



PSYCHOLOGICAL CAPITAL IN COMMUNITIES AFFECTED BY THE COVID-19 PANDEMIC: A LITERATURE REVIEW

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ABSTRACT

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The Coronavirus disease (COVID-19) started in Wuhan, one of the largest cities in China. The COVID-19 pandemic has had a tremendous psychological impact on the public due to its high rate of infectivity and mortality. Various stressors associated with COVID-19 and associated psychological stress. Interventions to reduce stress and increase environmental support are critical to reducing psychological stress during outbreaks of infectious diseases such as COVID-19. The strategy to determine the selection of studies that have been found, the author uses a protocol and evaluation uses the PRISMA Checklist and is adjusted to the purpose of this literature review. Searching for literature sources in this literature review uses several databases including PubMed, ScienceDirect. Psychological capital has an important role in generating entrepreneurial intentions and building business mentality in students in starting startups during the COVID-19 pandemic. A person is more likely to be psychologically affected during periods of self-isolation due to loss of social connections, and greater isolation, which disrupts normally active routines and ways of life. There are four dimensions of psychological capital, namely: self-efficacy, hope, optimism and resilience. Psychological capital is recommended to be part of post-disaster nursing assessment and as a basis for providing appropriate nursing interventions such as mental health and post-disaster psychosocial support.

Keywords:

Communities, Covid-19, Psychological capital

BACKGROUND

The Coronavirus Disease (COVID-19) started in Wuhan, one of the largest cities in China, in 2019 and quickly spread to almost every human settlement in the world. According to a World Health Organization (WHO) report, there are nearly 20 million COVID-19 patients worldwide, and about three and a quarter million people die from this disease (Guo et al., 2021).

The COVID-19 pandemic has had a tremendous

psychological impact on the public due to its high infectivity and mortality rates, lack of effective treatment, and strict quarantine and physical distancing. Measurement. A recent survey from China showed that more than 25% of the general population experienced moderate to severe stress or anxiety-related symptoms due to COVID-19 (Chen et al., 2020). Five types of stressors during the COVID-19 pandemic on psychological well-being: 1) disease-related stress which includes exposure to risks to COVID-19 and

access to medical care; 2) inadequate supply of the necessities of life; 3) actual and anticipated economic losses due to the pandemic; 4) excessive attention to information related to COVID-19; 5) perceived discrimination (Taylor et al., 2020).

From the introduction above, it can be concluded that the stressors that arise during the COVID-19 pandemic can affect psychological capital. Therefore, the author is interested in writing a literature review discussion about psychological capital in communities affected by the COVID-19 pandemic.

METHOD

This chapter discusses strategies for finding articles used in the literature review. To determine the selection of studies that have been found, the authors use a protocol and evaluation using the PRISMA Checklist and adapted to the purpose of this literature review. Searching for literature sources in this literature review uses several databases including PubMed, ScienceDirect. Search journal articles as a source of literature review using the keywords " psychological capital ", " public ", and " covid-19 ". In the initial search stage, journal articles were found (PubMed = 97, Science Direct = 992). After being filtered, there were 1083 articles that were not relevant based on the title and abstract. So we got 6 articles.

The strategy used to find articles using PICOS where each question has P = Population / problem, I = Intervention, C = Comparison, O = Outcome, and S = Study design.

Another relevant thing that the author uses in getting articles about psychological capital in communities affected by the COVID-19 pandemic. The author took all the research designs used in identifying psychological capital in communities affected by the COVID-19 pandemic.

RESULT

Psychological impact on young adults (18-24) is more affected in terms of psychological quality of life than other age groups, and reported Lack of social support during the COVID-19 pandemic. Although the data report that this age group is not at high risk regarding symptoms COVID-19, there is a possibility for young people adults are more psychologically affected during periods of self-isolation due to loss of social relationships, and greater isolation, which disrupts normally active routines and ways of living (Morgado et al., 2021). In addition, gender also

affects psychology. From the data, it was found that women experienced more of these psychological impacts (Malek Rivan et al., 2021).

Based on 6 journal articles that have been reviewed, the research location is carried out in different places with different types of respondents.

DISCUSSION

The term psychological capital is used to refer to a kind of positive mental state, which is shown in the process of individual growth and development which is manifested through optimism, self-efficacy, hope, and resilience (Liu & Xie, 2020).

