

Strengthening the psychological immunity and its role in facing the psychological pressures resulted from the Covid pandemic (Covid-19)

تقوية المناعة النفسية ودورها في مواجهة الضغوط النفسية الناتجة عن جائحة كورونا

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Abstract:

The world nowadays lives under a virus's control, since Covid-19 appears, and he took the control of most of countries' decisions, starting with the total or partial quarantine to living with it following preventive methods needed protecting the human's health, that if it didn't take to death, it makes people afraid, anxious and stressed from his unknown consequences. Everyone must watch his behavior and his acts specially the social ones, and all of this makes him live in mental suffering and a terrible pressure. Except that strengthen his psychological immunity in this conditions and with following the right techniques that enable him to alleviate these pressures. Believing in the necessity to contribute as a psychologist, to provide some effective methods to strengthen the psychological immunity that enable the individual to confront this virus, the following study came.

Keywords: Corona virus Covid-19; Psychological Immunity; psychological pressure strengthening the psychological immunity.

ملخص:

يعيش العالم اليوم تحت سيطرة فيروس غير مجراه ، فمنذ ظهور كوفيد19 وهو يتحكم في مختلف قرارات الدول، بدء بالحجر المنزلي الكلي إلى الحجر الجزئي إلى التعايش معه باتباع الأساليب الوقائية اللازمة حفاظا على صحة الانسان ووقايتة من الإصابة التي وان لم تؤدي إلى الموت فإنها تصيب الفرد بالخوف والقلق والضغط النفسي من عواقبه المجهولة، إضافة إلى تقييد حرية الفرد الذي عليه مراقبة تصرفاته وسلوكاته خصوصا الاجتماعية منها، كل هذا يجعله يعيش في معاناة نفسية وضغط رهيب، إلا أن تقوية مناعته النفسية في مثل هكذا ظروف واتباع الأساليب الملائمة لذلك تمكنه من التخفيف من هذه الضغوط. ايماننا منا بضرورة المساهمة كأخصائية نفسية بتقديم بعض الأساليب الفعالة لتقوية المناعة النفسية التي تمكن الفرد من مجابهة هذا الفيروس جاءت الدراسة التالية.

الكلمات المفتاحية: فيروس كورونا؛ المناعة النفسية؛ الضغوط النفسية؛ تقوية المناعة النفسية.

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1. Introduction:

The developing corona virus (Covid-19), which is still spreading among people and claiming the lives of people of all ages, is currently wreaking havoc on the world. It is certain that, like the rest of humanity's historical crises and tragedies, the consequences and impacts of the this pandemic did not end at causing millions of people to be harmed or deaths. Closing borders, airports, schools, and universities, halting the productivity of many factories and companies, restricting citizen movement and interactions, and adopting new rules for public hygiene and raising the state of alert to its maximum levels in the health sector with all of its components were all examples of previous exceptional circumstances in human history. All of this is being done in the hopes of containing the new virus and slowing its transmission among individuals. The Covid-19 outbreak, as well as the precautionary and preventive efforts that followed, resulted in many unexpected changes in the society structure, as well as significant damage that far beyond all estimates. Although the traumatic event is the same in terms of type, intensity, and impact, the scenes that the psychological and social effects differ from one individual to the next, and this is due to individual differences in dealing with situations and adapting to them, which is related to the so-called psychological immunity, the individual with high psychological immunity improve stress control and the ability to protect oneself from the negative impacts of stress, threats, hazards, frustrations, and psychological crises, and to overcome them through psychological immunization utilizing one's own resources and potential. Positive thinking, creativity, problem-solving, flexibility, and other skills enable it to overcome a variety of problems and challenges. Especially the ones we suffer from in light of this pandemic, which, while it affected many, had a clear impact on those with weak psyches and physical immunity, as many psychiatrists have confirmed that psychological immunity has a significant impact on physical immunity, reinforcing our belief in the importance of focusing on the psychological aspect in these situations. The purpose of this study was to emphasize the importance of psychological immunity in the face of psychological stress caused by the Corona pandemic.

2. Problem statement:

Today, one of the most serious problems confronting humanity has emerged: the Corona virus, which originated in Wuhan, China, and has spread throughout the world, beginning in the Arab Gulf countries, where it first appeared, and has now reached the Maghreb countries, touching Libya, Tunisia, Algeria, Morocco, and Mauritania, and with this terrible scourge. The best solution to besiege this virus and reduce the severity of its spread, according to the World Health Organization and the various countries in which this epidemic has spread, is the home stone of staying at home and not going

out except to meet extreme needs, where many countries have begun to impose penalties and financial fines for anyone who does not adhere to the home stone. Countries, including Algeria, lift the quarantine, at least in part, and begin various actions in accordance with the essential preventative conditions, which, while protecting human health from the epidemic, create psychological constraints for those who feels constrained in his numerous transactions particularly social ones, resulting in a variety of psychological difficulties that differed from one person to the next, depending on his awareness of the various stress and how to adjust to them.

