

## Prevention of COVID-19 by Strengthening Body's Immune System through Self-Healing

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### Abstract

Coronavirus Disease 2019 (COVID-19) has infected thousands of people in Indonesia. A strong immune system can ward off COVID-19 transmission. This study aims to determine the prevention of COVID-19 by strengthening the body's immune system through self-healing. This study uses qualitative methods with analytical descriptive methods. The research subjects were three People in Monitoring (ODP) COVID-19. Based on extensive interviews and observations at the research site as the main tool for data collection, this study produced several findings. First, there are two causes of the decline in the body's immune system: medical and psychological factors. Medically, the causes of the body's immune system are weak: lack of exercise, consuming less nutritious food, dehydration, and lack of sleep. Psychological factors, the cause of the body's immune system is weak due to stress, anger, fear, tension, and emotional. Second, preventing COVID-19 by strengthening the body's immune system through self-healing, namely self-healing mentally and self-healing physically. Mental self-healing includes relaxation, contemplation, strengthening worship, and happiness. While the physical self-healing includes eating with nutritious and balanced food, maintaining physical fitness, maintaining hygiene, and health. A strong immune system through self-healing can prevent individual from COVID-19. Suggestions for further researchers is that they can broaden the scope of research by examining more deeply, such as variations in research subjects and variable, data analysis.

**Keywords:** prevention of COVID-19; body immune system; self-healing

### Introduction

On March 11, 2020, the World Health Organization (WHO) announced the global pandemic status for 2019 Coronavirus Disease 2019 (COVID-19). In health terms, a pandemic means an outbreak of a disease that attacks many victims, simultaneously in various countries. While in the case of COVID-19, WHO established this disease as a pandemic because all citizens of the world have the potential to be infected with

COVID-19 disease (WHO, 2020). COVID-19 pandemic has spread in various parts of the world, one of them in Indonesia. COVID-19 pandemic in Indonesia begins with the discovery of a 2019 coronavirus sufferer on March 2, 2020 (CNN Indonesia, 2020). As of March 30, 2020, 1,414 positive cases of COVID-19 have been confirmed and are increasing every day. The case was spread in 31 provinces out of a total of 34 provinces in Indonesia. Three provinces without the

confirmed case reports are Bengkulu, Gorontalo, and East Nusa Tenggara.

Achmad Yurianto as a government spokesman specifically handling coronavirus (Radarbandung, 2020) announced the first death due to COVID-19 in Indonesia occurred on March 11, 2020. Ridwan Kamil said there was an employee at Telkom died on March 3, 2020 and it was stated that he was tested positive for COVID-19 on March 15, 2020 (Kumparan, 2020). Mawardi (2020), said that Telkom employees who died because COVID-19 also infected his wife and children.

Coronavirus has infected hundreds of thousands of people throughout the world, especially in Indonesia. In Indonesia, thousands of people are positive for COVID-19. Coronavirus is a virus that can cause interference with the respiratory system, pneumonia (lung infection) which is acute and kidney failure until death (Centers for Disease Control and Prevention, 2020). Strengthening the body's immune system is one way that can be done to ward off coronavirus transmission. Not only coronavirus, a strong immune system can also protect the body from various other diseases (Huang, et al, 2020).

The human body has an immune system to fight viruses and bacteria that cause disease (Nieman, 2019). However, there are

things that can weaken a person's immune system or immune system, including aging, malnutrition, illness, and even certain drugs. Therefore, the function of the immune system needs to be maintained so that the immune system is strong (Morey, 2016).

The body's immune system or antibodies play a role in killing foreign substances, such as viruses, bacteria, and germs. Conversely, a weakened immune is more susceptible to disease and makes the body feel unfit. Thus, it is important to strengthen the body's immune system through self-healing so that it can prevent diseases caused by viruses such as coronavirus or COVID-19.

Self-healing is a phase applied to recovery process (generally from psychological disorders, trauma), driven by and directed by the patient, often only guided by instincts. In practice, self-healing is a term that one of them uses a principle-based process that the human body is something that is can repair and heal itself through certain ways naturally (Budiman & Ardianty, 2018). Self-healing can also be achieved through psychological mechanisms that are intentionally applied. This approach can improve a person's psychological and physical condition (Sui, 2009).

