

Self-Healing Of Covid-19 Survivors In Building Communication With The Surrounding Environment

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Abstract

COVID-19 entered Indonesia in 2020. Many victims died due to COVID-19 causing excessive fear, which impacted social relations survivors COVID-19 and limited communication with the surrounding environment. This study aims to find out how the self-healing experience of patients recovering from COVID-19 and how patients recovering from COVID-19 build communication with the surrounding environment. This study uses a qualitative method with a phenomenological approach. Informants were selected using the purposive sampling technique. Methods of data collection using observation, interviews, and documentation. The data analysis technique uses the IPA (Interpretative Phenomenology Analysis) method using the source triangulation data validation method. The results are self-healing using the power of the mind, exercise therapy, chest therapy, religious spiritual approach, self-healing with laughter, gratitude and introspection. Build communication with the surrounding environment by participating in congregational prayers at the mosque, greeting greetings, staying in touch with relatives, and participating in existing social activities. This is related to Alfred Schutz's phenomenological theory with motives that can be used to describe human or individual actions based on the experience of phenomena that have happened to someone, namely In-order-to-motive (Um-zu-Motive) and Because of motive (Weil-Motive).

Keywords: Self-Healing, Survivor COVID-19, Interpersonal Communication, Phenomenology

Introduction

The discovery of Coronavirus in December 2019, is a new virus that can cause a disease called Coronavirus disease 2019 (COVID-19), originating from China and entering Indonesia in early 2020. The COVID-19 pandemic has changed all aspects of human life. Indonesian people have changed the way they interact. Before the COVID-19 pandemic, interactions were carried out by greeting each other, shaking hands, and visiting each other's homes. In 2022, to comply with public health protocols, it is not

recommended to meet each other at a close distance, no longer shake hands, and it is not recommended to travel to visit relatives in order to break the chain of the spread of the COVID-19 virus.

In increasingly complex social relationships, it is possible if there are obstacles in the communication process, one of which is social relations between patients who have been declared cured of COVID-19 and the surrounding community. This is because society has a high social nature. In essence, humans easily empathize with other people, but in the end, they can be defeated by the constructions formed in virtual reality. This reality is built on information overload in the mass media or social media (Sulistiadi, 2020).

According to Goffman (1968), cited in (Agustang, 2020), stigma is a form of physical and social attribute that reduces a person's social identity and disqualifies the person from being accepted by others. There are various causes for the emergence of stigma: fear, unattractiveness, anxiety, associations, and lack of confidentiality. Stigma began in social behavior such as isolating and staying away from patients who had recovered from COVID-19. This happened because COVID-19 was a finding of a new virus that was not previously known to the public, so that people felt afraid if they were affected or contracted the disease. Due to the negative stigma that occurs in society, COVID-19 patients sometimes tend to stigmatize themselves or what is known as Self Stigma. Negative labels and forms of discrimination from the environment received by COVID-19 patients affect how they view themselves. This stigmatization can impact the mental health of the patient and affect the low motivation to establish communication with the community. For this reason, self-healing is very much needed as an effort to heal from COVID-19.

Self-healing is a healing process that is carried out by oneself, with the help of encouragement and motivation. Self-healing is the last phase of the Gestalt therapy process popularized by Fredrich Perls in (Budiman, 2018). According to him, healthy humans are humans who can act productively in carrying out tasks, maintenance, and move to self-preservation, emphasizing that a person is responsible for himself. Self-healing is applied at the final stage of therapy in the recovery process with the encouragement, and motivation of the patient himself.

A recovered COVID-19 patient, often referred to as a COVID-19 survivor, is someone who has successfully fought COVID-19 and is declared cured of COVID-19

through an examination by medical personnel. Patients who have recovered from COVID-19 are fascinating to study. Regarding the efforts made to recover from COVID-19, given the high death rate due to COVID-19, it is felt that not everyone can recover from COVID-19. The absence of a drug that can officially cure COVID-19 has forced patients to try hard to recover from COVID-19. In addition, not all people can accept the presence of patients, survivors, and families of COVID-19 patients because of the negative stigma that appears in society. Self-healing is one of the efforts that can be done to fight against COVID-19 and efforts to build communication with the surrounding environment.