This brings us to a crucial concept in positive psychology: psychological immunity defined by Tugade et al. as an individual's ability to adapt well and constructively handle adversity, disasters, and psychological stresses (Tugade et al, 2004, p23)

Individuals with high psychological immunity see change as a natural challenge rather than a threat, and has the ability to be free from feelings of fear, guilt and anxiety, as they see the chance to practice decision-making in them awareness and evaluation of tough and stressful situations, and believes they has the capacity to manage events rather than experiencing a loss of strength and psychological resistance (Hamada and Lulu, 2000, pp. 237-238). The present study focuses on addressing specific the questions of the study are as follow:

- What is psychological immunity?
- What is its role in facing various psychological stress, especially resulting from the spread of the Corona pandemic?
- What are the methods of strengthening psychological immunity that help us to overcome this critical stage that humanity is going through in light of this pandemic?

3. Aim of the study

- Understand the concept of psychological immunity
- Highlighting the role of psychological immunity in dealing with psychological stress caused by the Corona pandemic
- Methods of strengthening the individual's psychological immunity during this exceptional circumstance of the spread of the Corona pandemic.

4. The importance of studying :

- The significance of this research is because it addresses a critical and timely problem in positive psychology, namely psychological immunity.
- This study aims to present a set of recommendations that would enhance families' psychological immunity in light of the Corona pandemic's pervasive spread, and it is important both in terms of the current relevance of the topic and the scientific significance of the researcher's contribution to community service on the one hand. As well as, this study attempts to demonstrate the importance of empirical evidence and what each researcher could contribute

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in terms of his or her field of specialization in combating the spread of this virus, demonstrating that the only way to tackle it is to coexist with it physically through strengthening psychological immunity.

5. Elements of an analytical study:

5.1. Psychological immunity :

5.1.1. Definition of psychological immunity:

Psychological immunity, according to Issam Zeidan, is an individual's ability to protect himself from the negative effects of stress, threats, risks, frustrations, and psychological crises, as well as to overcome them through psychological immunization using self-resources and potentials inherent in the personality, such as positive thinking, creativity, problem-solving, flexibility, and others.

5.1.2. Interpretation of the functioning of the psychological immune system:

The psychological immune system, according to Kagan (2006, 95), functions as a filter for the emotional messages that the individual gets during the events of his everyday life and selects how to respond to them. When a person experiences dread, worry, or annoyance as a result of being exposed to threatening or stressful circumstances, the psychological immune system steps in to help the person. Based on a realistic and non-exaggerated knowledge of the facts, which allows him to analyze his reactions to such events, and when the event is experienced and the responses are evaluated, this becomes a predictor of future responses in similar circumstances. According to Olah, Nagy, and Toth (2010), the psychological immune system helps to provide logical and rational explanations for unpleasant sentiments, purify and refine daily bad feelings, as well as realize the results, evaluate reactions, and develop suitable answers (Mohammed Al-Sharif, 2014, p. 43)

Al-Sharif came to the conclusion that an individual's survival is due to his subconscious possession of a psychological, preventive, and therapeutic system that interacts with the vital immune system to preserve the individual's life, and that this system occurs within the framework of subconscious cognitive processes and mechanisms to protect the emotional state from extreme negative events. The efficacy of this approach is dependent on preventing the onset of post-traumatic symptoms (Al-Sharif, 2015, pp. 13-15).

5.2. Psychological stress:

5.2.1. Definition of psychological pressure:

Definitions of the term psychological pressure differed according to the direction, determinants, and domains that each definition deals with separately. Some definitions were based on emphasis on the external stimulus aspect, while others were based on how different stimuli were treated. There are various definitions based on the combined study of the stimulus element and response. These concepts can be summarized as follows: "Psychological

pressure is a combination of three crucial factors: the individual's external environment, negative sentiments and sensations that govern him, and the set of physical and physiological responses he issues. As a result, when these interactions interplay, they cause psychological stress. The elements interact in unique ways, resulting in anxiety despair, and tension that exert influence over the individual's personality and psyche

(Al-Tariri, 1994, p. 8-11)

5.2.2 .Psychological pressure resulting from the emerging corona pandemic:

The Corona virus has caused great psychological stress, which led to a high level of anxiety, depression, frustration and other psychological disorders not only on health worker but on adults and children too. According to the world health organization, during the pandemic, 47 percent of health-care employees in Canada needed psychological assistance, while 50 percent of health-care workers in China had depression and 42 percent of care workers needed psychological assistance. They have moderate mental disorders in Pakistan, while 26% have severe mental disorders. According to the WHO and the United Nations, 77 percent of children in Italy and Spain found it difficult to focus while they were in social isolation during the outbreak of the epidemic, 39 percent became anxious and disturbed, 38 percent suffer from nervousness, and 31 percent suffer from feelings of loneliness.

