Optimizing New Habits In New Normal Era Through Community Service In Paninggilan

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ABSTRAK

Before the arrival of the New Normal era, Indonesia had been in the highest position, namely, as the country with the most cases, it holds the 13th position globally, Covid-19 cases with a total of 4,174,216 cases. The arrival of the New Normal era is good news for Indonesia as a sign of Indonesia's success in reducing Covid-19 cases. Therefore, the optimization of Covid-19 in this new normal era aims to overcome Covid-19 cases by optimizing new habits through community service. Optimization of new habits with the corona virus, namely that people begin to adapt to face the pandemic and carry out a new normal life with the requirements to follow health protocols while doing activities outside the home. The goal of this study is to improve the public understanding, knowledge, and awareness to always apply health protocols and create a healthy Paninggilan area through community service. This research uses a qualitative research methodology. This research was conducted through interview process with the Head of Paninggilan Neighbourhood. According to the result of this research, Paninggilan residents understand and comply with health protocols with new healthy habits that have been applied in their daily lives.


INTRODUCTION

Covid-19 is an infectious disease caused by the SARS-CoV-2 virus. People infected with the Covid-19 virus will suffer mild sickness such as mild respiratory illness, cough, fatigue, fever and will recover quickly without special treatment. However, some people will experience unnatural pain that requires medical treatment. Anyone will be exposed to the Covid-19 virus and die at any age if they have felt severe symptoms and do not get medical treatment. This virus can be contracted from the mouth or nose of infected people with Covid-19 through small particles when they cough, sneeze and breathe. The Covid-19 virus was discovered in China inside the city of Wuhan in December 2019 and since then spread almost worldwide. The Covid-19 virus has already been labeled a global disease by the World Health Organization (WHO). Based on data from Johns Hopkins University on September 14, 2021, The global amount of Covid-19 instances has reached 225,389,505 cases and there have been 4,642,054 deaths due to the virus. This virus entered Indonesia in March 2020 and reached 4,174,216 positive cases of Covid-19 with 139,415 deaths.

Since the arrival of Covid-19 in Indonesia, the virus has had many major impacts on the community, ranging from the economy, health, education to patterns of community interaction. This incidence has resulted
in new behaviors such like wearing a mask, maintaining a safe zone, and always washing hands using antibacterial soaps. In addition, on May 4, 2020, the government also imposed new policies such as Large-Scale Social Boundaries (PSBB) and the Enforcement of Community Engagement Guidelines (PPKM) on January 11, 2021. This intends to minimize the number of Covid-19 virus cases that seem to be currently prevalent. In addition to the implementation of the policy, the public is also advised to comply with health protocols by implementing the 5M movement, namely washing hands with running water after each activity and interacting with people, wearing a mask when depart the house, retaining a minimum distance of 1 meter, staying away from crowds and reducing mobility, which means no travel when there is no need. The 5M movement is what people must apply to in their daily lives.

After the efforts made by the government and the contribution made by the community, Indonesia has been successful in lowering the amount of positive Covid-19 cases year after year until now, until the emergence of the New Normal era. The New Normal is a behavioral adjustment that includes maintaining normal activities while also adopting health precautions to avoid the spread of Covid-19. The New Normal's goal is for individuals to perform effectively in carrying out their activities while still complying with health protocols to stay safe from Covid-19. But there are some people who are still not aware of how dangerous this virus is. Therefore, Community Service is tasked with optimizing new habits so that people continue to comply with health protocols even though the New Normal era has come into effect.

In the preparation of this research, there were several studies related to this research. The following are related studies:

First, research that has been done by (Anggraeni & Daryati, 2020), the result shows that the research was aimed at children and was held via online (Zoom). They employed lectures, Q&A, and evaluation methods to enhance children's awareness of safe and healthy lifestyle behaviors through hygiene. Second, research that has been done by (Herdiani et al., 2020), the result shows that the research is carried out by providing counseling materials and demonstrations of health protocols with the aim of increasing knowledge, understanding, and public awareness to always follow health procedures to stop the spread of Covid-19. Third, research that has been done by (Agustina et al., 2021), the result shows that research was held online and accompanied by people’s parents. The methods they used were leaflets, making a video of “How to Wash Our Hands In 6 Steps”, and a song with the aim of breaking spread of COVID-19 by educating each individual. Fourth, research that has been done by (Yuliarti, 2021), the result shows that research was implemented through the KKN program. This program aims to optimize the community in carrying out the New Normal protocol.

