

## How is the Coping Mechanism, the Function of Adolescent Role in the Implementation of Vaccination of Covid-19 Vaccine Based on Psychological Distress? : Cross-sectional Study

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### ABSTRACT

**Background:** The role of Adolescent in implementing the Covid-19 vaccine is still lacking due to their maladaptive coping mechanisms, as indicated by unstable emotions. Maladaptive coping mechanisms hinder the optimal functioning of adolescent in vaccine implementation. Therefore, improvements in coping mechanisms are needed to enhance the optimal functioning of teenagers in this regard. This shows that the role of teenagers in implementing the Covid-19 vaccine is still low.

**Purpose:** The aim of this research is to examine, using Callista Roy's theory, the relationship between coping strategies and the role of adolescents in implementing the Covid-19 vaccine.

**Methods:** This study's design employed a cross-sectional analytical survey method with a population of 132 and a sample of 127 families utilizing proportionate stratified random. A questionnaire on coping strategies, social roles, and psychological discomfort was employed in this study, and the Spearman Rank test was used to analyze the results.

**Results:** Based on the Spearman's Rank results, there is a relationship between coping strategies, adolescent role function, and psychological pressure in the implementation of the Covid-19 vaccine because the p-value is smaller than 0.05.

**Conclusion:** Coping strategies, adolescent role functions, and psychological pressure have a significant relationship with the implementation of the covid vaccine in adolescents. As a result, it is recommended to maximize the role of adolescents, one of which is by empowering adolescent Vaccine Ambassadors who can serve as a platform for the aspirations of adolescents in the implementation and socialization of vaccines while also supporting it as a government program.

**Keywords:** coping mechanisms, cross-sectional, covid-19 vaccination, psychological distress, role functions

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**BACKGROUND**

The involvement of adolescents in the Covid-19 vaccine implementation remains limited because of their maladaptive coping strategies, which manifest through emotional instability. These inadequate coping mechanisms impede the effective participation of adolescents in vaccine administration. Thus, there is a requirement for enhancements in coping strategies to boost their effectiveness in this context. This underscores the fact that the role of teenagers in Covid-19 vaccine implementation is currently underdeveloped, as an effort to enhance the function of adolescent roles and coping mechanisms, involving adolescents as sources of information and socialization is presented in the context of adolescent psychology. Coping strategies, the functions of adolescents in their roles, and the psychological pressure they experience exhibit a noteworthy connection with the Covid vaccine's implementation among adolescents. Consequently, it is advisable to optimize the involvement of adolescents, including the empowerment of adolescent Vaccine Ambassadors, who can act as a conduit for the aspirations of adolescents regarding the vaccine's implementation and public awareness. Additionally, they can play a supportive role in government programs related to vaccination.

The present COVID-19 virus epidemic has had an adverse effect on people's mental health as well as their personal, social, and professional life. Individuals who already have chronic medical conditions may be especially susceptible to the pandemic's unpleasant impacts. During the COVID-19 epidemic, this research was undertaken on CAD patients to determine the incidence of psychological distress, its causes, and coping techniques (Maheshwari, 2022). Situations like this are certainly dangerous for individuals, so it is necessary to predict or prevent the psychological impact of Covid-19. One of the efforts currently being made by the government to control the spread of Covid-19 is by vaccinating its people (Sari, 2021). This situation can cause prolonged stress (Suhron et al, 2020) and have an impact on adolescent and family self-esteem (Suhron, 2016; 2017). However, there are still some people who do not vaccinate against Covid-19, including teenagers. Indonesia has carried out the first phase of vaccination for health human resources and the second phase of vaccination for the elderly and public service workers. As of June 29, 2021, The COVID-19 vaccination has been administered to more than 28 million individuals, and a total of more than 13 million people have received two full doses of the vaccine. In July 2021, Phase 3 vaccination for vulnerable groups and other communities will begin. Given the above and the increasing spread of the COVID-19 vaccine, especially among children, children also need to be vaccinated (Ministry of Health, 2020). Based on the receipt of the National Advisory Committee for Immunization Experts or the Indonesian Technical Advisory Group on Immunization (ITAGI) and the approval of the COVID-19 vaccine produced using PT. Biofarma (Sinovac) from BPOM on June 27, 2021, age group >12 years, can then vaccinate children aged 12-17 years (Nugroho, 2021). The deployment of the Covid-19 immunization involves adolescents and their families to a significant extent. The impact of the low role in the implementation of Covid-19 vaccination is that it can increase Covid-19 morbidity and mortality, which will continue to increase, so they cannot obtain collective immunity in society, the community does not receive effective protection against Covid-19, and the transmission or transmission of Covid-19 infection will continue to increase (Nugroho, 2021). Therefore, maladaptive/dysfunctional coping had a positive correlation with emotional exhaustion and cynicism. On the other hand, adaptive coping had a negative correlation with cynicism and a positive correlation with perception of personal accomplishment (Palupi & Findyartini, 2019; Suhron, 2018). In addition to family support, it is necessary to remind each other to keep their distance, always wash hands after touching objects or animals and humans, and limit direct contact with people around them as much as possible. the antibodies are still strong, they can only be teenagers infected with the

