Invitation Letter to the 9th AHLA International Conference 2023

It is our great honor to invite **Endang Widyorini from Indonesia for an oral presentation** to share your expertise among the global scientific community in the 9th AHLA International Conference 2023, which will be held on May 14 – 17, 2023, at the Royal Phuket City Hotel, Phuket, Thailand.

The AHLA was established and registered in Geneva, Switzerland, in 2013, with over a dozen country offices and more than 100 institutional members worldwide. The 9th AHLA International Conference will be the most important regional health conference in 2023. For more information, please visit our website: https://ahla-conference2023.com/

We look forward to welcoming you as our prestigious guests, and we hope you will enjoy the conference and your stay in Thailand.

Best regards,

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April 28, 2023

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April 28, 2023

The Relation Between Resilience and Subjective Happiness among Covid-19 survivor with comorbidities: The Mediating Role of Fear of COVID-19

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The COVID-19 pandemic has had an impact on all aspects of life including psychological problems. Previous research found that people have high fear because of situations such as contracting COVID-19, especially survivors with comorbidities. However, due to the development of positive psychology, researchers have focused not only on treating negative psychological impacts, but also on promoting positive states, which promote mental health. Objective: This study aims to determine the role of fear of Covid-19 in the relationship between subjective happiness and resilience among survivors who have comorbidities. Method: The study was conducted on 96 people, ages 17 to 60 years and over. The instruments used include the Subjective Happiness Scale, Fear of COVID-19 Scale, and Brief Resilience Scale. Pearson's correlations were used to examine the relationships between the variables of this study (resilience, fear of COVID-19, subjective happiness). For the mediation model, fear of COVID-19 was the mediator between resilience as the independent variable and subjective happiness as the dependent variable. The PROCESS Macro for SPSS was used for the mediation analysis. Results: Results presented that resilience is a negative predictor of the fear of COVID-19 and a positive predictor of subjective happiness and the COVID-19 fear is a negative predictor of subjective happiness ($r=.281$; $p= .022$). There is no significant direct effect between subjective happiness and resilience. Conclusion: In conclusion, the fear of COVID-19 mediates the relationship between resilience and happiness among survivors with comorbidities. Resilience has an important role in hindering fear of COVID-19, which will contribute to better happiness.

Keywords: survivor with comorbidities, fear of covid-19, resilienc

Indonesia is also a country affected by the COVID-19 pandemic. The results of the Republic of Indonesia Central Statistics Agency (BPS) Survey conducted on 13 – 20 April 2020, during the COVID-19 pandemic, 48.35% of Indonesians felt worried about their health and 57.27% were worried about the health of their families. Apart from that, 69.43% of Indonesian people feel worried about their health when they have to do activities outside the home. Apart from feeling worried about their health, 41.91% of Indonesian people experienced a decrease in income and 56% of Indonesian people experienced an increase in expenditure due to the COVID-19 pandemic.

Several studies show that the impact of the COVID-19 pandemic is the sustainability of the quality of life (QoL) of COVID-19 survivors. The World Health Organization (1996) defines QoL as "individuals' perceptions of their position in life in the context of the culture and value system in which they live and in relation to their goals, expectations, standards and concerns". Specifically, health-related quality of life (HRQOL) is an evaluation of QoL and its relationship with health. From a psychological perspective, anxiety, depression and sleep disorders have been reported in 30-40% of COVID-19 survivors (Mazza et al., 2020)

The COVID-19 pandemic has had an impact on all aspects of life including psychological problems. People have high fear because of situations such as contracting COVID-19, especially survivors with comorbidities. Their fear of experiencing health problems after contracting the disease, fear of infecting others, or fear of losing their loved ones. With the development of positive psychological theories, researchers have focused not only on treating negative psychological impacts, but also on promoting positive states, which promote mental health. With the advent of positive psychology, researchers have focused not only on treating negative states (e.g. depression, anxiety) but also promoting positive states (e.g. happiness, life satisfaction), individual strengths and their relations to mental health, well-being and social prosperity (Seligman & Csikszentmihalyi, 2000). This study aims to determine the role of fear of Covid-19 in the relationship between subjective happiness and resilience among survivors who have comorbidities.