The impact of the pandemic on people's mental health is already troubling, according to WHO Director-General Tedros Adhanom Ghebreyesus, who said that social isolation, fear of infection, and loss of family members are compounded by the agony caused by regularly losing income and work. The WHO also announced that the domestic violence reports in Europe have increased by 60% since the outbreak of Corona, indicating a high level of psychological stress. Anxiety, stress, and emotion are among the most obvious "psychological repercussions" that spread in such circumstances, according to Moroccan psychologist Osama Lahlou. In an interview with France 24, Lahlou stated that those in a vulnerable psychological state are "more likely than others to suffer from psychiatric issues." In a study published in the health journal "De Lancy," the British Studies Center "Kings College Institute" confirms that "quarantine in general is an unsatisfactory experience for those who are subjected to it," and that "isolation from family and loved ones, loss of freedom, suspicion of disease developments, boredom are all factors that can cause tragic situations." "The social component is crucial and can profoundly affect the psyche of people who are under quarantine," says psychotherapist Osama Lahlou, adding that those who lose their jobs in such circumstances may be susceptible to psychological difficulties. Professor Neil Greenorge of King's College Institute, one of the authors of the study published in the health

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journal "De Lance," told France24, "Serious financial troubles might induce significant psychological disorders."

<https://www.france24.com/ar/20200402> Boualem Ghobchi.

5.3. Psychological immunity and coping with Psychological pressure:

Stress and the use of coping mechanisms have less of an impact on people who have a strong psychological immune system. The dynamic mutual effects between childhood experiences that determine lifestyle and psychological immunity that depends on resistance to the stresses resulting from dealing with these experiences and Recognizing and integrating them into personality characteristics, as demonstrated by Szelesne (2006) and Cohen (1988), play a key role in reducing the perception of negative stress. According to the coping techniques utilized by the individual, such as planning, problem solving, and positive interpretation of situations, the efficiency of the psychological immune system plays a part in reducing stress and psychological tiredness, according to Dubey and Shahi (2011) study. High psychological immunity, according to Christiana et al. (2005) and Jumper (2009), led to lower levels of psychological tiredness and functioned as a protective factor against it. (Mohammed Sharif, p. 27, 2014) Positive thinking, controlling emotions, creativity in solving problems, increasing self-efficacy, focusing effort toward the goal, challenging circumstances and changing them, and adapting to the environment support the individual's ability to face stress, psychological exhaustion, and frustrations through psychological immunization with positive thinking, controlling emotions, creativity in solving problems, increasing self-efficacy, focusing effort towards the goal, challenging circumstances and changing them, and adapting to the environment to achieve balance.

According to Wilson and Gilber (2005), the immune system is based on the use of consensual cognitive mechanisms that protect the individual from suffering and improve mood in order to make the current situation more bearable and more capable of generating helpful alternatives in overcoming the crisis. Dubey and Shahi (2011) believe that the level of psychological immunity, which he defines as the sum of personality traits that enable an individual to bear the effects of stress and psychological exhaustion and integrate all of the experiences gained from them for use in similar situations, has a big impact on how people respond to sources of stress.

As they result in what looks like bodies Antipsychotics that protect the individual from negative environmental influences and Voitkan (2004) adds that the immune system is a unit of the integrated dimensions of resilience, personal flexibility and adaptive capabilities that provide immunity against damage, stress and pressures. Psychological immunity affects the individual's beliefs about his abilities and the degree of his resilience to challenges by benefiting from the difficult experiences he is going through.