virus, but not showing any symptoms. Teenagers must thus learn about the risks the Covid-19 virus poses to their loved ones, as well as the main causes of anxiety and how to cope during a pandemic. In order to avoid the pandemic's psychological effects from developing into a chronic condition, mental health support techniques should be regularly offered (Yusuf et al, 2018).

The aim of this research is to examine the relationship between coping strategies and the role of adolescents in implementing the Covid-19 vaccine. According to the study's findings, it was evident that there was a correlation between the coping mechanisms employed by adolescents and various factors, including their current situation, recent exposure to the Covid vaccine, whether they had received a single dose, family members' recent exposure to the vaccine, challenges in accessing medications, the need for psychiatric assistance, and difficulties in consulting with healthcare professionals. These findings align with Reinaldo's research from 2018, which identified that mental distress creates challenging circumstances within families that need immediate attention to restore equilibrium in the family system. Furthermore, family members experience apprehension about the well-being of their unwell loved ones and a sense of powerlessness due to societal regulations. As they navigate life with a chronic illness, they actively seek coping strategies to deal with daily challenges.

## METHODS

This study uses a Quantitative Method: Explanatory design Creswell (2021). The research variables are adolescent coping mechanisms and adolescent and family role functions as well as psychological stress. From October to December 2022, the program's target population will be youth and families in Bangkalan, Madura, East Java, Indonesia. 127 teenagers and their families were chosen using a proportionate stratified random method. Step 1 involves an exploratory questionnaire. Adolescent coping strategies, role functions, and psychological stress were the study tools employed. 87.4% of data is specific. 51.5% of predictions are accurate. 96.8% of predictions are negative. The sample size was calculated using power analysis. The sample sizes were 1) statistical test power ( $1-\beta$ ), 2) level of significance ( $\alpha$ ), and population effect size ( $\gamma$ ). Therefore, the sample size in this study had an estimated significance of 0.05, a power of 0.80, and a small effect size of 0.25, requiring a sample size of 127 adolescent families for the study. This research questionnaire was developed by researchers based on a literature review of adolescent coping mechanisms, and role functions related to psychological pressure. The psychological distress instrument includes 10 items: 1) Current working situation, 2) Exposure to Vaccine COVID in the last 1 month, 3) Hospitalized during a pandemic, 4) Vaccination status, 5) Vaccine COVID-related death among known people, 6) Family exposure to Vaccine COVID in the last 1 month, 7) Financial difficulty, 8) Difficulty acquiring medications, 9) Need for psychiatric help, 10) Difficulty in consulting doctors. The psychological distress of 10 items. Three bilingual translators in this study then employed back-translation techniques.