One of the demonstrable protective factors in preventing psychological disorders is resilience. Resilience is the speedy recovery and the ability to return to daily functioning, after having experienced stressful life events that have resulted in functional breakdown. The concept of psychological resilience is defined as the ability of the individual to remain strong in the face of a negative situation and to resists against that negative situation . During COVID-19 pandemic, the resilience of individuals may have decreased while their vulnerability may have increased (Sadati et al. 2020). This is why resilience can be considered as an important component in coping with the fear, panic, anxiety, and stress resulting from COVID-19

Studies have concluded that psychological resilience has a negative effect on depression, anxiety and stress. psychological resilience has a protective role against the negative psychological conditions experienced by individuals and increases the endurance of the individual. psychological resilience plays a protective role against the fear of COVID-19,

which occurs in individuals as a spiritual consequence of COVID-19, and individuals with high psychological resilience experience this fear less

psychological resilience has an important role in individuals' feeling the fear of COVID-19 less and being less affected by this fear. One of the indicators of good mental health is subjective happiness, and the fear of COVID-19 has the potential to affect an individual's subjective happiness. Subjective happiness is the balance of positive and negative feelings an

In essence, the more that an individual experiences more positive than negative feelings, and the more satisfaction they have in their life, the greater they will feel happiness. However, infectious diseases have a negative effect on happiness

Therefore, it can be argued that fear of COVID-19 will decrease happiness among individuals. Many studies actually point to the possibility of COVID-19 causing psychological disorders (e.g., Holmes et al. 2020; Mucci et al. 2020). Many studies support the notion that fear of COVID-19 is negatively correlated with happiness. In addition, factors that are thought to help prevent fear of COVID-19, such as immunity (Choi and Kim 2018; Yildirim and Belen 2019)

THE PRESENT STUDY

Resilience is protective factors in preventing mental disorders from developing (Griggs 2017; Reyes et al. 2019) and have a positive association with increased subjective happiness (Satici 2023). Consequently, resilience is considered as protective factors helping to prevent damage to mental health that may arise from the fear of COVID-19. Therefore, this research tested the role of the fear of COVID-19 as a mediator in the relationship between resilience, hope, and subjective happiness. The main purpose of this study is to examine the mediator role of the fear of COVID-19 in the relationship between psychological resilience and happiness (Fig. 1). To this end, the following hypotheses were tested:

- Psychological resilience will be a negative predictor of the fear of COVID-19.

- Psychological resilience will be a positive predictor of happiness.

- The fear of COVID-19 will be a negative predictor of happiness.

- The fear of COVID-19 will have a mediator role in the relationship between psychological resilience and life satisfaction.

Methods

25 participants (70% of the participants were male {18}, and 30% the participants were female{7}) with hearing loss at SLB X Semarang with an age range from 11 – 17 years.

Instruments

The instruments used include the Subjective Happiness Scale, Fear of COVID-19 Scale, and Brief Resilience Scale.

Statistical Analysis

Pearson's correlations were used to examine the relationships between the variables of this study (resilience, fear of COVID-19, subjective happiness).

For the mediation model, fear of COVID-19 was the mediator between resilience as the independent variable and subjective happiness as the dependent variable. The PROCESS Macro for SPSS was used for the mediation analysis.

Results

Results of study :

- Psychological resilience a negative predictor of the fear of COVID-19, r=-0.38; p<0.001

- Psychological resilience will be a positive predictor of happiness, r=0.28, p<0.001

- The fear of COVID-19 will be a negative predictor of happiness, r=-0.19, p<0.001

The fear of COVID-19 will have a mediator role in the relationship between psychological resilience and life satisfaction, (β = .54, p < .001), it's means that fear of covid-19 fully mediated the effect of resilience on happiness

Resilience is protective factors in preventing mental disorders from developing (Griggs 2017; Reyes et al. 2019) and have a positive association with increased subjective happiness (Satici 2023). Consequently, resilience is considered as protective factors helping to prevent damage to mental health that may arise from the fear of COVID-19. Therefore, this research tested the role of the fear of COVID-19 as a mediator in the relationship between resilience, hope, and subjective happiness.