Communication with the surrounding environment is included in interpersonal communication, which is established when a person engages in social interactions. Interactions generally require reciprocal exchange between the communicator and the communicant. According to Devito, in (Novianti, 2017), interpersonal communication is the process of delivering messages by one person and receiving messages by another person, or a small group of people with various impacts, and with the opportunity to provide immediate feedback. In this study, interpersonal communication is used by patients recovering from COVID-19 to establish communication with the surrounding environment.

Research Methods

This study uses a qualitative method with a phenomenological approach. Methods of data collection using observation, interviews, and documentation. This study focuses on patient informants who have recovered from COVID-19 because it refers to the object of research, namely the self-healing experience of patients recovering from COVID-19 in establishing communication with the surrounding environment. The problem in this study is how the self-healing experience of patients recovering from COVID-19 and how patients recovering from COVID-19 build communication with the surrounding environment. The purpose of this study is to find out how the self-healing experience of patients recovering from COVID-19 is and how patients recover from COVID-19 establish communication with the surrounding environment. This research was conducted in Lamongan Regency. Informants were selected using a purposive sampling technique, with the criteria being COVID-19

survivors residing in Lamongan Regency. The informants consisted of 4 COVID-19 survivors and four significant others from COVID-19 survivors. The name and identity of the informant have been changed to protect the informant's privacy. The data analysis technique used the IPA (Interpretative Phenomenology Analysis) method using the source triangulation data validity method.

Phenomenology is a theory that explains knowledge or how individuals understand objects that come from an awareness of events or experiences that have occurred. In Alfred Schutz's phenomenological theory in (Febriana, 2019), two things are the focus of attention: aspects of knowledge and action. According to Alfred Schutz, the essence of the knowledge aspect in social life is the human mind which becomes a tool that can control individual consciousness in their daily actions. Therefore, Alfred Schutz grouped motifs that can be used to describe human or individual actions, namely:

1. *In-order-to-motive (Um-zu-Motiv)*

It is a motive that refers to an individual's future actions. This motive explains that actions taken by individuals must have a purpose that has been thought or set.

2. *Because motive (Weil Motiv)*

Is a motive that refers to an action in the past. This motive explains that actions taken by individuals must have reasons that come from the past when the action was carried out.

In this study, Alfred Schutz's phenomenological theory referring to human or individual experience is used to find out how the self-healing experience of patients recovering from COVID-19, and how patients recovering from COVID-19 build communication with the surrounding environment because the motive in this study is the act of self-healing of patients recovering from COVID-19. In contrast, the In-order-to-motive in this study is the action of patients recovering from COVID-19 in establishing communication with the surrounding environment.

Discussion

Self-healing is a phase or stage in a person's self-healing process. Applying self-healing aims to help reduce fear, stress, and even emotional stress that occurs in a

person. Self-healing is carried out when the informant is undergoing isolation as one of the ways to recover from COVID-19.



Picture 1. Lamongan Regency COVID-19 Patient Isolation Place

(Source: Researcher Documentation)

Self-healing can help accelerate a person's mental healing from psychological problems using the power of the mind, introspection, exercise, surrendering to God, and doing other activities that are reflection and relaxation. The stages of self-healing found in this study are:

1. Self-healing uses the power of the mind

Self-healing is carried out by informants of patients recovering from COVID-19 while undergoing isolation and struggling to recover from COVID-19. These stages include instilling the belief that every human being can heal themselves using the power of the mind. Instilling an understanding of the healing process cannot be separated from the power of God. In addition, the self-healing process instills an understanding of the human healing process that does not only occur at the level of the conscious mind but also at the level of the subconscious mind, which can allow humans to relate to their God. Next is doing meditation, instilling the belief in surrendering yourself to God, surrendering all pain, burdens, or problems by believing God will solve all these problems and provide healing.

