



The Responsibility of the Family in the Face of COVID-19

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Abstract

In the current conditions of COVID-19, the family is at the forefront of the care, protection and education of children, with limited support from the external network affected by the pandemic. Faced with this situation, the family must maintain a responsible self-care behavior, aimed at complying with all the safety regulations imposed by the Ministries of Health of each country. The objective of this article is to reflect on the responsible behaviors of the family in the formation of skills and self-care habits that enable the physical and psychological well-being of their children. For this, the author relies on the contributions of different researchers in the area.

Introduction

The family context is the first institution that fosters the development of human beings. The attachment relationships within the family, specifically the affective communication established between the child and the adults, enable their subsequent interrelation with the environment around them. Living in a social and family context where the norms of responsibility are transmitted, allows us to form habits, skills, knowledge, modes of behavior, feelings and emotions, in short, integral development.

The issue of the role of the family in the education of their children has been studied by different researchers in psychology, sociology and pedagogy. In Cuba, Arés P, et al. [1]. These authors highlight that the family is the most important institution for development of a child.

In this 21st century, the family at the international level is immersed in a changing world, whose instability and uncertainty promote non-fulfillment of their functions due to insecurity and fear. The family is confused in raising their children, sometimes they act indifferent to the need of the other, they do not get involved with the responsibility to educate, on the contrary they are divided, reaching a

conflictive, tense coexistence where the children hear screams, abuse physical and psychological damage to their self-esteem.

Currently the family is exposed in a daily struggle with their children. It is necessary to educate in values, mainly aimed at responsible behavior of self-care, an important aspect in these times of physical isolation (quarantine) as a result of the COVID-19 pandemic. Isolation that fosters anxiety within the family due to the uncertainty of not knowing when everything will end, giving way to fear and negative emotions.

This article is aimed at reflecting on what happens in psychological well-being in the presence of a disease such as Covid-19?. What could be the self-care actions to carry out at this time?

We rely on the results obtained by different researchers at the international and national level, who have given answers to what and how to deal with emotional disturbances in emergency situations and the COVID-19 pandemic. Among them are: Lorenzo Ruiz A, et al. [2]; Alonso M, et al. [3]; Hermosilla AM, et al. [4]; Carneiro da Cunha C, et al. [5].

Development

There are numerous investigations related to the responsibility of the family in the development and care of their children. In this article we assume what was stated by Arés P, et al. [1] who points out that the family... "It is the union of people who share a vital project of existence in common that wants to last, in which strong feelings of belonging to said group, there is a personal commitment among its members and intense relationships of intimacy, reciprocity and dependence are established ... it performs functions that are irreplaceable by other groups and institutions" Arés P, et al. [1]. It plays a role in formal and informal education, in the development of its children, in its ethical and humanistic values, where there are ties of solidarity.

The family is required, in these times of physical isolation (quarantine) as a result of the COVID-19 pandemic, responsible individual and collective behavior, new forms of coexistence based on respect for the rules, health and prevention provisions of the health. It is the responsibility of the family to train children in self-care habits, the transmission of appropriate behaviors as a role model to prevent this disease.

The above is important; Well, COVID-19 it is "a highly contagious and potentially fatal respiratory infectious disease that quickly reached the entire planet, with no proven cure or vaccine to date, forcing us to a general quarantine. Its consequences at all levels (public health, economy, society, politics, culture, psychology, among others) place this event at the same level as the World Wars of the 20th century" López-Cañón LM, et al. [6].

The specialists of the official College of Psychology of Madrid, through its work group on Emergencies and Emergencies, related to COVID-19 point out that "due to the uncertainty caused by this type of situation, we must pay attention to care related to the prevention of transmission itself, such as hygiene measures, such as care that has to do with emotional health" [7].

This emergency situation "affects the emotional state, being isolated, with fewer resources, with fewer contacts, fewer stimuli and possibilities to channel needs, tastes, etc. It is an additional stress to the fear of getting sick, because there is also a loss of important activities, work, income, incentives, opportunities, projects. There may be anger at what is considered unfair, by the situation, or in relation to others who are negligent, etc." Alonso M, et al. [3].

The COVID-19 pandemic faces us with unprecedented challenges, of course psychological capacities and forms of relationship are affected. In the practical activity carried out

by the author of the article, it has been found that sometimes psychological problems are manifested, frequently, by somatic symptoms (insomnia, tachycardia, headache, etc.), since emotional and affective states produce physiological reactions that can generate psychosomatic problems.

