

The Importance of Emotion Management in the During of the COVID-19 Outbreak



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Abstract

In periods that such problems like illnesses or natural events such as storm, earthquake and etc. are destroying public health, controlling of excitements and anxieties are necessary that governments and psychologist should act and solve these problems. With educating appropriately and giving practical and suitable healthy advises and solutions such as washing hands and etc., inducting the subject that with having hygiene chance of being infected is so low, governments can calm down society's anxiety and lower fear of being infected. Also, people reach to mental relax with observing medical team and government efforts that these are for people's physical and mental health. In addition, with financial and mental support of governments to people whom suffering disease and family of dead people, can help them so much and have good effect on them and finally on society and with these actions, can control spreading of illness and its excitement.

Keywords: COVID-19; Emotion; Stress; Anxiety; Psychological space.

Abbreviations: COVID-19: Coronavirus (2019).

Introduction

One of the diseases that put the human health in danger, are an infection disease that cause thousands of deaths and have bad effects on the nations and their governments. One of these infection illnesses is a new spreading illness that called COVID-19. This first seen at the last days of 2019 in Wuhan, China and spread all over the world so fast. It is included as disaster of century and big challenge of humanity after world war II. Patients have this illness, have signs like influenza such as dry sore throat, cough, high fever and respiratory problems [1].

COVID-19 in addition of problems has on public health and people and governments economic situation, has mental problems. Stress and anxiety of its outbreak and death of patients has affected all levels of society and all people [2]. With outbreak of disease, governments forced to cancel the travels and trades between countries. With this, first effects of corona virus have emerged on economy of countries. Because raw materials have lessened and, on its follow, industries have been stopped working and high amount of financial loss and in addition, with closing

of factories their workers had faced with unemployment and financial problems that has Psychological burden and stress to them and their family and finally to society. Also, with cancellation of trips, people who were removing anxiety and bad excitements with travel, won't be able to do this and has to stay at home. Staying long time at home, and generally in closed environment and small space and away of society, forces society to anxiety. Also staying long time at home will cause depression at future. In addition, due to forced closing of educational centers, students got much stress that has negative effects on their health and educational system and finally on society in long period. Also, cancellation of wedding ceremonies, funerals, art events and other ceremonies that has good effect on mental relaxation and positive excitements and effects on society to observe social spacing, have negative consequences [3].

In this periods that such problems like illnesses or natural events such as storm, earthquake etc. are destroying public health, controlling of excitements and anxieties are necessary that governments and psychologist should act and solve these

problems [4]. Managing the psychological space of society is one of the things we need to include in our work instructions. In fact, if this fear disrupts people's lives and deprives them of their normal functioning, it is considered a disorder. People need to be trained to control the excitement and self-control in order to deal with the stress and anxiety caused by COVID-19 because stress and anxiety are so destructive. If the body is in a sympathetic state for a long time, will suffer from mental and physical exhaustion, loss of function and weakness of the immune system that in itself is a reason for greater vulnerability to the disease [5].

Conclusion

With educating appropriately and giving practical and suitable healthy advises and solutions such as washing hands and etc., inducting the subject that with having hygiene chance of being infected is so low, governments can calm down society's anxiety and lower fear of being infected. Also, people reach to mental relax with observing medical team and government efforts that these are for people's physical and mental health. In addition, with financial and mental support of governments to people whom suffering disease and family of dead people, can help them so much and have good effect on them and finally on society and with these actions, can control spreading of illness and its excitement.

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