Psychological capital itself is a positive psychological condition in individuals which is characterized when a person has good self-confidence, optimism, hope, and resilience. The level of male psychological capital is generally higher than female. Men may be able to accept challenges more positively, given that they will reap a great sense of accomplishment once they succeed. This situation can encourage them to have a higher level of recognition than their own abilities. Therefore, the level of psychological capital of male youth is relatively high during the COVID-19 pandemic outbreak.

The rapid development of technology during the COVID-19 pandemic, open up opportunities for someone to start a business. The challenge that the problems faced are the lack of entrepreneurial intentions and the absence of a person's mental readiness to pioneer. Thus, psychological capital has an important role in generating entrepreneurial intentions and building mental efforts for students in starting startups during the COVID-19 pandemic (Vlah Tomicevidand Lang, 2021).

According to research by Li (2020) states that there are four dimensions of psychological capital, namely: self-efficacy, hope, optimism and resilience: 1) self-efficacy: Self-efficacy or self-confidence and response efficacy are considered as factors that can increase positive behavior and as a basis for health promotion to prevent Covid-19; 2) Hope: hope or desire arises in a person; 3) optimism: optimism as a mediator of the relationship between social isolation and depression during the COVID-19 pandemic. A person affected by COVID-19 does not have an optimistic attitude that his psychological condition will decrease; 4) resilience: the abilities that a person has will improve psychological conditions.

The role of social support from the environment versus from friends or relatives in psychological well-being during the current pandemic. While environ-

Table 1. Characteristics Respondents

Author	Age	Gender
(Li, 2020)	18-22 years old	0.03 male and 0.01 female
(Malek Rivan et al., 2021)	52-71 years old	55.5% female and 44.5% male
(Vlah Tomi evi and Lang, 2021)	Not explained	84.5% of women
(Morgado et al., 2021)	18-24 years old	Not explained

Table 2. Literature Review Table

Author	Title	Design and Sample	Intervention	Results
Li, 2020)	<i>Influence of the Youth's Psychological Capital on Social Anxiety during the COVID-19 Pandemic: The Mediating Role of Coping Style</i>	<i>The online questionnaire survey</i> 600 community youth aged 18–22	Answer online questionnaire surveys. General information questionnaire forms, positive psychological capital questionnaire, social interaction anxiety scale, and simple coping style questionnaire were used to obtain participant information.	Results, Positive coping and negative coping played a partial mediating role between psychological capital and social anxiety, with mediating effect values of 0.03 and 0.01, respectively. Men's psychological capital scores were significantly higher than women's. However, the comparative differences between the sexes in terms of social anxiety, positive coping, and negative coping scores were found to be not statistically significant. Comparative differences between participants who were only children and those who were not in terms of psychological capital, social anxiety, positive coping, and negative coping scores were also found to be not statistically significant.
Malek Rivan et al., 2021)	<i>The Impact of Poor Nutrient Intakes and Food Insecurity on the Psychological Distress among Community-Dwelling Middle-Aged and Older Adults during the COVID-19 Pandemic</i>	<i>Cross-sectional study</i> A sub-sample of 535 individual s aged 52 years and over (men = 238, women = 297)	Telephone interviews were conducted by trained interviewers with backgrounds health science to obtain participant information about health status, physical activity, food security, and psychological health	The mean age in this study was 71.18 ± 5.72 years, and the psychological distress group (72.50 ± 6.00 years) was older than the normal group (71.00 ± 5.66 years). The sex distribution of this study consisted of 55.5% female and 44.5% male. about 18.9% of adults experienced a lack of food quantity, 11.4% experienced insufficient variety of food, 11.0% reduced the size of the meal, and 2.2% skipped the main meal. In terms of food intake, the energy intake of the psychologically impaired group appeared to be lower (1383 ± 301 kcal/day) than the normal group (1407 ± 326 kcal/day), but not significantly different.

