



19

Million of Indonesian people suffered minor to moderate mental health disorder

1

Million of Indonesian people suffered acute mental health disorder

Source: Riset Dasar Kesehatan 2007

MANAGING STRESS AND FATIGUE





Dr. Megawati Simanjuntak, S.P., M.Si



Dr. Ir. Lilik Noor Yuliati, MFSA



Dr. Ir. Istiqlaliyah, M.Si

Koordinator



Ir. MD.Djamaluddin, M.Sc



Dr. Irni Rahmayani Johan, SP, MM



Course Description



This course discusses the theories, concepts and processes of family resource management. Furthermore, the basic concepts of management such as values, goals, needs, resources, decision making, problem solving on how a plan can be implemented are also discussed; implementation of resource management in the family; family well being and ends with how families face the digital age

LEARNING OUTCOME

After completing this course:

1. Students are able to master the concept of family resource management
2. Students are able to analyze the management of various family resources critically, creatively, communicatively, collaboratively and by upholding character values
3. Students are able to plan the management of various family resources in various family life cycles

LEARNING OUTCOME THIS SESSION

Students are able to identify theories of stress and fatigue and how to deal with them



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Has it been in this month Madam/Father/Brother?

Answer: YES/NO

- Buy liniment
- Take painkillers – fever
- Massage
- Drink warm drinks (ginger, empon2), which must be bought out of the ordinary
- Feeling tired and "lazy" at work
- Become emotional – “baper”
- Feel depressed
- Lazy to reply to WAG friend groups
- Lazy to "talk" with family

Source : Prabandari (2020)

**If your answer is more YES
then:**

**Maybe you
experience**





Facts and problems of the COVID-19 Pandemic



Facts and problems of the COVID-19 Pandemic

WHO is always up-to-date based on the latest studies: Society considers inconsistent message

There are still many unknowns need research to better understand

March 2020
WHO*
↓
Pandemic

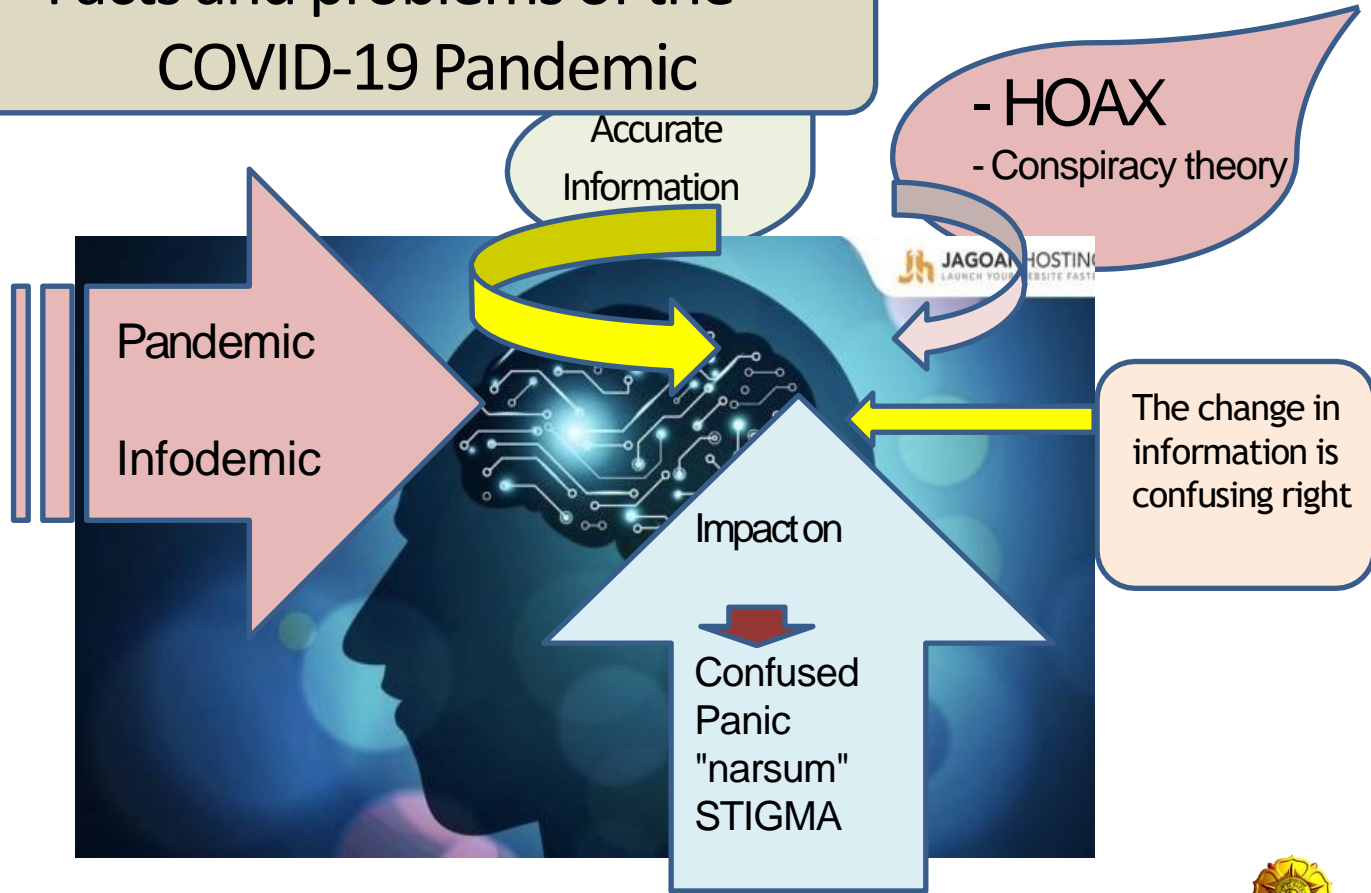
1. *Be prepared for pandemic*
2. *Focus on detecting, protecting and treating who are infected*
3. *Reduce transmission*
4. *Innovate and learn*