“...Basically, I am cured, I can recover, nothing is impossible, God willing...” (Source of an interview with Mr. K, January 2022).

The informant, Mr. K, did self-healing by instilling an understanding that God is in charge of everything God wants. Mr. K believes that he can get healing by God's will. Mr. K believes that Allah's permission can cure COVID-19.

"... I work in Surabaya, Ms., I know that I have COVID-19 when there is an examination for residents who work outside the city. So I was shocked that I was immediately down, Ms. Source of interview with Mr. R, January 2022). Informant Mr. R was confirmed positive for COVID-19 because he traveled out of town for work. Mr. R did self-healing using the power of his mind by strengthening his determination to be sincere, believing that everything Mr. R. was the will of God, and convincing himself that he could recover from COVID-19. When you are sure that you can fight COVID-19, you will have a good spirit and will produce good results.

"...Oh yes, I am reactive because I have been in close contact with a COVID patient in the last few days, Ms.... At first, I worked with my friend for more than a week. After that, he got sick. After being tested, he was positive for COVID-19, and not long ago my friend died. I am scared but I am determined to get well, it all comes from yourself, sis, from our own hearts. If we believe that we are healed and have the spirit of healing, we will recover..." (Source of an interview with Mr. I, January 2022).

Mr. I was confirmed positive for COVID-19 because he was infected or had close contact with a COVID-19 patient. Self-healing using the mind is done by Mr. I, namely by having the determination to recover from COVID-19, Mr. I has the belief that everything comes from oneself, from one's own heart. If a person believes he can recover, it will generate enthusiasm to do things that can be attempted to heal. After making an effort and thinking that he can recover, he will get what he thinks about healing.

"...I convinced myself that I could recover with Allah's permission. Because previously I was infected by a friend from my office, and she has recovered, so I'm sure if Allah wills, I will be cured." (Source of interview with Mr. A, January 2022).

Mr. A was confirmed positive for COVID-19 because he was infected by a coworker or in close contact with a COVID-19 patient. Self-healing using the mind is done by Mr. A, namely by convincing yourself that Mr. A can recover from COVID-19 by the will of Allah.

2. Self-healing with sport therapy

Morning exercise activities are carried out as one of the self-healing therapies while undergoing isolation. Morning exercise activities are carried out under the direction of a gymnastics instructor who comes from health workers. Gymnastics

activities are included in reflection and relaxation activities which are carried out in accordance with health protocols.



**Picture 2. Illustration of Self-Healing Therapy by way of morning exercise
(Source: Kompas.com)**

"... exercise therapy led by a doctor once every four days for an hour..."
(Source of the interview with Mr. K, January 2022).

Informant Mr. K informed several ways of self-healing when testing positive for COVID-19. These methods include doing gymnastics therapy which is carried out while undergoing isolation at Dr. Hospital. Sugiri Lamongan. Gymnastics therapy is done every four days for 1 hour. The exercise was carried out at 07.00, led by one of the doctors.

".. there is a routine exercise, Ms. If at the hospital every day at 9 there is a gymnastics schedule led by the head of the mantri who is there, Ms. While in Rusunawa the exercise is every 2x a week. In addition to gymnastics, when in Rusunawa once a week on Friday there is a routine recitation..." (Source of interview with Mr. R, January 2022).

Informant Mr. R did therapy in the self-healing stage by doing gymnastics which was done regularly when Mr. R was in isolation at regional public hospital Dr. Sugiri Lamongan, and Rusunawa. While undergoing isolation at the regional public hospital Dr. Sugiri Lamongan, gymnastics therapy is carried out every day at 09.00 led by the head of the mantri. Meanwhile, while undergoing isolation at Rusunawa, gymnastics therapy is carried out twice a week.

