

The Impact of Psychological Perspective on Pandemic for the Development of Social Life



Irta Chrisyanti Dewi¹, Isdarmanto², Kiky Rizki Makia³

¹ciputra University Surabaya – Indonesia

^{2,3}Stipram Yogyakarta – Indonesia

ABSTRACT: The empirical phenomenon of the implications of the Covid-19 pandemic issue has caused disasters and calamities in all aspects of human life in the world. As a result of the spread of the virus through social life, people who lack discipline in complying with the rules have led to an increase in the number of positive cases of the Covid-19 virus which ended in many deaths. However, the implications of the covid pandemic from the psychological aspect have a positive side, namely being able to provide education to the public, changing people's attitudes to discipline in obeying the rules, managing a cleaner and healthier environment. People are aware of health, maintain their immune system by participating in vaccinations, eating nutritious and healthy foods, and doing positive sports. So that psychologically the implications of the pandemic have taught people to change by creating a new, better order of life. The community is more steadfast, patient in accepting the limited conditions of social life, coexistence, kinship, mutual tolerance, empathy and help, willing to provide assistance to others who are affected by disasters. This research uses qualitative research methods through deeper observations, so that it is more focused, focused on very varied problems in society. To get effective results, use the concept of triangulation through observation, interviews and documents as valid data sources, as well as literature and theories that are relevant and related to the research problem. The purpose of this research is that educated people can organize a more organized, good and civil future social life.

KEYWORDS: covid-19 pandemic, psychological aspects, social life.

1. INTRODUCTION

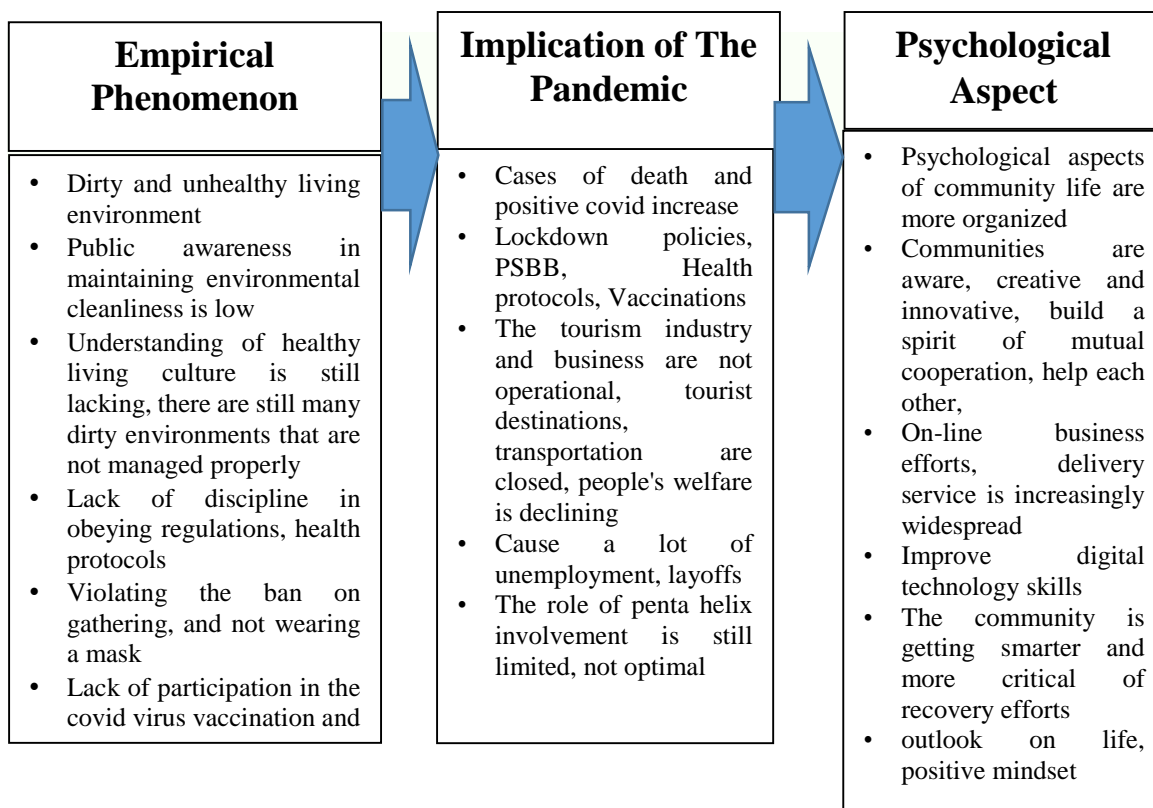
1.1 The Impact of Pshycological on Covid-19 Pandemic

