

The role the family plays in psychological support for the recovered from Corona

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Abstract :: the current theme is looking for more information about the importance of the psychological homely support and its role to reduce the Corona sufferer's pain and suffering, because the person who has the support from their family members becomes somebody who has self estimate and confidence, less exposed to the disadvantages because of the illness and the period they come through, becomes also stronger to go through it and fight the disease, so we find that homely psychological support strengthens the patient and reduces the reduces the psychological pain.

Keywords: the psychological homely support; the family; Corona virus

Introduction: Diseases are considered one of the troubles that threaten societies; but the most dangerous are those that threaten life and infectious diseases are on the top of the list, recent researches showed that they spread in many countries, one of the most famous is the corona virus, it's one of the biggest challenges of the century and it is until now and one of the most spreading in addition to that it has many physical, moral and social side affects during the sickness period and even after recovery, in which the patients try to get through these stages and feel better however they find difficulties to get through it, in this case, they need psychological and family support to adjust direction and get adapted to the situation, in which the psychological and family support plays a so important role to help them get relieved and it's considered one of the supports that people need the most when they have fought against this disease after they seek refuge in Great God whey they feel threatened by this sickness, they feel their energy is law and they can't fight anymore, in this situation the only thing they need is the exterior help that comes from family, friends and so on.

As **Kaplan** said in his theory about support and the role it plays to heal societies, he showed that the social network provides psychological and social supplies especially whey they are under pressure and feel weak, this aims to keep their mental health.

According to all what we have said previously, our topic is going to be about psychological and family support to know more about how necessary and important it is and thus it provides good results to the people who have been through Corona Virus.

The topic importance: if prevention is better than cure in medicine, it has the same importance and strength in the psychological side, so recently, researchers have been searching all the cures that could reduce all the pain that patients have been feeling during this disease in order to achieve the psychological and mental health in the societies they live in, these changes can be those personal characteristics or environmental ones that can release the pain or at least they can reduce the side effects, in our current topic, we have absolutely

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focused on the psychological and family support and the way it helps to heal people who suffer from corona virus.

This support takes too much part in helping people to get through and deal with the disease, it is one of the rarest topics that have been studied since we have never experienced such situation ,corona virus is a so different from the previous diseases that faced humanity, which made its side effects so different also and more dangerous psychologically, especially with the conditions that they must submit to like quarantine, isolation to heal from it, this can make the patient feel worse by days, above all because there was no an absolute and definite cure for it, this made this topic more important and sensitive.

Principal definitions:

CoronaVirus: it is an infectious respiratory disease spreading during the end of 2019, because it has been threatening people lives and it has many dangerous side effects which pushed people to fight against it since it requires much attention and protection, we all know that it touched all ages and both sexes and one person affected is enough to spread all the others around, doctors were not able to stop it fast and definitely, this didn't only threaten people's lives but also the life conditions and the life style particularly when all the world had to isolate and stay locked down for a long period, this stopped all people's habits, social life and interaction between them, which led them to a high stress and frustration since the end was unknown and scary.

psychological support definition:

Language: sponsorship, to take care or to take someone in charge and keep them (Elmira 1984, p210).

Idiomatic: to take care of someone is considered as a modified nature that seeks to modify behavior according to certain standards, it is an operation that helps to understand the individual abilities and getting ready to use it in order to figure out the problems and get better plans for their lives by getting a better perception of their universe and present to be happy, satisfied and self realization to the point of compatibility (Ahmed, 1999).

Or it is a set of services provided to the individual to make them able to plan for their future according to their abilities and willing so they can reach the level of life they want and achieve the self realization they have always wanted, to the psychological support many fields, familiar, personal, professional and this aims to a better future by taking advantage of all the past experiences.

Through the foregoing, we conclude that sponsorship is a process carried out by society as a body to achieve a set of goals. The individual is to plan for the future of his life according to his capabilities and capabilities, in order to ensure his physical, social and family care.

