



## Community powerlessness in preventing covid 19

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### A B S T R A C T

This study aims to describe and analyze how people's helplessness in preventing the spread of covid 19. The theory used is based on the thoughts of Solomon (1976) who stated that helplessness occurs from factors related to the inability to control emotions and negative judgments, as well as knowledge and skills in people exposed to covid 19. This research uses a qualitative descriptive method, with a case study strategy. While data collection uses several techniques, namely interviews, group discussions, observations and docuitation studies. The results showed that people's helplessness in preventing Covid-19 was caused by the inability to control emotions caused by the disease they experienced. This condition has an impact on decreasing the immunity of covid 19 sufferers. This is exacerbated by the inferiority complex caused by exposure to Covid 19. So covid 19 sufferers avoid hospital treatment. Likewise, limitations on knowledge and skills in preventing Covid 19. Impact on the avoidance of health care provided by hospitals. Those who suffer from covid 19 tend to isolate themselves more, staying home not carrying out activities outside the home, but in an open home environment. This condition causes people's helplessness in preventing exposure to covid 19.

## INTRODUCTION

In Indonesia at the beginning of 2020, it went down in history as a pandemic year. Even all over the world are on their knees and are completely troubled by the Corona Virus Disease 2019 . The government is trying to regulate the public to comply with health protocols. Nonetheless, academics, and researchers through the initiative comatosendo by the government

in this regard the Ministry of Health has established a COVID 19 task force has appropriately devoted their attention to addressing and understanding the impact of this unprecedented pandemic.

The phenomenon of the still suspected surge of the corona virus in Indonesia, it seems that it is also reflected in the records of the Covid Cluster Task Force in Bengkulu City until 2022, recorded a surge



in exposure still occurring. This can be seen from the report of the Bengkulu city covid cluster task force confirming that 11739 recovered 9616 and died 165 and suspected 9536. In addition, the experience of not wearing from health services that health workers help, causes them to prefer help with their own traditional medicine system as part of their culture that has been passed down for generations. As happened in the city of Bengkulu, there are those who do by utilizing certain medicinal plants to cure them besides that they also carry out self-isolation which is difficult to monitor their progress or not evaluated by officials. Other than the results of monitoring as a covid 19 patient are considered as objects of officers and the lack of efforts to foster interpersonal relationships with patients and lack of sensitivity to local culture, are the causes of the declining level of patient immunity. So that the social practice of health care, the tendency is to maintain the customs and customs that are carried out for generations. In culture-sensitive societies they already know including an understanding of how members of the target population view the causes, of course, and treatment of disease, as well as perceptions of determinants of health (Breslow, ed, 2002:118). So it does not consider it important to seek a scientific treatment. Health care and treatment, diseases that people do is to use massages, herbs, potions, spiritual.

This shows that the spread of the corona virus in Bengkulu city still needs to be watched out for, even though there has been a decline. This condition shows that among the community there are other factors that can affect the spread of preventing the transmission of Covid-19, namely age, level of education,

employment, socioeconomic and level of knowledge that affect the behavior of preventing the transmission of Covid-19. (Erika Untari Dewi, 2020). Another factor that also affects the spread of the coronavirus is compliance. Anecdotal reports indicate that the implementation of the PSBB does not appear to have been effective. This is proven by the large number of crowds found in public places in Jakarta and other areas that implement PSBB. (Compass com, 2020). Furthermore, it was explained that citing research conducted by Joel Hellewell and colleagues published in the April 1, 2020 issue of the journal *Lancet Global Health*, self-quarantine and social distancing are effective efforts to stop the spread of Covid-19.

Based on the description above, it shows that the efforts made by the government in breaking the chain of spread of Covid-19 are not only sufficient with the instrument of providing various facilities and health care as well as various other social assistance programs, but the most basic is the lack of public compliance to follow health protocols. It is this condition that contributes to the spread of the coronavirus. People seem to be resigned to no longer caring about the existence of the corona virus that has not stopped. This condition nature perspective Social Work this condition is said to be a condition of helplessness in the face of covid 19. Therefore, this research is focused on how the helplessness of the community in preventing the spread of covid 19 in the Village of Ratu Samban District, Bengkulu City as a basis for the emergence of risk factors for diseases that develop in the community.



