

## PSYCHOLOGICAL SOCIAL IMPACT IN INDONESIA ON THE TIME OF COVID-19

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### ABSTRACT

There were so many impacts of the Covid-19 pandemic, especially on social psychology. With various new policies that require many changes in their respective lives for every person to experience. The objective of this study is to explore Indonesia's social psychological impact so that it can be handled immediately. Literature study is the research method used. The results of the study show that almost all levels of society are feeling the social psychological impact of the Covid-19 pandemic in Indonesia, where there are three main things which are felt, namely: family interactions become more intense due to current policies, and create emotions, new understanding for all. Family members and dynamics of interaction that are more intense than usual, then panic buying where this behavior responds to such family insecurities to store goods for family needs or personal gain, and then excessive stress, because of very unexpected changes in behavior that require dependable team to these changes that result in excessive stress. Therefore, to minimize Covid19's psychological impact, namely filtering the right news, literacy about Covid, and more enjoyment doing activities.

**Keywords:** impact, psychological social, covid 19

### INTRODUCTION

The Emergency Period for the Spread of Corona Disease (Covid-19) was announced in Indonesia on March 24, 2020. The impact was already felt by many factors, one of which is the psychological component. At this time, along with Covid 19, humans as social beings is observing changes in the social environment, which makes every human being live his own life and keeps his distance from other human (Dani & Mediantara, 2020). One of the government's policies is the PSBB (Large-Scale Social Restrictions), where each person is forced to stay at home, which has a serious impact on these children because they feel how they can not explore current developments as explorers as they can and as a stimulus (Tabi, 2020). Reducing social interactions with other people can reduce their social sense, so it is expected that the role of the family can reduce the impact of this (Hikam, 2020) And for families who

have been busy working, this can be a positive thing. There were many activities that the family could carry out in the PSBB period, one of which was to instill character, such as cooperation, mutual respect and responsibility within the family. (Sari, 2020).

One of the impact of Covid 19 in family interactions is that parents can optimally supervise their children better, so parents must be able to motivate their children to always be optimistic for carrying out their activities in the middle of the social changes that happen (Putro, Khamim, 2020). The interactions between parents and their children at that time are as mentors, educators, carers, designers and supervisors as children learn (Yulianingsih et al., 2020).

Good parents can express their feelings of love for children, listen to children, make children feel secure, praise children, teach rules and boundaries, become models, and provide spiritual understanding (Martsiswati & Suryono, 2014) as well as family has an

important role in starting children. From before school, until he crossed the Ark of the Household (Djaelani STIAKIN, 2013)

UMKM actors in Indonesia also feel the impact of this social change, on average UMKMs feel a decrease in turnover during the Covid-19 pandemic, this is due to decreased activities outside the home, difficulty in raw materials due to transport barrier and decreased public trust in products from outside, especially food products (Hardilawati, 2020). Panic buying was one of the things that happened when the first PSBB was implemented, where people bought very large quantities of goods on the market which made goods scarce and expensive. The psychological reason for panic buying is rooted in the desire to minimize the risk, because if the crisis is prolonged, the items that have been purchased can still be used by hoarding goods (panic buying) might be marginally reduced (Yusriani, 2020). There are other reasons, apart from personal use, such as hoarding goods to resell at a much higher price (Soleh, 2020). Over time, all parties, starting from the smallest social group in society, namely the family, require good cooperation in deal with this virus (Siti Rahma Harahap, 2020).

There are many aspects of family interactions to be able to perform activities as effectively as possible during the Covid-19 period, so the process of sharing Covid-19 information can change the understanding and behavior of family members so that preventive measures emerge (Kaddi et al., 2020). And in building a pleasant family atmosphere, all family members have roles and relationships (Priliantari et al., 2017).

The positive impact of home learning is the increase of student language literacy, even in the student learning system, because they must eventually be able to read and write well in order to fulfill their learning needs (Suhartono, 2020). This makes learning easier, but there are many bad effects, such as confusing students, being less creative and

productive, accumulating less useful information and feeling extra pressure (Argaheni, 2020). Stress in the Covid-19 period can be felt by students who usually study on campus and workers who usually work in companies and traders who have to earn a living for their families (Moh, 2020).

During the Covid 19 period, 7.6 % experienced high anxiety in a sample of Indonesians (Didik Haryadi Santoso; Awan Santosa, 2020). This anxiety factor can be caused by a lack of correct information, too excited news, and a lack of knowledge about the spread and anticipation of Covid 19's spread (Fitria & Ifdil, 2020). Covid 19's social psychological impact is very pronounced, and the general public's response to the Covid-19 pandemic shows that their psychological aspects are disturbed. This research is therefore considered essential for researchers to immediately include policies or services to deal with the Covid-19 period's social psychological impacts.