".... I also exercise every morning, even if it is for a while and in front of the room, but it is still in the sun..." (Source of an interview with Mr. I, January 2022).

Informant Mr. I was confirmed positive for COVID-19 along with his first son. Mr. I and his son secretly underwent isolation. This made the isolation process carried out in a particular place provided by Mr. KM as the village head as well as a significant other from Mr. I. Therefore, gymnastics activities were carried out independently with his

son, without being guided by the gymnastics instructor, but even so, father I and his son continued to do morning exercises for relaxation and reflection.

"... what I did in the isolation process was to take medicine, take vitamin C, exercise regularly, while at home I also exercise, sunbathe..." (Source of an interview with Mr. A, January 2022).

Informant Mr. A routinely carries out sports activities while undergoing isolation or after being cured of COVID-19. Sports activities are highly recommended to be carried out regularly because they positively impact body health.

3. Self-healing using chest pull therapy.

In addition to morning exercise therapy, COVID-19 patients also perform chest pull therapy recommended by medical personnel. These therapies are part of self-healing, which is carried out to facilitate the breathing and relaxation of patients, especially those with comorbid lung disease or respiratory disease.

"...Besides gymnastics, usually my nurse at 7 a.m. invites me to chest pull therapy, because the doctor was told to do so at the beginning of the isolation..." (Source of an interview with Mr. K, January 2022).

When he was confirmed positive for COVID-19, Mr. K had a history of comorbid lung infection that he had suffered for years. The doctor advised Mr. Kastahid to do chest compressions regularly to help maintain lung health and avoid shortness of breath caused by COVID-19. Chest pull therapy is carried out by following directions from health workers, doctors, and nurses.

4. Self-healing with a religious, spiritual approach

In this study, one of the self-healing methods carried out by the informants was a spiritual approach. The spiritual approach in question is to promptly carry out obligatory prayers coupled with sunnah prayers, fasting, and attending religious recitations. This is in line with the results of research that has been carried out on informants of patients recovering from COVID-19.

".. so I slept for 23 days, sis, sometimes I did not even sleep, I did not pray with wiridan, sis..." (Source of an interview with Mr. K, January 2022).

Informant Mr. K took a spiritual approach in his self-healing process. These spiritual approaches include spending time praying, and reading wirid which is done every day while undergoing isolation at the regional public hospital Dr. Sugiri Lamongan.

".. I will continue to recite Ms. if there are no routine activities. Get closer to Allah, pray, pray..." (Source of an interview with Mr. R, January 2022).

Informant Mr. R practices self-healing by reciting and praying as an act of getting closer to Allah. These things were done by Mr. R while undergoing isolation at the regional public hospital Dr. Sugiri Lamongan and Rusunawa.

"... I pray, recite the Koran, continue to dhikr, Ms. surrender to Allah..."
(Source of an interview with Mr. I, January 2022).

Informant Mr. I carried out a self-healing process with a spiritual approach such as praying, reading the Koran, and reading more dhikr while fighting against COVID-19.

"... All of this is God's will, Ms. So I drew closer to Allah, asking for healing. Besides that, it also balances with prayer, dhikr as syifa '..." (Source of an interview with Mr. A, January 2022).

Informant Mr. A did self-healing by getting closer to Allah by praying and reading sholawat as-syifa as an effort to fight COVID-19.

5. *Self-healing* with a laugh.

Medical personnel revealed several self-healing ways to recover from COVID-19, including that patients were given motivation and enthusiasm to recover from COVID-19 and were given the freedom to laugh with nurses. The nurse suggested laughing by giving a message for the patient to think positively and think about fun things to give happiness and not focus on COVID-19. This is done to relax, so the patient is calmer and thinks positively.

"... given the motivation and enthusiasm to recover, invited to laugh and given a message to be happy so that it does not focus on the covid..." (Source of an interview with Mr. I, January 2022).