## MATERIALS AND METHODS

Based on Miller's thoughts, (2013) Lerner in Suharto (2006) and Nanda, (2010) helplessness is a person's conception of himself who considers not having the ability to control his life as a whole. Those who feel helpless for long periods of time tend to accept conditions that they believe to be immutable. Therefore the source of helplessness includes three main components, namely: the presence of indeterminate information regarding what will happen, cognitive representations (learning, expectations, perceptions and beliefs), and behavior towards what will happen. Therefore the process of occurrence of learned helplessness begins with individu who has limited information as a result of his response to an event that occurs to him. This information is information that comes from the individual's environment, whether from family, neighbors, then the indeterminate information will be processed and transformed in the cognitive. The cognitive representation component will build false expectations about the outcome of its response to an event. Where the individual feels that a good response will produce good results as well. However, in reality a good response is not always accompanied by good results either. Such false expectations will cause the individual to have no control over an event. Individuals who have no control over an event will experience motivational, cognitive and emotional declines.

Helplessness is not only caused by oneself, but also relates to factors outside of oneself, as revealed by Kieffer that Helplessness can be seen also as the expectation of the person that his own actions will not be effective in influencing the life experienced (Keiffer, in Lord and Hutchison, 1993:2). This concept suggests that the individual who experiences helplessness can actually be sourced, not only of his own origin but of other elements that make the individual not perform an action. This condition occurs due to the basis of consideration of social reality that it is perceived that what is done will not affect him. Thus the source of indifference can occur due to the personal, interpersonal, and wider environment (Parson.et, al, 1998:113).

Solomon goes on to say that helplessness stems from negative judgments about himself and negative interactions with others in the broader environment. Solomon explained in more detail in Robbin (2012:87) that helplessness stems from the inability to regulate emotions, skills, knowledge and make effective use of sources in carrying out social roles satisfactorily. The role of ability to regulate emotions that influence helplessness according to Solomon (1976,1986) in Suharto (2006: 62) comes from two aspects, namely, First, empowerment occurs based on the attitude of negative self-assessment that exists in a person which is formed the existence of negative judgments from





others as a reaction to stimuli from outside and within the individual .

Theorists such as Seeman (1985), Seligman (1976) and Lerner (1986) cited by Parson, (1994:103) believe that the helplessness experienced by individuals is the result of internalization processes resulting from their interaction with society. They think of themselves as weak and helpless, because society considers them to be so. Individuals are helpless because they are closely related to poor health, developing fatigue, sadness and distress. Therefore, there is a helplessness that stems from the inability to regulate emotions as a result of this negative interaction caused by the individual receiving erratic knowledge and information received by the individual then being responded to and processed and transformed in his cognitive. So as to build hope for an event. The ability to manage emotional responses is influenced by the results of learning and experience, and is supported by the existence of a negative self-assessment as a condition that will not change.

## RESULTS AND DISCUSSION

### Factor Emotion

Emotional factors are the basis of individual behavior to carry out an action, the inability of individuals to manage emotions that exist in covid 19 sufferers in responding to social reality as a product of negative interaction and negative assessment of themselves as covid 19 sufferers is caused by an element of inequality in providing services to

pasien. This can be seen from the way of treatment in providing services to covid 19 patients, it can be seen that pasien is seen as an object that should not be touched by anyone, even for visits by the closest family is not allowed. Pasien families are only allowed to see from afar or in the glass windows. This condition is said by health officials that they are carrying out in accordance with health protocols in dealing with or preventing the contraction or spread of the virus.

This condition occurs because the social relationship between covid 19 sufferers and nurses is a social relationship that is instrumental in nature, no emotions, no empathy, in contrast to home care. The negative emotional response about the health services provided by health workers has caused a feeling of disharmony between covid sufferers and nurses. This condition causes helplessness in covid 19 sufferers and in accessing health services. According to pasien, he did not accept the situation, giving rise to a refusal to be hospitalized. They prefer to be treated at home with facilities that are as good as they are, not in accordance with health protocols. So that the transmission of covid 19 becomes faster and easier to spread to other members who are more vulnerable. This condition often occurs when one member is attacked by covid 19, so there is a tendency for other family members to also be affected by covid. This was experienced by D.'s family when his family members visited the person who got covid, then when pulang to the house the family member suffered from fever and furthermore hampir all his family members had fever after being checked the results tested positive all exposed to covid 19. However, this condition does not affect more severe conditions.