## RESULTS

Table 1. Distribution of the frequency of Adolescent Families in the Implementation of the Covid-19 Vaccination

Characteristics Family N (127)	Mean±SD
Age (M)	52±13.2
Gender	N =%
Male	78 (61)

Female	49 (39)
Living in one house with remaja	12 years $\pm$ 9.5
Marital status	
Divorced	13 (10)
Married	114 (90)
Employment	
Full-time/part-time	95 (75)
Unemployed/retired	32 (25)
Education	
Primary	69 (53)
Middle	50 (40)
High	8 (7)
<b>Characteristics Remaja N (127)</b>	<b>Mean<math>\pm</math>SD</b>
	<b>Frequency</b>
Age (M)	17.2 $\pm$ 9.3
Gender	N =%
Male	47 (37)
Female	80 (63)
Type of family	
Nuclear family	97 (76)
Extended family	30 (24)
Order in brothers	
Firstborn	26 (20)
Middle	49 (38)
Youngest	52 (42)

**Source: Primer 2022**

Based on the table above, it was found that most of the characteristics of adolescent families in this study were male, namely, 78 (61%), while living in one house with adolescents with an average year 12 years  $\pm$  9.5, for marital status, 13 (10%) were Divorced while 144 (90%) Married, for Teenage Family Employment, 95 (75%) Full-time/part-time, 32 (25) Unemployed/ Retired (%), for Education with a Primary level of 69 (53%), Middle 50 (% 40), High 8 (7%). While most of the characteristics of adolescents in this study were female, namely as many as 80 (63%), the type of adolescent family, Nuclear family of as much as 97 (76%) while an Extended family of 30 (24%), As for the order in siblings, for Eldest 26 (20%), Middle 49 (38%), Youngest 52 (42%).

Table 2. Association of Psychological distress Vaccine COVID-19 related variables with Coping Mechanism

Psychological distress Vaccine COVID-19 related variables	Adolescent Coping Mechanism n, 127		
	Yes, n (%)	No, n (%)	P- Value
Current situation			
School	19 (15)	26 (20)	0,015
School from home	34 (27)	48 (38)	
Exposure to Vaccine COVID in the last 1 month			
No	24 (19)	27 (21)	0,002
Yes	33 (26)	43 (34)	

Hospitalized during pandemic			
Yes	21 (17)	46 (36)	0,281
No	24 (19)	36 (28)	
Vaccination status			
Fully immunized	23 (18)	29 (23)	0,037
Single dose	30 (24)	45 (35)	
Vaccine COVID-related death among known people			
Yes	22 (17)	28 (22)	0,046
No	37 (29)	40 (32)	
Family exposure to Vaccine COVID in the last 1 month			
No	25 (20)	31 (24)	0,032
Yes	23 (18)	48 (38)	
Financial difficulty			
No	19 (15)	26 (20)	0,128
Yes	34 (27)	48 (38)	
Difficulty acquiring medications			
No	29 (23)	23 (18)	0,002
Yes	45 (35)	30 (24)	
Need for psychiatric help			
No	31 (24)	25 (20)	0,022
Yes	48 (38)	23 (18)	
Difficulty in consulting doctors			
No	21 (17)	46 (36)	0,021
Yes	24 (19)	36 (28)	

**Source: Primer 2022**

Based on the table above analysis of the relationship between Adolescent Coping Mechanisms and Psychological distress, it was found that there was a relationship with Psychological distress indicators, including Adolescent Coping Mechanisms with Current situation significantly (P-value = 0.015) with School from home 48 (38%), Adolescent Coping Strategies are substantially (P-value = 0.002) Associated with COVID Vaccination Exposure within the Past Month. Adolescent Coping Strategies with Vaccination status was strongly correlated (P-value = 0.037) with exposure to the COVID vaccine in the preceding month in 43 (34%), with a single dose in 45 (35%) adolescents, Adolescent Coping Mechanisms with Family exposure to Vaccine COVID in the last 1 month were significantly (P-value = 0.032) by doing Family exposure to Vaccine COVID in the last 1 month 48 (38 %), Coping Mechanisms for Adolescents with Difficulty acquiring medications significantly (P-value = 0.002) with feeling Difficulty acquiring medications 45 (35%), Coping Mechanisms Adolescents with a significant Need for psychiatric help (P-value = 0.022) with a need for psychiatric help 48 (38%), Coping Mechanisms for Adolescents with Difficulty in consulting doctors significantly (P-value = 0.021) with no difficulty in consulting doctors 46 (36%). While there is no significant relationship between Adolescent Coping Mechanisms and Psychological distress indicators, among others, Adolescent Coping Mechanisms with Hospitalized during a pandemic significantly (P-value = 0.281) and not Hospitalized during a pandemic 46 (36%), Adolescent Coping Mechanisms with significant Financial difficulties of (P-value = 0.128) with no Financial difficulty 48 (38%).

