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ISTANBUL UNIVERSITY CERRAHPASA
FACULTY OF HEALTH SCIENCES

DIFFICULTY ADAPTABILITY AND COVİD-19 RELATIONSHIP

Kardelen OKCU

UNDERGRADUATE GRADUATION ASSIGNMENT ARTICLE

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DIFFICULTY ADAPTING AND COVİD IN OLDER INDIVIDUALS – 19

Quarantine is a health measure implemented in the form of temporary retention and observation of persons, ships, goods and animals from a country, where an infectious disease is prevalent. This definition was most recently used in the 2019 coronavirus disease (COVID-19) outbreak. With the measures taken during the quarantine process, rights restrictions were imposed in certain age groups. These include a weekend curfew imposed on all ages and the implementation of curfews outside the designated days and hours for certain age groups. So who are in the age groups where this ban is applied, why those age groups and what are the problems that come with it? Every answer to these three questions will allow us to have a healthier quarantine process.

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The spectrum of diseases caused by coronavirus in humans can vary from simple colds to severe acute respiratory syndrome. In cases, findings consistent with fever, shortness of breath and radiological bilateral lung pneumonic infiltration were detected(1)

According to the WHO's COVID-19 report of the People's Republic of China, deaths were usually individuals with advanced or accompanying systemic disease (hypertension, diabetes, cardiovascular disease, cancer, chronic lung diseases, as well as other immunosuppressive conditions) (1).

The disease is mainly transmitted through droplets. In addition, the droplets that sick individuals emit through coughing and sneezing are transmitted by taking their hands to the mucosa of the mouth, nose or eyes after contact with other people's hands (1).

In COVID-19, the whole community is responsive. Health workers are the most risky occupational group in terms of encountering factors. Men, people over the age of 50, people with comorbidity (Hypertension, Heart Disease, Diabetes, Malignancy, COPD, Kidney Disease, etc.), seasonal agricultural workers and those living in care and rehabilitation centers, schools, barracks, correctional and detention centers and migrant camps are groups susceptible to COVID-19 (1).

Responsive person / Host measures » There is no vaccine or drug yet to protect against COVID-19. Therefore, you can use the it is important to protect and improve people's health (health education, adequate and balanced nutrition, adequate and regular sleep, physical exercise, non-tobacco, etc.), reduce the likelihood of encountering the active (limiting mass activities-curfew, flexible working/ working from home, reducing contact time, shortening shifts and regulating rest intervals, etc.) and early diagnosis and treatment of cases (2).

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<19,>65 DIFFICULTY ADAPTING IN INDIVIDUALS

After difficult life events such as the COVID-19 pandemic, which can be described as a crisis, some children react long-term, while others react short-term or do not (3). Some children may exhibit various reactions such as behavioral, emotional and psychosomatic at the same time and at different times (4).

During the COVID-19 pandemic, children can feel emotions such as anger, worthlessness, fear, sadness, guilt, anxiety and reflect these feelings to the surrounding individuals in different ways (4). Since cognitive and social-emotional development is not yet complete, children can show their anger by crying, blaming their parents, resenting them, shooting them, is issing themselves from them, or acting aggressively towards their toys (5). In addition to these reactions, inability to leave the parents, the desire to be together constantly, loss of appetite, regression behaviors such as bed wetting, finger sucking, damaging behaviors, psychosomatic reactions of unknown cause are among the possible reactions of children during the COVID-19 pandemic (6).

Being separated from loved ones, loss of freedom, uncertainty about the course of the disease can have dramatic effects on the mental structure. Anger problems, related behavioral problems, communication difficulties may occur (7,8). In the first days of quarantine-isolation, more acute stress responses occur. Adaptation disorders, which are accompanied by symptoms of depression and anxiety and include behavioral disorders, are the first and most common mental disorders. As the quarantine lengthens and the symptoms of the disease increase, depression, acute stress disorder, post-traumatic stress disorders, common anxiety disorder, panic disorder, somatic symptom

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disorders, other mood disorders, even psychosis can be seen as the disease spreads around them and the negativity in its course increases. In addition, individuals are likely to turn to alcohol, substances and medications as a tendency to improve themselves. As the process drags on, chronic signs of mental symptoms, suicidal thoughts and attempts can be observed in connection with the increase in despair. Being indoors can also exacerbate or exacerbate the symptoms of an individual with any prior mental disorder (7,8).

In our country, individuals aged 65 and over make up 9.1% of our country's population and there are 7,551,000 people. It is our responsibility to protect our growing elderly population in the ageing world and to ensure their well-being. Although it is expressed as 65 years of age and older, this period is considered as a period of social and psychological declines or changes in chronological biological physiologicals, on the other hand, this period is actually a period in which knowledge and experience are at the highest level, crystallized information, in other words, the existence of wisdom. If knowledge and experience are high, productivity continues and mental flexibility is available, the older individual will be accepted by adapting to changing roles as easily (9).

An event that exceeds the ability of the individual to cope with the existence of a serious threat to the physical integrity or life of the individual himself, his family or relatives is expressed as a traumatic life event, and the Covid 19 pandemic is a life event with high psychological effects. Therefore, the elderly individual must ensure the robustness and well-being of psychology (9).

Feelings of abandonment, loneliness and resentment

The limitation of the support that can be received and the fact that the losses are recognized in its entirety

The state of burnout increases, health problems arise

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Alienation towards other parts of society

Loss of motivation

Material difficulties and conflicts perhaps groupings

The underestimation of social solidarity and support (9)

COVİD-19 is a form of psychological manifestation in quarantined society. In order not to be negatively affected or to minimize this effect, we as a society should be able to provide more attention and order to our individual values.

As a result; In age groups with difficulty adapting, covİD19 disease, which develops unexpectedly, brings with it psychological and physical effects along with biological disorders. According to the researches and studies, the difficulty of adaptation occurs in all age groups and the fact that it is equivalent to the length of stay at home affects the segments we call sensitive/ host people more. It shows that during the quarantine process, sensitive/ host individuals realize that the importance of developing communication with themselves, getting to know themselves, misunderstands the concept of leisure time and leisure activity. Then what/what should we do? Psychological support during and after quarantine should create a time to know ourselves, our skills, our interests, and apply it at the appropriate rate, in a timely manner. We must learn to establish communication within the household and be psychologically ready for any future catastrophe, quarantine process and demonstrate communication and skills to support our cohesion in line with the decisions taken.

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DIFFICULTY ADAPTABILITY AND COVİD-19 RELATIONSHIP

Kardelen OKCU

UNDERGRADUATE GRADUATION ASSIGNMENT ARTICLE

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