On the other hand, the negative views of the public about covid 19 sufferers who are considered diseases that threaten death have contributed to the level of anxiety in covid 19 sufferers so as to give birth to negative behavioral actions, namely not taking preventive measures, ignoring health protocols. Even the power in him to make decisions to continue his activities even though he is in a state of treatment or has not been free from covid 19. It is conveyed by D's mother and informant S with almost the same various expressions i.e. death is *bukba*. From the variety of emotional experiences they conveyed, there was an element of similarity in some informants. Generally, the emotional experiences they put forward are sourced to two things, namely the emotional response to intrinsic and extrinsic events that are the source of covid 19 health care behavior. Especially for the healing of the consequences caused by Covid19. As revealed by Toni and doni (name samara) begging to be treated at home when in fact there is still a need for doctor's treatment because there is still the covid 19 virus.

The process of emergence of emotional attitudes generated by extrinsic events does not stand alone. This depends on the learning process, and the culture of each individual in a particular social system. The difference in the treatment of people with COVID-19 in the family environment has made me feel alienated in their family environment, so they cannot interact. This condition has had an impact on the depressed social psychological condition of the sufferer to be more sensitive this is indicated by the expression of anger. As revealed by one of the sufferers, let's call it *toni*. The condition has an impact on the healing process becomes hampered. In this condition, the patient should accept the situation when the

patient is exposed to covid 19 not to interact with the surrounding environment. It is this condition that causes the virus to spread to family members and others, as experienced by the Vita family, family members exposed to the virus do not immediately seek to isolate themselves,

### **Knowledge about the Prevention and Spread of Covid 19**

The phenomenon of community helplessness as Solomon has revealed, comes from internal factors regarding the low knowledge and skills of the community in this case preventing the spread of covid 19. The knowledge in question is related to the benefits of services and knowledge of health services for covid 19 sufferers provided by health workers. As well as the benefits of compliance with health protocols. As in the proses of health care prevention and healing. The results of research on public knowledge will be described in the following explanation:

### **Knowledge of vaccine administration.**

From the results of the study, it shows that public awareness to prevent the circulation of the virus through vaccination seems to be carried out on the basis of compulsion alone, this was revealed by several informants from the established economic class and the weak economy has its own reasons, for the weak economic group this vaccination is carried out due to the threat of not getting access to assistance from the government if it has not been vaccinated, this was also revealed by the chairman of RT 18 that residents here are generally afraid of being vaccinated, because the impact will cause fever. However, because of the desire to get financial assistance from the government, they are finally willing to be vaccinated in the hope that they will find it easy to get help. This information is also realized by



the Covid Task Force. Because at the time of the vaccination, the Covid Task Force Officers in collaboration with the Government held vaccinations in exchange for a pack of cooking oil ( 1 Kg) for residents of the community who have been vaccinated. This phenomenon shows that public awareness is still low. This low public awareness also occurs in economically capable people. They are vaccinated because of the requirement that residents who are on board the plane must be fully vaccinated, as evidenced by the existence of a safe travel certificate.

Based on the results of this study, it can be concluded that public knowledge about the importance of vaccination can be said to have not fully understood the benefits of vaccination can prevent exposure to covid 19. They generally think that being vaccinated and not being vaccinated does not guarantee to avoid covid 19. So those who don't travel are less vaccinated. As one of the informants polan (name samara) said . To date it has never been vaccinated. The results showed that the response of the public to carry out vaccination still exists who consider vaccination as a futile action. This was revealed when researchers asked one of the informants about the benefits of vaccines, some arguing that it was useless in vaccines, because it turned out that people who were vaccinated were still also exposed to vaccines. So he didn't do the vaccine. The reason is that being vaccinated and not being vaccinated has the same risk, not making people immune to the disease. Conditions result in vaccines being less attractive to some people. Decreased, those who are vaccinated are only people who have the status of civil servants. Or people who love to travel. This condition is a challenge as well as a heavy burden for the implementation of the Covid 19 Task Force service at the puskesmas as one of the basic

health institutions closest to the community. The existence of the Covid 19 Task Force does have a strategic role in preventing the spread of Covid 19.

### Health Protocol Compliance

The implementation of health protocols in a disciplined manner. is the most important part in the prevention of virus spread. By giving a complete vaccine, it is hoped that it can prevent early conditions that contain it can reduce the risk of exposure to the covid 19 virus.

