

Drama in the Midst of A Pandemic

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ABSTRACT

In times like today, the arrival of the Corona pandemic has become something that is threatening. Anxiety everywhere, feeling threatened, feeling uncomfortable, and feeling insecure are things that accompany the arrival of the pandemic. Victims fell and spread everywhere, however, if we take a deeper look, the majority of victims do not have good body resistance. Anxiety and feelings of discomfort are actually one of the contributors to decreased endurance or body immunity. In drama or theater, there are methods of increasing immunity. Exercising the body, engaging in vocals, breathing exercises and meditation are all part of the theater or drama training pattern. How is the drama training pattern to increase body immunity against Covid 19? A qualitative descriptive approach with data collection from multi disciplines will be used as a tool to analyze it. In the sports theater, vocal and breathing are the main assets for a player, in which it contains detoxins in the body, while concentration is self-assessment which is carried out through interpretation. Conditions of stress and anxiety will decrease the body's immunity. Due to this condition, humans will find it difficult to produce the hormone indorvin or the hormone of happiness. Some of these things if done will increase the body's immunity. Data obtained from interviews, literature, and analysis are adjusted to the object of research. Source triangulation and techniques are used to maintain the degree of data actualization and data validity. There are several training models that are more concise and can be done to increase the body's immunity against Covid 19. In the theater studied many sciences including psychology, sociology, physiology. Increasing the body's immunity is not only from one thing, besides adequate nutrition, maintaining cleanliness, but also a feeling of calm and anxiety is one of the causes of maintaining body immunity. The science of theater or drama turns out to have multiple functions in dealing with various living conditions. Not only on the issue of capital to become an actor but other functions of the training pattern contribute to maintaining increased body immunity.

Keywords: Theatre, Drama, Body immunity, Psychoneuroimmunology

1. INTRODUCTION

The recent rise of the Corona outbreak has affected various aspects of human life. The epidemic caused by the Covid 19 virus is so widespread and cannot be detected immediately. There are no specific symptoms, so the detection of the infection cannot be transparent. .

This virus attacks the immunity of the human body. Victims who are infected are usually those with the potential for weak body immunity, such as patients who already have a track record of being unhealthy. This group is more susceptible to infection and can even die. Body immunity can not only be generated by adequate nutrition, maintaining health, maintaining cleanliness alone, but psychological problems are one of the drivers of growing body immunity in humans. Increasing body immunity is

very important to prevent the spread of the Covid 19 virus. The main objective of this study is to find a media formula to increase body immunity through drama that can be done independently. The resulting form is a product of the acting training process including body, vocal, breathing, and concentration as a result medium and a tutorial on training patterns. Remembering the elements of drama training include physical and psychological.

Psychologist Wiene Dewi from the Indonesian Psychologists Association stated that panic, anxiety and stress can cause the body's immune system to decrease, making it susceptible to diseases, including the corona virus. Due to this condition, humans will find it difficult to produce the hormone indorvin or the hormone of happiness. (Media Indonesia, 19, 2020). The science of

increasing immunity or psychoneuroimmunology explains that the body's immunity also depends on human feelings. (Johana Perwitasari, 1997) It is hoped that the production of the results of this research can make people do self-limited disease or heal themselves by preventing it.

From the description above, it can be concluded that an effective medium is needed to provide education to increase body immunity independently.

According to Borg, research and development is "What is research and development? It is a process used to development and validate educational products. "Research and development is a process / method used to validate and develop products. In his description again states "by product we mean not only such things as textbooks, instructional films, and computer software, but also methods, such as drug education programs or staff development programs. The products referred to here are not only in the form of materials such as textbooks, films for learning, and computer software, but also methods such as teaching methods, and programs such as educational programs to deal with diseases of children who drink alcohol and development programs. staff. (Sugiono, 2019,28) .. Brog also stated that research and development is how researchers develop existing ones by way of validating them. Developing existing products can mean updating existing products to make them more effective and efficient. Thiagrajan, Dorothy S, and Melvin (1974) describe a development technique with 4 stages, namely definee, design, develop, and disseminate. The definee stage is the stage of determining the requirements for learning. The design stage is the design stage of the learning device. The develop stage is the development stage which is through an assessment of a team of experts followed by a development test. The first step taken was to try to define the urgent need related to the outbreak of a pandemic and to find the right loopholes to participate in anticipating it. In this study, the audio-visual multimedia product design was based on the phenomenon that occurred, addressing the outbreak of the Covid 19 pandemic. drama training which is taken from several acting training methods which can benefitfully increase body immunity ..

