

COVID-19 PANDEMIC AND CHILDREN SEPARATE

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Abstract

Separation child from parents or caregiver during the COVID-19 pandemic is frequent phenomenon found moment now this, so make phenomenon this important for researched more continued. Study this is study library. Update in research this that is analysis in study implemented based on phenomenon that occurs moment pandemic so that not yet once done study related Thing this in the past . The separation that occurs in children consequence pandemic could be shared Becomes two categories , that is not intentionally and intentionally aware. Separating children with people old or babysitter will boost various problems psychosocial in children. To overcome the problem of separating a child with people old or a babysitter could refer to the guidelines general protection child During COVID-19 pandemic. In Thing this researcher recommend that children capable for disclose feelings, don't get used to it child keep anger, as well child capable study from condition surrounding.

Keywords : COVID -19, Separation, Parenting

INTRODUCTION

Coronavirus disease 2019 (COVID -19) is a new type of disease that has never been previously identified in humans. The name Corona itself is taken from Latin which means crown, because the shape of the corona virus *has* spikes that protrude like a crown and the corona of the *sun*¹ The *corona* virus has triggered an outbreak in the city of Wuhan, China, in December 2019, and after that it spread to various countries around the world . The World Health Organization (WHO) declared COVID-19 as a global pandemic on March 11, 2020.²

¹A. Fathoni, The impact of Covid - 19 and the government's PSBB policy on MSMEs in Wiyung Surabaya. *Dinar: Journal of Sharia Economics Study Program* , 3 (1) 2019.

²Aris Tristanto, Mental Health and Psychosocial Support (DKJPS) in Social Services for the Elderly During the Covid-19 Pandemic. *Socio Informa* , 6 (2) 2020, 205–222.

COVID-19 as The global pandemic doesn't just affect adults and the elderly age but also has a direct impact on children³ According to the Deputy for Child Development, Ministry of Women 's Empowerment and Child Protection, in *webinar* with Wahana Visi Indonesia conveyed that problems in fulfilling children's rights that occur during the COVID-19 pandemic include care, health and nutrition, education.⁴ In handling fast medical and health communities, one the risk that will appear by direct is separation child or no existence nurturing from nanny primary (parent, caregiver, or member family).

Separation in children according to *Child Protection Working Guiding Principles*, is defined as a child who is separated from his parents or from his usual caregiver, but not necessarily by other relatives, including a child who is accompanied by other family members.⁵ According to Koteng separated children are those who are separated from their parents or primary caregivers but not from other relatives, and may become children who are not accompanied by adults from their family members.⁶

a total of 2.2 billion children in the world, around 140 million of them experience separation from one or both parents due to various reasons, and around 10 percent of all children in the world (1 in 10 children) have or are in danger of losing their parental/family care.⁷ Regarding data in Indonesia, Assistant Deputy for Fulfillment of Children's Rights to Family Care and the Community Environment, Ministry of Women's Empowerment and Child Protection, Rohika Kurniadi Sari, in Gunadha, on discussion through internal media network (online) organized by *Save*

³Saraswati & Susrama, The Role of Women in the Family to Protect and Fulfill Children's Rights during the Covid-19 Pandemic. Proceedings of the 2020 Mahasaraswati University National Webinar, 2020.

⁴Rosaline, *Webinar with Wahana Visi Indonesia*, 2020.

⁵Child Protection Working Guiding Principles, *minimum standards of child protection in humanitarian action*. Global Protection Cluster., 2015. <https://www.globalprotectioncluster.org>

⁶MZ. Koteng, The Effectiveness of Child Protection Programs for Separated Children After the Tsunami Disaster in Aceh. *Journal of Public Administration* , 1 (1), 2012.

⁷V. Dimyati, National Children's Day: Children Threatened to Lose Parenting Amid COVID-19, 2020. *Inews.Id*. <https://www.inews.id/lifestyle/health/hari-anak-nasional-anak-anak-terancam-danger-lose-care-di-tengah-COVID-19>.