The case of the Covid-19 pandemic issue, apart from being a disaster, has actually provided a lot of lessons from a psychological perspective, educating people about a better, more positive, creative and innovative culture during the COVID-19 pandemic. Humans as social beings are smarter in anticipating changes and demands of the global environment during a pandemic, going through a period of various life pressures that must be disciplined to obey the government's lockdown policy, PSBB, stay away from activities, crowds, meetings, quarantine isolation and comply with health protocols, join the program 3x all of these vaccinations are in order to prevent the wider spread of the Covid virus. The previous community's lifestyle in general was not serious in maintaining health, there were many dirty environments, the habit of littering, dirty living areas, dark rooms with poor lighting and lack of air ventilation, as well as a culture of lack of discipline in obeying government regulations and policies during the lockdown, PSBB, not wearing masks, not even wanting to be vaccinated, the culture of gathering violates the prohibition on gathering so that the covid virus is increasingly widespread, increasing positive cases of covid and deaths. The psychological impact of this pandemic case is that people are finally aware of protecting the spread of the virus by prohibiting the entry of residents from other regions to visit, sterilizing the environment, maintaining health with health protocols, vaccination programs, and how to build a new and better social life for the community, family, and more. better able to understand the values of aspects of social life by living in harmony side by side, mutual cooperation, helping others who are affected by disasters, being able to maintain and create a safe, clean and healthy living environment (Hasbullah, & Jousairi, 2006).

The empirical condition of the community before the pandemic had free living habits, especially with the development of millennial culture and digital technology, people are already obsessed with everything that is practical, fast, using social media facilities that are increasingly global and sophisticated. The influence of foreign culture has grown among the people, the habit of hanging out and gathering with people has become a culture of the community so that gathering places in cafes, restaurants, baristas and even angkringan are very lively and growing rapidly. So that the case of the covid virus that came from China spread very quickly and lasted a long time, as a result the government's policy was extended, the community got the impact with a fairly high number of deaths and positive cases of covid in Indonesia. This is undeniable because the culture of gathering has been integrated into people's lives, especially the attitude of people's behavior that is less serious in responding to this case. In other countries, the

The Impact of Psychological Perspective on Pandemic for the Development of Social Life

resolution of covid cases is fast, due to discipline, obeying government policy regulations, avoiding a culture of living that is less clean and maintaining health so as not to trigger the spread of the covid virus to expand and the death rate to continue to increase, as a result of which there is a lockdown policy, PSBB, swab antigen, PCR, quarantine, mandatory vaccination up to 3x which is very disturbing the socio-economic life of the global tourism community.



2. LITERATURE REVIEW

2.1 Changes in People's Behavior During The Corona Pandemic

The implications of this phenomenon of the corona virus case psychologically have provided lessons about individual life behavior in difficult times of the covid pandemic, thus opening awareness to want to change to build healthy family and community lives with discipline. Humans have been taught to be steadfast in accepting circumstances and facing trials and pressures of life within limitations, being patient and disciplined in complying with government policies, but nevertheless being creative and innovative in carrying out educational activities in schools, scientific discussions with webinars and online micro-business activities (Handoko, 2013).

From the psychological perspective of the empirical phenomenon of the Covid pandemic issue, there are positive things by continuing to carry out learning activities even though they are online, and the community is consciously able to build solidarity from various communities to manage environmental security, manage housing that is more adequate, clean, non-toxic, humid, healthy room conditions by regulating adequate air ventilation, by equipping lighting, so that the room is not dark, because a clean and tidy room arrangement will make the covid virus not feel at home there, so the covid virus will disappear by itself (Yuliani, 2019).

The case of the Covid-19 pandemic has been able to create disasters and changes in human life, but psychologically it is also able to provide learning benefits for people's lives who are required to keep the spirit of doing business activities and online learning programs, however, people are also required to learn technology. digital communication that is developing very fast and increasingly rapidly in the global world, or not technologically stuttering (Solichin, 2017). The advantage of the perspective of the development of digital technology is that all activities are more efficient and effective starting from business management and the education system that uses social media a lot for online learning, although there are some obstacles with internet network facilities and sophisticated and mobile communication equipment (Elston, & Carol, 2007).