The following are of data the 10 largest cases of COVID-19 in Central Java, namely:

**Table 1. Positive COVID-19 Case in Central Java**

No.	Location	ODP	PDP	Positive COVID-19
1	Tegal City	19	14	1
2	Banyumas	154	16	1
3	Cilacap	49	8	1
4	Purbalingga	77	9	3
5	Pekalongan City	31	1	1
6	Wonosobo	218	2	1
7	Magelang City	47	17	3
8	Semarang City	700	78	16
9	Wonogiri	27	7	1
10	Surakarta	69	22	7

Source: Monitoring data Covid-19 Central Java, March 26, 2020

Based on the data above, the number of People in Monitoring (or well known as *Orang Dalam Pengawasan* - ODP) in the city of Pekalongan is 31 people, one person Patient in Monitoring (or well known as *Pasien Dalam Pengawasan* - PDP) and one person positive for COVID-19. Several ODPs in Pekalongan City are acquaintances of one of the researchers, so the researchers are interested in researching what efforts ODPs do when undergoing self-quarantine to strengthen the body's immunity to be healthy and free from COVID-19. The results of the study can provide education to the public in reducing the number of positive covid-19.

One effort to prevent COVID-19 is to strengthen the body's immune system through self-healing. Based on the description of the phenomenon above, the authors feel interested in conducting a more in-depth study on self-healing to strengthen the body's immune system as a co-preventive measure. The purpose of this study is to educate the public about preventing COVID-19 by strengthening the body's immune system through self-healing.

## Methodology

The research approach according to the research approach used is qualitative research with analytical descriptive studies. Sugiyono (2015) analytical descriptive study aims to describe or give an idea of an object of research studied through samples or data that has been collected and make conclusions that are generally accepted.

The subject of the research is the informants, which means people in the research setting are used to provide information about the situation and conditions of the research setting. The subjects in this study were three ODPs in Pekalongan City. The selection of subject was done using a purposive sampling technique by the following criteria, such as the ODPs who

have undergoing independent quarantine for at least 1 week, aged between 20-40 years, live with family, and are willing to be research respondents. Three subjects met the criteria for research subjects.

Data collection techniques include documentation, observation, interview, and literature study. Documentation was carried out to obtain information that supports the analysis and interpretation of data. The data were information that provides an overview of COVID-19 prevention. The observation of individuals who have good immune was done by looking at the activity of an ODP aged 14 days old and declared negative COVID-19. In interview, researchers conducted interviews with three ODPs while undergoing quarantine. Literature study of concepts related to the body's immune system, self-healing, and anticipated COVID-19. Literature sources used are national and international scientific journals and statistical data relating to COVID-19.

The researchers are the main instrument (key instrument) in collecting data and interpreting data guided by interview guidelines and observation guidelines. In line with Moleong (2006) which states that in qualitative researchers, researchers themselves or with the help of others are the main data collection tools.

Procedure Research, according to Bogdan and Taylor (in Moleong, 2006), states that qualitative research procedures produce descriptive data in the form of written or oral words from people and observed behavior. The analysis in this study uses a qualitative approach because the issues to be discussed are not related to numbers but describe clearly and in detail and obtain in-depth data from the focus of the study. According to Sugiyono (2015), there are three main stages in qualitative research procedures, namely: (1) The description phase or the orientation phase. At this stage, researchers describe what they see, hear and feel. New researchers only record

cursory information about the information obtained; (2) The reduction stage. At this stage, the researcher reduces all information obtained in the first stage to focus on a particular problem; and (3) Selection stage. At this stage, researchers describe the focus that has been set to be more detailed then conduct an in-depth analysis of the focus of the problem. The result is a theme that is constructed based on data obtained into knowledge, hypotheses, even new theories.

The technique of data analysis in the study was carried out through three activities that occurred simultaneously, such as data reduction, data presentation, and drawing

conclusions or verification of Miles and Huberman (in Sugiyono, 2015).

## Results

This study was conducted in the City of Pekalongan, Central Java, Indonesia. The results showed that the research subjects, three ODPs, were declared negative COVID-19 by the City of Pekalongan Health Office after isolating themselves at home for 14 days after returning home from abroad. The research subject data are presented as follows.