The importance of psychological support:

A humanitarian, moral and religious necessity

A social necessity represented in maintaining, protecting and strengthening the family, maintaining positive social relations between people, and protecting patients and their, children from the danger of homelessness and loss.

Political reasons, represented in the need for society to maintain the required ideological thought and to educate the members of society on values, principles, ideas and theories that

are loyal to society, which preserve society's unity and cohesion, and thus protect it from the factors of social and psychological disintegration and disintegration.

Circumstances of the age characterized by anxiety, tension, conflict and intense competition among the members of society.

Increasing rates of poverty, high prices, unemployment and crime and changing their patterns, especially the crimes of relatives, armed robbery and rape.

The close relationship between addiction and crime.

The increase and exacerbation of family problems, and the weakening of its authority, control, and ability to direct its children, which leads to deviation.

The importance of the mind in controlling, rationalizing, correcting and directing the behavior of the individual (Al-Isawy, 1997, pp. 21-23).

Types of sponsorship: There are many types of sponsorship for the patient, as they differ between what is related to health, social, psychological, material and family sponsorship.

Health care: Due to the physical complications that corona disease may lead to, the health care process is strict and specialists linked it to two directions:

A - **The preventive approach:** It is alerting and educating the patient on the need to preserve his health by providing advice that is given by the doctor, where hygiene is an essential factor that helps the patient to protect his body, and it must be carried out regularly and continuously, and this is done with the cleanliness of his surroundings, the cleanliness of the covers, and the cleanliness of the body. General, such as taking baths and changing their clothes and hands in particular, as well as working on nutritional balance to strengthen the immune system to overcome the disease quickly.

B - **Therapeutic trend:** represented in medical endeavors in hospitals and clinics through medicines.

Financial sponsorship: It is an integral part of the process of taking care of the patient by providing all his needs, especially since he is in a period of quarantine so that he cannot move as he wants.

Psychological sponsorship: The corona patient needs special psychological care to alleviate his fears and instill a spirit of optimism and psychological security for him, and accordingly, this sponsorship is based on two methods:

How does the patient accept his illness?

How does society (the family) accept this patient, especially since it is intended for others?

Psychological care is of paramount importance and necessity in the lives of individuals, given the social and psychological problems they suffer from. The need for society to preserve the values, principles, ideas and theories loyal to society, which preserve society and its unity and adherence, and thus protect it from the factors of division and social and psychological disintegration, and the conditions of the era characterized by anxiety, tension, conflict and respect for the intensity of competition among the members of society. And the increase in family problems and their interaction and the increasing need to control, rationalize and correct the behavior of individuals (Bouziani, 2013, p. 45).

Family:

Language: Which also comes from the word (Familia) The term family derives from the Latin, which means servant or hired. (Famulus)

The family from the linguistic point of view, as mentioned in the Arabic tongue, means the family of a man in the sense of his clan and his civil group because he is piety with them, and the family means the man's clan and the people of his house (Abdul Latif, 2008, p. 20)

In other words:

Al-Khashab defined it as: "An inevitable union that leads to the preparations and capabilities inherent in human nature that tend to meet, and it is with its conditions and decrees a social institution that emanates from the spontaneous conditions of life of social systems and conditions, and it is also an inevitable necessity for the encounter of the human race and the perpetuation of social existence, and is achieved This is thanks to the meeting of two, the man

and the woman, and the permanent and stable union between them in a manner approved by society, which is the family (**Barakat, 2000, p. 12**).

As for "**Bell**" and "**Vogel**", they define the **family** as: "the structural unit consisting of a man and a woman who are linked with their children in a socially organized way (**Abdel-Aty et al., 2006, p. 18**).

The family is defined from the systemic perspective as a form of social construction that emphasizes the interdependence of interests and the well-being of the family as a whole with the supremacy of family values. This structure is characterized by the strong sense of its members of unity, family loyalty, mutual aid and concern for the continuity of the family unit (**Sayed Mansour, 2000, p. 20**).