Drama has several etymological meanings in his book (Abdillah, 2008: 1-2) The word "drama" comes from the word Draomai (verb: dran) in Greek, and according to Professor Alfvim B. Where does the verb dran mean to apply ("To do") or to act ("to act"). Besides that, drama is also always associated with the term play (game), script, play, story, tonil, play, and theater. Drama is also related to other related disciplines such as literature, and also has an impact on other arts, including dance, music, and fine arts, as well as several other social sciences. It is not uncommon for drama to be associated with politics which means pretending, or actions that occur under pretense, or a manipulation of an activity with other activities.

In order to find out the types of theater and its supporting devices written by Georg R. Kernodle, translated by Yudiaryani in 2002. This book talks about almost all forms of theater, both word theater, sung theater, and dance. (Yudiaryani, 2002, 64). Acting is part of a player's action, therefore the knowledge of acting needs to be known as supporting research in the training method. Acting is a behavior that the actor plays. Actor's behavior depends on the type of script that will be played for the preparation. Preparation of an actor is body, vocal and intellectual. (Sabin R. Epstein 2012,37). In acting that need to be analyzed are elements of physicology, sociology and physicology. There are various kinds of training systems that exist in acting, including breathing, by the body, intellectual processing, and feeling. In this element, it is done to be able to present feelings and control the body automatically in response to the atmosphere outside of itself

Johanna E. Perwitasari's writing states that body resistance or immunity does not only arise from external stimuli but also from humans themselves. Stress conditions greatly affect the orodujtifitas of the enzymes in the human body. No matter how much gzi is put into the body, it will feel in vain because it is absorbed by psychological conditions that affect the brain in producing happy hormones. The science of psythioneuroimmunology explains that a person's mood will affect the immune system. An atmosphere of tension, depression, anxiety, and feeling of threat greatly affects the nerves to the brain which in turn affects other nerves (Psykoneuroimmunology, Journal of Psychology No. 2,1997). The psychology process is actually a step towards a physiological balance in the form of behavior, because nerve manipulation and endological function can affect immunity (Ader and Cohen, 1997). Immunity can actually be grown naturally through the influence of the nerves of the brain as the control of the body, human feelings will affect their behavior and stimuli that are obtained from outside make the body reject the arrival of foreign creatures outside the body. Immunity can be achieved if there is a balance between physical and psychological. Because human feelings greatly affect the hormonal immune system. (Kennet Murphy, 2087,54)

Humans consist of two, namely internal and external. Each - each has different needs. The two human elements influence and need each other. The idea, ego, and super ego are the stages before they become action. The super ego is the human subconscious that is outside the human cultural behavior itself. However, the atmosphere that is presented will affect the external human. This means that the human situation depends on human internality itself. A sick person is actually influenced by many things, disharmony in humans and their bodies greatly affects mood, and moods will affect the condition of the human body as a body (Deepak Copra, 2017,46). The body is an important element in perceiving all human behavior. The body can become an idea, a thought, a feeling, a desire.

Thiagrajan, Dorothy S, and Melvin (1974) describe a development technique with 4 stages, namely definee, design, develop, and disseminate. The definee stage is the stage of determining the requirements. The design stage is the design stage of the device. The develop stage is the development stage, which is the development stage through an assessment of the expert team followed by a development test.

