

Self-isolation during Pandemic Might Cause Cabin Fever

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The Covid-19 pandemic required many people to limit their movements and do more activities at home. This condition can bring up a feeling called cabin fever. It signed with the condition of isolation in the room or having negative vibes during self-isolation at home.

"Cabin fever is a condition for expressing feelings of sadness, loneliness, fear, boredom, confusion, and lethargy. When you are trapped or locked up somewhere for several hours or several days," said the Head of the Center for Public Mental Health (CPMH), Faculty of Psychology UGM, Dr. Diana Setiyawati on Wednesday (1/7).

The term cabin fever itself is a popular term. It is not a diagnosis of mental disorders. Cabin fever, Diana explained, is different from boredom in general. People with cabin fever can experience fatigue, difficulty concentrating, and other complaints.

She reckons this condition likens to someone who is trapped in a cabin and can not get out despite trying hard. Each person can experience different symptom conditions. Also, different levels of seriousness depending on the personality traits, temperament, and coping abilities possessed.



"Resilience in dealing with conflict also might cause this kind of condition," she added.

She explained that this condition needs attention because it can interfere with productivity. There are tips to overcome these feelings, for example, changing the thought of being trapped concerning current conditions. Diana said that someone's perspective related to the circumstances that occur would influence how the attitude given in these conditions.

He also recommends making a routine activity in the middle of isolation or quarantine, for example by undergoing your habit if you have free time, and making a division between work or obligation with other activities as a means of entertainment.

Connecting with nature by opening windows, sunbathing, or watering plants, and still building connections with others by utilizing technology is also an excellent way to deal with cabin fever.

"Remember, what we are doing now is physical distancing, not social distancing," Diana said.

People who experience cabin fever can also try to do something new and exciting, do activities that can activate the work of the brain, and events that move physically like sports. Coupled with reinforcing the belief that every time will change, this can help overcome the negative feelings that can arise during spending time at home in the middle of a pandemic.

"Every difficulty will change with ease, and each phase of life will come and go," she said.

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