

COVID-19: PSYCHOLOGICAL TIPS FOR ALL

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ABSTRACT:

BACKGROUND & OBJECTIVE: The world is facing a COVID-19 pandemic. The cure for the disease is yet to be established. This situation has created a severe stress-producing challenge for humankind. It has been reported in few studies that human health and adaptability are dependent on and are related to hope level. How this connection could help humanity to face the COVID-19 challenge was the main focus of the present work.

METHODOLOGY: A library research was conducted to explore the individual potential to increase 'hope' and to evolve specialized instructions (tips) that could help to improve pandemic stress coping: It was convincing that increase in level of hope with due watchfulness is possible, that could contribute towards improving coping in the prevailing challenging, stressful situation.

RESULTS: To exercise 'tips' to improve hope was found psychologically possible. It was also convincing that 'tips' by improving the 'hope' level would add to the surviving spirit and subsequent coping.

CONCLUSION: Exercising 'tips' would improve pandemic stress coping.

KEYWORDS: COVID-19, Human strengths, Hope, Surviving capacity.

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INTRODUCTION:

The world is subject to pandemic COVID-19^[1]. It is a viral disease that has created an atmosphere of restlessness, unease, and uncertainty worldwide. Some recent research studies across the globe have revealed that the COVID-19 pandemic has influenced personal and workplace^[2] lifestyles and human satisfaction levels by adding additional stress in human life^[3] that influenced human "intrapersonal, interpersonal, and transpersonal" interactions,^[4] however, these studies observed that 'hope' is related with optimism and positive psychology in a notable manner contributed towards human abilities to face the situation challenges by reducing stress^[3,4]. Hope is a distinguishable human feature^[5]. Hope reflects, 'feelings of control and motivation towards achieving one's goals', hope is a "a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy) and (b) pathways (planning to meet goals)" and it contributes towards better physical health as well as psychological adaptability, higher hope level has been found related with better outcomes in physical health and psychological adaptability. Hope is such a wonderful construct that, so far, there is no evidence for the prevalence of "false" hope^[6]. The level of hope helps human beings to confront challenges^[7]. Hope helps human beings to survive in difficult situations.

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METHODOLOGY:

To contribute towards better pandemic coping, it was thought that increase in hope level using self-suggestion, a refined form of auto-suggestion^[8] is possible and individual's within potential' for positivity can be increased with self-generated 'hope' using specialized therapeutic instructions

(tips) those would help to cope pandemic related stress. Therefore a context library research was conducted. 'Hope'^[9-12] and self-generated suggestion^[13] were explored in psychotherapy for adaptableness in difficult situations like COVID-19^[1]. Hope was found related to healing; it also emerged that hope level could be increased with psychotherapeutic and medical interventions^[14]. Human history and evolution exploration revealed that human being constitutionally is strong: human race lived and survived in worse inhuman conditions^[15]. People lived in deserts, storms, sea storms, earthquakes, prisons, torture cells, slavery, holocaust, cross, Auschwitz camp, and living in illegally Indian occupied Kashmir because humans have the capacity to live and survive in all conditions whatever.

Human survives and lives in all situations and conditions because human is constituted to survive. Survival could be increased with will and self-control. Further, a human can achieve anything with determination^[16] and can force anything surrender before him such an object may be more powerful than the human.

It is established that when a person confronts an ailment treatable or without treatment, human being's constitution is such that human in such situations can use all own capacities those tremendously increase human chances for mastering and conquering the challenges. The level of hope to master a challenging situation is at the top of the list. Further, the human build is such that human can gradually increase own capabilities with a personal will, focused efforts and determination.

Subjective well-being was found related to the future anxiety and coping of an individual, whereas resilience contributed to the process as a moderator; improving hope contributes towards resilience^[17]. All tips evolved in the following category in a direct or indirect way were related to both these aspects.

If you are a patient, then tell yourself,^[18]

You are suffering from a disease for which the entire world and all scientists are working day and night for your treatment. Soon somebody would come up with a scientific treatment.

Further,

1. You are capable of and would live to get rid of your ailment.
 2. You are not the only one who is suffering from this ailment. Many top personalities and icons of the world are suffering from it, among these included some princes and a few heads of the states.
 3. Your ailment has neither changed your body shape nor your sense of happiness and sadness.
 4. You have the facility to talk to the sympathetic people (Doctors and Nurses) around you, and you are not in a secluded place or solitude.
 5. You have been given the best possible treatment because your ailment, unlike other ailments, is more important for the global community nowadays and is a serious matter of concern for everybody.
- Mindfulness, perceived social rewards, pro-social behaviors (social services for the society) and thoughtfulness about the reduction in social stigma by any means about own illness were found contributing toward positivity and coping outcome in the COVID-19 challenge^[19]. Therefore the tips evolved for quarantine context positivity were supposedly related to the generation of positive hope about recovery in the following section.

If you are Quarantine then tell yourself, ^[20]

1. You are making a contribution toward human beings who need your assistance.
2. Your safety and good health are your responsibility, and you are proving it to yourself as a responsible person you need by adopting quarantine.
3. Your routine life had snatched your own time that you never noticed, and now it is all yours.
4. Ongoing is a blessing in disguise that has given you an opportunity to dialogue with yourself and your near ones. This situation has given you a feel to proud that you are an altruistic person who has sacrificed their own social interaction for others.

Medical doctors belong to a demanding profession and confront professional odds daily that is part of their profession, but COVID-19 was an

unusual challenge for the medical doctors that influenced the medical community^[21]. To address the effect of unusual stress effect experienced in the wake of COVID-19, there was a need for a kind of motivation to cope with the challenge and gain enhanced professional strength. Further, other medical professionals were required to be provided with "(1) a sense of belonging, (2) a sense of professional value and pride, and (3) a sense of being protected and confident" to maintain their motivation and hope level among them all^[22]. The medical community is a scientific community that feels pride in inquiry, newness and creative contributions^[23]. Considering these entire aspects following tips were evolved to strengthen the hope level.

If you are a medical doctor/ nurse and healthcare-related staff, then tell yourself, ^[18,20,24]

You are involved in a kind of professionalism and profession that other people can never experience so you are more experienced now.

1. A professional is always a researcher, but in the present situation, you are additionally in the limelight as a researcher.
2. Sooner or later, all of you would be part of that Universal team that fought against the killing pandemic of the 21st century and defeated it with your expertise and inventions and served humanity with new hope and confidence in a health emergency situation.

RESULTS:

It is expected that the 'tips' based on COVID-19 research, therapeutic psychological knowledge and experience are psychologically practicable and could be exercised by anybody. If these would be exercised as recommended by those who need to improve hope to confront COVID-19, the usage of these would provide the users better strengths to confront their own stress-provoking situations more befittingly.

CONCLUSION:

The tips would add into human strengths to fight the pandemic with enhanced zeal, and exercising these would play a role in improving the human ability to face the ongoing difficult situation by enhancing the users' levels of hope to make strong human beings stronger: However, all users must not use boosted hope level to fall into the puzzles of foolhardiness putting aside necessary precautions as advised by medical doctors and medical professionals.

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Author's contribution:

Naveed Shibli: Visualized, developed, compiled and finalized the study.

Tariq Rashid: Reviewed the final draft for technical details.

Ali Sher: Assisted in searching suitable venue to publish the article

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