## RESEARCH METHOD

A literature study method used in this study. Literature studies or literature studies are also used in studies of values, culture, norms and studies of certain social situations and conditions, according to Sugiyono (2012). In line with that, Zed (2014) explained that the steps to be used if we use literature study or literature study are to prepare the resources needed, prepare enough time, read different kinds of relevant references, and then create research notes. The results of research on the social psychological impact of the Covid 19 period in Indonesia are the main literature that researchers use. Mass media, online news and so on are the supporting data used in this research.

## FINDING(S) AND DISCUSSION RESULT

The most significant impact of the Covid-19 pandemic in Indonesia is the social

psychological aspect. The psychological impact is an impact felt by almost all levels of society in Indonesia apart from the economic impact that is felt.

From the lowest level of society that relied on daily income, the social psychological impact that was felt in Indonesia from the Covid 19 period began, making it difficult to meet their needs because of several policies carried out by the government. There are also psychological effects, in addition to the safety that is threatened by this pandemic, that make them stress too much because they are worried that their food needs are not met, they have no income, etc.

During this pandemic, middle-class society has an impact on the number of cases of staple goods hoarding, which makes the prices of these staples soar and makes it difficult for the middle class to meet its basic needs. In order to achieve personal benefits from reselling them at a higher price when the shortage occurs, it is also the middle class who become the perpetrators of hoarding basic products..

Most of whom have a habit of working every day with a variety of activities and intense interaction in the upper class are now faced with limited mobility and make them stay at home and many feel worried and even stressed because during the Covid-19 pandemic there are no activities carried out this.

To present, the impact of the Covid-19 pandemic in Indonesia has contributed to several cultural changes in Indonesia, as many policies have limited contacts between individual communities, which are directly inversely proportional to the Indonesian culture which is friendly between individuals.

## **DISCUSSION**

Based on the research results that have been described, the discussion of the social impacts of Covid-19 in Indonesia will be described through three topics, namely:

### **Family Interaction**

One of the social impacts during the Covid-19 period is family interaction, and there are negative and positive impacts, of course. In terms of family interactions, family interactions have become more intense because of Covid-19. When parents are unable to control their emotions and can be imitated by their own children, the negative thing that can happen in this case is (Utoyo, 2020). This family interaction developed during the period of Covid-19 was very useful in preventing the spread of Covid-19 in Indonesia(Kaddi et al., 2020). Through well-built interactions, families can also get to know each other more deeply, can better understand and appreciate and family member's roles, and have a positive impact on the family whose parents are busy working on weekdays before Covid—19.

Parents who are usually busy with work during the Covid-19 period can get to know more about the social environment of the child, can better understand the wishes of the child and know more deeply and supervise the peers of their child who can influence their family life according to the role of the parents (Yulianingsih et al., 2020)

The dynamics will also be more pronounced during the family interaction during the Covid-19 period, many things that were previously unknown to each other in each family member, now gradually new attitudes / traits are emerging. By other family members. This raises the family communication dynamic that will make the family respect and understand each other more, or if the family is unable to control it, it can lead to debate and mutual disrespect for each other in the family.

### **Panic Buying**

In every pandemic, like Covid-19, the social psychological impact that is most felt is panic buying act. The level of knowledge about Covid-19 and the level of individual anxiety during the Covid-19 period in

Indonesia has impacted this behavior (Yusriani, 2020).

The high level of anxiety and low knowledge about Covid-19 has caused a lot of people to stockpile basic goods in the hope that he can decrease his anxiety because if this pandemic continues and basic human needs on the market are very lacking, he has already hoarded some of the staples.

Furthermore, this panic buying activity carried out by other individuals who purchase large quantities of basic goods at normal prices and then sell them back at very expensive prices when the goods are scarce. Besides having an effect on psychological panic, increasing fear, buying The Covid-19 pandemic can trigger distress that causes people to have mental disorders if anxiety continues to increase (Susilowati, 2021).

This panic buying behavior is mostly done by individuals who have more budget to pay large profits for themselves and their families. Not a few people, however, are also willing to borrow funds from other parties for hoarding goods in order to earn such benefits.

Obviously, if performed on purpose, this behavior is very dangerous to the general public who have difficulty getting basic goods and even if goods are sold at very expensive prices.