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Informants' understanding of the covid 19 disease suggests a common opinion. The informant expressed ignorance about attempts to improve or prevent his actual health, especially from the medical aspect. Informants' ignorance of covid 19 has an influence on their



perception of the cause of exposure to covid 19. Although they expressed different statements regarding it. Some consider the symptoms of the disease to be a disease commonly experienced by society caused by work fatigue.

The disclaimer relates to the aspect of ignorance about the disease they are actually experiencing, especially with regard to the danger signs of covid 19. So this has an impact on the actions that need to be taken. Those who consider themselves sick follow up what they do for healing enough to do the treatment they usually do when they experience malaria, namely with traditional therapies that include *kerikan*, *massage* and drinking boiled water of tree leaves . or buy medicine available at the stall.

Based on the informant's experience of previous illnesses, informants believe that by simply performing traditional measures, their health will soon recover. This condition shows that there is still public trust that is not in accordance with the way covid 19 is treated. This pattern of treatment is based on previous sick experiences that suggest that by simply performing traditional therapeutic measures their health will soon recover. Furthermore, after a series of treatments for the disease they suffered did not recover, then they went to the Puskesmas or Hospital.

This phenomenon shows that there is still strong public confidence in health care in traditional herbs compared to medical means. This happened because of the information received by informants about issues that developed in the community related to concerns if they entered the ER were declared covid 19 and then put into isolation rooms while in the hospital and would also be infected by covid 19. Although in fact to be declared COVID, the

hospital will carry out very strict examinations, in addition to the provisions on the implementation of very strict health protocols, thus obscuring the benefits of health care. So it was said by the informant that it was useless to be taken to the Hospital instead of recovering, but instead of delivering death. It is better to be treated at home only added by informants that covid sufferers die always in the hospital, try to observe.. He said everyone who was sick with Covid was taken to a hospital and then told the news of death. This condition makes people choose home care when they get symptoms of covid 19. As stated by Juliwanto, in Fitriyani (2013: 107) that there is a culture that does not support health values is a determining factor in poor public health service practices, for example in choosing treatment. The selection of non-health workers in covid 19 relief, such as using *kerikan*, sunbathing, and drinking traditional potions that parents used to drink when they had a high fever, namely drinking "boiled limb leaves" which are widely available to be grown by the people of Bengkulu for ornamental plants, or fences. In addition, there are those who do not care about the pain they experience by continuing to do activities that issue reminders. The reason if he stays at home has an impact on the level of immunity on him will decrease so that the pain he suffers will get worse. In addition, there are also people self-medicating by not going out of the house or isolating themselves. Nevertheless. However, after a series of efforts made to treat the disease did not recover, covid sufferers went to the health center, although it was done forcibly. At the same time, sufferers are always worried, sometimes even in confusion looking for the cause, or what is the most appropriate way to cure pain. To alleviate the perceived worry, they suggested that what they received was a





common illness of the common cold suffered as a result of work or weather fatigue.

The limited knowledge of the subject regarding his illness is due to several reasons, mainly related to the lack of public awareness to check health with health workers. They prioritize alternative medicine in their area. The results of this study support other studies that have proven that knowledge is one of the dominant factors shaping a person's behavior. (Fitriyani Surya and Rizki (2015:106) .

The tendency of people with covid 19 symptoms not to take advantage of the services of health workers is also caused by ignorance of the meaning of services, and a low understanding of covid 19 properly. They more often receive information from social media that is negative to health services. This condition has an impact on the low level of public awareness of efforts to prevent exposure to covid 19. This is shown by the reduced motivation of the community to vaccinate, comply with health protocols when interacting with the social environment. Both in places of worship and party venues, and 'praying' events This condition occurs due to a lack of information about covid 19 prevention. Overall, people's covid prevention behaviors are socially patterned and often occur together as a manifestation of the social heritage passed down from generation to generation to which the family is located (Committee on Health and Behavior, (2001:7). So this has an impact on the helplessness of the community in accessing to prevent contracting covid 19. This condition reinforces the view of Rubin and Rubin (1992:4) that people feel helpless due to their complex problems caused by a lack of