The spontaneous decay of the influence of trauma and stressful situations on the individual, such as a decrease in sensations of melancholy, anxiety, emotions, and negative feelings, is evidence for the defensive and therapeutic role of the psychological immune system, according to Rachman (Mohammed Al-Sharif, 2014, p. 34)

Psychotherapeutic therapies, according to Seligman, can prevent psychological immune system failure by boosting and strengthening resilience, psychological well-being, self-efficacy, and healthy learning, all of which enhance the mental immune system's protective and healing functions (Mohamed Al-Sharif, 2014, p. 43). Psychological immunity is based on a number of cognitive mechanisms that protect us from experiencing extreme negative emotions by ignoring - transferring - and building information to make the current state more bearable, as they operate outside of our awareness and awareness, and it has been shown that the factors that cause stress have a strong relationship. In terms of the development of mental diseases, the mental immune system serves as a personal and protective component. If the causative factors were of a cumulative nature due to the individual's lifestyle and the psychological immune system was characterized by a lack of development, the individual would be transferred from a normal psychological state to a vulnerable state, then to a psychological problem, and finally to a complete psychological disorder, which works to obstruct the processes that contribute to psychological dysfunction, and here we find that the individual's system of psychological immunity has the most influence on the development of a psychological problem into a psychological disorder, and mental health in general, as if this immune system is strengthened in a way that is active and successful, they strengthen the therapeutic relationship (According to Atia, 2018).

5.4. Corona Virus:

5.4.1. Coronavirus concept:

Corona viruses are a large family of viruses that can cause disease in both animals and humans. A large number of corona viruses are known to cause respiratory infections in humans, ranging in severity from common colds to more serious diseases like Syndrome Middle East Respiratory Syndrome and Severe Acute Respiratory Syndrome (SARS), the newly discovered coronavirus that causes the novel coxsackie virus. COVID-19 is a virus that infects people (Covid-19, 2020, pg. 4)

5.4.2. Symptoms of coronavirus:

MERS-CoV disease 2019 symptoms and signs may show two to 14 days after exposure and include Fever, Cough, Breathing problems or shortness of breath, Fatigue, pains, a runny nose, and a sore throat. The degree of coronavirus disease symptoms in 2019 might range from minor to severe. Some people are asymptomatic. People who are older or who already have

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medical issues like diabetes or heart and lung disease are at a higher risk of developing serious disease. This is comparable to how other respiratory infections, including influenza.

5.4.3 .Corona virus prevention:

There are many steps that people can take to prevent corona virus and the most important of these steps are as follows:

Putting a mask: protective everywhere we go.

Using tissues paper: When coughing or sneezing, covering the mouth and nose with tissues and committing to dumping old tissues in the trash, then washing hands with soap and water right away.

Washing hands: Wash hands frequently with soap and water, or use any alcohol-based sanitizer if soap and water aren't available, and avoid touching your eyes, nose, or mouth with dirty hands.

Mixing and gatherings of any kind should be avoided.

Avoid sharing household utensils: If must share household utensils with family or coworkers, such as plates, glasses, dining utensils, towels, beds, or other domestic goods, must clean them thoroughly with hot water and soap after each use.

(Primary Health Care Corporation, pp. 7-8, Washington, DC.)

6. Suggestions and guidelines that would enhance and strengthen psychological immunity in order to overcome the Psychological pressure resulting from the Corona pandemic:

-To avoid the scourge of the stresses brought on by the Corona pandemic, we must learn to protect ourselves and improve our mental health, or, in other words, we must increase our psychological immunity, which necessitates a variety of actions, including: Giving religious scruples special weight, which provides man with a powerful immune system. Belief in God's decree and destiny, as well as following His instructions, liberates a person from fear and anxiety, makes him content with his existence, and makes him more sensitive to pressures and sufferings that are regarded trials from God, for which he is rewarded. He understands that this outbreak is a test from God, and that he will not be affected unless God wills it. And that it will inevitably pass since it is God's Sunnah in His creation, therefore suffering will pass and relief will follow.

-Practice relaxation: by clearing your mind of all negative thoughts and focusing on something good to help you relax and decrease stress. Participating in home sports on a daily basis, based on programs available on social networking sites.

-Looking at the positive side of the difficult situation (the presence of the pandemic): we must seize the opportunity to perform beneficial things that we would not have been able to accomplish otherwise due to a lack of time.

- **Instead of focusing on the source of concern:** which is the pandemic, the individual should focus on how to physically prevent it, and therefore he will not focus on the problem, but rather on the solution, which will relieve his tension and anxiety.

-That a person can overcome obstacles and not be scared of them, because these behaviors can exacerbate problems and put a person in a very complicated psychological condition that is difficult to treat later.

-**We learn to deal with life's stresses with flexibility:** rather than allowing them to distort our look and cause us to lose our essence. We recognize that there are situations and circumstances that force themselves upon us, and that we have limited influence over them no matter how hard we try, therefore we must be patient and focus on our strengths and answers rather than dissecting and delving into the minutiae of the barriers.