 Discussion

The first finding demonstrated that fear of COVID-19 partially mediated the relationship between resilience and subjective happiness supporting H_1. For this reason, in preventing individuals from developing a fear of COVID-19, resilience helps to protect their subjective happiness. During the COVID-19 pandemic, individuals have developed symptoms relating to fear (Ahorsu et al. 2020; Qiu et al. 2020; Wang et al. 2020). Resilience intervention has also been shown to help individuals developing effective coping strategies (Steinhardt and Dolbier 2008). Therefore, it can be posited that the development of resilience helps in coping with the fear and anxiety caused by COVID-19. Furthermore, previous studies have shown that resilience has a positive association with good psychological well-being (Sagone and De Caroli 2014; Souri and Hasanirad 2011), which are widely used to define happiness alongside subjective happiness (Choi and Kim 2018). Consequently, the findings in the present study are consistent with the findings of previous research.

Finally, resilience with a low level fear of COVID-19 as a mediator, were shown to predict a high level of subjective happiness. Therefore, with resilience preventing fear of COVID-19 from reaching a level that disrupts daily functioning, the notion that they are helpful in protecting mental health appears feasible. The positive psychology approach posits that resilience is psychological strengths and that instead of treating psychological disorders, developing psychological strengths is an alternative route in protecting mental health (Peterson 2006; Peterson and Seligman 2004). Moreover, resilience (Choi and Kim 2018; Yildirim and Belen 2019) predict positive subjective happiness.

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The Relation Between Resilience and Subjective Happiness among Covid-19 survivor with comorbidities: The Mediating Role of Fear of COVID-19

9th AHLA
Phuket, Thailand 2023

SOEGIJAPRANATA CATHOLIC UNIVERSITY

Theoretical Background and Hypotheses

SOEGIJAPRANATA
CATHOLIC UNIVERSITY

The COVID-19 pandemic has had an impact on all aspects of life including psychological problems. People have high fear because of situations such as contracting COVID-19, especially survivors with comorbidities

Their fear of experiencing health problems after contracting the disease, fear of infecting others, or fear of losing their loved ones..

With the development of positive psychological theories, researchers have focused not only on treating negative psychological impacts, but also on promoting positive states, which promote mental health

This study aims to determine the role of fear of Covid-19 in the relationship between subjective happiness and resilience among survivors who have comorbidities

Psychological resilience

Resilience is the speedy recovery and the ability to return to daily functioning, after having experienced stressful life events

Psychological resilience plays a protective role against the fear of COVID-19, it has an important role in individuals' feeling the fear of COVID-19 less and being less affected by this fear

SUBJECTIVE HAPPINESS

One of the indicators of good mental health is subjective happiness, and the fear of COVID-19 has the potential to affect an individual's subjective happiness. Subjective happiness is the balance of positive and negative feelings.

In essence, the more that an individual experiences more positive than negative feelings, and the more satisfaction they have in their life, the greater they will feel happiness. However, infectious diseases have a negative effect on happiness

Therefore, it can be argued that fear of COVID-19 will decrease happiness among individuals, specially survivor with comorbidities. Many studies actually point to the possibility of COVID-19 causing psychological disorders (e.g., Holmes et al. 2020; Mucci et al. 2020). Many studies support the notion that fear of COVID-19 is negatively correlated with happiness. In addition, factors that are thought to help prevent fear of COVID-19.

THE PRESENT STUDY

Resilience is protective factors in preventing mental disorders from developing (Griggs 2017; Reyes et al. 2019) and have a positive association with increased subjective happiness (Satici 2023). Consequently, resilience is considered as protective factors helping to prevent damage to mental health that may arise from the fear of COVID-19.