3. RESEARCH METHODS

This study uses descriptive qualitative research by conducting observations, interviews and using documents that are relevant to the research objectives. According to (Creswell, 2008) which states that qualitative research is a humanistic research model, which places humans as the main object, in social events based on the philosophy of logical phenomena. Furthermore, human behavior that appears to be a consequence of a number of views that humans have and is always developing, is research obtained from the

The Impact of Psychological Perspective on Pandemic for the Development of Social Life

field is usually unstructured and relatively large, allowing researchers to organize, criticize, and classify things that are more interesting (Endraswara, 2011). Furthermore, Creswell (2008) states that qualitative research uses empirical data in the field with a triangulation system by combining various data from observations, interviews and valid documents so as to create accountable results.

4. RESULTS AND DISCUSSION

4.1 Aspect of Social Change

This social change is indifferent from a psychological perspective, people who generally have a free-living culture, pay less attention to social culture by creating a clean and healthy environment, finally realizing that they have to change according to new policy rules. The psychological effects of this pandemic have also been able to shape the concept of a new order of life in people's lives during the pandemic. So as to be able to create changes in the concept of social life culture, make the psychological foundation of education in shaping the social order of people's lives better. The concept of this new life order through government policies is categorized as a strategic effort to anticipate the spread of the Covid-19 virus outbreak, which is still unknown when it will end, as well as to be analyzed and resolved through various alternative solutions to problems in social life caused during the pandemic (Jatmiko, 2020).

The government is committed and trying to understand the condition of the community during the Covid-19 pandemic, many citizens are stressed, have to reduce social activities, meetings, so that many community businesses have to stop, many entrepreneurs go bankrupt, and do not operate, have to close their businesses, because they have no income and unable to bear operational costs, so many employees are laid off and quit their jobs, which implies unemployment. The strategic effort that must be carried out is the restoration of recovery activities to be able to boost the economy and social life, through the spirit of independent living. The public must be more sensitive to the various business opportunities that can be managed during the pandemic, namely developing on-line MSME micro businesses, which are now becoming increasingly widespread. The community is required to be more creative with the concept of independent entrepreneurship to innovate micro-enterprises with many variations from the opportunities for community needs during the pandemic who have to stay at home, with various culinary products delivery services (food and beverages), household needs through social media (marketplaces). by way of on-line delivery that is more practical using the go-pay or COD system, so you don't always only expect help from the government (Solichin, 2017).

4.2 Innovative Efforts Against The Covid-19 Pandemic

The case of the Covid-19 virus can philosophically be compared to facing fire, the nature of fire that spreads easily and quickly if there is a conductor, if it is large it is difficult to handle, so the covid virus does not need to be fought but needs to be avoided so that it is like a fire that eventually dies and goes out by itself. . But from a positive point of view, fire is able to provide lighting, as well as covid is able to provide various benefits in illuminating human life, the hot nature of fire is able to burn providing challenges and enthusiasm for people to become better. life, however, hot coals must be cooled using heart and soul. This philosophy can also be understood by humans if extinguishing a fire with a virus can be dangerous and fatal (Brennan & Lee, 2018)).

The psychological perspective of this pandemic issue case becomes a new concept of life that can be used as a reference in a better community life. The impact of this covid virus outbreak has explicitly unwittingly taught people to be able to resolve themselves to survive with limitations, people are starting to become aware of preventing the spread of the virus by participating in accelerating mass vaccination programs, so that people are more confident that they can survive against the virus and it is believed that the virus will disappear. automatically. In addition, it can be concluded that the covid pandemic is able to provide positive aspects, create life lessons for the community to be able to change their outlook on life, positive mindset, where people must be aware of the demands for changing lives for the better, independently managing a clean and healthy family environment.

The government's program with mass vaccination was initially opposed by many people, but in the end it was able to build awareness to participate in the vaccine and to maintain friendship with each other, the health of the community who had to be vaccinated 3x, also able to build emotional awareness not to gather with other people who were indicated positive, build a family spirit to look after each other so that they live side by side. The pandemic case provides understanding and lessons for the community to create the concept of social life with a healthy diet, with regular breaks, awareness of living to be steadfast with limitations, stress of suffering with quarantine, antigen swab test, PCR, awareness of having to help each other, do social services , providing social assistance for those who are affected by the disaster of death because many children have lost their parents, thus becoming orphans.