Therefore, it is clear to us from all this that the family is a primary institution and of great importance in the process of socialization, and it lays the groundwork on which the social behavior of its members is built. Therefore, all its members must cooperate and join efforts for a sound social upbringing for all its members.

The psychological and emotional function of the family: the person does not need food only in order to grow and grow, but he needs to satisfy his psychological needs: such as the need for love, security and appreciation, and this can only be done through the family, as it is the first place in which the individual finds tenderness, warmth and passion (**Al-Anani, 2000, p. 55**), and it has been clearly shown that many of the physical diseases that affect children are due to a lack of love, warmth and emotional relationships, and that a great deal of emotional integration depends on the amount of what is available to children to satisfy their multiple desires. .

In this regard, researcher "**Margaret Mead**" says: "It has been clearly shown that children who are placed in special institutions at birth suffer from many problems and illnesses, despite being given good physical care, as there are very bad effects on children who are separated from their mothers after birth. Examples of this include: mental retardation, failure to learn to speak, dullness, loss of sensation, regression, and sometimes death (**Rashwan, 2003, p. 44**).

4- Family psychological care for the patient: The importance of family psychological care comes from the fact that families play a role in the emergence of mental illness, whether for family genetic reasons or for reasons of family disorder. It also has a role in treatment in terms of its expectations for recovery, its support during treatment, and its acceptance of the patient after treatment. The patient's family suffers financially and morally as a result of the illness of one of its members, which is thus reflected in the way the patient is cared for, neglected, dismissed or isolated, which increases the severity of the disease and reduces the hope of recovery.

5- Family psychological care for the recovering from corona: it means the support or assistance provided by family members on the psychological and emotional level to the recovering from corona disease, which leads to an effective change in the individual's ability to deal positively with the negative events that he faced.

The family is considered the bond in providing support, protection and service to the person infected with corona after recovering from all social, living, health and psychological aspects, and helping them to confront the effects of this disease so that he becomes unable to do the work that he is doing due to the heavy quarantine. on him).

3- The positive effects of corona disease on the psyche of the recovering person:

In light of the growing interest in physical health in the time of the emerging corona virus "Covid-19," mental health care is no less important as well, and that exaggerated panic and fear will affect the psychological state of the individual in the future, but the Corona crisis can be an opportunity to learn and strengthen the community fabric, and that The impact of the disease will be positive psychologically and socially if individuals are responsible and resilient.

The Corona virus crisis has become a global epidemic, and social cooperation and individual responsibility will make people live this experience with less psychological pain, loss and

sadness, and in return they will feel proud of the selflessness and responsibility they have shown, as this crisis is an opportunity to learn important values for the social fabric.

Crises make the individual and society stronger, and the good qualities of society appear from volunteering, cooperation, social responsibility and providing the necessary care to the surrounding people.

So that people will learn from it:

Learn about health in general, and how to maintain personal health

Learning responsibility towards society

Learn to deal positively with crises

Learn positive flexibility with changing routines in life and leisure

Learn to economize on things that people are accustomed to and have disappeared with the emergency situation.

The negative effects of corona disease on the psyche of the recovering person:

If those recovering from corona disease have lost a lot of their physical abilities as a result of the symptoms they were suffering from, as well as psychological suffering, starting from their diagnosis of the disease, where a kind of shock occurs to them, knowing that the disease has no cure yet and can be fatal, then Coexistence with the new reality takes place, and the lifestyle changes through quarantine and isolation. Individuals do not become nervous for fear of death or physical harm only, but also because of their fear of unemployment, isolation and social exclusion if it is rumored that he is sick or quarantined, so he fears losing his job. , feared to be a source of infection,

What is circulated in the media and social media about Corona makes people anxious and their fears amplify. The rumors circulating may be the most harmful thing to people's mental health, so their fears are exaggerated in relation to the size of the threat as they fall prey to exaggerated fear, but the feeling of anxiety is proportionate to the real danger. For the virus is acceptable.