Creativity or often referred to as creativity is a mental process that involves the emergence of new ideas or concepts and are interrelated. According to Chambpel (1995) creativity is an activity, useful and understandable. New means that it has never existed, is innovative, fresh and interesting. Meanwhile, according to Isenberg, creativity is a process of thinking and responding which includes: connecting what has happened before, responding to stimuli, from these two things will produce unique products (1993.4). According to Seefeld, creativity is the power to produce something new or original. Creativity not only produces thoughts but produces new products in its development. Creativity in art uses the art form as a medium and its methods (arts education and arts in education) both in formal and non-formal forms that apply everywhere (Rohendi, 2016). Art contributes to providing space, environment and practice in developing creativity. Drama creativity lies in literary expression, drama as a written concept requires space and communication methods as a form of pouring written conceptual ideas into drama works. Literature when it is still written will be called drama, especially as it relates to the description of written events and situations. In it there are characterizations, themes, characters, descriptions of events and events or what is often called plays. There are many literary genres that can be poetry, novels, plays, scenarios and short stories, and some even take the form of a treatise as a summary of events to be played or narrated. The implication of treatment can be pantomime or non-realist theater

The initial idea of realist theater was the desire to create an illusion of reality on the stage. It can be clearly stated that realist theater wants to make the audience forget that they are watching the theater. For this reason, the scene in the room is no longer enough for a screen with a picture (decoration), but it is necessary to create a room with four walls like a room that is usually done by imagining one side of the wall. It seems that realist theater wants to present life directly on the stage (Soemanto, 2001: 270).

2. METHOD

This research uses a Research and development approach which describes the process of making educational VCD media that will be distributed to social media. By making a training tutorial, the process is expected to be used by the wider community independently in order to develop immunity. At this time

increasing immunity is very important because the Covid 19 virus attacks the body's resistance. Identification of the body's immune system products that exist in humans, adjusted to existing conditions. The analysis is adjusted to multi-science to get maximum results.

Sources of data in this study can be in the form of words and actions or written sources from various previous studies. According to Loflan, in Maleong, it is stated that the main data sources in qualitative research are in the form of words and actions, the rest is additional data such as documents and others (Lexy, Moleong, 2005,157). Data is obtained from libraries and online interviews with sources who are competent in their fields. Data about covid is obtained through news sources on social media and several online seminars conducted by several media. The relationship between the corona bacteria and its causes was obtained through various interviews with the resource person, Dr. Sutomo Wahida Hospital, 48 years old, the data obtained was that infected covid patients were usually between 30-65 years old and already had a history of illness. Covid patients have low immunity because they have been attacked by previous diseases. The covid virus attacks the lungs as the main tool in pumping blood to all organs of the body. The patient will get worse if the lungs are attacked and immunity decreases, so that bacteria enter the whole body through blood pumped to all organs of the body. From several psychological journals it is stated that the immune system or the body's immunity is closely related to a person's psychological condition. Anxiety and anxiety will reduce the body's immunity, associated with the respiratory system which regulates the regularity of blood hemoglobin products in the body. Hemoglobin is what produces the body's defenses against foreign objects or foreign creatures that are not needed by the body (Nugroho, 2020). The source of circulatory coordination is the heart and lungs, so the stability of breathing is important in cultivating body stability. In theater, there are the most basic assets, namely body, vocals, and intellect. In addition, to form a character that is played requires hard vocal training, the body for stamina, and calmness in playing (Rendra, 1990). Breathing performed by tetar players, body work, and vocal work is a method of forming an actor (Hidajad, 2020). Apart from that, the training process actually provides benefits for the formation of body immunity.

Documentation can be obtained from various performance activities and processes carried out by theater performers. Then it was tested independently and analyzed according to research needs

There are two types of data collection techniques in this research, namely documentation that functions as data, and documentation in the form of recording as a result of analysis. Documentation can be obtained from various performance activities and processes carried out by theater performers. Then it was tested independently

and analyzed according to research needs. In addition, documentation obtained from several news sources as material for analysis. Recording is done to make products according to research objectives. The recording process first goes through a needs analysis to increase body mass. Psychological studies related to body immunity, namely psycho-neurology of the relationship between psychology and body resistance. From the results of the analysis, a draft or scenario and a script were created to provide an overview to the community. After that, a tutorial on breathing, vocal, body and concentration training was carried out as part of a method of developing increased immunity.