5. CONCLUSION

5.1 Conclusion

Based on the explanation above, it can be concluded that the issue of the COVID-19 pandemic is an unavoidable trial of God to humans so that they want to change and be aware, stay enthusiastic, persevere and persevere and are grateful to be able to change people's lives with a new, better order. The psychological impact of the pandemic case has also created changes in attitudes and behavior in people's lives, namely:

The Impact of Psychological Perspective on Pandemic for the Development of Social Life

1. Changes in the attitude of cultural life to become more orderly, creating a safe and controlled environment, conducive to being free from the spread of the virus.
2. Concern and awareness for discipline, obeying policies, complying with government regulations, Health Protocol, 5 M, PSBB, PPKM, 3 X vaccinations.
3. Cultivate a sense of empathy, respect for others, a culture of tolerance and awareness of the social spirit to provide assistance to COVID-19 sufferers.
4. Able to be patient, steadfast, caring in responding to existing situations and conditions, facing trials of suffering from illness, death due to accidental relatives affected by COVID-19.
5. Awareness to equip oneself to be willing to learn from limitations, accept opportunities and challenges in facing the acceleration of learning digital communication technology online learning programs.
6. More wise and wise, with the trials of life due to layoffs, micro business ventures and others.
7. Awareness for independent learning, innovative efforts in micro-enterprise entrepreneurship (MSMEs) to overcome the demands of family economic life.

5.2 Suggestion

Based on the various problems concluded above, we must stick to progressive solutions, collaborate and coordinate the involvement of various tourism observer organizations from Pentahelix which must be carried out during the corona pandemic, anticipating real conditions in people's lives with the following efforts:

1. The public must be disciplined in complying with government policy regulations, implementing strict health protocols, implementing the 5M program using a double layer mask, vaccinating, maintaining a healthy family lifestyle.
2. Community economic empowerment from the MSME program, micro-enterprises to be developed more broadly that can help the community to create independent businesses to meet the needs of their families, to prevent the national economic sluggishness.
3. Development of educational innovation through more applicable online learning, strengthening of communication and network facilities and trying to create results as expected.
4. Development of learning programs through innovative strategies, as well as evaluation of results in line with the demands of global technology acceleration.

REFERENCES

- 1) Brennan & Lee. (2018). Studi fenomenologi work-family conflict dalam kehidupan guru, Pola keluarga. *Jurnal Edumaspul*, 4 (1), Year 2020 - 181 ... Rich. (2002) <https://ummaspul.e-journal.id>.
- 2) Creswell. (2008). *Metode penelitian kualitatif*, by J Raco · Cited by 1646.
- 3) Elston, & Carol. (2007). Using ICT in the Primary School. *Sage Publications*.
- 4) Endraswara. (2006). *Metodologi penelitian sastra*. Yogyakarta: Pustaka Widayatama, 2003. Gajah Mada,
- 5) Hapsoro Agung Jatmiko. (2020). International Journal of Scientific and Technology Research. 8 (12), ... *Jurnal Ilmiah Teknik Industri* 19 (1), 55-63,
- 6) Hasbullah, & Jousairi. (2006). *Social Capital (Menuju Keunggulan Budaya Manusia Indonesia)*.
- 7) Ilham Akbar Solichin. (2017). PENDIDIKAN EKONOMI: Jurnal Ilmiah Ilmu Pendidikan, Ilmu Ekonomi. *Cendekia*<https://Scholar.Google.Co.Id>.
- 8) T. Hani Handoko, (2013). *Manajemen*, BPFY-Yogyakarta.
- 9) Yuliani . (2019). Pengaruh Mekanisme Good Corporate Governance pada Pengungkapan Tanggung Jawab Sosial Perusahaan Yang Terdaftar Dalam Indeks Kompas 100. <https://Ojs.Unisca.Bjm.Ac.Id>.



There is an Open Access article, distributed under the term of the Creative Commons Attribution – Non Commercial 4.0 International (CC BY-NC 4.0) (<https://creativecommons.org/licenses/by-nc/4.0/>), which permits remixing, adapting and building upon the work for non-commercial use, provided the original work is properly cited.