

**“Enhancing Interprofessional
Collaboration and Learning for
Strengthening Primary Health Care”**

July 21-23, 2021

Faculty of Medicine, Public Health and Nursing

Universitas Gadjah Mada

Yogyakarta, Indonesia

TUFH THE NETWORK:
2021 TOWARD UNITY
FOR HEALTH

Supported by:



TUFH 2021 ABSTRACTS

Title	MANAGING WOMEN'S DEPRESSION AS THE IMPACT OF THE COVID-19 PANDEMIC IN KUWANG SHELTER, CANGKRINGAN
Type	Oral Presentation <i>Community-Based Education for Health and Social Care Students</i>
1st Author	ANDRIAN FAJAR KUSUMA
Co-Authors	Winengku Basuki Adi, Sumarni DW
Country	INDONESIA
Abstract N ^o	TUFH751
Content	<p>Background: The mental health of women after a disaster considered as priority. Women in Kuwang Shelter are still very traumatic about the eruption of Merapi. Additionally, there is Covid-19 pandemic. Women's stressors are getting heavier and more prolonged because the economic conditions that steadily getting worst and can increase the chance to have depression. One of the efforts to overcome this is by providing social support and play traditional games with children to manage depression and build up their relationship. Method: The subjects were 20 women who are residents of the Kuwang shelter. This training starts from August to November 2020 using video calls and divided into five groups and each group is trained by one doctor, one sociologist, and one psychiatrist. In this activity, training was carried out using video material about the Covid-19 pandemic containing transmission, prevention, and control by complying with the correct health protocols followed by assistance for individual counselling and providing social, religious, and spiritual support to women as well as training in traditional games. Result: After a one-time training and one week of mentoring, there was a decrease in depression tendency from 11 people (55%) to five people (25%). The symptoms such as feelings of sadness, anxiety, discouragement, sleep disturbances, and fatigue disorders also somatic depression have decreased considerably. Conclusion: After conducting stress and depression management training during Covid-19, it can reduce the degree of depression rate in Kuwang shelter.</p>