Table 3. Association of Variables Related to COVID-19 Vaccine Psychological Distress with Role Functioning

Psychological distress-related variables	Adolescent Role Functions n, 127		
	Yes, n (%)	No, n (%)	P- Value
Current working situation			
School	11 (9)	42 (33)	0,210
School from home	21 (17)	53 (42)	
Exposure to Vaccine COVID in the last 1 month			
No	33 (15)	26 (20)	0,380
Yes	52 (27)	48 (38)	
Hospitalized during pandemic			
Yes	24 (19)	27 (21)	0,620
No	33 (26)	43 (34)	
Vaccination status			
Fully immunized	10 (7)	11 (9)	0,025
Single dose	58 (46)	21 (38)	
Vaccine COVID-related death among known people			
Yes	19 (15)	26 (20)	0,032
No	34 (27)	48 (38)	
Family exposure to Vaccine COVID in the last 1 month			
No	25 (20)	31 (24)	0,001
Yes	23 (18)	48 (38)	
Financial difficulty			
No	24 (19)	27 (21)	0,061
Yes	33 (26)	43 (34)	
Difficulty acquiring medications			
No	29 (23)	23 (18)	0,042
Yes	45 (35)	30 (24)	
Need for psychiatric help			
No	31 (24)	25 (20)	0,026
Yes	48 (38)	23 (18)	
Difficulty in consulting doctors			
No	21 (17)	46 (36)	0,029
Yes	24 (19)	36 (28)	

**Source: Primer 2022**

Based on the table above analysis of the relationship between the role function of adolescents and psychological distress, it is found that variables that have a relationship to indicators of psychological distress include the role function of adolescents and vaccination status (P-value = 0.025) with a single dose of 58 (46%), the role function of adolescents with a significant Vaccine COVID-related death among known people (P-value = 0.032) with no perceived Vaccine COVID-related death among known people of 48 (38%), the Role Function of Adolescents with Family exposure to Vaccine COVID in the last 1 month significantly (P-value = 0.001) with a significant family exposure to Vaccine COVID in the last 1 month of 48 (38%), the role function of adolescents with difficulty acquiring medications significantly (P-



value = 0.042) with no feeling The difficulty of acquiring medications is 45 (35%), the function of the role of adolescents with the need for psychiatric help is significantly (P-value = 0.026) with a feeling of being difficulty acquiring medications by 48 (38%), the function of the role of adolescents with difficulty in consulting doctors was significantly (P-value = 0.029) with a feeling of difficulty acquiring medications by 46 (36%).

## DISCUSSION

Based on the results of the study, showed that there was a relationship between Adolescent Coping Mechanisms and the Current situation, Exposure to Vaccine COVID in the last 1 month, Single dose, Family exposure to Vaccine COVID in the last 1 month, Difficulty acquiring medications, Need for psychiatric help, Difficulty in consulting doctors, this is in line with Reinaldo's research from 2018, which found that mental suffering forces circumstances on families and arrangements that must be immediately rectified in an effort to balance the family system; Finally, they fear for the future of their ill loved ones and feel powerless as a result of societal regulations. Family members live with mental anguish from the perspective of a chronic disease and seek coping techniques for day-to-day conditions. Afzelius' research (2018) that these families sought the support of the psychiatric services, especially to inform their children about the mental illness, is evidence that more research is needed in this area to evaluate the impact of this issue on the lives of families, institutions, and public policies. The family members felt supported and indicated that there were less disagreements despite various family interventions. The parents appreciated the assistance with child-rearing concerns, and the kids noticed a more relaxed attitude in the home (Marasabessy et al 2020).

Yet, spouses of those with mental illnesses frequently lack assistance. Practice implications According to our study, mental health nurses in particular are in a position to provide more frequent family interventions to promote healthy children and spouses. Ballal (2018) affirms that the themes of shielding children from parental mental illness, refraining from having conversations about illness, offering and receiving emotional support, explaining illness, and "managing other sources of information" demonstrate the nuanced ways in which good parents affect their kids' perceptions of parental mental illness.