The state and local government carry out policies that depend on the state of the pandemic sometimes change

* World Health Organization (WHO). Mental Health and Psychosocial Considerations during the COVID-19 Outbreak. Available online: <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>



Facts and problems of the COVID-19 Pandemic



Infodemic

361,000,000 videos were uploaded on YouTube in the last 30 days under the “COVID-19” and “COVID 19” classification, and about **19,200 articles** have been published in Google Scholar since the pandemic started. In the month of March, around **550 million tweets** included the terms **coronavirus, corona virus, covid19, covid-19, covid_19, or pandemic.**

- The amount of information related to a specific topic is growing
- Occurs in a short time in response to special events, such as in a pandemic situation
- In this situation, misinformation, rumors and manipulation of information occur whose intention is to make people doubt

In the current information age, phenomena are amplified through social networks and circulated like a virus



Today's Topics

- What is Stress?
- Family Ecology Theory and Family Systems Theory
- Stress Research
- Stress Management
- Fatigue






Penduduk Amerika Serikat
9,6% stress
18,2% cemas

Penduduk Ukraina
9,1% stress
9,1% cemas

Penduduk Prancis
8,5% stress
12% cemas



Penduduk Belanda
6,9% stress
8,8% cemas

Penduduk Kolombia
6,8% stress
10% cemas

Indonesia: Data Riskesdas 2013 symptoms of depression and anxiety aged > 15 years 14 million people or 6% of the total population of Indonesia. The prevalence of severe mental disorders, such as schizophrenia, reaches around 400,000 people or 1.7 per 1,000 population.

STRESS ?

Feelings of depression, anxiety or tension A stimulus or response that requires the individual to make adjustments

- Certain patterns of disturbing psychological and physiological reactions
- Appears as a result of certain stimuli from the environment
- Threatening the main motives and forcing the individual to do the coping to the best of his ability



Types of Stress[#]

TYPE 1 STRESS— Suddenly, immediately and occurs briefly(Immediate and identifiable; the bodily sensations from a traffic accident, shocking news etc. the fight or flight response: the effects are typically dramatic and also fairly short-lived)

TYPE 2 STRESS— Unclear source, slow-persistent and can occur for a long time(The source may be unclear, not immediate and sometimes not recognizable; chronic conflict or overwork, continuous worry etc. effects are on-going and long-term).



What is Stress ?



- Is body's reaction to a demand, or a physical or an emotional situation that cause imbalance.
- Usually involves a state of tension
- It is considered as a process rather than end state
- Is natural, we have to learn how to strategically handle it
- Two type:
 - **Distress**: harmful stress
 - **Eustress**: beneficial stress



- Stress levels: daily stress, normal stress (such as disagreeing with roommates or family members), more serious stress which can cause more problems.
- Signs of stress: social isolation and sudden changes such as in the appearance of wrinkled clothes or lack of or drastic weight gain.