**Table 1. Research Subject Data**

No.	Name	Age	Reason to become ODP	Time of ODP
1	AR	34 Years Old	Field Trip to Malaysia	March 7-20, 2020
2	NW	29 Years Old	Field Trip to Malaysia	March 7-20, 2020
3	YD	28 Years Old	Field Trip to Malaysia	March 7-20, 2020

Source: Interview data, 2020

Based on the table above, the three research subjects have been declared ODP since returning from Malaysia on March 7, 2020 in office activities. The three subjects underwent a period of independent isolation at home for 14 days, only staying at home and not allowed to leave the house and

always maintain health as well. Self-isolation faced by the ODPs not an easy thing to do because they are also often faced by anxiety about COVID-19. The following table shows the description of physical and psychological conditions of the research subjects the ODPs.

**Table 2. Physical and Psychological Conditions of the Research Subjects**

No.	Name	Physical Conditions Examination	Psychological Conditions (initial status as ODP)
1	WH	Normal body temperature (37 °C)	Positive Thinking
2	NS	Normal body temperature (36,7 °C – 37 °C)	A little worried
3	YD	Normal body temperature (36,5 °C – 37,2 °C)	Stress

Source: Interview data, 2020

Based the table above, the initial research subjects were first diagnosed as ODP, feeling anxious, afraid and worried about their condition, especially while staying at home and not allowed to go out for 14 days. During the period of self-isolation, the research subjects always check

their physical conditions, including, body temperature, nutritious eating patterns, and exercise to keep their body fit. In addition, the research subjects also tried to make psychological conditions better, by trying to reduce the anxiety during the self-isolation.

**Table 3. Research Interview Guidelines**

No.	Question
1	How did you feel when you were first diagnosed as ODP?
2	What problems or difficulties did you face while undergoing self-isolation at home for 14 days?
3	What did you do for 14 days at home after being diagnosed as ODP?
4	How did you and your family maintain the body's immune system to avoid COVID-19?
5	What forms of self-healing did you do?

Based on the table above, that there are 5 (five) main questions the researchers asked to the research subjects, which are summarized in the research interview

guidelines. The following table is guidelines for observations made by the researchers as data to obtain more information about the research subjects.

**Table 4. Research Observation Guidelines**

No.	The observed of aspect
1	Physical and psychological condition of the research subjects as ODP at home
2	The attitude and behavior of the research subjects as ODP at home
3	Family support during the research subjects undergoing, self-isolation

The above observation guidelines were used by the researchers as a reference in making observations to the research subjects and their families three times in two weeks.

### Discussion

Based on the results of the research, the data about indicated that the causes of the decline in the body's immune system

can lead to susceptible to virus and bacterial diseases, so it is important to maintain the body's immunity be strong and healthy and can fight the COVID-19. In addition, the researchers will describe how the research subjects prevented themselves from COVID-19 by strengthening the body's immune system through self-healing for 14 days of self-isolation at home.

### *First Subject*

The first research subject is a man who works at a tertiary institution in Pekalongan. He became, an ODP after a comparative study trip abroad. The first subject lived with his wife and children. At the time of the research, the subject was in a state of self-quarantine at home. The interview was carried out online on March 10 and 18, 2020. During quarantine, the first subject enjoyed well, even though there was a little feeling of anxiety and fear because of his body when he first became the ODP. Also, he had a cold in the first week. By living with a healthy life and taking a rest, he had recovered, but there is an information from the hospital and the local government that the quarantine period had been extended until March 28, 2020.

The following is the result of interview with the first subject: *"I returned from Malaysia on March 5, 2020. I was immediately asked to be at home and not allowed to go anywhere and I didn't know about the corona at first after being told by the doctor at the hospital. There was a kind of fear too. After leaving Malaysia, I felt tired and found out something strange. I didn't go for working and my family supported me a lot by giving me healthy food. I did routine exercise. I was grateful that I was healthy"*.

### *Second Subject*

The second subject of the study was a colleague of the first subject who also became ODP after a comparative study trip abroad. The second subject is still single and lives in a rented house. The researchers conducted direct interview with the second subject by keeping the distance, washing hands, and wearing a mask during the interview process in the living room on March 11 and 19, 2020. During quarantine days, the second subject lived happily and optimistically that he was healthy. In addition, the second subject also maintained his nutritious food intake by

ordering it from online food sellers, always praying, and practicing yoga.

The following are the results of interviews with the second subject: *"I felt happy staying at home for few days. I hope that I can keep myself and others healthy by doing self-isolation. I always order the food and other necessities through online seller. Also, I do lot of prayers during self-isolation to have a physical and mental health"*.