What Happens in Psychological well-being in the Presence of a Disease Such as Covid-19

To mitigate the effects of this physical distancing, it is necessary to promote functional communication between the child and his family that allows him a psychological well-being. We assume what was proposed by Peña I, et al. [8] who states that psychological well-being has to do with beliefs, expectations, empowerment and being surrounded by a context of tranquility and hope. Well-being depends on oneself, and on environmental conditions. We consider that this requires communication aimed at establishing a positive emotional affective relationship that allows adequate reactions of protection, self-care and responsibility in the current situation.

It is necessary to point out that physical, emotional and human health well-being is the equilibrium situation that the individual establishes with himself and with everything that surrounds him, and this occurs due to his capacity for self-care. Well-being always depends on ourselves, to the extent that we assume a responsible behavior of self-care.

According to the World Health Organization, self-care is our attitude, ability and dexterity to voluntarily and systematically carry out activities aimed at maintaining health and preventing diseases; and when one of them is suffered, adopt the most appropriate lifestyle to slow down its evolution. That is why in the face of this pandemic we have changed our lifestyle, all of us staying at home, to stop the evolution of COVID -19.

It is required before COVID-19 to make the decision to comply with the measures oriented self-care in the face of an unprecedented disease. These self-care actions oriented towards the fulfillment of hygiene and physical isolation measures allow us to better visualize the goals to focus and concentrate on what is being done, aimed at avoiding the spread of the disease, the physical and emotional well-being of all people.

This achievement requires a volitional activity, awareness, aimed at deciding how to perform self-care actions. Currently the actions are focused on: physical isolation, maintaining extreme hygiene (washing hands, disinfection of surfaces and others), and the use of a nasobuco, it is like this and not otherwise that we are going to eradicate the pandemic, there is to act with discipline, perseverance and responsibility.

What Could be the Self-Care behavior to follow at this time?

We assume what was raised by González PI, et al. [9] who recommends the following.”

- Find out about the situation, but don't get overwhelmed.
- If you work from home, keep a balance between work and rest.
- Take care of your diet and your sleeping habits.
- Exercise, do relaxation exercises and play games as a family.
- Maintain a fraternal, serene and friendly attitude, both with your family and with others.
- Listen to calm, positive, and pleasant music.
- Talk about positive topics that encourage, cheer, and feed your mind.
- It highlights the constructive and the favorable, of the people and situations.
- Many people find it helpful to read scientific articles, self-help books, novels or poetry, choose what you prefer.
- You can also watch movies.
- Write your thoughts or feelings; you can also write poems, stories, etc. the important thing is that you can express yourself. This will help you understand and overcome the critical situation.
- Unleash your creativity. Great things arise from orientadas difficulties, you can create many things, let your imagination run wild!
- Observe yourself and learn from yourself. Recognize yourself, ask yourself what you feel, what scares you, what do you discover about yourself in this situation and above all, answer yourself honestly and without fear.
- Recognize your personal resources, which are, the aspects with which you count and from which you obtain benefits, these help you to face conflicts. They are learned; can be developed, for example: Capabilities, skills, habits, knowledge, personality traits, feelings, etc.
- If you feel like this pandemic is overwhelming you, ask for help. Remember that the crisis is temporary and that all this will pass” González PI, et al. [9].

In Cuba, with the aim of accompanying families in the new conditions imposed by COVID-19, remote Psychological Help Groups were designed, via telephone and internet [10]. The activities carried out in the groups constitute a space for interaction, socialization and feedback that favors the physical and emotional well-being of all people [11].

It is necessary to point out that the author of this article participates in a Group of Psychological Help and verified; Through the testimony method, such as family orientations aimed at communication, responsibility, the formation of skills and self-care habits, they have made possible the physical and emotional well-being of themselves and their

children [12-14]. They point out that they have developed attitudes of personal and interpersonal development, to take better care of themselves and achieve their physical and emotional well-being.

Conclusion

The theoretical systematization carried out to the results of the investigations on COVID 19, allowed us to know that it is required to be aware and accept that the greater the perception of the risk, the less the impact and the psychological consequences. Awareness aimed at maintaining responsible individual and collective behavior towards compliance with all the safety regulations imposed by the Health Ministries of each country [15,16].

This urgently requires specialists to seek actions; virtue of psychological well-being, emotional stability and human health. Actions aimed at guiding self-care. Understanding these, like all those that a person does to promote their own physical, mental and emotional well-being, it is an essential part for a healthy and full life, especially because today's main diseases are preventable with lifestyle changes.

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