Self-healing with laugh is done with the aim of relaxation to give a feeling of happiness and not focus on the shadows of COVID-19 and all its risks. In addition, nurses motivate to raise the spirits of patients undergoing isolation.

6. *Self-healing* with gratitude and introspection

In this study, it was found that the self-healing process can be carried out by informants of patients recovering from COVID-19 while undergoing isolation by being grateful for all God's gifts and being grateful for the events that have occurred. In addition, an introspection process is also carried out to be able to remember what causes the informant to be confirmed positive for COVID-19, conduct introspection of behavior and lifestyle that has been carried out so far. This affects the healing process of COVID-19 patients because they can know and improve their behavior and lifestyle to be better than before, so they can recover and avoid COVID-19.

".. my way is to be grateful that I have been given a very supportive family, and to introspect again..." (Source of an interview with Mr. A, January 2022). Informant Mr. A expressed his gratitude because he was blessed with a family who gave support to Mr. A when he was declared positive for COVID-19. In addition to being grateful for God's gift, Mr. A also introspected himself, why did Mr. A get COVID-19, and what was Mr. A.

Communication in the Self-Healing Process

In carrying out the self-healing process, there is a communication role used in carrying out the self-healing process carried out by informants when fighting against COVID-19, including:

1. Intrapersonal communication
 - a. Intrapersonal communication is processing information or messages, including sensation, perception, memory, and thinking (Rahmiana, 2019). In this study, intrapersonal communication has a role in the self-healing process carried out by informants when fighting against COVID-19, including communication with oneself.

"...I think the family, sis, my wife, and I are afraid of being ostracized by the residents, because yesterday my neighbors and even my friend were positive for Covid were ostracized by other residents, Ms.." (Source of an interview with Mr. I, January 2022).

The sensation stage occurs with the sensation of physical pain, the sensation of fear because of events that have occurred, and the sensation of fear because of the behavior of the people around.

"...in my heart, "Wes kenek COVID, this is me" (yes, I got COVID) because I was brought to Lamongan and then my wife could not come, wes was weak. (Source of an interview with Mr. K, January 2022).

At the perception stage, the organs will catch the stimulus and then sends the stimulus to the central nervous system, where in this study, the informant gave a perception of the sensation that had occurred.

"...the impact is that I am more concerned with health, more careful because I have been positive for being vulnerable, and I am more grateful to have a supportive family." (Source of an interview with Mr. A, January 2022).

There is short-term and long-term memory at the memory stage that occurs and is influenced by time. In the form of positive experiences of COVID-19, making survivors take better care of their health and be more grateful to be blessed with a family who is always there.

In addition to communication with oneself, intrapersonal communication in this study also includes communication with God. Communication with God is one of the self-healing methods used by the informants.

"...I asked God, madam, so I prayed, wiridan, and prayed to get better. Every day I pray and ask God for help, because it is scary, many of my friends have died in front of me. I prayed Eid at Ms. Hospital, wow, that was my first goosebumps when I prayed Eid not at home..." (Source of interview with Mr. K, January 2022).

Informant Mr. K communicates with God by praying, wiridan, and praying for healing from Allah.

"...I will continue to recite Ms. if there are no routine activities. Be closer to Allah, pray, pray to Allah, all my fears do not pour out all of them" (Source of an interview with Mr. R, January 2022).

Informant Mr. R is an informant who communicates with God through the Koran, establishes prayers, and communicates all his fears by praying to God.

"...I was afraid to die so I prayed, recited the Koran, continued to dhikr, Ms. I was alone there, sis, the shadows of death were getting bigger, so I kept praying non-stop asking for healing for my family, sis, only God can help" (Source of interview with Mr. I, January 2022).

Informant Mr. I communicated with God through prayer, recitation, dhikr, and praying by pouring out all fears and shadows of death to God. By praying in the way Mr. I communicates requests to recover from COVID-19.