The Children said there were 1,923 Indonesian children separated from their parents due to the COVID-19 pandemic.⁸

Based on these data writers To do search on machine seeker *Google* During month of May 2021 with keywords phenomenon separation Indonesian children from parents or babysitter during the COVID-19 pandemic. From search it's the author that finds a variety of cases published in the mass media. Case as reported by Detik.Hot on March 24, 2020 with the title "the artists make me cry" see Ridwan Kamil uploads children separated from their parents due to the effects of corona". In news the explained that governor West Java, Ridwan Kamil, uploaded child 's photo separate small from his parents because both parents child the infected coronavirus so that should operate isolation in the center health that has provided . Another case related to the separation of children from their parents due to the COVID-19 pandemic was also reported by Alinea.Id. In the news, it was explained that the Social Service and the DKI Jakarta Health Service accompanied children who were separated from their parents because the mother was positive and the father was under surveillance (PDP) so they had to leave the house to isolate.⁹

Apart from children, their parents and caregivers can increase the likelihood of the emergence of various problems psychosocial in children. That thing could be seen from sadness, stress, and deep trauma displayed by children. Other consequences of situation are mentally and psychologically disturbed children. When viewed from the psychosocial aspect, separation in children can cause feelings of discomfort, pain and suffering / loss (*grieving*), so that children experience sadness, stress, depression and maybe even trauma.¹⁰ Whereas according to Edillon (2008) separation child with

⁸R. Gunadha, Indonesian Children Lose Parents Due to Corona Virus Outbreak, 2020. *Suara.Com*. <https://www.voice.com/news/2020/06/11/212239/1923-anak-indonesia-kelahan-orang-tua-hasil-wabah-virus-corona>

⁹F. Cynthia, *Recovering the psychology of children who were separated from their parents due to COVID-19*. 2020. Alinea.Id. <https://www.alinea.id/gaya-live/memulih-anak-yang-seperar-with-ortu-due-covid-b1ZOB9uY>.

¹⁰Hatta, The Role of Parents in the Child Trauma Recovery Process. *Gender Equality: International Journal of Child and Gender Studies* , 1 (2) 2015.

parents will Upgrade risk or vulnerability abandoned child for abuse drugs, experience violence physique nor sexual, even come to business kill self.¹¹ Impact others covers behavior deviate and decline performance of academic children at school¹², distraction health in children.¹³ There is less impact and good consequence from separating a child from parents or babysitter be a task House for all circles in finding solutions and ways to exit.

Based on the background of the problem above, the author tries to analyze the phenomenon of children who occurred during the COVID-19 pandemic, namely: separation of a child from parents or her caregiver. Various shape findings in the field that show existence impact negatively from separation from a child from parents or babysitter make study this urge for studying more in depth only focused on shape separation that occurs in the conditions of the COVID -19 pandemic.

RESEARCH METHODS

Study this is study qualitative that is study literature with study source reliable, good in shape written nor in the relevant digital format without involvement straight away. Studies literature here is studies literature without accompanied with empirical tests.

Data analysis techniques used are method analysis contents. Analysis is used to get valid information and can review returns based on the context . In analysis this will be the process of selecting, comparing, and combining various definitions related to the COVID-19 pandemic and separation of the child with parents or her caregiver.

There are two data sources in study of this, that is primary sources and secondary sources. Methods and steps used for collecting data in study are election

¹¹R. Edillon, The Effects of Parent's Migration on the Rights of Children Left Behind in the Philippines. *American Bar Association Forum* , August, 2008.

¹²LP. Jordan, & E. Graham, Resilience and Well-Being Among Children of Migrant Parents in South-East Asia. *Child Development* , 83 (5) 2012. <https://doi.org/10.1111/j.1467-8624.2012.01810.x>

¹³Save The Children, *National Standards of Care for Child Welfare Institutions*. Save The Children Indonesia, 2011.

topic related, exploration information, determination focus, gathering data source, setup data presentation, and compilation report. Data presented is data in the form of words that require processing to be concise and systematic. Whereas tools write in articles this is a classification checklist ingredients writing, writing schemes / maps and note formats write.

DISCUSSION

Emergency times, such as COVID-19 pandemic, can cause separation of a child with parents nor caregiver, so this leads to a serious failure to protect children. Separation can be interpreted as the process of losing someone, something or a situation that is very loved / cherished by the child and this is very painful. Separated children, including those who are not accompanied (have no one to accompany, provide supervision, care for, protect), are a form of one of the most vulnerable groups, tend to be deprived of attention, care and protection . For answer why appear phenomenon the separation of children from their parents or caregivers during the COVID-19 pandemic, and what reason from Thing that. So writers try to answer why a child Becomes sad, stressed and traumatized by the separation of the child from his parents or carers during the COVID-19 pandemic through analysis below this.