The findings are reviewed in the context of what is already known on this subject from the viewpoint of those who have the sickness, such as children or parents. It is explored what kind of help parents could need in homes when one or both parents have a mental condition. In the meanwhile, Bennett's research (2022) reveals that the influence of hearing loss on people's identities (how they see themselves and are seen by others), emotional stress, and negative outcomes (social overload, fatigue, loss, and isolation) may be seen (frustration, sadness, anxiety, loneliness, and burden). While many participants spoke of the absence of effective coping mechanisms, others spoke of the use of coping mechanisms such as avoidance (both helpful and unhelpful), managing the listening environment, humor, acceptance, assertiveness, communication improvement techniques, and receiving assistance from a close partner. Elsayed's assertion from 2022 that psychological distress was highly high and negatively correlated with coping during the COVID-19 pandemic in Germany. In contrast to Rahman's research (2020), this study found people who were at a higher risk of suffering stress and panic during a crisis. These individuals should be given priority in dealing with their health and welfare in times of future crises. the COVID-19 epidemic. Together with already available resources in primary health care settings, specific interventions to help these people's mental health should be taken into consideration.

Living with family, current alcohol use, and higher levels of fear are associated with higher levels of psychological distress, according to the findings of a different study by Chair

(2021). Perceived stress from changing working conditions, being a frontline worker, experiencing "moderate to very high stress, and using health services to deal with COVID-19 related stress in the past six months was associated with higher levels of psychological distress. This study uncovered important elements relating to pandemic-related anxiety, fear, and coping mechanisms (Noviana et al, 2022). Thus, the family experienced a double burden throughout the epidemic. To stop the pandemic's mental effects from developing into a chronic condition, ongoing mental health support initiatives are required (Mashudi et al, 2019).

The majority of research indicates that teenagers use adaptable coping strategies. he was able to calm himself and adjust to the situations he encountered by praying and giving himself over to God. Researchers contend that teenagers who have effective coping skills can lessen the occurrence of new issues and can adjust to issues that arise during the administration of the Covid-19 vaccination. According to Rachmah and Rahmawati's research, teenagers employ adaptive coping techniques to deal with issues in their study (2019). The use of decisions in problem-solving is impacted by mental development; the more mentally mature a teenager is, the greater their capacity to employ adaptive coping strategies and make decisions will be. This is also in line with the findings of Tarigan & Kusumaningsih (2018), which found that prayer can enhance coping strategies and preparation for dealing with a catastrophe. A person may find strength and calmness via prayer, enabling them to accept and adjust to the situations they encounter. Dewi & Wahyuni (2020) claim that internal elements like gender, age, and personality might have an impact on coping techniques.

According to the findings, this study's teenage participants were mostly female. Because women's feelings are more likely to be sensitive while dealing with challenges, adolescent girls are more likely to have adaptive coping methods. Because women may still speak with others about issues that arise, researchers believe that young women who have received the Covid-19 vaccination are more likely to develop adaptive coping techniques. This is in line with study by Rachmah and Rahmawati, published in 2019, which claims that young women have broader perspectives and prefer to look for creative solutions to their challenges. When adolescent females experience issues, they express their feelings more readily, are more nervous, and utilize their feelings more. That way teenage girls can adapt and find solutions to deal with their problems. Whereas boys are more active in using their minds about the problems they face, so boys think more about eliminating problems in any way without thinking about the possible impact on them.

The role of adolescents who have carried out the Covid-19 vaccination should play an active role in the surrounding environment because it will create a good social status and influence one another. This is also following the theory of Potter and Perry, (2013) Role is behavior based on patterns established through socialization. This is also in line with Roy's theory of adaptation which views individuals holistically as one unit that lives side by side and interacts with the surrounding environment (Safitri, 2018). The results showed that almost all adolescents have a nuclear family type. The type of nuclear family will influence the role of adolescents in carrying out the Covid-19 vaccination. Researchers think that adolescents who have a nuclear family type are more likely to have a high role in the implementation of the Covid-19 vaccination compared to adolescents who have a large family type because the decisions taken by adolescents tend to be more appropriate than those with an extended family type.