Researchers also used this method to obtain data both medically (the frontline nurse for the Corona RS Sutomo case), as well as with several victims who were caught through Whatshaap. In addition, interviews were also conducted with media experts who are competent in their fields. Since the product is also a recorded performance design, the resource person is a lecturer at the Yogyakarta Institute of the Indonesian Arts Theater. This is important because apart from the recording technique, the content should also be interesting.

Literature study is carried out in addition to searching for data as well as for processing data. Library data is not only based on literature, but also from cyberspace, virtual libraries are used because this research is cross-disciplinary. Up date about developments about covid corona is very necessary to get the latest data as a basis for analysis related to the current situation and the development of science which continues to seek solutions to developments in handling covid. Libraries are also used as a basis in analyzing data and facts, so that they can produce justified findings. Literacy libraries, virtual libraries, and several journals are used as field analysis tools.

In order for the data obtained to be accurate, the researchers took the following steps, validating the data as follows (1) Collecting data both in literature and virtual literature (2). (3). Field observations through several sources in the field (4) Literacy discussions with experts.

From the data obtained, then analyzed and designed several steps to make tutorials for increasing immunity through acting training. The choice of acting is because it contains elements of human health, both mental health and physical health. So that a common thread can be drawn that mental health or mental health greatly affects the body's resistance or the immunity of the human body. Compiled a draft tutorial making.

Table 1. Draft or tutorial scenario for breathing training, exercise, concentration

No.	Theory	Form	Information
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1.	Exercise the body	Stretching the muscles associated with exhalation.	Audio visual along with information on usefulness, how to do it and pictures
2.	Work on vocals	Burdened breath release and its implications	How to breathe with vocals is accompanied by a description of the usefulness and how to do it with audio visual media to release the burden of psychology
3,	Concentration	The way of releasing the mind is through calm using the body and the breath	Audio visual that contains procedures for doing concentration to calm down in the form of audio visual

Triangulation used in this research is to use triangulation of sources, techniques and theories. The triangulation of sources that the researchers did was cross-checking from various sources according to the field, both in the drama field and the recording media. Technique triangulation is combining or checking the validity of the data through unstructured interviews with appropriate literature and facts in the field regarding the object under study. Theory triangulation is carried out with literature studies both in drama, recording media, psychology, health and field needs.

Discussions with expert fields are an attempt to obtain as much data information as possible according to their fields. So that this research can guarantee the validity of the data and analyze it according to scientific principles. In addition to gathering the necessary information, discussions with experts also explore the process of making media and the application of media to the wider community. So that the accuracy of the media can be used for the purpose of the research. Apart from discussing the field of experts, they also verified the quality of the media and the media content of the media that were made. This expert field includes the field of media expertise and the field of drama or theater experts.

The data obtained from various sources were then analyzed using qualitative descriptive analysis. Data analysis was carried out simultaneously with data collection that had been carried out and conclusions of the data were made to be refined along with data reduction and verification.

3. RESULTS AND DISCUSSIONS

3.1. Define

In development research, the first step that must be done is the define stage or steps to find out the learning requirements or specifications that can be taken from the research raised. The priority in this research is to provide education with recording-based tutorial media which will later be disseminated via social media. We hope that the audio-visual tutorial is chosen to be more real and easy to understand so that anyone who sees it can immediately practice it. In order to be able to produce media optimally, as a means or media of education, it has special requirements in producing it. Auditively, the sound quality produced must be as optimal as possible, clear, varied, and have a calming background image considering that the purpose of this study is to produce educational tutorials to increase body immunity.