Phenomenon Child Separation

Children during the COVID-19 pandemic are often in vulnerable conditions or areas so that the child is experiencing various threatening risks well-being. This is in line with phenomena from past outbreaks of communicable diseases indicating that the risk of child protection will be getting bigger consequences from existing epidemics, and there will also be new risks as a result of handling the epidemic itself and the socioeconomic impact of prevention and control measures.¹⁴ That thing could be seen

¹⁴UNICEF, *Technical Note: Protection of Children During the COVID-19 Pandemic: Children and alternative care*. Better Care Network, 2020.

during the COVID-19 pandemic where one of the perceived risk child is separated from parents or her caregiver.

Separation of children with parents during the COVID-19 pandemic can be caused by three things. First, parents or nanny mains contract the corona virus so should undergo care in isolation or even die due to COVID-19 so that the child Becomes orphan, orphan, orphan stray or lost nurturing temporarily.¹⁵ Second, the child who is infected with the coronavirus, so that child will undergo care in isolation and separation from parents or babysitter.¹⁶ Third, separation child from parents or nanny main because of parents or family choose for send her son go out from the area that has infected plague.¹⁷

by general separation could be categorized as Becomes two, namely not intentionally (accidentally) and intentionally aware.¹⁸ If linked with three reasons separation child with parents during the COVID-19 pandemic then separation child with people or nanny because of parents, caregivers main, or child can be infected with the corona virus said as separation by no on purpose (accidental). Whereas separation of a child from parents or nanny mainly because parents or family choose to send her son outside the area that has been infected plague could be said to have entered into category separation by awareness . If connected into categorization disaster , then the separation experienced by child consequence from the COVID-19 pandemic can be identified into the shape k separation because of the disaster. Thing this refers to opinion Subardhini, which states that disaster natural nor disaster social often cause situation separation in children good with his family nor with environment social others

¹⁵Kumampung, Violence Experienced by Children During the COVID- 19 Pandemic in Indonesia, 2020. *Kompas.Com*. <https://lifestyle.kompas.com/read/2020/04/29/140300620/kerasan-yang-dialami-anak-selama-pandemi-covid-19-di-indonesia?page=all>.

¹⁶Zakiah, *Child Protection During the COVID-19 Pandemic*, 2020. Sumbarprov.Go.Id. <https://sumbarprov.go.id/home/news/18891-perlindungan-anak-selama-pandemi-COVID-19>

¹⁷Ministry of PPPA. *Cross-Sectoral Protocols for Children Who Need Special Protection in a COVID-19 Pandemic Situation*. COVID-19 Handling Task Force, 2020.

¹⁸Koteng, The Effectiveness of Child Protection Programs for Separated Children After the Tsunami Disaster in Aceh. *Journal of Public Administration* , 1 (1) 2012.

(friends), situation disaster also causes feeling lost very person loved (father or mother, family, friends), objects and situations that are very loved.¹⁹ Loss can cause suffering or so-called grieving. Puri et al define *grieving* as something reaction psychological and emotional that can be expressed internally and external after experiencing loss.²⁰ According to White in *grieving* is a common experience occurs in individuals who experience loss, so individuals reasonably experience negative feelings.²¹

Grieving process is a process experienced individual by subjective to experience show loss with reaction psychological and behavior as consequence existence change condition in life individual, According Crump et al, no anyone can ensure when individual could pass all stages in the *grieving* process, which can done is facilitate so that the *grieving* process experienced individual could come to a Step reception.²² This grieving process is very unique and different in each individual. Related with grieving, Moore and Kubler-Ross think that inside *grieving* there are five stages to be lived, namely denial (*denial*), an attitude of anger and anxiety (*range and anger*), bargaining, depression, and acceptance.²³ Process in question started from denial (denial) that is a condition in which the child has a feeling of rejection of the situation or the situation he was in. That thing seen from expression of distrust, avoiding or denying the current situation. Related to the COVID-19 pandemic, *denial* in children could be seen from telling a child that disease can't happen to me and my family.

¹⁹Subardhini, *Module on Reducing the Vulnerability of Children in Emergency Situations*. Ministry of Social Affairs RI and UNICEF, 2016.

²⁰Puri, et.al. *Textbook of Psychiatry*. Jakarta: EGC, 2011.