Are the following changes?

Physical

- Fatigue
- Dizzy
- Diarrhea
- Blood pressure rises
- Nauseous
- Pain in the chest
- shaking
- Stomach ache
- Hard to sleep
- Hard to breathe
- Increased heart rate
- Itchy rash
- etc

Minds

Difficult to concentrate
Easy to forget
Hard to make a decision
Hard to count
Distortion
Thinking irrationally
Hard to remember
Paranoia
Difficulty solve the problem
Failed to focus

Emotion and Behaviour

Easy to get angry
Withdraw
Many absent
Often late
sensitive
Compulsive eating
Run to drink-drug-cigarette
Emotional
There are disturbances in interpersonal relationships
Changes in eating and sleeping patterns



Family Ecology Theory & Family System Theory



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Family Ecology Theory

- Emphasize how the family interacts with the environment
- Environment stressors are as important as relational stressors, as major sources of stress are factors outside the family:
 - Noise, pollution, crime, work demands, foul weather, poor lighting and ventilation, crowding, isolation, vibration, lack of adequate parking, poorly insulated and designed homes, traffic jam, etc.



Eruption of Mount Sinabung
in North Sumatera

Family Systems Theory

- Family is viewed as a system where each member influences the others
- Stress consider as throughput, input, or output in theory system
- Domino effect



Stressors

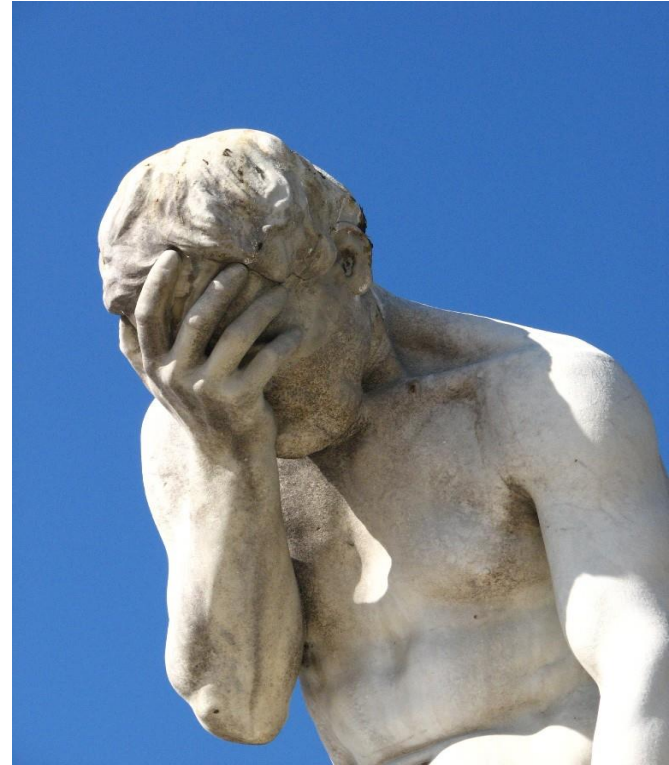


- Are situations or events that cause stress
- Can be categorized as:
 - Internal stressors (self-generated)
 - Relational stressors
 - Environmental stressors
- Type of stressor:
 - **Normative stressor** → anticipated, predictable developmental change that occur at certain life
 - **Nonnormative stressor** → unanticipated experiences that place a person or family in a state of instability and require creative effort to remedy



Crises and Adaptation to Stress

- **Crises:** events that require changes in normal patterns of behavior and often cause stress
- **Pileup/** stress overload: the cumulative effect of many stresses building up at one time
- Researchers have developed model and scale that show systematic interaction of crises, resources, pileup, and adaptation



Social Readjustment Rating Scale (SRRS)

Source: Holmes, T.H. & Rahe, R.H. (1967). The social readjustment rating scale. *Journal of Psychosomatic Research*, 11, 213-218

1. Death of a spouse	100
2. Divorce	73
3. Marital Separation	65
4. Jail term	63
5. Death of a close family member	63
6. Personal injury or illness	53
7. Marriage	50
8. Fired at work	47
9. Marital reconciliation	45
10. Retirement	45
11. Change in health of family member	44
12. Pregnancy	40
13. Sex difficulties	39
14. Gain of a new family member	39
15. Business readjustments	39
16. Change in financial state	38

