

Cycling Therapy for Reducing Psychological Problems of Patients With COVID-19 As an Alternative Treatment After Recovery

To the Editor:

During the current COVID-19 outbreak situation, many psychological problems are experienced by many people worldwide, that is, anxiety, stress, depression, frustration, burnout, boredom, and even cabin fever.¹⁻⁶ These psychological problems are, of course, alarming to daily activities, especially for patients with COVID-19 after recovery. If it is not treated immediately, it will become a big enough problem, which various diseases can attack because of decreased immunity.^{7,8}

To reduce these psychological problems, there is a form of therapy that is very easy and can be done by everyone, regardless of age, sex, religion, etc, namely, cycling therapy.⁹ According to Moore et al,⁹ cycling therapy can make the body fitter because it can create static movements in the body, resulting in smooth circulation of blood from the brain to the rest of the body. This, in turn, can help the brain produce more endorphins than usual.¹⁰ Basically, endorphins can help increase the body's immunity and make life happier, but they will also reduce anxiety, stress, depression, frustration, burnout, boredom, and even cabin fever that is experienced.^{6,10-12}

When doing cycling therapy, you can also listen to music that you love.¹³ This can further help the brain to produce other hormones, such as dopamine, oxytocin, and serotonin.¹⁴⁻¹⁶

On the basis of the above writing, mental health workers, such as counselors, psychologists, psychiatrists, nurses, doctors, and social workers can invite everyone worldwide to start this cycling therapy so that everyone can reduce their psychological problems, especially for patients with COVID-19 after recovery. Everyone can have good mental and physical health amid this COVID-19 outbreak that does not know when it will end.

Dominikus David Biondi Situmorang
Department of Guidance and Counseling
Atma Jaya Catholic University of Indonesia
Jakarta, Indonesia
david.biondi@atmajaya.ac.id

Ifdil Ifdil
Department of Guidance and Counseling
Universitas Negeri Padang
West Sumatra, Indonesia
ifdil@konselor.org

Caroline Lisa Setia Wati
Henny Christine Mamahit
Yohanes Markus Papu
Department of Guidance and Counseling
Atma Jaya Catholic University of Indonesia
Jakarta, Indonesia

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