Fifth, research that has been done by (Afriani & Tiandho, 2021), the result shows that the research was carried out by administering the COVID-19 vaccine through a coordination meeting between the Head of the Dharma Husada Kediri Nursing Academy and the Kediri City Police with the goal of boosting the body's resistance by generating the body's antibody in order to lessen the impact of COVID-19 disease transmission and stop COVID-19 spread. Sixth, Research that has been done by (Afriani & Tiandho, 2021), the result shows that the research was done through socialization directly and through media such as posters and pocket books, which aims to increase understanding regarding the adaptation of new habits. Seventh, Research that has been done by (Silaen et al., 2021), the result shows that the research is qualitative in the form of an explanation of the behavior observed by the researcher with the distribution of masks, washing hands well, healthy gymnastics and mutual aid activities with the aim of minimizing victims of COVID-19. Eight, Research that has been done by (Lestari & Marfu‘ah, 2021), the result shows that the research was done by disposing of vaccination programs to boost public immunity and health. Nineth, Research that has been done by (Puguh et al., 2022), the result shows that the research method they used is promotive and preventive through the distribution of posters online in student whatsapp groups. This research aims to improve understanding, attitudes, and compliance with health protocols for students, including wearing a mask, social distancing and washing hands with soap. Tenth, research that has been done by (Wijaya et al., 2022), the result shows that the research is qualitatively inductive through descriptive methods such as observation data, interviews and document studies. It attempts to make suggestions for improving COVID-19 prevention and control.

Based on the foregoing exposure, the differences in this study from previous studies are with the methods used. As for this research, we use the qualitative method that emphasizes the amount of data gathered through interviews The goal of this study is to promote public comprehension, education, and awareness of the importance of following health procedures at all times and to realize a healthy Paninggilan area by optimizing new habits through community service.
METHODOLOGY
This research was carried out with a qualitative research methodology through interviews. According to Creswell, J.W, that qualitative research is research that is used to examine human and social problems. The results of the research will be reported based on reports of data views and data analysis obtained in the field, then described in detail. This research utilizes the descriptive research concept and tends to use an inductive approach to analysis. The main goal of this qualitative study is to establish understanding and concepts which eventually become theories.

This research was conducted on October 22, 2022 in the Paninggilan area with the main target being the head of the Paninggilan Neighbourhood. The research instrument used an interview question sheet. The interview technique was conducted to dig up complete information about the optimization of new habits in the New Normal era for the people in the Paninggilan area.

FINDINGS AND DISCUSSION
Efforts in Optimizing New Habits in Society
According to the findings of this research, the locals of Paninggilan have have contributed role in making efforts to optimize new habits in this New Normal era. Among them, they always comply with the health protocol, namely the 5M Movement:

1. Wearing a mask
   The head of Paninggilan Neighbourhood always urges his residents to always wear masks if they want to go out.

2. Washing hands with soap and hand sanitizer
   Paninggilan residents are also advised to always wash their hands after leaving the house. The Head of Paninggilan Neighbourhood has given free masks and hand sanitizers in an optimization effort.

3. Keep the distance
   This is also done by local residents by limiting the distance from each other to at least 1 meter and, as best as possible, not to gather for things that are not important.

4. Stay away from the crowd
   The head of Paninggilan Neighbourhood also emphasized that the social gathering event should be stopped for more than 2 years until things get back to normal.

5. Limiting movement
   It's like maintaining your distance and avoiding crowds. It is hoped that residents will limit their interaction with each other to minimize this virus outbreak.

Programs Performed In An Effort Of Optimizing New Habits
After making many efforts, the Head of Paninggilan Neighbourhood, as the leader of the Paninggilan area, carried out several programs to ensure that residents are always healthy and living safely. Among its programs are:

1. Disinfection
   In addition to Covid-19, other diseases also come from around us that come from microorganisms, especially public places and public facilities that may be breeding grounds for microorganisms. Therefore, the Head of the Paninggilan Neighbourhood as the leader of the Paninggilan residents, carried out a disinfectant program which was carried out every few months with the aim of eliminating bacteria that became a breeding ground for disease.

