

Analyzing the Harmful Effects the Coronavirus has on the Ego, Superego, and ID

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To illustrate how deeply the Coronavirus affects the psychological state of frontline workers, which is more than just physical exhaustion.

In my own personal life, I am surrounded by frontline workers who are involved in fighting this pandemic. Multiple family members are medical professionals; three of which tested positive for COVID-19. With all this happening, I noticed the toll it took on them and the family. My goal was to emphasize mental health in my research because it is just as vital as physical health.

Articles were reviewed through Google Scholar and End Note, and 7 were selected as applicable to the given circumstances of COVID-19. The primary literature used was "Pandemic-Related Stress Rising Among ICU Clinicians", a study reporting on interviews with 9,120 ICU nurses, nurse practitioners, and physician assistants. Freud's Personality Theory was utilized as a framework, to inform this brief literature review.

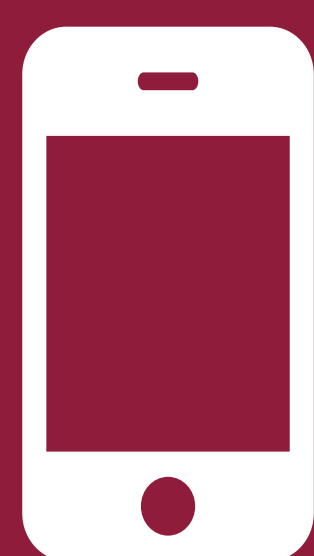
RESULTS

1. The literature revealed that there is harm to the Ego because making daily problematic decisions reduces a frontline worker's ability to function.
2. The Superego of the frontline worker is damaged by feeling incapable of working in circumstances that are outside of their normal level of competency
3. The Id of a frontline worker is harmed because they often feel that they made too many mistakes during their shift.

A frontline worker in the Coronavirus pandemic faces the stress of protecting themselves, their families and their patients, which can cause injury to their Ego, Superego, and Id.



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The Coronavirus harms frontline workers in various ways. While the frontline worker is exposing himself/herself to the virus, the worker is also facing moral injury to their Ego, Superego, and Id. A frontline worker in the Coronavirus pandemic carries much weight on his/her shoulders by needing to care for patients, themselves, and their families.

- Frontline workers (nurses, physician assistants, etc.) should scan for normalcy as a method of decreasing anxiety
- Frontline workers will feel threatened after leaving their workplace, therefore ensure them that these feelings are normal and help them to stop scanning the world for threats
- Frontline workers should keep eating nutritiously and build a daily schedule for self restoration
- Encourage frontline workers to seek therapy and call their loved ones



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