Mothers Mental Health at COVID-19 Era

Consequences at Child Protection and Family Wellbeing

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ABSTRACT

Due of COVID-19 19, we face a lot of challenges. One of them is Mother Mental Health. We know it for sure, every mother constructs a pillar that supports her family. However, what will happen when the pillar itself collapses? This will cause a lot of troubles, not only for the mother herself but also for both her child and her family. However, due to the uncertainty behavior of this event, it is challenging to predict the outcome from the combination of established policy, recently published policy and the situation itself. In making the policy, mental health for mothers should have been taken into consideration. Recently, some domestic violence that occurs due to the implementation of the new policy has been reported. Moreover, there is a case where a mother murdered her daughter because she could not control her emotion when she taught her daughter. One of the factors might be the consequences of not applying mental health when creating the policy. This paper aims to explore the importance of mental health into public policy. Firstly, this paper presents the definition of mother mental health, law and human rights. Secondly, this paper discusses the connection between mental health, law and human rights. Based on the discussion, it is necessary to incorporate the mental health aspects into public policy especially during special events such as pandemic.

Keywords: *Mother Mental Health, COVID-19, Child Protection, Family Wellbeing, Human Right*

1. Introduction

The COVID-19 pandemic has had tremendous effects for sosial, economic, psychological and law on national and peoples worldwide. The uncertainty, fear and health anxiety that individuals have experienced in the wake of this pandemic have contributed to their daily distress and exacerbated mental health issues in those who already struggle with them (Rajkumar 2020). This sudden change resulted in chaos. Many parties didn't expect this to happen, but it was happening. This condition might also increase the risk of domestic violence. According to the United Nations Women Policy brief, a significant increase in violence against women and children (VAWC) cases has been reported in several countries since the COVID-19 induced lockdown and physical distancing measures have been implemented (Women 2020).

2. Methods

In this paper, I used literature review to describe, combine, learn and make conclusions about mother mental health and consequences that happen with family wellbeing and

protection. The first question is, what is a mother's mental health, law and human right? and the second question is, what is the connection between mother mental health and human rights? Those questions try to describe the phenomena when COVID-19 happened and how the government helps with making rules that provide security for mothers. Not only donations but also regulation policy for mother mental health. Why does it matters? Because mother mental health can create better family wellbeing. And when we get a healthy family we can create a better future. Our constitution and human rights provide the best experience of living, and it can be achieved if the government starts to talk, discuss and create policy about mental health especially mother mental health.

3. Discussion

Mother Mental Health

Mental Health is an individual and personal matter (Johada 1958). It involves a living human organism or more precisely, the condition of an individual human mind. A social environment or culture may be conducive either to sickness or health. Mental health is one of the human values created by time, place, culture and expectations of the social group. The experience of motherhood offers both great rewards and challenges. It is an experience that is shaped by women's intersecting identities (e.g. gender, race, social class) and the societal contexts in which is enacted (e.g. family, work, neighbourhoods), as well as broader societal structures and policies (e.g gender, equality, policies, income distribution, role burden, peace and security) within countries (Nazilla Kholou. 2015). The mental health of a mother is particularly important to consider because it will affect the health and well-being of children.

When a parent, especially mother, becomes mentally unwell, it can be difficult for them to explain to their child what is happening and for the child to make sense of their parent's behaviour. Many parents feel under pressure to balance their parenting role. Many parents feel under pressure to balance their parenting role with their other roles as partners or workers. Parents with mental health problems may find this particularly difficult and may also struggle to manage their parenting role. In addition, if a parent has to be admitted to hospital, this may disrupt the stability of their children's lives and change the balance of their relationship with their children. Putting their children's needs first can mean parents avoid hospital stays or stop taking medication that makes them tired or getting worse. Mother like I discussed before, having multiple role at family and the main structure, keep the member of family health mentaly, physical and spiritually. Therefore, keeping eyes on mother mental health is something important especially in predictable event like today.