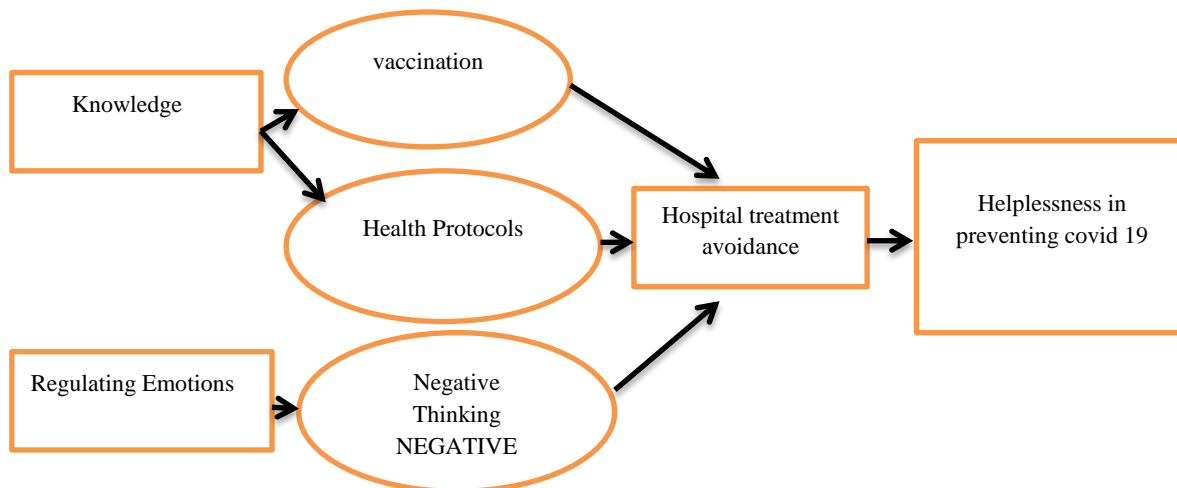
knowledge in themselves. So even though they have problems, they often don't think about putting up a fight.

The conclusion of the results of the study shows that public knowledge about various matters related to the prevention of covid 19, starting from the benefits of health protocols during the covid 19 period, vaccination in general is not fully understood so that people often ignore the importance of prevention through health protocols and vaccinations as a fortress to avoid exposure to covid 19, even though they have actually been notified by the covid 19 task force, Village level government officials, but because of the strong perception they build based on the stimulus they get in the family and wider community and also information obtained from social media and visuals. Resulting in avoidance of performing health care in hospitals. Nor do they carry out vaccinations, even if they are vaccinated, not on the basis of awareness about the benefits of vaccination for health, but actually because of the remoteness. In addition, there is also a presumption in society that COVID-19 is a common event at every change of season, or fatigue. In contrast to those who understand covid 19 prefer covid 19 enumeration treatment at home rather than in hospitals. Whereas at home, the individual who is being treated at home is transmitting the covid 19 virus. This can be seen in people with covid, when one family member occurs, then the other is exposed to the covid 19 virus, although it does not end in death. The description can be described as below:





**Picture 1. Community incompetence in preventing covid 19**



Source : Research Results, 2021

## CONCLUSION

Based on the previous description, it can be concluded that the helplessness of the community in preventing the spread of covid 19, it was identified that negative judgments about him as a person exposed to covid 19 caused a low ability to control emotions. It was revealed that there was a non-compliance with the rules, when he was hospitalized, he asked to go home before being declared free from covid 19. In addition, the factor of knowledge about the spread of covid 19 is not fully understood by the community as a whole. So that public compliance with health protocols is also low, as well as vaccination obligations, people in general vaccinate only to be able to access resources to meet basic needs for those who are economically disadvantaged. But in contrast to those who work as ASN vaccination is considered an obligation.

### Suggestion

Based on the conclusions in this study, then as the final part of the following study

the researcher submits the following suggestions

1. To provide a sense of comfort for pasien who are exposed to covid 19, the hospital in addition to the addition of medical facilities that meet health service standards, it is also necessary to have a team of medical personnel who handle pasien not only from the medical element, but also need to involve psychologists or social workers. So that non-medical personnel are expected to receive psychological counseling to provide a sense of comfort and security while in treatment.

2. Counseling about Covid 19 still needs to be improved so that the community is disciplined in implementing health protocols. In addition, in places of public facilities, such as places of worship, education, recreation, supermarkets, the government needs to provide special officers to supervise the implementation of the Prokes.



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