In addition to rumors and intimidation, people's fear of corona stems from the fact that a person fears what he does not know more than what he knows, and there is a percentage of ambiguity and unknowingness in Corona disease that raises people's apprehension.

Panic also stems from long-term fear and anxiety that weakens the ability to work, in addition to closures and travel bans that generate losses, tensions and additional psychological consequences for individuals even if their members are not injured.

Closing restaurants, schools and parks constitutes a state of pressure that exacerbates their stress and tension.

There are also some people with anxious personalities, or who are in a fragile psychological situation, more likely than others to suffer from psychological problems. The atmosphere, as if it had become a catalyst for the emergence of other obsessive symptoms.

The forced closure between the walls of the house for several days, weeks or months as a result of the quarantine imposed to contain the spread of the virus, is unusual for the general public except in exceptional circumstances, which in many cases causes severe psychological effects. Anxiety, tension and emotion "are among the most prominent psychological effects that It spreads in such cases, the quarantine in general is an unsatisfactory experience for those who are subject to it." And isolation from family and loved ones, loss of freedom, suspicion of disease developments, and boredom, are all factors that can cause psychological suffering, and this is what requires sponsorship and Care and accompaniment for him by his family members.

Although the patient entered the stage of recovery and psychological stability, he did not get rid of the fears of the disease, and the medical information available so far proves that the person who has contracted corona disease can return to the disease again, and that it can also remain contagious to others despite his recovery for several days.

5- The impact of the corona patient on the family: The infection of a family member with a specific disease such as corona disease is a painful reality and a harsh experience for the family, which results in several problems at various levels, the most important of which are

relational, economic, family and social, and the responses of family members towards the disease are different, and we find These responses differ from one family to another, some of them accept the disease and some do not accept it and are traumatized, there is a family that has a positive reaction about the disease and some have a negative reaction.

The patient's impact on family life varies according to his age and personality, and this effect appears on the economic, psychological and relational levels:

Economic problems: Serious illness increases the economic burdens borne by the family as a result of spending on tests, buying medicine and special food that some diseases require, increasing expenses, visiting the patient in the hospital, which is represented in transportation expenses in the case of treating the patient in a medical institution far from their residence. **(Al-Miliji, 2002, p. 138).**

Psychological problems: The presence of a family member suffering from a serious illness such as corona leads to a feeling of anxiety and fear of the unknown fate of the patient, and family members may feel anxious because of the view of society and people close to them towards this. The presence of a patient within the family leads to creating an atmosphere of pressure and tension between its members, and the disease may be associated with a previous painful for the family, which makes it live a psychological crisis, and this leads to a change in family relations and the abandonment of responsibility. **Relational problems:** The presence of a patient in the family creates tension in the relationships between its members, which leads to the division of roles and duties by exercising new responsibilities, this depends on the role that the sick person was playing and the tasks he was performing, for example the mother makes her give up her responsibilities such as taking care of children and doing household chores

And based on the disruption of the individual's health, whether due to mental or physical diseases such as corona disease, causes the patient's family to suffer, and there is no disease in any branch of medicine that causes pain, discomfort and confusion to the family such as an infectious disease, any organic disease is confined to a part of the body, and therefore it is It is confined to its owner, and its effects do not extend to others, except of course, infectious diseases, whose effects extend or are transmitted directly to others, and affect their lives, and therefore the infection of a family member with a specific infectious disease such as the currently spreading Corona virus affects the patient's relationship with others, especially members of his family.

