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**COVID-19 PANDEMIC CAUSED ANXIETY IN PSYCHOANALYTIC  
PERSPECTIVE**

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**ABSTRACT**

*The Covid-19 pandemic has various impacts on various sectors. The Covid-19 pandemic is spreading so fast that people are always encouraged to keep their distance. When indicated positive for Covid-19, it is mandatory to carry out isolation, either independently or in the hospital. When carrying out isolation, most patients will feel lonely, this is because they cannot interact with many people including their own family. In a day this virus can also cause death to hundreds to thousands of people. The number of deaths makes some people experience fear and anxiety about being left behind by loved ones. From a psychological point of view, the fear and anxiety experienced by people can be a deep trauma of loss. Psychology itself has several approaches to overcome this problem of fear and anxiety. One approach that can be used is the Psychoanalytic approach. Some of the techniques that can be used in dealing with this case include free association techniques and abreaction techniques. This research is a study that uses a qualitative descriptive method. This title is used to determine the effect of the Covid-19 pandemic on a person's fear and anxiety from a Psychoanalytic point of view.*

Keywords: Covid-19, Anxiety, Psyhycoanalytic.

### **INTRODUCTION**

The Covid-19 pandemic has a huge impact on all aspects of life. One of the impacts of covid-19 is that it requires us to keep our distance from each other. If we have been indicated positive for Covid-19, then we must be required to carry out isolation. The isolation can be done either independently or in the hospital. By doing self-isolation, most people will feel lonely. This is because they cannot interact with other people carelessly considering the contagious nature of this virus. Another consequence of Covid-19 is that it makes people have to stay at home as much as possible, eventually most people feel unproductive until they cannot interact with others as before this is what can trigger this feeling of anxiety.

Anxiety comes from Latin (anxius) and from German (anst), which is a word used to visualize negative effects and physiological stimuli. Basically, this anxiety condition is a feeling full of fear and worry. Where, this feeling is not necessarily going to happen, it may not even happen in the future. This sense of anxiety is not clear where it comes from. The effect of anxiety on the achievement of maturity is an important issue in personality development. It is clear that in emotional disorders and behavioral disorders, anxiety is a complex problem.

Anxiety experienced during the Covid-19 period can be overcome with several approaches in Psychology. One approach that can be used is the Psychoanalysis approach. Psychoanalysis is a theory developed by Sigmund Freud in analyzing human psychology. According to Freud, human psychology and behavior are dominated by the subconscious, which is what makes individuals feel anxiety during the Covid-19 period. Some techniques that can be used in handling this case include free association techniques and abreaction techniques. The free association technique is a technique that requires clients to tell consciously what they feel, clients can tell about problems in the present and past that make clients feel uncomfortable with their lives. Furthermore, the abreaction technique is a technique that requires clients to express their emotional content in their subconscious in the form of speech and behavior. This technique is a continuation used by the counselor when the free association technique still feels not optimal.

### **METHODOLOGY**

The approach used in this research is descriptive qualitative, which describes the phenomena that occur around. The data collection technique in this study uses observation. Observation is done by observing the behavior of the observee during the Covid-19 pandemic. The method used in this research uses the narrative analysis method. This method seeks to convey data with narratives or stories. Of course, it contains all parts of the research, especially related data. This method is widely used in research on judgment, emotions, and many others. In addition, this method seeks to make the data or research results later easy to understand. This is because of the narrative method, delivered in an interesting language. This method will help you to develop an action plan from the data generated by the research.

### **RESULT AND DISCUSSION**

From the observations that have been made, we can see the behavior of the observee including the following:

Observee is often seen crying suddenly. When we asked why she was crying, Observee just said there was nothing wrong. I think this is an odd thing. Because if there is nothing, then why is this observee crying. Investigated, it turns out that the observee has anxiety about being left by loved ones and people closest to him. Remembering the incident a few months earlier, when the Covid-19 outbreak was so widespread in various circles, including in his family. At that time the mother of the observee was diagnosed positive for Covid-19, this made everyone in her nuclear family have to isolate themselves. Along with her being self-isolated, there is an event that must still be carried out, namely her brother's wedding. Here the observee and her family cannot attend the event. Time continues to run and roll. Until finally Covid-19 attacked the observee's family again. The sister of the Observee who had a wedding a few months ago was diagnosed with positive Covid-19. So a swab was carried out for all extended family members. It turned out that the family in Gresik was also diagnosed with positive Covid-19. After a few days, there was sad news that the brother of the observee who had married a few months ago passed away in a young pregnant condition. Not long after, the brother-in-law of the brother who died earlier died. This news spread to the extended family. Well, in the incident with the same timeline, the family in Jombang was also diagnosed with Covid-19. This family in Jombang is a cousin who is very familiar from the observee. Here the position of the cousin of the observee is heavily pregnant, around 8 months. The cousin of the observee heard the news that her brother died in the middle of a young pregnancy and became overthinking herself with her current condition. Then a few days later a Caesarean section had to be performed to save the fetus from being infected with the Covid-19 virus. Shortly after the operation was carried out smoothly, the condition of the mother and baby seemed fine. However, 2 days later the condition of the cousin of the observee decreased. Until the third day after the Caesarean section, the cousin of the observee died. Here the baby's condition is quite safe despite having to enter the intensive care room. But after 7 days after the day of birth, the baby followed the mother, the baby was declared dead.

Maladaptive behavior can be said to be behavior that is not in accordance with the demands of its environment. Maladaptive behavior that occurs in the observee. Where the observee cannot be in a situation alone and no one else. If the observee is alone, then her anxiety will arise so that she cries. Now because this anxiety often arises, this observee often follows her mother to the office when her parents work and when her siblings go to school. It got to the point that this observee could not sleep alone. Observee eventually slept with her mother.

The ego defense mechanism seen in the observee is repression. Repression is the suppression of unpleasant thoughts, feelings, or memories. For example, someone who has experienced childhood trauma may not be able to remember or acknowledge the bad experience. So here the observee often cries suddenly because she has anxiety about being left by her nearest and dearest. Well observee cannot acknowledge the anxiety she is experiencing. When the anxiety hits and she will cry, but when asked why she is crying, she not only suppresses her anxiety, cannot acknowledge her anxiety, and only answers 'nothing'.

### CONCLUSION

The best of treatment that can be used to handle this case in Psychoanalytic is with free association technique. Which by using this free association technique can be used as a means of catharsis for the

observee. There the observee can express the various feelings that are in him both emotions, anxiety, and anxiety. In using this free association technique, we can also find out what things are around the observee that can be related to the conditions he is currently experiencing, be it things in his life at this time to his past. Then we can use the abriaction technique as a follow-up after the catharsis is completed. Where in this abriaction technique the observee will be asked to relax and calm down in telling stories and conveying the feelings that are inside him, whether feelings of anxiety, anxiety, or other things.

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