The second factor is the image, the image is a concrete guide to provide an example in supporting the narrative conveyed by the vocals or audio generated by the narrator or the illustrations presented. Images must also vary both in terms of angles and transitions of the images that are presented. Between audio and visual must be harmonious and in tune. Since visual is a connection of images recorded by the camera, a guide is needed to do so. Because the final goal is to provide audio-visual education on the selection of human resources, it is hoped that those who can operate optimally are selected. Apart from cameramen, music illustrations, editors, directors, screenwriters, as well as visuals who understand instructions from both the screenplay and the director. There are several stages in the gamabar that will be produced, namely the narrative session, demonstration session, and closing session. The contents of the image consist of an opening which contains an explanation, then preparation, demonstration and closing. Striving for demonstration sessions in order from beginning to end. Processing of stretching and exhalation, exhalation and vocals, exhalation and calmness. There will be a variety of narrator pictures, writing, and visuals. This was done to clarify the description that must be done so that the audience can easily imitate it.

The main material in the form of product packaging contains tutorials for increasing body immunity through an acting training pattern, training elements in the form of body exercise, vocal and breathing exercises, ending with concentration. The pattern of training in acting is chosen

because in the human body acting and its psychology are the main subjects.

3.2. Design

The next step is to design the product. The first product design to be carried out was to open YouTube content and conduct several trials with a theme that led to Covid 19 education. poetry through Whatshap chat. Once collected, they are edited and organized so that they can be enjoyed and launched via YouTube media. From the first launch, about 300 viewers were watched.

Research was carried out starting from the effects that appear when exercise is done. Trying to reinvent the science of drama to express ideas. The research found that there are several human conflicts, namely (a). Human-human conflict (b). Human conflict with themselves. (C) Human conflict with God (d) Human conflict with the environment

In the case of a human conflict pandemic becomes more complex. Social restriction policy, changing all habits and joints of human life. Economically, the income decreases, the habits of life change, it will cause conflict in it. The random and invisible arrival of the corona virus is difficult to touch, making humans and other humans suspicious of each other and keeping their distance. Direct intaction communication is reduced. Stressing results from the pressure.

Such a situation will be dangerous because it will contribute to lowering the body's immunity because indovin is not produced in every human being. People often stay at home, problems arise because of changes from their habits. There are several findings that can be noted in this research, that the intensity of human emotions depends on breathing. The control of the psychological situation depends on how humans can regulate the stability of breathing. When humans are very angry, the resulting breath will be gasping for breath. People too happy also cause gasping breath. For those who lust, will also breathe out of breath. It can be concluded that inhalation is something that really controls human behavior. Such situations make humans lose self-control. So that it reduces the balance itself. Indovin is a kind of enzyme that can be produced from the order in the human body. Regularity can be obtained through breathing, calmness, and body balance. Sadness, anxiety, and feeling threatened will reduce human calm. From that all humans will be stressed, lack of sleep and change the order to be more random. Stress has a dominant effect in reducing indovine enzymes, and the reduction of indovine enzymes has a role in decreasing body immunity.

The body's immunity is determined by three things, namely body health, mental health, and calmness. Psychoneuromunology states that immunity is a unit of physicology and psychology. Because psychoneuoromunology is an integrated concept of

immune function to maintain homeostasis. (AE Nurdin journalmka.fk.unand.ac.id). Homeostasis is an automatic process and mechanism that is carried out by living things and maintains a constant condition so that their bodies can function normally, despite changes in the environment inside or outside their bodies. Corona from observations and interviews is known that it attacks the respiratory system in humans starting from excess body heat because there is resistance between the immunity in the body and the corona bacteria. Body heat will increase, as bacteria enter the circulatory area. The center of human blood circulation is located in the lungs and heart. Shortness of breath is the next symptom produced by white blood and bacteria that die during a viral attack, and it continues so that patients usually have difficulty breathing or are similar to a heart attack (interview Wahida, 16 May 2020).

Patients who are easily attacked because they usually already have congenital illnesses related to respiratory or heart disease, high blood pressure, lungs, or diabetes. Because there is actually a wound or hole for the corona bacteria to enter the bloodstream. Elderly humans are also susceptible to being attacked or contracted by this virus, because at the age of 45 years and over some of the body's functions are reduced.

From the above explanation, it can be concluded that the body's immunity can be generated from oneself through the indovin enzyme. Meanwhile, other things that can be done is to maintain adequate diet, exercise and nutrition. From this analysis, a scenario was created and then recorded.