Therefore, this research tested the role of the fear of COVID-19 as a mediator in the relationship between resilience, and subjective happiness.

The main purpose of this study is to examine the mediator role of the fear of COVID-19 in the relationship between psychological resilience and happiness (Fig. 1). To this end, the following hypotheses were tested:

- Psychological resilience will be a negative predictor of the fear of COVID-19 of the survivor with comorbidities.
- Psychological resilience will be a positive predictor of happiness of the survivor with comorbidities.
- The fear of COVID-19 of the survivor with comorbidities will be a negative predictor of happiness.
- The fear of COVID-19 will have a mediator role in the relationship between psychological resilience and subjective happiness among survivor with cormobidities.

Figur 1,
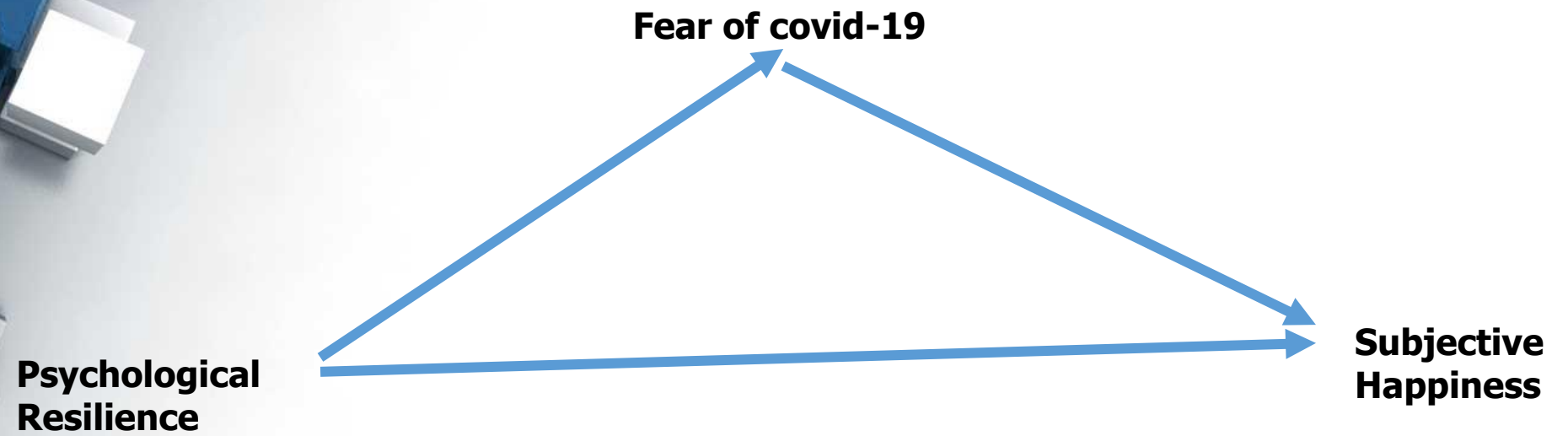
METHOD

PARTICIPANTS

The study was conducted on 96 people survivor with comorbidities, aged 17 to 60 years and over. They were 52 female and 44 male

INSTRUMENTS

The instruments used include :
- the Subjective Happiness Scale(4 items, developed by Harvard T.H Chan Scholl of Public Health),
- Fear of COVID-19 Scale, 7 items (by Ahorsu, et al)
- Brief Resilience Scale, 6 items (BRS by Smith et al).

Statistical Analysis

Pearson's correlations were used to examine the relationships between the variables of this study (resilience, fear of COVID-19, subjective happiness). For the mediation model, fear of COVID-19 was the mediator between resilience as the independent variable and subjective happiness as the dependent variable. The PROCESS Macro for SPSS was used for the mediation analysis.