17. Death of a close friend	37
18. Change to different line of work	36
19. Change in no. of arguments with spouse	35
20. Mortgage over \$ 50,000	31
21. Foreclosure of mortgage	30
22. Change in responsibilities at work	29
23. Son or daughter leaving home	29
24. Trouble with in-laws	29
25. Outstanding Personal achievements	28
26. Wife begins or stops work	26
27. Begin or end school	26
28. Change in living conditions	25
29. Revision of personal habits	24
30. Trouble with boss	23
31. Change in work hours or conditions	20
32. Change in residence	20
33. Change in school	20
34. Change in recreation	19
35. Change in religious activities	19
36. Change in social activities	18
37. Loan less than 50,000	17
38. Change in sleeping habits	16
39. Change in no. of family get-together	15
40. Change in eating habits	15
41. Vacation	13
42. Holidays	12
43. Minor violation of laws	11

SCORING

Each event should be considered if it has taken place in the last 12 months. Add values to the right of each item to obtain the total score.

Your susceptibility to illness and mental health problems:

Low < 149

Mild 150-200

Moderate 200-299

Major >300

ABCD-XYZ Resource Management Model of Crises/ Stress

- Developed by David Dollahite (1991)
- Emphasizes on how individual and family decision making, adaptive coping, and management behavior can be activated to reduce the impact of crisis/ stress situations