2. Immunization
   According to the Republic of Indonesia's Ministry of Health (2015), immunization is an action that aims to deliberately develop a human's resistance to a disease so that if someone gets contaminated with the disease one day, they will not get sick or may only suffer a moderate illness. This program is intended for infants in order to prevent a disease.

1. The Concept Of COVID-19
   According to experts, the definition of Covid-19 is as follows:
   • According to Harianto (2009) (Zahroh, 2012), Covid-19 is a virus that distributes through the droplets
   • According to The World Health Organization (2020), Corona virus infection is a contagious infection that is caused by the recently identified corona virus.
   • According to Gennaro et al, (2020), Covid-19 is an RNA virus with glycoprotein spines on its envelope that give it a crown-like look under an electron microscope.
   • According to UNICEF (2020), Covid-19 is a new virus related to the same virus family as Severe Acute Respiratory Syndrome (SARS) and several types of the common cold virus.
Based on the information above, it is possible to conclude that Covid-19 is a sort of infectious virus caused by the recently identified corona virus and can be transmitted through droplets and in the initial symptoms experienced by every patient who is detected as COVID 19 is the common cold.

2. The Concept of Optimization
The definition of optimization can be interpreted as an effort to improve the performance of a work or personal unit related to the public interest in order to achieve satisfaction and success from the implementation of these activities.

Another definition of optimization taken from the expert’s understanding is as follows:
- According to Mohammad Nurul Huda (2018), The term optimization is derived from the word optimum, which implies best or highest. While optimization refers to the process of optimizing something, that is, making something which the best or highest.
- According to Winardi in Bayu (2017), Optimization is something that leads to goal achievement. Meanwhile, from a corporate standpoint, optimization is an attempt to maximize activities in order to achieve the targeted profit.
- According to The Comprehensive Indonesian Dictionary (KKB), The term optimization is derived from the word optimum, which implies best or highest. While optimizing means producing the greatest or highest quality.
- According to The Oxford Dictionary, Optimization refers to a process, method, or activity used to identify the best solution to a variety of issues, in which the best must match particular criteria.

Based on the information above, it is possible to conclude that the concept of optimization is a process, method, or activity for making something best or highest, so as to realize the desired and desired benefits.

3. The Concept Of New Habit
The definition of adaptation of new habits can be interpreted as a habit and, basically, a new habit is a major point in each individual human being acting in daily life. According to the Indonesian government, one description of the new normal is a new regime to adapt to Covid-19.

Another definition of the adaptation of new habits (new normal) is taken from the understanding according to the experts, namely:
- According to Adisasmita (2020), the Ministry of Health (2020) is the concept of the new normal, which refers to the ability to adjust to life's patterns.
- According to Achmad Yurianto, the government’s advocate for Covid-19 supervision, the New Normal is an order, habit and behavior that must be based on the adoption of a clean and healthy lifestyle.
- According to the head of the Team Of Experts for the Task Force for the Acceleration of Covid-19 Management, Wiku Adisasmita, New Normal is a shift in habit to keep carrying out normal activities but with the addition of applying health precautions to prevent transmission of Covid-19.

Based on the information above, it is possible to conclude that the concept of adaptation to new habits is an action or behavior undertaken by the community and all institutions in the area in order to carry out daily patterns, work patterns, or new lifestyles that differ from those previously observed.

4. The Concept Of Community Service
Community service is defined as the institutionalization of the experience of science, technology, and cultural arts in the community through scientific procedures in order to enhance community skills and accelerate the rate of achievement of national development goals.

Other definitions of community service taken from the understanding according to experts are:
- According to the University of Indonesia's Department of Community Service and Research (2011), Community service is an activity that involves efforts to increase the quality of human resources, such as expanding insight, knowledge, and skills, carried out by academics as a manifestation of concern for an active role in improving and empowering the larger community, particularly the economically weak.
- According to Abdullah Faizhol (2008:12) emphasized that community service activities have been programmed so far as a learning process for community life (devotion), because universities are seen as ivory towers and their knowledge is not grounded.

Based on the information above, it is possible to conclude that the concept of community service is an activity that aims to help certain communities in various activities without expecting any form of reward.
CONCLUSION

Based on the research results, Paninggilan residents have high awareness and are very enthusiastic about participating in optimizing new habits to create a healthy Paninggilan area. The effort they are making is the 5M Movement and the programs they are undergoing include disinfectants and immunization.

REFERENCES


