurs due to psychological disorders, trauma, and the like, due to past inner wounds caused by oneself or others. The self-healing method can be used to help solve problems related to violence (Zarean et al., 2022). The results of this community service regarding self-healing with positive activities aim to increase students' knowledge and skills in order to maintain mental health in the era of the COVID-19 pandemic by using the self-healing method with positive activities. On the occasion of carrying out this service activity, the servant said that students knew what self-healing meant in order to know the benefits that could be done at home.



Figure 1. A Servant Is Explaining the Concept of Self-Healing that Can be Done by Students.

There are several things that the devotees convey to provide an understanding of self-healing, especially for students in MTs. State 1, Gorontalo Regency. Servants delivered with leaflet instruments. The self-healing method given by the servant is an activity that can be done at home without having to go out and involves many people so that it can potentially violate health protocols such as listening to music, watching, writing and cooking.



Figure 2. A Servant is Explaining the Concept of Self-Healing that Can be Done by Students

In this activity, the biggest hope is how to properly understand self-healing, especially during the Covid-19 pandemic that is felt by students. The implementation of this service activity in the end the accompanying students understand well about self-healing. This is evidenced by the statements represented by the moderator. One of the questions that arises is how when the self-healing done by someone is considered a failure and does not match expectations. So the servant replied that if self-healing was considered a failure by the person who did it, it was possible that there were several factors that influenced it and could also be repeated by the person who did it until it felt successful.

CONCLUSION AND SUGGESTION

In this activity it can be concluded that self-healing can be done by students at home if they feel symptoms related to psychology. The current state of the COVID-19 pandemic will have an impact on all without exception the problems that arise in students. As for what can be done by doing (1) listening to music (2) cooking (3) watching tv (4) reading. Suggestions that can be conveyed by the devotees are teachers and counseling guidance can be pioneers to help students and parents to solve problems related to psychological problems caused by psychological problems caused by the current state of affairs. Teachers and counseling guidance can provide guidance and counseling services for students, especially those who have psychological problems. Guidance and counseling teachers can also provide self-help methods to help students when carrying out guidance and counseling activities.

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