Vlahović and Lang, 2021)	<i>Psychological outcomes amongst family medicine professionals during COVID-19 outbreak: A cross-sectional study in Croatia</i>	<i>Cross-sectional study</i> A total of 534 HCP filled out the questionnaire	Multivariate logistic regression analysis was performed to determine the extent to which different variables independently predict the probability of stress, anxiety, depression, and PTSD.	Stress prevalence was 30.9%, anxiety 33.1%, depression 30.7%, and a clinically relevant score for PTSD was present in 33.0% of participants with median outcomes for Intrusion subscale 5 (0-31), Avoidance 6,5 (0-29), and Hyperarousal 4 (0-23) . A third of the participants (33.5%) were from Zagreb, the earthquake-affected region, but the type of stressor had no impact on their DASS-21 or IES-R scores.
Guo et al., 2021)	<i>Depression and Coping Styles of College Students in China During COVID-19 Pandemic: A Systemic Review and Meta-Analysis</i>	<i>Systematic review and meta-analysis</i>	Psychological interventions to control and prevent depression. Social media platforms, such as WeChat and Weibo, and mental health apps	According to the depression diagnostic criteria, college students with depression during the COVID-19 pandemic were classified as mild, moderate, and severe depression , eight studies included describing the prevalence of moderate depression among college students during the COVID-19 pandemic, and these involved 5,000 subjects. The combined results, using a randomized model, show that the proportion of college students who suffered from moderate depression during the COVID-19 pandemic was 7%.
Chen et al., 2020)	<i>Role of neighborhood social support in coping and psychological wellbeing during the COVID-19 pandemic: Evidence from Hubei, China</i>	<i>The online questionnaire survey</i> 1,682 respondents	Interventions to reduce stress and increase environmental support are critical to reducing psychological stress during an infectious disease outbreak	The results showed that risk exposure ($b = 0.206, p < 0.01$) and not being able to obtain medical care ($b = 0.124, p = 0.06$) was associated with psychological distress, although the medical effect of access to treatment was only slightly significant.

Morgado et al., 2021)	<i>Individual and community psychological experiences of the COVID-19 pandemic: The state of emergency in Portugal</i>	<i>The online questionnaire survey</i>	Psychological interventions for those whose mental health has been negatively impacted by the pandemic and for those who may become more affected if confinement measures are reinstated.	Age only had a statistically significant effect on the psychological domain ($F(5,455) = 8.48; p < .0005; \eta^2 = .09$) with younger participants (18–24 years) with poorer presentation quality. psychological life scores than participants in all other age groups
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mental social support reduces psychological distress directly and indirectly through a stress buffering effect, friend/relative support plays a limited role in psychological well-being among Hubei residents. Given the mandatory quarantine during the peak of the pandemic in Hubei, the importance of the environment is likely to increase as people are forced to stay at home and spend more time in their immediate environment (Qian and Hanser, 2021).

In the midst of the ongoing pandemic, many students have become very vulnerable to various health risk behaviors, such as drug abuse, alcohol behavior, etc. In addition, they develop a sense of negative attitude towards life and become victims of their unwanted actions, sometimes leading to suicidal thoughts. This dismal state of students negatively affects them to function at cognitive, affective, and behavioral levels and impairs their physical and mental well-being, resulting in poor mental health states, academic stress, and behavioral adjustment problems.

Psychological capital is quite closely linked to the whole idea of resilience and managing adversity. It is a positive and developmental state of the individual characterized by psychological constructs, namely, hope, self-efficacy, optimism, and resilience. This construction is as important to be developed as economic capital, social capital, and family capital. Self-efficacy is another psychological resource, reaching out to build positivity about oneself. It is an individual's optimistic belief in the ability to produce the desired outcome. It determines how students think, feel, and motivate themselves as well as how they act and perform to complete tasks (Sapphire, 2021)

This study aims to explore or find a relationship or find out the psychological response during the covid-19 pandemic that has occurred since the end of last year which was found in the city of Wuhan, China. Almost all over the world or countries are experiencing the outbreak. Therefore, the author is interested

in conducting a literature review discussion about psychological capital in communities affected by the COVID-19 pandemic

CONCLUSION

It can be concluded that stressors that arise during the COVID-19 pandemic affect psychological capital. A person needs mental readiness, social support, and financial support to achieve psychological capital. There are four psychological capital dimensions: self-efficacy, hope, optimism, and resilience. Psychological capital is recommended to be part of post-disaster nursing assessment and as a basis for providing appropriate nursing interventions such as mental health and post-disaster psychosocial support.

Suggestion is from the results of the Literature review recommends the need to manage psychological capital by increasing positive behavior and as a basis for health promotion to prevent Covid-19.

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