"...I convinced myself that I could recover with Allah's permission. All of this is God's will. So I drew closer to Allah, asking for healing. Besides that, it also balances with prayer, dhikr sholawat as-syifa', taking medicine from the doctor, and leaving all this to Allah I do not know what is best for me. Maybe this is the best, instead of thinking weird things about COVID it is better not to do it Just do dhikr so that it all depends on Allah" (Source of an interview with Mr. A, January 2022).

Informant Mr. A communicated with God by asking Allah for healing, praying, reading dhikr as-syifa', and leaving everything that happened to Mr. Agus to Allah. Communicating with God in these ways are some of the ways that Mr. A tries to ask God for healing.

2. Interpersonal communication

Interpersonal communication has a role in the self-healing process of informants while struggling to recover from COVID-19. Interpersonal communication is the process of delivering messages from communicators to communicants. In this study, interpersonal communication has a role that comes from significant others,

family, and relatives, as well as communication with health workers. The communication is in the form of encouragement, a place to complain, and motivation to recover from COVID-19.

"...it plays a role, Ms. Moreover, their prayers are very influential and I am sure I will recover too thanks to their prayers, Ms. The family always asks how they are every day, they care, Ms. They also pray for me, you are also the one who is shopping for basic needs or anything that my wife and children need during isolation, Ms. Good nurses and doctors also play a role, Ms. Roommates are also very influential, their words, enthusiasm, and jokes make you excited" (Source interview with Mr. K, January 2022).

"...what role do you play, son, I cannot take care of my father, I cannot do anything at home, I can only pray and encourage him by phone" (Source of an interview with Mr. K's wife, January 2022).

According to the informant, Mr. K, the role of the family is significant in the healing process. The family gave encouragement and prayed for Mr. K. Apart from family, there were friends who gave encouragement through jokes while undergoing isolation. This has an effect on raising the spirit of Mr. K. According to the informant, Mrs. RH as the wife of Mr. K, the role of Mrs. RH is by giving encouragement through video calls and prayers to Mr. K.

"...very influential, Ms., they always encourage. That spirit is contagious to my self-confidence so that I can recover, Ms. They always accompany me, Ms. My wife and children visit every day and bring everything I need, so I feel cared for, not isolated. Their prayers also helped me. With God's permission, thank God, I was able to recover" (Source of interview with Mr. R, January 2022).

"...yes, ma'am, I have never left you alone, especially if you have COVID-19, you are down, madam, there I always said that you would be cured, all your requests were not brought there. Every day, I always make calls, send goods, send food, I also always pray for your recovery..." (Statement of informant Mrs. SA, wife of Mr. R, January 2022).

According to the informant, Mr. R, the family plays a very important role in the self-healing process or healing from COVID-19. Because Mr. R's wife and children always give encouragement to fight against COVID-19, offer prayers, and send all of Mr R's needs.

"... yes, Ms. has a very important role. My family and the village head are always with me, Ms. Doctors and nurses also play a very important role. My wife and children call you every day, video calls are also to ask news and encourage you. The village head who took care of everything started to prepare the place, called the doctor, and everything was taken care of by the village head. He also visits me every day in the isolation room to encourage me." (Statement of informant Mr. I, January 2022).

"...God willing, sis, I will only do what I can, sis. With these methods, I hoped

that Iskandar would recover, but it turned out that my wish was granted by God. I also do not want to lose my relatives again. Moreover, I already consider Iskandar like my own family" (Statement of informant Mr K, Significant Other Mr I, January 2022).

According to the informant, Mr. I, the family and the village head played a significant role in healing Mr. I. Mr. I's wife and children gave encouragement and asked how Iskandar was doing. Meanwhile, Mr. K, who is the Village Head, did many things to help the healing process of Mr. I, including keeping the information that Mr. I was positive for COVID-19 from the surrounding community, preparing a special isolation place, and preparing health workers for Mr. I and his son. Besides that, Mr. K visits every day to give encouragement.