Table 2. The draft tutorial scenario

No.	Picture	Scene	Information	Dialogue/ title
1	Opening made as an identifier of the presenters and demonstrators	Scrolling pictures and illustrations of presenters and presenters while still giving the impression of a pandemic	Images varied from existing shots or images as an expression of the message	Contains the introduction, purpose and explanation of the arrival of a pandemic and its effects. Offer solving solutions with actor training processes
2	The initial scene begins with the appearance of a speaker to explain how the corona virus attacks and prevention efforts	Anggel varies to enrich the image	Contains pictures, dialogue, and writing in pictures, explaining how the body's immunity can be raised and can be in several ways. Sunbathing, but the most urgent is to use a mask as a virus resistance through body heat itself	Narrator speaks with explanation
3	Upper body processing starting from the neck	The demonstrator performs an example of a body exercise by shifting the neck segment	The narrator explains the function of sliding the neck and not pulling the clothes, and explains the relationship between the neck and the breath (picture in picture but not insert)	The narrator explains the manner and function of movement in relation to exhalation and stretching of muscles
4	The demonstrator demonstrates turning the chest to the hips	Detailed images from the display	There is writing in pictures and pictures in pictures	The narrator explains the benefits and how to do it right
5	Pulling hands up, down, sideways, down	The demonstrators do one by one in detail	Drawings in pictures between the	The narrator verbally explains the benefits and how to do it

			demonstrator and narrator	
6	Stretch the muscles of the hips, back and abdomen	The demonstration details the sequence as needed	Image variations in the image	The narrator explains the procedure and explains the benefits
7	Left and right outer chest stretches	The demonstrator performs an example of a stretching motion for the chest and stomach muscles	Image display with narrator's sound of out	Narrator explains per chart
8	Stretch the chest muscles, back, thighs	The demonstrator does, and the image is more detailed. Followed by breathing	Display image per section. Picture in picture	Narataor describes sequences and movements
9	Variation of motion and breathing	The protagonist performs successive movements	Picture in picture	The narrator explains the relationship between breathing and one's emotional
10	The next stage is the variation of motion and breathing	Narrator image	Pictures and writing	The narrator explains the type of exhalation
11	Explanation of the division of breath	The display image performs various forms of inhalation	Picture in picture	Narrator in frame
12	Breathing with a combination of motion and breath	Breathing by utilizing the body	Combined image	The narrator explains the respiratory function with these movements
13	Breathing with variation movements	Low level	The demonstrator performs an example of a movement	The narrator provides a sequence of movements and ordinances
14	Muscle balance and shape of breathing		The demonstrator performs the movement with a variety of images as needed	The narrator im frame explains the benefits of vocals in the relief of the burden of psychology
15	Towards vocal practice	Explanation of the relationship of respiration, exercise, and vocals		The narrator explains the types of inhalation with vowels and its uses in psychology
16	Vowel variations	Breathing as a load reliever		The narrator gives a description of its usefulness for growing indovin
17	Breathing and vocalization force you to be happy	Inhalation and vocals trigger happiness with laughter	The demonstrator provides an example of movement	The narrator explains the benefits of facial exercises

18	Work on vocals and facial exercises	Breathing, vocal processing, and facial exercises as a means of happiness	The demonstrator recites the A-Z alphabet aloud. Count from 1- 50	The narrator provides an explanation of its functions and benefits
19	Vowel alternative		The demonstrator gives examples of loud whispering vocals	The narrator explains proper procedures to relax the mind and body.
20	Concentration / meditation	Calm your mind by relaxing	The demonstrator provides an example of motion	Narrator
21	Closing	Credit title	Images varied from existing shots or images as an expression of the message	Contains the introduction, purpose and explanation of the arrival of a pandemic and its effects. Offer solving solutions with actor training processes

3.3. Develop

The absence of assistance to patients infected with the Corona virus, and also the absence of a definite explanation about the form of spread and how to cure it made the public panic. Panic in the community will lead to weak community resilience. Social order and community behavior are inevitably changed by the existence of social restrictions. The habituation that is enforced by connecting through cyberspace is a problem in itself. The noise and anxiety that has been arising so far is also due to unbalanced news from social media. News about horror, death, and very high stress does not provide a balance in providing news that is circulating. Therefore it is necessary to have a balancing or educational media in the community so that they can be calmer in facing the Corona 19 pandemic.