²¹Astuti, Disaster Deaths and Their Effects on Survivor Psychological Conditions: A Theoretical Review of the Importance of Death Education. *Unisia*, 30 (66) 2007. <https://doi.org/10.20885/unisia.vol30.iss66.art4>

²²Crump, et.al. The global burden of typhoid fever. *Bulletin of the World Health Organization*, 82 (5) 2004. <https://doi.org/10.1590/S0042-96862004000500008>

²³Moore & Kubler-Ross, On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families. *Journal for the Scientific Study of Religion*, 11 (3) 1972. <https://doi.org/10.2307/1384564>

After through Step denial next enter into an angry and restless attitude. According to Goleman in Yenti angry and restless attitude (*range and anger*), is an emotional expression of the loss or suffering experienced by the child.²⁴ Sometimes this feeling of anger does not know who to direct it may be directed at the person, thing or situation that the child thinks is causing this separation, loss or suffering. This angry attitude is also often followed by a restless attitude. This could be an example like “why is this possible to happen if I always apply protocol health”.

At stage negotiation (*bargaining*) the child will show an attitude and bargain with himself. It can be seen from the attitude of the child who sometimes accepts the condition he is currently experiencing, and sometimes feelings of anger and rejection still arise, as a form of unstable emotion related to the loss he has experienced. The child who has come to this stage, as long as normal times of the COVID-19 pandemic try for indifferent not indifferent with the situation he was in. At this stage of depression the child will have feelings of emptiness and hopelessness, feeling useless will also haunt the child because of separation and loss. or the suffering that he went through. Usually this child will be too sad to do anything, and often remember with separated people from him the consequence of the pandemic.

The acceptance stage *is an* expected condition, both cognitively and emotionally the child can accept the situation of separation, loss or the suffering he experienced. This acceptance can be seen from the child being able to adjust to his new environment. The child who is on stage usually already feels comfortable with what happened.

²⁴Yenti, Effect of Emotional Intelligence, Intellectual Intelligence, and Discipline on Nurse Performance at PMC Hospital Pekanbaru. . . *Student Online Journal (JOM)*, 2015.

Analysis Impact from Separation

The impact of separation experienced by children causes various psychosocial problems experienced by children. According to Subardhini and Rahayuningsih there are three psychosocial conditions experienced by children due to separation who indirectly experience loss that is sadness, stress and trauma.²⁵ Related with sad, Jalaluddin thinks that sadness is a natural response to the form of loss, loss and separation, it is also the emotional suffering that children feel when a situation or someone they care about is lost.²⁶ stress is the condition of someone at the time he realizes that existence or integrity of self is in state danger , and he should Upgrade whole energy to protect himself.²⁷ This is interpreted by various experts as a state of awakening in a person when his balance is disturbed caused by changes in the situation that comes from a person and or the environment. In general, children who experience stress can show symptoms such as: 1) lack of attention and appear weak and apathetic; 2) withdraw from social relations with other adults and children; 3) very clingy to familiar family members; 4) prolonged sadness and anxiety; 5) loss of appetite; 6) sleep disturbances; 7) other headache and somatic complaints; 8) lack of concentration, restlessness, *mood changes*; 9) inappropriate sexual behavior; 10) a aggressive or destructive; 11) commit violence, suffering or separation in their game.²⁸

Children who experience stress can show very diverse reactions, in general these reactions involve physical , thought , emotional and behavioral aspects , as well as trauma.²⁹ Aspect Physical , is a reaction that can be observed by others or felt by the

²⁵Subardhini & Rahayuningsih, *Psychosocial Therapy Course Module, Clinical Social Work Concentration*. Postgraduate SP1 Social Work, 2008.

²⁶Jalaluddin, *Psychology of Religion*. King Grafindo Persada, 2001.

²⁷Hammen, Stress and depression. In *Annual Review of Clinical Psychology* (Vol. 1) 2005. <https://doi.org/10.1146/annurev.clinpsy.1.102803.143938>

²⁸Subardhini & Rahayuningsih, *Psychosocial Therapy Course Module, Clinical Social Work Concentration*. Postgraduate SP1 Social Work, 2008.