-**We laugh from the bottom of our hearts:** forgetting our problems and troubles. Laughter has been shown to improve mood and double the body's ability to avoid certain diseases. Experiments have shown that those who watch engaging and humorous programs have a better ability to maintain their immune systems.

- **Through social networking sites:** where we may meet new people, exchange information and knowledge, and deepen friendships, we double the number of people we know, enhance our social ties, and get to know more friends. Building these relationships allows the individual to engage in a virtual social engagement that allows him to believe that he can form social bonds regardless of the conditions, resulting in a sense of accomplishment. It provides a level of psychological comfort that is critical for increasing and strengthening psychological immunity today.

-**Avoiding addiction to news about the virus:** which is widely reported in the media and on social media, and not focusing on it, particularly in terms of the number of infections and deaths.

-**Avoiding believing rumors:** Unfortunately, during such crises, many rumors emerge that are fed by various parties, whether in good or bad faith, and spread on social networking sites, confusing many of us, and many of us republish them despite the uncertainty of the information and the extent of its objectivity and truthfulness, and this matter increases the level of tension among many of us.

-**Positive talk inside the house:** It is important to avoid negative conversations inside the house; it is important to know how our health situation is progressing, as well as how the virus is progressing and the extent to which it has spread; however, it is also important that the focus of all our conversations is not the virus through the spreading of news, which is incorrect behavior; and it is also important that the focus of all our conversations is not the virus through the spreading of news, which is incorrect behavior; and it is

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also important that all our conversations about. It is critical to shift the topic by concentrating on the good aspects of our existence, as this improves our mental health and demonstrates that it is appropriate in light of the crisis we are experiencing.

-Avoiding negative people: There are many people who are negative and pessimistic, and it is important to avoid them at this stage because talking and listening to them a lot will lead us into a circle of pessimism, which will reduce our mental health and lead to frustration, so it is important to talk with positive people who have positive thinking in this life, who sow hope and do not stoke fear.

-Cooperation and assisting others: At this time, it is critical to assist others based on the options accessible through a variety of behaviors. Our aid, which can be delivered in a variety of ways, depending on each of our roles and the type of the assistance that can be supplied at this point.

-Expressing our fears about the virus: Many people assume that sharing our anxieties about the virus is a sign of weakness in our personality, but it is actually a sign of strength, because expressing our fears is a positive thing that relieves a lot of the stress and worry we experience. It is beneficial and necessary since hiding our worries will deteriorate our mental health, make us feel more worried and tense, and maybe lead to frustration and sadness. As a result, it's critical that we express our concern about what's going on in the world as a result of this virus, because expressing our concerns is the first step toward embracing what's going on ready to take on the world

-To prepare for what can happen in the future: which would improve our mental health even more, we repress what we feel, which leads to psychological imbalance, and hiding our feelings at this time is not considered intelligent or patient. On the contrary, expressing our feelings is a good way to get rid of anxiousness, which is our first opponent at this time.

-Family harmony: At this point, the family's cohesiveness is critical. We must put aside our differences and disagreements and rally around one another to improve our mental health. The good psychological climate is enhanced by family cohesion, which encourages us to believe that we are not alone in facing what is happening, but that our families are there to assist us. Today, more than ever, we need cooperation and cohesiveness to help us accept what is occurring.

The preceding is psychological protection, but it is insufficient. There is a scientific factor to consider, as our bodies require rest and sleep for six to eight hours per day. Sleep and rest have a significant impact on an individual's health and ability to cope with psychological stress. In addition, the sort of food we eat has an impact on our psychological immunity. Meals that weaken it and foods that strengthen it are available. To receive the most advantage, Qassem

Hussein recommends eating a variety of foods in moderation and diversity, along with balanced meals and modest portions.

7. Conclusion:

We have all encountered an exceptional situation that has thrown our lives into disarray and altered their course; however, this cannot be stopped; rather, it must be used to increase our strength and determination, because the difficulties and problems did not arise in this life to teach us about our strength in confronting them and our determination to overcome them.

Despite the fact that this epidemic put us under a lot of Psychological pressure, making us fear for others more than ourselves. It taught us how to effectively improve our psychological immunity and offered us experience living in new ways that we were not accustomed to, just as we must preserve our physical health by following the appropriate preventative measures.

We must protect our mental health in the face of this epidemic, which can only be done by strengthening our immunity to new experiences, which taught us to think positively in the face of negative situations, And since exposure to psychological pressure as a result of it is unavoidable, we must learn stress-management techniques such as strengthening religious scrutiny, positive thinking, and optimism, avoiding bad news, strengthening social prayer from a distance, and other measures that provide us with psychological immunity and prevent us from succumbing to the resulting psychosis.

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