This is in line with research conducted by Palupi et al, (2019) which said, the appropriate action here is because families who have a nuclear family type will be more supportive in making decisions even with their limitations. This is because the family feels that the burden that is borne by one family is not much so more efforts are made in making



decisions. This is different from the type of large family, often families with large family types experience more burdens, making it difficult to make a decision. But even so, someone who has a nuclear family type often does not take appropriate action, due to a lack of knowledge. Research by Mahamid F. supporting (2022) that as a result, it is advised that comparable studies be carried out in Palestinian society using a variety of samples; it would also be wise to focus on at-risk groups in order to create the scale and its factorial structure. The VAC-Vaccine COVID-19 may be a valuable tool to gauge Palestinians' willingness to get vaccines, allowing medical professionals to put interventions into place to change their patients' unfavorable views. This is made clear by Zdziarski K's research (2022), which found that over 50% of participants from both nations thought vaccines were a good countermeasure to the pandemic crisis. Both demographics' respondents said becoming immunized was a personal decision. The desire to participate in public life, the potential for free travel for Poles, and the concern about spreading the disease to others among served as the social justifications for vaccination in both groups. Pain at the infection site was the adverse effect that was reported most frequently after immunization. Respondents from Palestine sought medical help more frequently. From an existential, psychological, and health standpoint, vaccinations enabled for the reconstruction of social connections and provided a sense of security in a person's day-to-day functioning. They also helped to strengthen the vital forces in a significant portion of the population.

This is also consistent with the findings of Shweta Singh's research (2020), according to which it is urgent to plan longitudinal and developmental studies and put into practice elaborate action plans that are grounded in the best available scientific research in order to meet the psychosocial and mental health needs of vulnerable children and adolescents both during and after the pandemic. Enhancing children's and teenagers' access to mental health services is necessary in order to provide them with tools for creating good coping strategies throughout the present crisis. Innovative child and adolescent mental health policies are thought important for this, with direct and digital networks of collaborators including physicians, psychologists, psychiatrists, and community volunteers. According to Sutejo's hypothesis, which has been supported by research, emotional independence, social role fulfillment, responsible behavior, and academic readiness are all aspects of adolescent growth. It will be difficult for teenagers to complete their developmental duties if they are unable to perform their function. Perhaps at that point, adolescents will refrain from utilizing unhealthy coping techniques. According to Oyat's research (2022), healthcare personnel were deeply terrified, anxious, and stressed due to the high mortality rates, high viral transmission rates, and constant worry that they and their families would get infected. The absence of PPEs, the availability of therapy and immunizations to protect themselves against the virus, and work-related stress were additional sources of anxiety. Healthcare employees experience discrimination, harassment, financial difficulties, and a lack of support from their companies and communities. According to the idea of Sugiyanto et al. (2018), a person who is unwell will feel a variety of losses, including emotional loss and the loss of social connections. This losing process will have an impact on the person's ability to fulfill their roles in life. In the meanwhile, according to Sharif S's research from 2022, among health professionals, neurosurgeons are one of the categories that have only indirectly been impacted by the epidemic. All categories of healthcare professionals, including neurosurgeons, are assumed to be experiencing psychological anguish as a result of adjusting to the new normal and the introduction of vaccinations. We discovered that those who had received a vaccination had a decreased chance of developing depression than those who had not. According to study (Sulistiyorini et al., 2020), educational initiatives that include strategies for avoiding and overcoming emotional mental diseases are required in order to stop a growing number of children and their families from suffering them. what took place and a fix for it. the

necessity for students' and their families' psychosocial mental health assistance. According to Saied's research from 2021, it is becoming more important to evaluate the VH COVID-19 vaccine and the difficulties associated with it. Current research suggests that the primary causes of VH are personal beliefs, perceived danger, and safety issues brought on by pervasive falsehoods. Higher VH is associated with greater levels of trust, lower levels of adherence to public health recommendations for the COVID-19 vaccination, and less confidence in healthcare professionals.

## CONCLUSION

Coping strategies, the functions adolescents perform, and the psychological pressure they experience show a substantial connection with the rollout of the Covid vaccine among adolescents. Consequently, it is advised to enhance the involvement of adolescents, including the empowerment of adolescent Vaccine Ambassadors, who can act as a medium for adolescents' ambitions in promoting and normalizing vaccine usage, while also assisting it as a government initiative.

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## CONFLICTS OF INTEREST

The author declares that there is no conflict of interest regarding the publication of this article.

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