Urgency for Domestic Violence

We know for sure, COVID-19 is a major worldwide health threat. There is another public health emergency that is becoming a growing challenge. Domestic violence is a public health and human right issue that primarily affects women and children worldwide. Honestly speaking, several countries have reported a significant increase in domestic violence cases since the COVID-19. The COVID-19 health crisis is exacerbating another pre-existing public health problem by increasing the severity and frequency of domestic violence,

thus demonstrating the need to adopt significant and long term measures and put them together for making regulation policy.
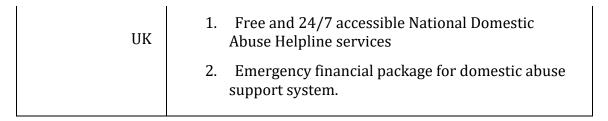
Increased risk due to pandemic related stressors and forced proximity. Due to the implementation of confinement measurement the usual daily occupations of most people have changed. Spending more time in the same environment with close others might increase the risk of conflicts between family members and could be a triggering factor for violence behaviours (Deniz Ertan 2020). Several studies have shown that unemployment and poverty could increase the likelihood of perpetrating partner violence (Capalci 2012). A recent systematic review revealed the negative psychological impacts of quarantine, such as posttraumatic stress symptoms, confusion and anger (Brooks. 2020). The COVID-19 pandemic has led greater levels of financial insurity, fear and social pressure (Affairs 2020).

Difficulty in accessing protective resources. Victims of domestic violence might have an abusive partner and are disconnected from their usual support system, which makes it very difficult or impossible to ask for help and to escape from the abusive relationship. In this unique context, difficulties in leaving home and accessing the internet could limit a victim's opportunities to seek help without alerting the abuser (Deniz Ertan 2020). Domestic violence victims might suffer direct consequences such as injuries, but victims might also suffer from several important indirect and long term health problems because of the violence.

Table 1 : Country prevention measures during COVID-19 outbreak

Australia	1. Creation of COVID-19 Family and Domestic Violence Task Force 2. Continuation of Justice System
Canada	1. Emergency financial help package 2. Communication via text, online, messaging apps 3. Free legal support
China	1. Published special manuals for survivors, explaining how to protects themselves and directing them to online legal aid 2. Live stream workshop on what witness of domestic violence can do

Country	
France	1. Accessible online internet platforms for 24/7 to alert a domestic violence 2. Free and anonymous helplines 3. Emergency shelters provision and converting hotels to safe house 4. Coding messaging system (Mask 19) in pharmacies to seek help 5. Pop up counselling centers outside the grocery shops 6. Counselling helpline services
India	1. New domestic violence helpline have launched and assured that a female officer would handle the case
Italy	1. Converting the existing structure into new shelter with online and additional online booking option services 2. Ensure that all domestic violence shelters and communication channels remain open
Lebanon	1. Statement of internasional security forces addressing to victims of domestic violence 2. Set up domestic violence hotline 3. Website for report online complaints file
Netherland	1. Coding messaging system (masker 19) in pharmacies to seek help 2. Launching information campaign urging victims to contact with police or domestic violence prevention organization (veilig thuis)
Spain	1. Coding messaging system (Mask 19) in pharmacies to seek help 2. Chat services with geolocation technology to contact with the policy

| | UK | 1. Free and 24/7 accessible National Domestic Abuse Helpline services |
| | | 2. Emergency financial package for domestic abuse support system. |

(Deniz Ertan 2020)

Put Mental Health to Regulation Policy

COVID-19 has demonstrated the value of being aware or sensitive to a wide range of concern within society. COVID-19 has challenged societies not just in terms of what they know but how also in terms of how we collectively think and decide. Political actors have in this pandemic stressed the value of empirical evidence but there are decision problems that must be solved in the absence of full information. Furthermore, when collective decisions must be made under conditions of ambiguity, there are likely to be blind spots which reflect less on skill possessed and more on areas of expertise not considered. It is noticeable that countries have varied considerably in how they have defined what knowledge is considered scientific and relevant.