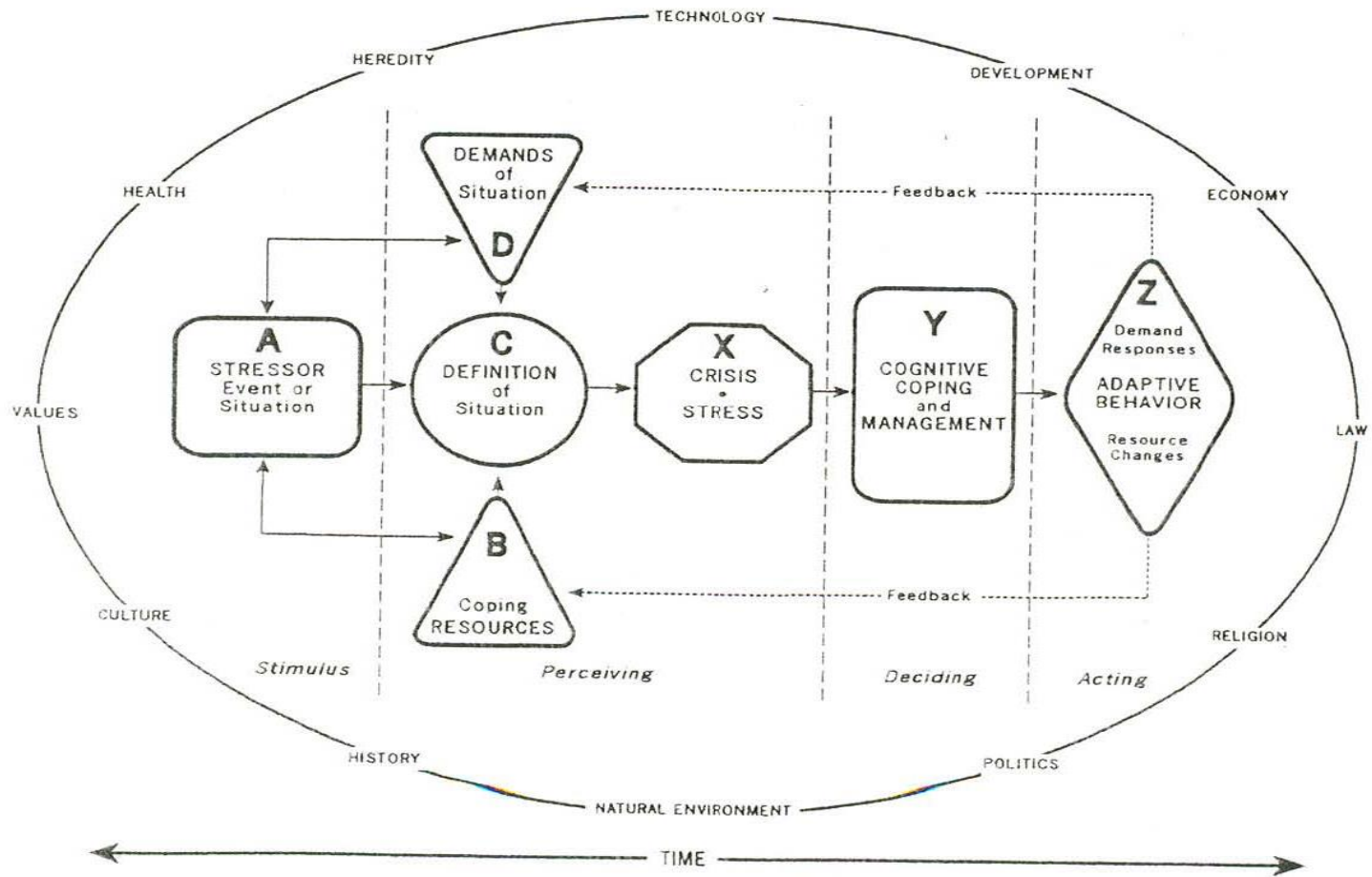


FIGURE 1

ABCD-XYZ Resource Management Model of Crisis/Stress

Planning and Organizing

- Planning and organizing to diminish stress reaction:
 - Planning and organizing daily activities by making list and segmenting your day
 - Using ABC method (remember managing time chapter) to set priorities
 - Realizing the need to set a new agenda or develop a new plan
 - Calling on a trusted friend to talk through personal crises
 - Finding a way to release emotions

The ABC Method

of Time Control and Goals

- A= most important activities; B= medium-value activities; C= low-value activities
- Individual writes down all activities in the given day, rate each as A, B, or C
- Accomplish As first, then Bs, and then Cs if there is time



Outsourcing

- Paying someone else to do one's work → to reduce stress
- Some activities that usually being outsourced: meal preparation/cooking, child and elderly care, shopping, home improvement, etc.
- Increase of middle class driving up the demand for outsourcing



Comfort Zones

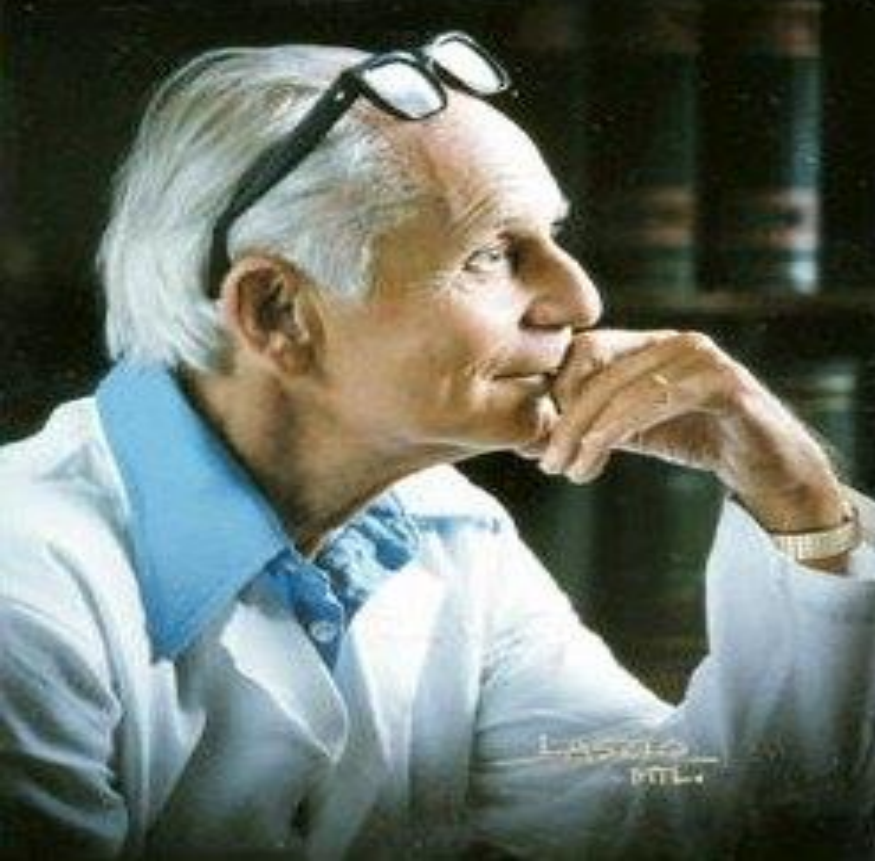
- Comfort zones: combination of habit and everyday expectations mixed with an appropriate amount of adventure and novelty
- Comfort zones represent space in which the level of stress feel right
- To get ahead socially or in profession, sometime we have to move out from comfort zone
- Families and organization also have comfort zones