Results

Psychological resilience is a negative predictor of the fear of COVID-19, r=-0.38; p<0.001

H1

Psychological resilience will be a positive predictor of happiness, r=0.28, p<0.001

H2

RESULTS

The fear of COVID-19 will be a negative predictor of happiness, r=-0.19, p<0.001

H3

The fear of COVID-19 will have a mediator role in the relationship between psychological resilience and life satisfaction, (β = .54, p < .001), it's means that fear of covid-19 fully mediated the effect of resilience on happiness.
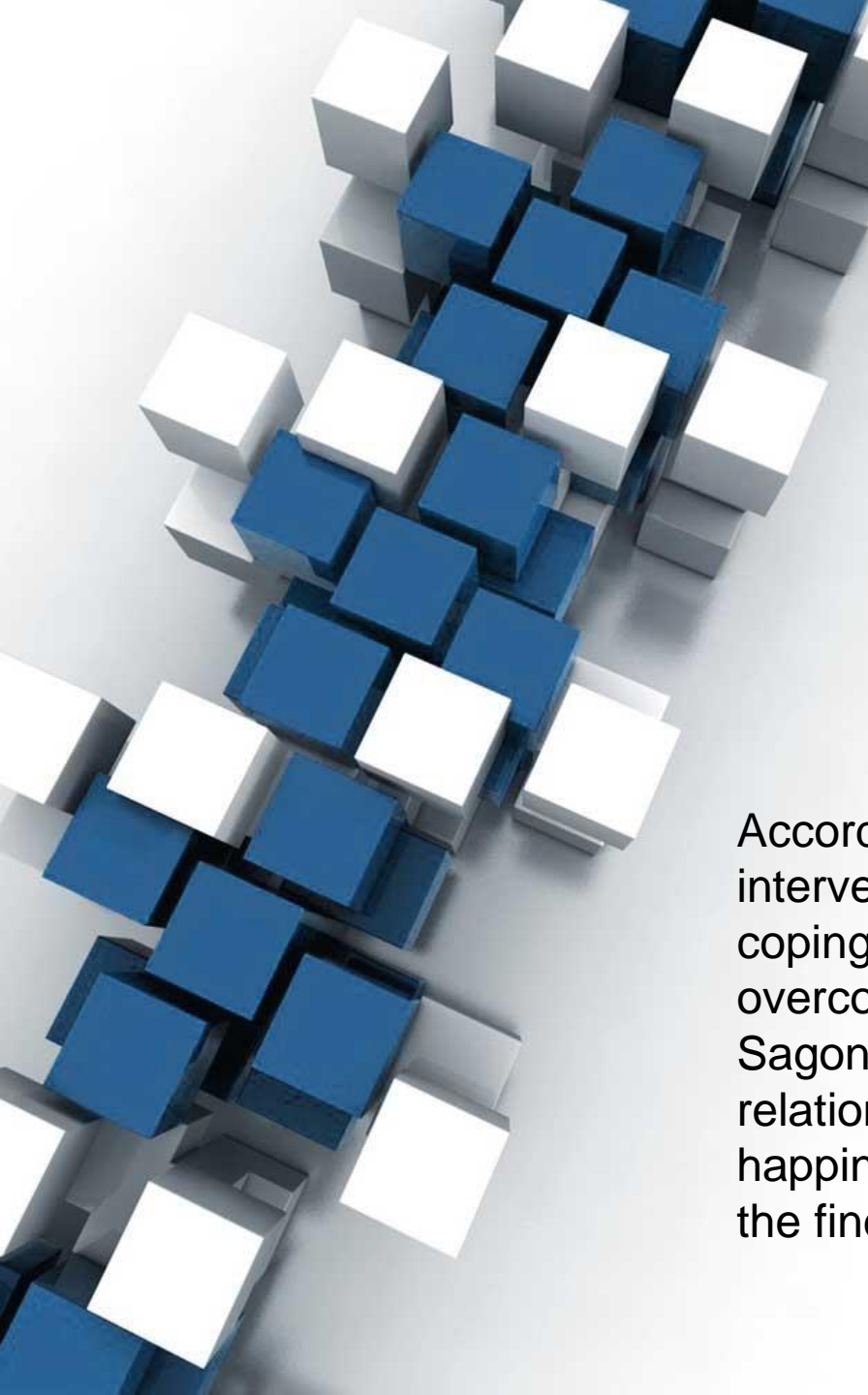
H4

DISCUSSION

These findings suggest that fear of COVID-19 mediates the relationship between resilience and support for subjective happiness. For this reason, in preventing individuals from developing fear of COVID-19, resilience helps protect their subjective happiness. During the COVID-19 pandemic, if individuals with comorbidities had a high fear of COVID-19 it was associated with low subjective happiness (Ahorsu et al. 2020; Qiu et al. 2020; Wang et al. 2020).

