

Positive Affirmation Exercises Against Reducing Anxiety in Facing Vaccination Covid-19

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Abstract. Vaccination is a process that occurs in the human body that will become immune or can be protected from various diseases. Since the establishment of COVID-19 as a pandemic, there have been various changes in the pattern of human life. This impact can trigger stress in society. Coupled with the emergence of some Vaccine related misinformation that hinders preventive measures. Anxiety is a natural psychological condition felt by individuals when they feel a threat to things that are not clear. Many methods have been used to reduce anxiety, one of which is the positive affirmation technique. Positive affirmations are hopes, prayers, aspirations to help form a picture in one's thinking power or self-acceptance statements (Abdurrahman, 2012). The people who were given community service training were the people of the village of Bulota, Talaga Jaya sub-district. Based on the results of the training, it shows that most of the community stated that this training was very useful because they gained knowledge and understanding of dealing with anxiety when administering the covid-19 vaccine.

Keywords: Practice Positive Affirmations, Anxiety, Vaccinations

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INTRODUCTION

The vaccine comes from the Latin "vaccine" from the bacterium *Variolae vaccinae* which was originally demonstrated in 1798 to prevent the effects of smallpox or smallpox on humans. Until recently the word vaccine was used for all biological preparations and the production of materials using living organisms that enhance immunity against disease, prevent (prophylactic vaccines) or treat disease (therapeutic vaccines). The use of vaccines is carried out by inserting the vaccine into the body in liquid form, either by injection, intranasal route, or orally (World Health Organization, 2012).

Since the establishment of COVID-19 as a pandemic, there have been various changes in the pattern of human life. Starting from the government's policy in the field of education to conduct online teaching, the implementation of Large-Scale Social Restrictions (PSBB) to the current implementation of the new normal life order. These changes have an impact, including increasing layoffs (PHK) due to the declining economy

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(Karunia et al., 2020) while it is very difficult to find work during the pandemic. In addition, in the education aspect, it is known that 92% of students have problems in the online learning process (Yuniarto et al., 2020) and 67% of the public feel burdened by online school fees during the pandemic (Yuniarto, 2020). This change in online education puts pressure not only on students, but also on parents regarding the obstacles to providing internet funds and teaching their children. In addition, there are obstacles for individuals with disabilities in implementing inaccessible health protocols.

This impact can trigger stress in society. Coupled with the emergence of some misinformation related to COVID-19 which hinders proper prevention or treatment. People are now growing to live their lives together with the threat of the COVID-19 virus. Of course, it is very unfortunate if the stress felt by the community is not managed properly to cause continuous anxiety.

Many methods have been used to reduce anxiety including relaxation, imaging and behavioral methods (Greenberger et al., 2004), deep breathing techniques (Ghofur & Purwoko, 2007), and others. Anxiety can also be reduced through positive affirmation exercises.

Based on the background above, the purpose of this research is to make the community able to control their anxiety at the time of administering the COVID-19 vaccination.

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Vaccination is a process that occurs in the human body that will become immune or can be protected from various diseases after getting vaccinated, and if at the time of exposure to disease, only mild illness will occur with those who have received the vaccine. Covid-19 encourages the formation of specific immunity in the body to avoid contracting or possibly becoming seriously ill. The purpose of the Covid-19 vaccination; (1) Protecting the transmission/transmission of COVID -19; (2) Reducing morbidity and mortality due to COVID -19; (3) Achieve herd immunity; (4) Protect and strengthen the health system as a whole; (5) Protect the community from COVID -19 in order to remain socially and economically productive. Every normal person must experience anxiety. Anxiety can arise at any time, one of the causes is excessive tension and lasts a long time. According to the Big Indonesian Dictionary, anxiety is a state of worry or indecision.

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Positive affirmations are hopes, prayers, aspirations to help form a picture in one's thinking power or self-acceptance statements (Abdurrahman, 2012). According to Chapman (2010), affirmation as a combination of visual and verbal techniques describes the preferred state of the individual's mind, where strong affirmations can be very strong. Positive thoughts and affirmations will increase energy and bring positive things in one's life, effective positive affirmations can change individual negative thoughts.