"...a very important role, even without them I would be frustrated and mentally stressed, but because of their enthusiasm, I can get the spirit to recover." (Statement of informant Mr. A, January 2022).

"...I really play a role in supporting me by coming to bring my father's needs and also video calls every night with my father..." (Statement of informant sister AT, son of Mr A, January 2022).

According to informant Mr. A, family has a very important role in the self-healing process, and he considers that if there is no support from family, Mr. A will experience frustration and mental stress. The family encourages Mr. A so that he is enthusiastic and can fight COVID-19. According to AT's informant, as Mr. A's son, the support was in the form of visiting and bringing Mr. A's needs.

Building Communication With The Surrounding Environment

Humans are created as social beings who need each other, where communication is an essential factor in establishing social relationships with the surrounding environment. An individual who has been cured of COVID-19 has several problems with his environment, including the community or surrounding environment, which gives a stigma attached to COVID-19 survivors. This stigma tends to be negative, such as COVID-19 survivors who are still vulnerable to being exposed to COVID-19 again, and can transmit COVID-19 to others. Therefore, some people can accept COVID-19 survivors, and some cannot accept their existence in the community. After being declared cured, the COVID-19 survivors tried to rebuild communication with the surrounding environment by following the congregation in the mosque, greeting neighbors, and participating in social activities in the community.

"...but I have started congregational in the mosque, sis, maybe that is enough to establish communication with them, it is up to them to talk behind their

backs or not, the important thing is that I have tried to be nice to them, sis."
(Statement of informant Mr. K, January 2022).

Informant Mr. K began to build communication with the surrounding environment by participating in congregational prayers at the mosque. This was done by Mr. K with the aim that if the congregation in the mosque will meet people, it will be possible to say hello. Because in the neighborhood where Mr. K lives, the people tend to be closed and individualistic, and there are no community organization activities. The only way to build communication with the environment is by praying in the congregation in the mosque.

"...I am brave enough to re-establish communication with neighbors, relatives, the local community, I even pray in congregation at the mosque, Ms. (Statement of informant Mr. R, January 2022).

Informant Mr. R establishes communication with the surrounding environment by taking the courage to establish communication with neighbors, relatives, and the surrounding community. For example, he does greetings, stays in touch with relatives when there is a celebration, and prays in the congregation at the mosque to get closer to the community or the surrounding community.

"...I ventured to communicate with the environment and thought that everything was as it was again, although many people were still afraid and avoided it, I still did not say hello when I met them." (Statement of informant Mr. A, January 2022).

Informant Mr. A tried to build communication with the surrounding environment by rebuking the community, friends, and neighbors when they met. That was done by Mr. A with the aim of re-establishing communication with the surrounding environment better and as before being confirmed positive for COVID-19, although many still avoid it because they are still afraid, Mr. A still tries to say hello.

Conclusion

Based on the results of the study, it can be concluded that self-healing carried out by COVID-19 survivor informants is by using mind power, exercise therapy or gymnastics, chest therapy by doing religious-spiritual approach, self-healing with laughter, and self-healing with gratitude and introspection. Several factors caused the COVID-19 survivor informants to be confirmed positive for COVID-19, including the factor having comorbidities, the factor being in close contact with COVID-19 patients, the factor of working and commuting between cities. Informants who

survived COVID-19 felt down and scared when they were first tested positive for COVID-19. Communication is carried out in the self-healing process, namely by means of intrapersonal communication, and interpersonal communication.

Informants who have been declared cured of COVID-19 build communication with the surrounding environment by participating in congregational prayers at the mosque, greeting greetings, staying in touch with relatives during celebrations, and participating in existing social activities. The self-concept of patients recovering from COVID-19 is influenced by how the individual can accept the condition or situation as an individual who has recovered from COVID-19. The self-concept of the individual can be seen from how efforts are made to rebuild communication with the surrounding environment. The informant interpreted the positive confirmed experience of COVID-19 as a precious experience and learned a lot from experience.

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