Internal and External Stress

- **External stress:** stress that brought on from outside the individual, that may come from:
 - Acute major stress resulting from recent event
 - Ongoing, role-related stress caused by chronic difficulties in one's work or family roles
 - Lifetime trauma stress
- **Internal stress:** originates in one's own mind and body





Hans Selye, consider as the father of stress research. When he was asked about how to reduce stress, his answer was:
Try to forget immediately everything that is unimportant



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Decision Making and Stress

- Delegating work and decision to others is one of the way to reduce stress
- How to react to stress is a decision involving conscious problem solving
- Sound decision making leads to improved lifestyle and a sense of well-being



Psychological Hardiness

- Describe people who have a sense of control over their lives; are committed to self, work, relationships, and other values; and do not fear change
- Psychologically hardy people realize that stress and challenge are normal parts of life and that they have resources to deal with them



MOST STRESSFUL JOBS



1. ENLISTED MILITARY PERSONNEL

AVERAGE MEDIAN SALARY: \$26,054 • GROWTH OUTLOOK: N/A

2. FIREFIGHTER

AVERAGE MEDIAN SALARY: \$48,030 • GROWTH OUTLOOK: 7%



3. AIRLINE PILOT

AVERAGE MEDIAN SALARY: \$105,270 • GROWTH OUTLOOK: 4%

4. POLICE OFFICER

AVERAGE MEDIAN SALARY: \$61,600 • GROWTH OUTLOOK: 7%



5. EVENT COORDINATOR

AVERAGE MEDIAN SALARY: \$47,350 • GROWTH OUTLOOK: 10%

6. REPORTER

AVERAGE MEDIAN SALARY: \$37,820 • GROWTH OUTLOOK: -11%



7. BROADCASTER

AVERAGE MEDIAN SALARY: \$56,680 • GROWTH OUTLOOK: -1%

8. PUBLIC RELATIONS EXECUTIVE

AVERAGE MEDIAN SALARY: \$107,320 • GROWTH OUTLOOK: 10%



9. SENIOR CORPORATE EXECUTIVE

AVERAGE MEDIAN SALARY: \$181,210 • GROWTH OUTLOOK: 8%

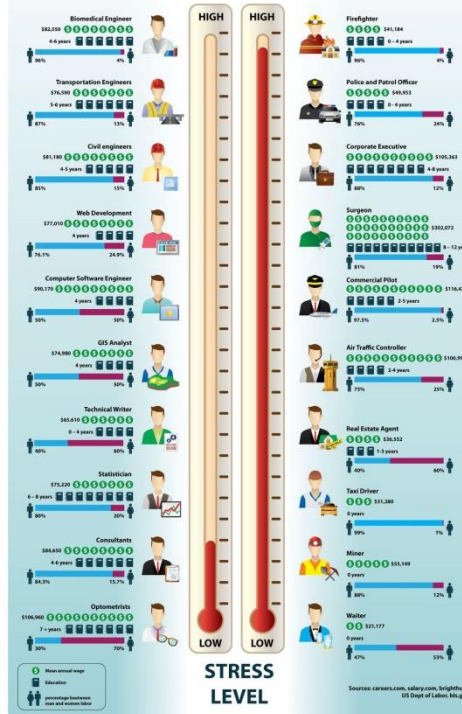
10. TAXI DRIVER

AVERAGE MEDIAN SALARY: \$24,300 • GROWTH OUTLOOK: 5%



SOURCE: CareerCast

The Most AND Least Stressful Jobs



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Stress Management



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Type A and Type B Personalities

- Type A persons: excessively striving behavior, high job involvement, impatience, competitiveness, desire for control and power, aggressiveness, and hostility
- Type B persons: more relaxed, easygoing, reflective, and cooperative
- Some studies have linked type A personalities to an increased rate of heart attacks and other disease
- Other studies indicate that the factors is more complex than the personality solely



Technique for Reducing Stress

- Plan and organize time to allow free time for relax
- Complete task that have been started
- Develop a sense of humor
- Indulge yourself
- Find quite environment and people who make one feel good about oneself
- Keep things in perspective
- Develop a positive attitude



Technique for Reducing Stress



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Research of Roper Starch Worldwide