Affirmation techniques include focusing on what you want, use the present tense, use positive words or sentences, use specific sentences. While the affirmation exercise begins with relaxing and clearing the mind, doing affirmations according to the technique and can be strengthened by writing and done before going to bed every day. The results of the study according to Pinilih et al. (2014) Exercise to stop disturbing or anxious thoughts if difficult thoughts still appear, then you can stop the mind by saying STOP, the way is to start by taking a deep breath, close your eyes and clear your mind, then remember your most difficult thought during a certain count and on a count of ten or five say STOP to that thought. Then everyday you can STOP on these thoughts. Then every day you can STOP every thought that is difficult to replace with positive thoughts about your life.

One way that can increase mental health & psychosocial resilience is to build positive thoughts: (1) Remembering pleasant experiences, (2) Thinking about positive things that happen in your life, (3) Convince in your mind that COVID-19 will be resolved soon, (4) Be grateful for everything that happens in this life.

RESULTS AND DISCUSSION

The mechanism for implementing Extension activities includes the following stages: (1) Determining the Location of Extension, (2) Preparation of tools and materials for extension activities. The form of activity that will be carried out is positive affirmation training on reducing anxiety about using vaccines which is carried out for 1 day. The method of activities carried out in this activity is educational counseling with the help of power points, lectures and discussions with banners, materials and the attached attendance list.

This service is carried out for 2 weeks. The stages of achieving the target results are described according to a sequence of implementation methods with several modifications according to field conditions and are further described in detail below.

Lecturers and students held a meeting with the Bulota Village Head to prepare for community service counseling and things that need to be known in the service regarding the Bulota village situation regarding the administration of vaccines in the village.

The stages of implementing positive affirmation exercise counseling activities to reduce anxiety in the face of the covid-19 vaccine in Bulota village, Kec. Talaga Jaya Kab. Gorontalo are as follows: (a) Implementation of Extension; The counseling was carried out

in the village of Bulota, Talaga Jaya District, Gorontalo Regency, with the extension participants namely the Community. The implementation is in one of the houses in the village of Bulota. As shown in Figure 1 below: (b) Counseling; The community participated in this activity. Counseling is aimed at reducing the anxiety of the people of Bulota village regarding the administration of the COVID-19 vaccine through the provision of positive affirmation exercises. (c) Positive Affirmation Training: the following is the process of implementing the extension: (1) Presentation of the material by the instructor. The speaker explains the material to participants or the public regarding the covid19 vaccination, anxiety or about positive affirmation exercises. (2) Questions and answers from counseling participants. Participants or the public who attended the counseling asked questions and then the presenters answered the questions given; (3) Demonstration of positive affirmation exercises; The role model of the extension team provides examples of positive affirmation exercises to participants or the community.

The trick is if difficult thoughts still arise, then you can stop your thoughts by saying STOP, the way is to start by taking a deep breath, close your eyes and clear your mind, then remember your most difficult thoughts for a certain count and on a count of ten or five say STOP to your thoughts the. Then everyday you can STOP on these thoughts. Then every day you can STOP every thought that is difficult to replace with positive thoughts about your life.

Demonstration together: let's do it together, we can start: take a deep breath, exhale, breathe normally, close your eyes, clear your mind, don't think about anything, just focus on your breathing, then remember your most difficult thoughts and on the count of five I will say STOP, I start counting to one...continue to think about the thoughts you're having trouble with, two...three...four...five...STOP, take a deep breath and open your eyes. Let's do it again, and you can count yourself. (1) Participants practice positive affirmation exercises; Participants or the community re-practice positive affirmation exercises to prevent anxiety during the time of administering the covid19 vaccination.

The results achieved after being given counseling for 1 day with this activity the village was very supportive and gave thanks because the Muhammadiyah University of Gorontalo had carried out community service activities in carrying out this activity. All series of activities have been carried out with good results because there are 17 people who are willing to take part in the counseling and according to reports on evidence of activities carried out. The village head also hopes that this program can reduce anxiety related to the administration of the COVID-19 vaccine.

CONCLUSION

From a series of community service activities by the Muhammadiyah University of Gorontalo, it can be concluded that: (1) Increasing public knowledge about the covid-19 vaccine; (2) Efforts to reduce public anxiety about administering the covid-19 vaccine through positive affirmation exercises. (3) Community Service is an activity that can benefit both the community and the campus.

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