²⁹Subardhini, *Module on Reducing the Vulnerability of Children in Emergency Situations* . Ministry of Social Affairs RI and UNICEF, 2016.

child himself. This thing could be an example as the heart beats faster, tears flow, sweat more and various other somatic reactions.³⁰

Related with aspects of the mind, felt by the child in the form of a state in where in the child's mind a disaster event occurs and then it is developed based on his own mind, for example a child who thinks that he is unable to continue his education and live a pleasant life because his mother left him as a result of the disaster.³¹ This stressful condition will influence the condition of the perceived emotions and biology body of someone, for example, a headache and a fast heart rate when remembering someone who has no effect and causes deep sad emotions. Thus the case with children's behavior who cry, scream, daydream, become quiet, become moody, don't want to be involved in playing with other friends as reactions that can be observed by others.³²

The psychological aspect of trauma refers to experiences, for example: natural disasters, conflicts and so on that are shocking and painful beyond stressful situations under normal conditions. A number of experts state that trauma is feelings of depression, helplessness, extreme fear due to experiences that hurt, frighten or suppress a person.³³ According to Subardhini envy of someone experience trauma, namely : 1) there is a very sudden change, often in the form of loss; 2) s very shocking, causing a child shaken both individually and in groups; 3) creates a very strong and unbearable sense of helplessness; 4) cause fearful terror to (almost) everyone; 5) somatic disorders, numbness, remembering the incident continuously, until it is as if experiencing the trauma-causing event again; 6) filled with feelings of disbelief with what they are experiencing ; 7) feelings of regret, feeling cheated; 8) disappointed, and feel wrong; 9) the child struggles to forget what happened; 10) Children feel insecure (*unsafety*),

³⁰Potter & Perry, Fundamentals of Nursing, Book 1 Issue 7. *Translator, Nggie, FA & Albar Marina. Editor Hartanti Yayuk. Jakarta: Salemba Medika, 2010.*

³¹Ibid.

³²Donsu, Nursing Psychology. *New Library*, 53 (9) 2017.

³³Linley & Joseph, Positive and negative changes following occupational death exposure. *Journal of Traumatic Stress*, 18 (6) 2005. <https://doi.org/10.1002/jts.20083>

angry (*anger*); 11) do not believe (*distrust*) and fear (*fear*); 12) nightmare (*nightmare*), sleep disturbance (*sleep disturbance*); 13) isolation *and* loneliness; 14) It's stressful.³⁴

CLOSING

Separated child from people old or nanny During the COVID-19 pandemic, you must be given service as soon as possible, so that they no experience sadness, stress and trauma, which will affect the condition of the physical, mental, emotional and behavioral child. To overcome the problem of separation of children from parents or nanny, the writer recommended several ways that can be done to prevent the impact of separation of children with parents during the COVID -19 pandemic. That way namely: teach children to learn to express feelings, not get used to it. Children harbor anger, and teach children to study from other people 's conditions.

Besides To do Thing that , the author also recommends to whole activity volunteers and the community who are in the cluster Duty handling COVID-19 , it is necessary to notice things following: First, give support. The most important factor in healing from separation or to lose is to have the support of others. Beginning by giving the child the opportunity to express his feelings, then providing support for all those feelings and facilitating the child's needs for the feelings they are experiencing, helping children to find support from their environment (friends). or other family members, including spiritual support.

Second, make the child become safe and comfortable (take care of the child) . This can be done by : dealing with children's feelings, helping children to express their feelings and diverting sad feelings into positive activities, taking care of children's health, helping children to design a more beautiful future.

Third, pay attention to how to communicate with children who experience psychosocial problems (sadness, stress, trauma and so on). This can be done by: 1)

³⁴Subardhini, *Module on Reducing the Vulnerability of Children in Emergency Situations* . Ministry of Social Affairs RI and UNICEF, 2016.

Providing opportunities for children to feel safe; 2) Give enough time to share his feelings; 3) Give emotional support, enthusiasm; 4) Accept the child's emotions, such as anger, guilt; 4) The child's behavior can give a hint of the experience he has experienced; 5) Full attention needs to be taken before suggesting the child to take counseling or psychosocial therapy; 6) The approach is mainly rooted in the child's culture.

Fourth, refer to professionals . If the child who experiences separation, loss or suffering (*grieving*) shows acute symptoms such as severe stress, trauma and other problems that cannot be overcome by parents and caregivers, so as soon as possible refer to professionals such as psychologists, clinical social workers and psychiatrists.

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