According to research conducted by Steinhardt and Dolbier (2008) resilience interventions have also been shown to help individuals develop effective coping strategies. Therefore, it can be argued that developing resilience helps overcome fear and anxiety caused by COVID-19. Previous research by Sagone and De Caroli (2014) has shown that resilience has a positive relationship with good psychological well-being, which is widely used to define happiness along with subjective happiness (Choi and Kim 2018). Therefore, the findings in this study are consistent with the findings of previous studies.

Finally, resilience with a low level of fear of COVID-19 as a mediator has been shown to predict high levels of subjective happiness on survivor covid-19 with cormobidity. Therefore, with resilience preventing fear of COVID-19 from reaching levels that interfere with daily functioning, the notion that they help protect mental health seems doable.

The positive psychology approach argues that resilience is psychological strength and that, rather than treating psychological disorders, developing psychological strength is an alternative way of protecting mental health (Peterson 2006; Peterson and Seligman 2004). In addition, resilience (Choi and Kim 2018; Yildirim and Belen 2019) predicts positive subjective happiness.

CERTIFICATE OF PARTICIPATION

PRESENTED TO

ENDANG WIDYORINI

FOR AN ORAL PRESENTATION AT

The 9th AHLA INTERNATIONAL CONFERENCE

Organized by the Asia Health Literacy Association

MAY 14–17, 2023

Prof. Angela Y.M Leung
President
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SOEGIJAPRANATA

PERSETUJUAN ETIKA PENELITIAN
RESEARCH ETHICS APPROVAL
Nomor: 032/B.7.5/FP.KEP/VI/2022

Setelah mengkaji dengan teliti proposal dan protokol pelaksanaan penelitian yang berjudul:
Upon careful review on research proposal and protocol of study entitled:

"Penelitian Penyintas COVID-19 : Literasi Kesehatan, Literasi Digital Makan Sehat, Resiliensi, Perilaku Kesehatan, Kesehatan Fisik Dan Psikologis, Kualitas Hidup"
"COVID-19 Survivor Study: Health Literacy, Digital Healthy Diet Literacy, Resilience, Health-Related Behaviors, Physical And Psychological Health, Quality Of Life"

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Partisipan penelitian	: Partisipan yang tinggal di Indonesia yang pernah terkonfirmasi positif COVID-19 dan telah dinyatakan sembuh / negatif COVID-19 dengan usia minimal 12 tahun
Research participant	: *Participants are people who live in Indonesia, who had been confirmed COVID-19 positive and recovered (COVID-19 negative) and at least 12 years old*

Komisi Etik Penelitian, Fakultas Psikologi, Universitas Katolik Soegijapranata menyatakan bahwa penelitian tersebut telah MEMENUHI standar etis disiplin ilmu psikologi dan Kode Etik Himpunan Psikologi Indonesia.
Research Ethics Commission, Faculty of Psychology, Soegijapranata Catholic University has decided that the aforementioned study complies to the ethical standards in the discipline of psychology and the Indonesian Psychology Association's Ethical Code of Conduct.

Peneliti wajib menyerahkan laporan akhir penelitian kepada Komisi Etik Penelitian, Fakultas Psikologi, Universitas Katolik Soegijapranata.
Researcher is required to submit a final research report to the Research Ethics Commission, Faculty of Psychology, Soegijapranata Catholic University.

Semarang, 9 Juni 2022
Ketua,
Chair,

Dr. Siswanto, S.Psi, M.Si, Psikolog
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