6- The role of the family in the process of psychological support for the recovering from Corona: As much as the family is affected by this disease, it also affects the psyche of the patient even after his recovery. With the help of the patient from his family, he is appropriately rehabilitated in order to return to his normal state because he went through a difficult psychological and physical situation and left his psychological effects on him, as the study of **Zainab Shukair (1990)** confirmed Other than that, the health status of the individual plays a vital role in his psychological health, given that the relationship between the body and the soul is a reciprocal and interactive relationship, and some physical disorders cause the emergence of some crises in the individual represented in the collapse of his ambitions, hopes and pessimistic view of life **(Shukair, 2002, p. 14).**

The effect is mutual between the family and its patient, the pain is also mutual, because the way the family works and treats it from a psychological perspective (perhaps in good faith and because of lack of knowledge) may increase or relieve the patient's pain..

Family psychological support is considered one of the important sources of security that the patient with corona needs after resorting to God - Glory be to Him - when he feels that this disease threatens him, and feels that his energy has been exhausted and he can no longer stand against this threat threatening him, and that he is in dire need of help and assistance. From the outside, especially when he wants this help to come from the people closest to him (the family), through what Kaplan sought in his theory of support systems and their role in the mental health of society, where he explained from his point of view that the individual's

social network provides him with social supplies psychological, especially in light of stressful events, in order to maintain his mental and psychological health.

The family plays an important role in restoring psychological stability to the psychologically tired individual and in helping him to overcome his crisis and then to adapt and daily coexist with the situation, but the majority of family members neglect this role and some feel that it is a trivial role and repeat statements such as that time will cure the psychological situation, especially in the family that Absent from her methods of dialogue and discussion in the various problems of individuals, whether between parents and children or between brothers.

Regardless of realizing the importance of the pivotal role of the family in helping the individual to overcome his illness and difficult psychological conditions, some do not know how to play this role and fall into errors in communication that may worsen the situation worse, including the repetition of talking on the same topic to the point that the opposite party becomes bored and does not listen to directions and advice. In addition to not knowing how to determine and choose the right time to open the conversation about the problem, and to provide assistance immediately if something threatens the life of the individual.

The patient's feeling of the presence of the family by his side remains an essential element in facing the repercussions of psychological crises, according to psychologists. The family is required to give the patient a high degree of independence in feelings, and it has a major role in psychological support and not only satisfying the material needs of food and clothing, as individuals infected with corona communicate with them. The repercussions of depression, fear and stress even after recovery Specialists give great importance to the role of the family in supporting and supporting the patient after recovering from any serious illness such as corona disease and helping him to overcome this stage, especially in the face of fears of re-infection with the disease again. depression, anxiety, and other psychological complications such as; Entering into psychosis, and social difficulties at the family level, such as disintegration, divorce, neglect of children, loss of work, debts, and consequences,

Family sponsorship for people with serious illnesses (such as corona) has a special character, as the situation requires family members to see the patient "as an individual facing a situation that threatens his life and his comfort, not a victim of an incurable disease" (Sayed Fahmy, 2005, p. 73), and this applies Also, the person with corona should be treated before and after his recovery, and in order for the care process to be successful, the efforts of the family, which plays the main role in the success of this process, must be combined using multiple means and techniques so that the patient gets the greatest possible benefit from the opportunities for psychological assistance provided, which is to ensure the patient's safety Physically, psychologically and socially.

The family is the center, institution, and first refuge for the sick person after recovering from the corona virus. It plays an important and effective role by caring for him and compensating him for much of the mother he faced during the illness. Its roles are:

Care and sympathy for his psychological condition after recovering from the disease.

Achieving the highest level of assistance to the patient in recovering all his strength. Caring for him and providing him with medical, psychological and social care makes him feel comfortable and reassured, and relieve his anxiety and fear, and for this method to be successful, all family members must be involved in sponsoring and providing support in order to accept the patient with his new situation.

Conclusion: Family psychological care is of great importance in the life of the individual due to its positive association with psychological and physical health. On the one hand, it is considered a means to alleviate the severity of the pressures experienced by the individual, which makes him acquire a positive psychological character towards achieving mental health, and on the other hand it can be considered one of the most important methods Helping to confront the organic disorders that affect the individual and mitigating the negative effects that these disorders may have on individuals, such as corona disease.

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