### *Third Subject*

The third research subject is a postgraduate student who became the ODP after traveling abroad. The third subject lives with his family. The researchers conducted interviews on March 10 and 19 2020. During the self-isolation, the third subject was very grateful because there was a family who always accompanied him. During the self-isolation, he only stayed in the room alone. His parents and other family members communicated through the room door. The third subject underwent a good self-isolation period and did not want his family to join the ODP. During the self-isolation, the he did more self-healing by maintaining his hysical and mental health in a positive condition.

The following excerpt is the result of interview with the third subject: *"During the self-isolation, I tried more to heal myself to physical and mental healthy. At first, I was worried too. First, if it was positive COVID-19, I'm wondering what to dodo a lot to make myself physical and mental healthy, I'm also sad if my family gets infected. since the virus can spread through doplet and hit in the air. The symptoms of COVID-19 is almost similar to that of influenza"*.

### *The Causes of the Decrease in Body's Immune System*

According to Haryoto, today's erratic seasonal changes due to global warming, resulting in the body is less able to adapt

even though in the environment still more mutated bacteria and viruses, so the body becomes vulnerable to disease (Mayasari & Pratiwi, 2009).

Immunity is the body's response to foreign materials. The immune response is a reaction coordinated by cells and molecules against microbes or other agents. If the immune system is decreased, the body's defenses will decrease and the body can be susceptible to disease and leads to sickness. Immunity is the body's response to foreign materials, both molecular and cellular, with the mechanism that is divided into innate immunity (natural immunity) and adaptive immunity (Prasetyo, 2006).

Innate immunity is the body's defense that is not specific and is part of the immune system that functions as a leading barrier at the onset of disease infection, thus it is often referred to as natural or native immunity, including physical defense, biochemical defense, humoral defense, and cellular defense. Adaptive immunity is immunity that humans have after interacting with the environment. Adaptive Immunity is the second line of stress in the body's defense, if innate immunity is not able to eliminate the disease agent. This happens if phagocytes do not recognize infectious agents, because only a few receptors are suitable for infectious agents or agents do not act as active soluble antigen factors. If this continues, then a specific model will be needed which will bind directly to infectious agents known as antibodies and will subsequently occur in phagocytic positions.

Based on the results of the study, the researchers concluded that the causes of the decline in the body's immune system are twofold, medically and psychologically. Medically, the causes of the body's immune system are weak, such as lack of exercise, consuming less nutritious food, dehydration, and lack of sleep. Psychologically, the causes of the weak body's immune system are stress, anger, fear, tension, and emotion.

The lack of exercise is one of the causes of weak immune since it is lack physical activity such as sports. According to a study (Zulkarnain, 2015), regular exercise can help neutrophil function, which is a type of white blood cells that kill microorganisms that cause disease that can endanger health.

Consuming less nutritious food can cause a weak immune system. The consumption of balanced nutritious food is something that must be done every day, because if one of the nutrients is not met, then the immune system will weaken. Foods that can make the immune system stay awake include fruits, vegetables and whole wheat sources that help support the immune system by providing vitamins, minerals, phytochemicals, and most importantly, antioxidants. In addition, it is obligatory to avoid certain types of food such as those containing fat or oily because saturated fats contained in them can make the immune system become weak, if solid activity can get around by taking food supplements that contain vitamins and minerals.

Dehydration can also cause the body's immune system to weaken. The human body consists mostly of components of water, therefore every tissue and organ in the body will depend on it. Water will help bring nutrients and minerals to the cells, and keep the mouth, nose and throat moist, also to avoid disease. The body will experience fluid loss through urination, bowel movements, breathing and sweating. Make sure you consume enough water so you can avoid weak immunity.

Lack of sleep is a cause of weak body immunity since it is one of the things that can interfere with health. When the body is sleeping, the cells in the blood will work against disease. Therefore, make sure you have enough sleep so that the cells in your body will be able to work effectively against disease.

Stress can cause the body's immune system weak. Yulianti explained that stress

is the inability to overcome threats faced by human mental, physical, emotional and spiritual, which could one day affect the physical health of the human being (Melindasari & Sari, 2013). According to Nurdin, chronic stress can blunt the immune system's response to certain infections such as tuberculosis and viral infections, or trigger an increase in the production of local immune factors such as cytokines (Nurdin, 2010). Symptoms of stress include headaches, chest pain, anxiety, and tension. All these symptoms if they occur together will cause the immune system to work harder to defend the body from health threats. As a result the immune system is weak and you become susceptible to disease. Robert Glatter states that all types of stress will accelerate heart rate, increase blood pressure, and weaken the immune system, in the long run, will increase the chances of cancer, autoimmune, and heart disease (Robert, 2020).