Panic and anxiety will reduce the body's resistance, economic resilience is also a phenomenon which also contributes to the decline in community resilience. In drama or theater, there is a lot of knowledge that can be learned and applied in dealing with situations like this. Because drama or theater studies human character both psychologically, physiology, and sociology. These sciences are found in both Turkish drama and acting. In acting, the readiness of the body, mind, vocals and health is very important. The concept of to be or not to be becomes an exploration as a whole. The involvement of the body and psychology is a close connection if it is explored intensively and deeply to be able to solve health problems, in this case, increasing the body's immunity independently. In a situation like this, using social media is very possible to provide education in the pandemic era. So the concept of increasing immunity in the first stage is in the form of tutorials to increase body immunity through

drama and theater. This means that the concept does not stop at writing but takes the form of socialization via YouTube. After the concept is made and discussed, it is socialized through YouTube. In order to be more valid and produce good products, a validity due diligence process is carried out. The validity is done by two fields, the first is content validity. The content of the tutorial material is discussed with field experts to be given input and evaluated in terms of the material side. The material is in the form of body training, vocal processing, breathing and concentration, their relationship with material analysis on research needs

3.4. Content validity Feasibility Test

The concept is realized in the form of making tutorial media

- a) Variations of images especially for tutorials are more enriched to reduce boredom when watching.
- b) Use everyday language so that it is light and easy to digest, must be communicative and educative
- c) The combination of pictures and narration can be used more as an explanation of the material.
- d) Detailed images are tailored to the needs of explanation
- e) The content is accompanied by a narrative to make it more communicative
- f) There is no need for details to include drama or theater elements because the person watching is not an art person as a whole.
- g) Mainly is the concept of tutorial to increase immunity, so the content presented is an explanation of the correlation between

tutorials, media, content, and increased immunity.

From the input above, there are revisions to several pictures that are directly related to the Happy Body Exercise tutorial video to increase body immunity. Taking pictures is carried out in three seasons, the first the demonstrator makes a thorough and detailed movement with the drawing draft guide. Recording is done so that the selection of images can provide more image variations.

The second season is taking pictures of the narrator based on the order that has been done by the demonstrator, the language used is more relaxed and communicative so that it is easily digested by those who see and hear. The image is adjusted to the display occasionally which provides an overview of how to perform and explains the benefits of movement. The explanation of the content was not detailed and changed not directly related to drama, but elements of acting training were highlighted. Several pictures were re-taken to improve the jumping form and narrative. Jumping on several images lies the discontinuity of the sequence of images, light, language, and narration. Recording of re-take results is necessary so that the production and editing process does not require a long time. The language used in the narrative is changed from a formal narrative to one that is everyday and informative so that it is easy to digest. Because the general public does not need verbal and verbose language. Suggestive language or language that tends to be an appeal and appeal in the narrative is needed to influence the audience or suggest those who hear and see. Illustration music is selected and synchronized with the needs of the image, so that the picture and narration are not empty.

3.5. Image Feasibility Test

The tutorial that is made is the result of a scientific sentence analysis, requiring a vehicle transfer from the language of the word into the language of the picture. The advantages of the image will be more able to suggest for those who see and hear it. There are certain conditions in compiling images on audio visual media. A video or film is a series of pictures arranged and sequenced systematically to produce media that can be understood, enjoyed and analyzed. Therefore it is necessary to verify images and media to the field of experts who already understand the media for educational needs. This tutorial is or aims to provide education to the wider community, image and audio quality is needed. The power of recording, editing, and composing must be better organized. Synchronization between audio, visual and writing in the image is needed to support clarity of information and communication. There are several notes from the field of media experts, namely:

- a) Editing is still too rough

- b) Image transfer requires a variety of transitions
- c) Audio quality should be improved as there is too much noise
- d) It is necessary to pay attention to image variations so that there is dynamics and not boring

From the notes above, improvements were made by making a storyboard for each image to be taken, making it easier to control the image. Changing media editing from a laptop to a computer is very important to accommodate many images. All captured images are transferred to the computer thereby speeding up the editing process and allowing more variety to be used for image transitions. The audio recording which initially used a camera microphone was replaced with a mini microphone on a cellphone, so that it was clearer and not too much noise. Image variation is done through image transitions, but adding writing at certain events or times that require emphasis on certain scenes. The use of music is more controlled so that there is no over-laping between the pictures and the narration spoken by the narrator.

After the repairs were made again the team held discussions and verified the video that had been done. The result is : Opening and “olah tubuh”



Figure 1 (a) The narrator appears as the opening figure of the title insert; (b) the variation of the image starts with the narrator in frame with different background variations using neat costumes; (c) explanation of the relationship between psychology and psychological health



Figure 2 (a) Explanation of body work from head to toe; (b) Explanation of the effects of inhalation on the human psychological condition and the various types of inhalation; (c) The narrator explains the relationship between breathing, body work and vocal processing with a person's psychological state



3(a)

3(b)

Figure 3 (a) An explanation of the importance of facial exercises and feelings of happiness; (b) the narrator's explanation includes regulating breathing, body posture and the purpose of concentration as a counterbalance to the attitude and body regulation. Body shape, feet and hands, and face direction.

This brief description is the result of a revision of the media expert field and the content expert field from what has been previously analyzed. As an overview of the content of drama arts tutorials in increasing immunity. Details can be seen at the link https://drive.google.com/file/d/16vuOSkzxOj6y_9mua9B79x1YHV4CNCK5/view?Usp=drivesdk.

4. CONCLUSIONS

4.1. Conclusion

From the results of the research stages starting from define, design, and develop, it can be concluded that drama or theater is a form of media that can be used as an educational tool. The flexibility of the performance form in drama expression gives the possibility of many choices of forms. People today no longer like the form of information with a lot of writing, nor do they like it in the form of speech. A media that is more communicative and closer to people's lives is needed. Theater is a communication medium in the form of verbal and non-verbal, this provides the possibility of communication interaction with various forms as a target choice. Messages carried out through various forms of theater provide great opportunities for the delivery of educational messages to the public.

A pandemic situation that makes people stutter towards change requires an indirect stimulus. Because the anxiety and distress of society will reduce endurance due to stress or depression. Depression and stress here are referred to as community unrest even though they are at home. The most appropriate choice for increasing body immunity through drama science is the acting training method. In acting training, there are functions of the body, breathing, vocalization, and concentration. The training pattern has elements of the body that function as a detox process by stretching muscles. The elements of the interpretation process provide a stimulus to calm and smooth blood circulation. Vocal exercise which contains

elements of facial exercise, shouting, whispering is a vehicle for releasing the burden of psychology. The element of concentration with inhalation, muscular arrangement and suggestion which is built up through narration and thought will build a calm mind. With calmness and a sense of happiness, the endorvin enzyme will be stronger. The strong endorvin with this feeling of happiness results in the production of immunity to the body being maintained and free from corona.

4.2. Suggestions

Limited time makes this research less in depth. With a pandemic situation that also contributes to the form of obstacles and difficulties, it is another factor of this research. Pandemics are a form of massive spread. This kind of epidemic had not only happened this time, it had happened before that was even less terrifying. Not all social media news comes from the right people, which makes the public even more panicked. Therefore it is necessary to balance the news so that there is no panic in the community. Because this kind of situation doesn't just happen this time, it's even possible that in the future this kind of situation will repeat itself. It is necessary to dig or research the problem of increasing body immunity. Because the body's low immunity will be easily attacked by viruses. He hopes that the results of this research will be made a book so that it can become scientific knowledge and notes in dealing with the same situation.

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