Masks and hands-onzers which had experienced scarcity and were sold at very high prices are examples of hoarded goods from the Covid 19 period, even among health workers there was a scarcity of Personal Protective Equipment (PPE) due to hoarding carried out by elements of the general public (Soleh, 2020)

### **Excessive Stress**

The emergence of symptoms of excessive stress was the social psychological impact that emerged during the Covid-19 period, which was felt by most students and also workers in companies (Argaheni, 2020)

Due to the uncertainty of individuals' fate during the Covid-19 period, this excess

stress occurred. Uh, this. Due to this pandemic, many have lost their jobs because the income where they work has been stagnant. Because the responsibilities of teachers and lecturers are piling up due to the impact of learning from home, students and students feel excessive stress. In addition, there is also information that is not useful that is filtered during the Covid-19 period when conducting activities that increase the level of stress in each individual.

The pandemic of Covid-19 has triggered unexpected changes in individual lives, that can cause stress (Meutia, 2020). The psychological impact of Covid-19 in Indonesia, symptoms that often occur such as stress, communication anxiety, fear, anxiety, sleeping difficulty and boredom, often affects the people who are currently educated(Permatasari et al., 2020)

Therefore, the need for self-awareness and creativity to convert this excess stress into positive stress, such as online entrepreneurship, increasing knowledge by reading books, adding self-taught soft skills and other activities..

Housewives who have children at school age are also feeling this, where housewives often have to follow their children to learn from home, and also feel stressed about the subject matter faced by children with the ability of their children to accept the subject matter. Housewives who are not usually directly involved in the learning process of the child. All the life changes triggered by the Covid-19 pandemic disturb most of the population psychologically(Sumakul & Ruata, 2020).

### **HEADINGS AND SUB HEADINGS FOR CONCEPTUALLY-BASED PAPER**

In Indonesia, the Covid 19 period resulted in the government implementing many policies that were needed in Indonesia by the general public. The large-scale social controls (PSBB) which are still being implemented with different adjustments were one of policies which were very

influential. With this policy, family interaction becomes more intense, parents become more at home, so that it can be done more deeply to be able to perform the role of parents as mentors, educators, caregivers and supervisors of their children (Yulianingsih et al., 2020) As parents play an important role from birth to wading the household ark, it can also be more in understanding children and being an example of a model for children, providing boundaries in stricter rules for children (Martsiswati & Suryono, 2014)(Djaelani STIAKIN, 2013)

Social psychology, which has changed significantly the behaviors of society in Indonesia with limited interaction between individuals, is one of the effects of this policy (Dani & Mediantara, 2020). This results in certain feelings of anxiety or fear that their needs will not be met by the general public, so they give excessive reactions such as panic buying (Yusriani, 2020). There are also many hoaxes circulated about Covid-19, which further suppress the psychological condition of depressed people(Kaddi et al., 2020). Based on the research results of a study entitled Psychological Well-being in the Covid-19 Pandemic conducted by Yunita Sumakul and Shanti Ruata, which explained in their research that the Covid-19 Pandemic brought many changes in individual lives, and these changes were stressful. In addition, the psychological impact of covid-19 in Indonesia, namely excessive stress, is also experienced by students and workers. The home policy study resulted in the piling up of tasks, it was difficult to understand material and a lot of useless information, and many companies laid off workers due to the decline in product sales from their companies, which were increasingly depressed by this pandemic (Kaddi et al., 2020). They feel high anxiety based on research conducted by 7.6% of Indonesians (Didik Haryadi Santoso; Awan Santosa, 2020)

The psychological impact that is felt is mostly due to excessive coverage,

information that is not entirely correct, and lack of knowledge about the spread and anticipation of Covid's spread- 19(Fitria & Ildil, 2020). If the psychological impact is greater or if anxiety is stronger, it can cause discomfort that causes a person to have mental disorders (Susilowati, 2021)

## CONCLUSION(S)

Based on the results of the previously described study and discussion on the social psychological impact of the Covid 19 pandemic, it can be concluded that the social psychological impact of the presence of Covid 19 in Indonesia is very pronounced. There are several main factors that have a more pronounced psychological impact, namely receiving untrue news, social media news that is too excited, Covid 19 literacy is very poor and stressful activities are undergoing. There are three aspects that have had an impact on Indonesia's COVID-19 pandemic, namely family interactions that have become very intense due to government policies such as PSBB, learning from home and working from home, causing the family's role to become very central, to better understand each other in family and communication dynamics to become more prevalent. There is then panic buying, because excessive anxiety often occurs either for their own needs or for personal gain from scarcity from the culture of hoarding goods. Then, because there are many changes in each individual, the last one is excessive stress, then these changes produce stress effects that are felt by almost all levels of society.

To minimize the social psychological impact, therefore, because Covid-19 must be able to filter out the right news, improve Covid's literacy and enjoy activities.

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