- 23% of men and 15% of women take time off from work when stressed
- 19% of men and 36% of women buy clothes
- 15% of men and 26% of women eat dessert (Crispell, 1997)



Gender differences in dealing with stress

- Men: Men's blood pressure rises more when stressed than women.
- Women: Women react to stressors more; women feel more often stressed perhaps because they see life with a wider view

(Adler, Kalb, & Rogers, 1999)



Burnout



- A state of physical, emotional, and mental exhaustion caused by unrealistic goals and aspirations, and long hours
- Indicated by:
 - Mental symptoms: frustration, isolation, hopelessness, cynicism, apathy, failure, despair, detachment, and powerlessness
 - Physical symptoms: aches in the neck, head, or back, or just general lack of energy
- Can happen in work, friendship, care giving, and also marital relationship



Children and Stress



- Stressful in home and school
- Hurried children
- Too many responsibility for children
- In dual earner family, elder children often responsible for household chores



How to fight burnout:

- Be realistic about expectations, aspirations, and goals. Know yourself and know what you want, remember what made you happy in the past, rebuild your inner resources
- Clarifying job descriptions with supervisor
- Rest and relax; don't bring work home
- Create a balance in life with other group activities, hobbies, and sports
- Avoid self-isolation
- Holiday
- Asking something different to do, take on a new project or create other responsibilities



Oo skripsi®

penyebab sakit kepala
8 semester



Mengandung :
Dosen pembimbing
revisi skripsi
penelitian
sidang skripsi

Skripsi?

Bab 1

REVISI

Corat Coret

BIMBINGAN

STRESS!!

Demo Program?

Begadang??

SAKRAL!!!!



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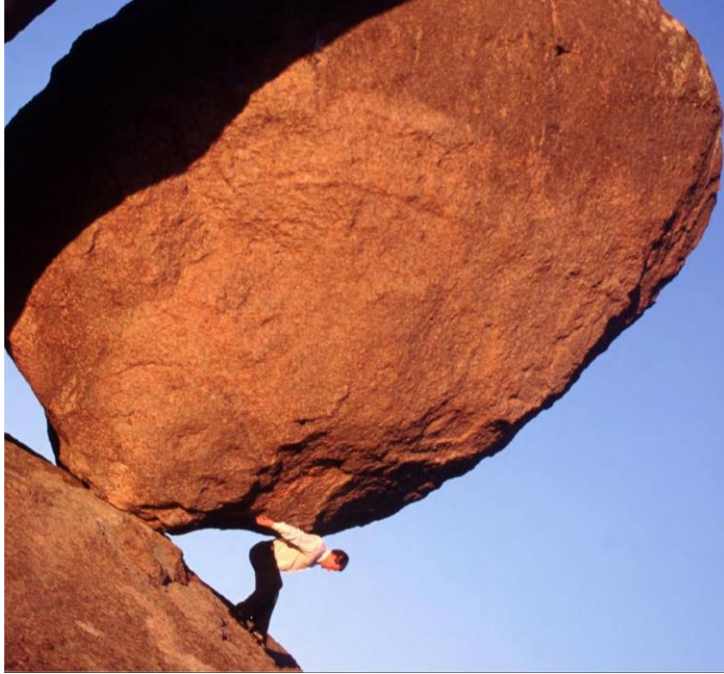
Fatigue



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Fatigue



- Refers to lack of energy or motivation, and a strong desire to stop, rest, or sleep
- Causes by emotional or physical factor or combination of both
- Originates as psychological response toward internal or external factors; begins at unconscious level then progresses through stages until fatigue experience as sensation

Fatigue and Sleep Disturbance

- One of the cause of fatigue is sleep disturbance
 - Insomnia → the perception of complaint of inadequate or poor-quality sleep because:
 - Difficulty falling asleep
 - Waking up frequently during night and difficult to return sleep
 - Waking up too early
 - Unrefreshing sleep



Ukuran Stress dalam Keluarga :

1. Family Inventory of Life Events & Changes (FILE)
Perubahan normatif & non normatife dalam keluarga. Misalnya : perceraian, anak-anak sakit, kehilangan pekerjaan
2. The Adolescent- Family Inventory of Life Events (A-FILE)
Lebih menekankan kepada perubahan yang terjadi dalam keluarga yang lebih sensitif dirasakan oleh orang dewasa

Perubahan tersebut dikelompokkan menjadi 9 masalah yaitu :