Anger can weaken the body's immune system. Angry individuals are vulnerable to stress and depression. Mental well-being apparently also influences physical condition. When we experience negative feelings such as sadness, anger, stress, or frustration, it will automatically affect the body. The results of research from Penn State University, show that the more often person experiences negative emotions, the weaker the immune system.

Anger is a normal emotional reaction, everyone has certainly experienced it. Expressing anger in a reasonable way can make the body healthy. However, if excessive physical health will interfere. Existing studies prove that the intensity of anger that is too frequent and explosive affect the body's condition, especially the immune system or immune system (Holisticare, 2020).

Morrison states that bad moods, especially anger and stubbornness, are often associated with high stress hormones (such as cortisol and adrenaline). Increased blood pressure and heart rate when angry can also

make blood vessels in the head beat faster. This is what can trigger a headache and worsen the health condition which is one of the COVID-19 symptoms (Morrison, 2020).

Anxiety and fear are two of the causes of the decrease in body immunity. Panic, anxiety, and stress can cause decreased endurance, so it is susceptible to diseases, including COVID-19 infection (Dewi, 2020). When you are angry, anxious, sad and depressed, the brain will release the hormone noradrenaline, which is a very toxic hormone that makes us physically weak, sick, get old quickly and turn off nerves. Excessive anxiety actually makes the immune system decline, even though to prevent the virus needed a good immune system.

Khafary stressed the thought that occurs in someone, in his book *Spiritual Intelligence A Partical Guide to Personal Happiness* which means: stress is the tension of mind. Tension can occur due to a gap between expectations and reality, or reality that is not as beautiful as expectations (Khalifah & Lutfiah, 2010). The one's condition with a sense of tension and anxiety, fear and worry caused by an imbalance between the demands and human will that is accompanied by emotional tension affects one's physical and mental condition. This condition is described by *al-halu* in al-Qur'an, a condition where a person experiences powerlessness in facing life problems that are felt to be pressing and tense which will affect the body's immune decline.

### *The Prevention of COVID-19 by Strengthening Body's Immune System through Self-Healing*

Self-healing is a simple process of helping to heal inner wounds by involving the full power of the self to move and rise from suffering, without the help of others, without any media. Self-healing helps to recognize negative thoughts and feelings that have been confining themselves. After recognizing



and accepting, it will be able to parse one by one the problems that burden the thoughts and feelings (Wang, et al, 2020).

The human body and soul have been blessed by the ability to heal themselves and indicate that the suffering that has been felt will do the self-healing. Self-healing in this study includes mental self-healing and physical self-healing.

### *Mental Self-Healing*

#### 1. Relaxation

Relaxation can relieve stress in the COVID-19 pandemic period. There are 12 steps to do the relaxation: (a) Do it 1-2 times a day after waking up in the morning or before going to sleep and may be as often as possible, especially when one suddenly feels anxious or psychosomatic symptoms appear; (b) Do it in a room or open space with calm conditions with a relaxation; (c) Do it with a relaxed sitting position or half lay; (d) Take a deep breath through the nose and exhale through the mouth 3 times while the eyes are still open; (e) Start closing your eyes, smiling at your lips so that it's easier to relax. Imagine we smile in our hearts; (f) Breathe gently through the nose, focus on feeling the breath gently. If the mind crosses, refocus on gentle breathing; (g) Tell yourself from the heart, "I am very relaxed", three times while breathing softly, so that our bodies feel relaxed; (h) Tell yourself from the heart, "I am very calm", 3 times while breathing softly, until we feel calm; (i) Tell yourself, "I am very peaceful", 3 times while breathing softly, until our hearts feel at peace; (j) Give pause by continuing to breathe gently until we feel the energy of calm and peace flow into the body from the head to the tips of the fingers and toes. Feel the energy enveloping us; (k) If we have felt the calmness and peace that surrounds ourselves, take a deep breath through the nose, while saying from the heart, "every breath I take is life acceptance", and

throw slowly through the mouth while saying from the heart, "every blow of my breath is a gift of love for life". Do it three times; (l) If the body, mind, and soul are comfortable, with a state of preparedness, you can open your eyes slowly, and welcome peace in yourself and life.