Government, as the ultimate stewards of mental health, need to set policy within the context of the general health system and financing arrangement, that will protect and improve the mental health of the population (WHO 2001). One critical role in steward-ship is to develop and implement policy. Policy identifies the major issue and objectives, defines the respective roles of the public and private sectors in financing and provision, identifies policy instruments and organisation arrangements required in the public and possibly in the private sectors to meet the mental health objectives, set the agenda for capacity building and organizational development and provides guidance for prioritizing expenditure thus linking analysis of problems to decisions about resource allocation.

An important step in the development of a mental health policy is the identification, by the government, of those responsible for its formulation. The process of policy development must include the views of a wide array of stakeholders. The policy should set priorities and outline approaches, based on identified needs and taking into account available resources. The formulation of policy must be based upon up to date and reliable information concerning the community, mental health indicators, effective treatments, prevention and promotion strategies and mental health resources. The policy will need to be reviewed periodically to allow for the modification or updating of programs.

Policies should ensure and respect human rights and take account of the need of vulnerable groups. Mental health polices and programmes should promote the following rights: equality and non discrimination, the right to privacy, individual autonomy, physical integrity, the right to information and participation and fredom of religion, assembly and movement. Human rights instruments also demand that any planning and development of mental health policies or programmes should involve vulnerable groups (such as indigenous

and tribal population and stateless people, children and adolescent, and eldery people) in the planning and development of mental health policies and programmes.

Beyond the legally binding International Covenant on Civil and Political Rights and theInternational Covenant on Economic, Social and Cultural Rights, which are applicable to the human rights of those suffering from mental and behavioural disorders, the most significant and serious international effort to protect the rights of the mentally ill is the United. Nations General Assembly Resolution 46/119 on the Protection of Persons with Mental Illness and the Improvement of Mental Health Care, adopted in 1991 (UN 1991). Although not legally binding, the resolution brings together a set of basic rights which the international com- munity regards as inviolable either in the community or when mentally ill persons receive treatment from the health care system. There are 25 principles which fall into two general categories: civil rights and procedures, and access to and quality of care. Principles include statements of the fundamental freedoms and basic rights of mentally ill persons, criteria for the determination of mental illness, protection of confidentiality, standards of care and treatment including involuntary admission and consent to treatment, rights of mentally ill persons in mental health facilities, provision of resources for mental health facilities, provi- sion of review mechanisms, providing for protection of the rights of mentally ill offenders, and procedural safeguards to protect the rights of mentally ill persons. The United Nations Convention on the Rights of the Child (1989) provides guidance for policy development specifically relevant to children and adolescents. It covers protection from all forms of physical and mental abuse; non-discrimination; the right to life, survival and development; the best interests of the child; and respect for the views of the child.

4. Conclusion

The COVID-19 pandemic has highlighted the importance of preventive measures and action plans to combat domestic violence. Both short and long term responses as well as a multidisciplinary approach are required. First, it is important to have clear prevention strategies and application plans at the government level. Something that we have to consider closely is the importance of women's presence in decision making processes. It is essential to find new and innovative ways to provide support to victims through multiple platforms during the COVID-19 pandemic.

Guaranteeing the economic safety and strengthening social support are also necessary. It is important to help victims gain economic stability, secure housing and assistance services. In the case of immediate need, direct help in the form of cash or food mask be provided. Another key measure for combating domestic violence is to ensure that the justice system is still working and able to respond to cases during lockdown periode.

Public awareness campaigns via multiple platforms (e.g, mass media, television, radio, newspaper, social media) are necessary to raise the visibility of the crisis and to urge authorities to take action. For the final conclusion, puting the mental health and mother mental health it is necessary into public policy especially during special events such as pandemic.

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