SIGNIFICANCE OF PSYCHOLOGICAL FIRST AID (PFA) IN HUMAN MENTAL HEALTH DURING OUTBREAK OF COVID-19

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Covid-19 or coronavirus pandemic has affected different people both physically and mentally, in our lifestyle and led to hampering the worldwide economy. Thousands of individuals are either sick or being killed due to the spread of this disease. Formulated or invented vaccines are still unavailable; thus, the stress is on taking extensive precautions like extensive hygiene protocol, washing of hands, avoidance of face-to-face interaction, social distancing, and wearing face masks and face shields. Many countries are enforcing strict quarantine and locking their population to regulate the spread of this disease. The governments reported massive reductions in both supply and demand aspects of the economy like declines in tourism, aviation, agriculture, and industry due to the COVID-19 outbreak.

The uncertainties and fears related to the virus outbreak, alongside mass lockdowns and economic recession, are predicted to steer to increases in suicide also as mental disorders related to suicide. Public health activities may make people feel alienated and depressed, such as social distancing, and can increase stress and anxiety. A few new diseases of fear and anxiety and what could happen are always daunting and trigger intense feelings in adults and young people.

Stress will result a serious risk on your health. It can trigger and intensify tension headaches and wear you down emotionally and cause depression. It can also cause heartburn, insomnia rapid breathing, high vital sign and attack, fertility problems, high blood glucose, and may weaken your system leaving you more susceptible to infections. Thus, psychological, and emotional states are vital because these are important part of
your life and impacts your thoughts, behaviors, and emotions. In activities such as work, education, or caregiving, being safe emotionally will encourage efficiency and effectiveness. This plays a vital role in the well-being of your relationships and helps you to adjust to changes in your life and cope with adversity.

Psychological care or PFA is an initial disaster response intervention with the goal of market safety, stabilize survivors of disasters, and connect individuals to assistance and resources. PFA is delivered to affected individuals by psychological state professionals and other first responders. The aim of PFA is to determine the concerns of the individual affected by the aftermath of the disaster and to not provide on-site therapy.

The basis of psychological care is caring about the person in distress and showing empathy. It includes listening to responses, constructive listening and if necessary, practical assistance, such as problem-solving, helping to access basic needs, or alternative assistance options. PFA also encourages healthy coping and offers feelings of protection, calming, and hope. PFA continue to help people to normalize worry and other emotions. These guidelines are also used by Red Cross Red Crescent National Societies during the period of a COVID-19 response to line up and operate various very remote services for the public. It should be noted that the target group for the rules are adults.

References:


https://blog.nols.edu/2017/05/22/5-components-psychological-first-aid