#### 2. Contemplation

Contemplation comes from Latin *contemplore* which means an activity of contemplation, looking heart and peace of mind. It is an activity that prioritizes a life full of calm. There are several ways that people do in accordance with their beliefs, such as sports and meditation, so they can pray and meditate. In Islamic values contemplation is carried out with Muhasabah (self-evaluation at the end of the night), iktikaf in mosques, dhikr, and pray.

Contemplation can also be done with meditation and yoga. A clinical immunologist, Leonard Calabrese (Bantennews, 2020), suggests two things that are effective in preventing panic in the midst of the 19th epidemic; meditation and yoga. Meditating for 10 minutes to 15 minutes, three or four times a week can reduce stress and increase the body's immune system, which can reduce cortisol levels and inflammation. In addition, meditation can help prevent chromosome damage that leads to cancer and premature aging. Practicing yoga can also reduce stress hormone levels and calm the nervous system, inflammation of breath to help increase the body's resistance to infection. Reverse poses in yoga helps the circulation of fluids through the lymphatic system, filtering out poisons.

#### 3. Strengthening Worship

Strengthening worship can prevent the circulation of COVID-19 with physical and mental endeavors. The endeavor is born by (a) washing hands for at least twenty

seconds with water and soap; (b) keeping a distance of at least one meter from people who cough, sneeze or have a fever; (c) covering the mouth and nose with a tissue or elbow when coughing or sneezing; and (d) using a mask when coughing or sneezing. The inner effort to approach and ask for God's protection aims to increase the faith and devotion to God, increase worship, and always prayers, so in every fardhu prayer, it will be, interspersed with prayers to Allah SWT with full solemnity.

#### 4. Creating Happiness to Reduce Tension

Feeling happy has a positive impact on one's physical and psychological health. Conversely, people who tend to feel stressed and often vent their anger by blaming others, he is more at risk of experiencing health problems.

In facing the crisis period of COVID-19, people must think positively and calmly so that their mental health and immune system will not be weak. By maintaining immune system, the body is not easily affected by diseases, such as COVID-19. Positive thinking, feeling good, and having positive emotions and grateful will automatically release endorphins, also known as "happiness hormone" and help maintain mental health.

#### *Physical Self-Healing*

Physical self-healing can help restore strength, flexibility, balance, and endurance. Efforts to prevent the spread of COVID-19 through physical self-healing can be carried out, among others: (1) eating a nutritious and balanced diet; Foods that can increase the body's immune system include: vegetables, garlic, turmeric, fruits, seafood and yogurt. In addition, the body also needs vitamin C to increase endurance. The body can consume 500 mg of vitamin C in normal activities, while in busy activities, 1000 mg

of vitamin C can be an option to increase the body immunity in and brings many viruses; (2) maintaining physical fitness by doing regular activities can increase body power by increasing the performance of white blood cells. The recommended exercise time is 20-30 minutes every day. The right choices of sports to increase body's endurance include sunbathing in the morning and evening, walking, swimming, cycling, aerobics, and physical exercise in the gym; (3) Maintaining cleanliness and health with no face before washing hands, consuming nutritious food, cleaning tables when eating in restaurants, avoiding public transportation, use disinfectants to clean frequently touched surfaces, such as door handles, keyboards and mice, utensils kitchen, light switches, drawer handles, and banisters.

#### **Conclusion**

Based on the results of interviews and observations and data analysis in the field, this research concludes that: *first*, the causes of the decline in the body's immune system are twofold, that is medically and psychologically. *Second*, the prevention of COVID-19 can be achieved by strengthening the body's immunity through self-healing. Self-healing can be done with two programs of mental self-healing and physical self-healing. Mental self-healing includes relaxation, contemplation, strengthening worship, and happiness. While the physical self-healing includes eating with nutritious and balanced food, maintaining physical fitness, maintaining hygiene, and health.

The results showed that the research subjects had several ways to heal themselves by strengthening the body's immune system while being an ODP and doing self-isolation at home to prevent them from COVID-19. This is shown through the happy and sad emotions experienced by the research subjects when doing self-healing, both physically and mentally.

Based on the results of this study, the suggestions are delivered to the research subjects to keep improving the body's immunity through self-healing. Future researchers can further expand the scope of research by examining more deeply the self-resilience of people with positive COVID-19, adding mental health variables, and providing additional numbers and variations in the research subjects for data collection as well as data analysis to be more varied.

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