- 1) Intra-family strains (permasalahan keluarga)
- 2) Marital strains (permasalahan perkawinan)
- 3) Pregnancy & childbearing strains (kehamilan dan anak)
- 4) Finance & business strains (keuangan)
- 5) Work-family transitions strains (perpindahan kerja)
- 6) Illness & family care strains (sakit & perawatan)
- 7) Losses (kehilangan anggota keluarga)
- 8) Transitions in & out (perpindahan)
- 9) Family legal violations (penganiayaan & pelecehan terhadap anggota keluarga)

How Vulnerable are You Stress

The following test was developed by psychologists Lyle H. Miller & Alma Dell Smith at Boston University Medical Center. Score each item from 1 (almost always) to 5 (never). According to how much of the time each statement applies to you.

1. I eat least one hot, balanced meal a day
2. I get seven to eight hours sleep at least four nights a week
3. I give and receive affection regularly
4. I have at least one relative within 50 miles on whom I can rely
5. I exercise to the point of perspiration at least twice a week.
6. I smoke less than half a pack of cigarettes a day.
7. I have fewer than five alcoholic drinks a week.
8. I am the appropriate weight for my height.
9. I am an income adequate to meet basic expenses.
10. I get strength from my religious beliefs.
11. I regularly attend club or social activities.

12. I have a network of friends and acquaintances.
13. I have one or more friends to confide in about personal matters.
14. I am good health (including eyesight, hearing, teeth).
15. I am able to speak openly about my feeling when angry or worried.
16. I have regular conversations with the people. I live with about domestic problems, e.g., chores, money & daily living issues.
17. I do something for fun at least once a week.
18. I am able to organize my time effectively.
19. I drink fewer than three cups of coffee (or tea or cola drinks) a day.
20. I take quiet time for myself during the day

_____ Total

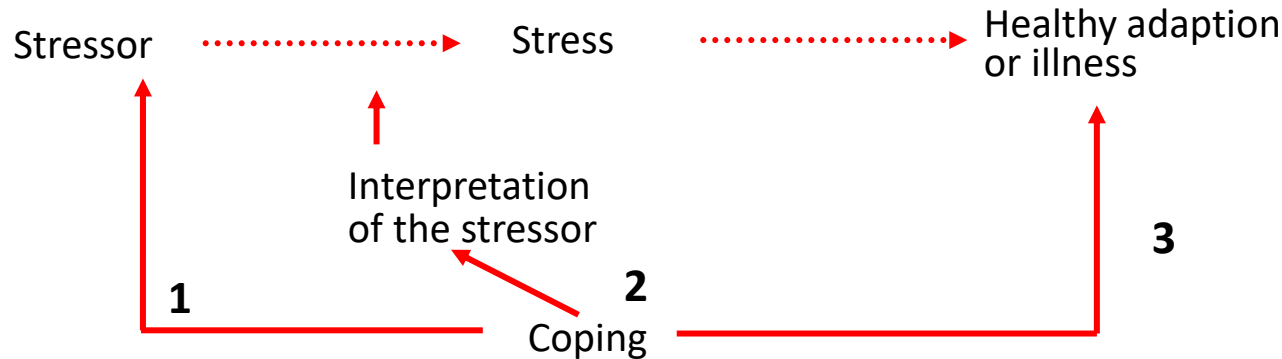
To get your score, add up figures and subtract 20. Any number over 30 indicates a vulnerability to stress. You are seriously vulnerable if your score is between 50 and 75, and extremely vulnerable if it is over 75.



Coping With Stress

Efforts (thoughts, behavior) made to respond to & manage needs from within the individual or the environment – which are considered burdensome / pressing / creating problems (Lazarus & Folkman, 1984)

1. Catch/know the problem or source of stress
2. Rethinking the source of stress
3. Accept problems and try to reduce the effects of stress



(Shaver & O'Connor, 1986)

Coping Patterns :

- Maintaining family integration, cooperation & optimistic definition of the situations
- Maintaining social support, self-esteem & psychological stability
- Understanding the medical situation through communication with other parents & consultation with medical staff

(Copping Health Inventory for Parents ~ CHIP)



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Coping Strategies

1. Problem Focused Coping

trying / oriented problem solving by changing behavior or the environment and see the relationships that occur

2. Emotion Focused Coping

Trying to control emotions by rejecting thoughts, replacing negative thoughts with positive ones, avoiding or keeping a distance



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THANK YOU