Literature Review: Psychological Social Impact in Indonesia during Covid-19 Pandemic

Lady Gan[1*] Komang Triani Lestari[2] Ima Herawati[3], Keni Keni[1]

[1]*Business Management, Faculty of Economics & Business, Universitas Tarumanagara, Jakarta, Indonesia*
[2]*Pharmacy Department, Faculty of Pharmacy, Universitas Mahasaraswati Denpasar, Indonesia*
[3]*Private Law, Faculty of Law, Universitas Langlang Buana Bandung, Indonesia*
[*]*Corresponding Author. Email: ladygan111@gmail.com*

ABSTRACT

Nowadays COVID-19 is spreading around the world, there are more than 194 million confirmed cases, including 4 million deaths, and 3.5 million vaccine doses have been administered. It presents a serious threat to both psychological and social effects on the population. The purpose of this research is to know the psychological social impact toward COVID -19 pandemic in Indonesia so that can be handled immediately. Literature study is the research method used. There are three main things which are felt as psychological social impact: family interactions become intense because of lockdown restrictions where peoples are asked to stay at home and it created depressed and unstable emotions, excessive stress, such as feeling of worry, anxiety, fatigue, bored also panic buying behavior such an insecure feeling that trigger people to store goods in a large number. Three topics regarding the impact in the psychological social aspect will be discussed in this article. It is hoped that by knowing the impact on the psychological social aspect, the public will be able to better understand the actions that must be taken during this pandemic so that the community and the government can work together.

Keywords: COVID-19 pandemic, psychological social, emotions, impact, Indonesia

1. INTRODUCTION

Corona Virus or Corona Virus Disease in 2019 (COVID-19) is a serious global problem, where this virus is a virus that attacks the human respiratory system and causes infections in the respiratory tract. Symptoms of this virus range from the common cold to serious illnesses such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). Corona virus is a new type of virus that was first discovered in Wuhan, China in 2019, later named Severe Acute Respiratory Syndrome Coronavirus Disease-2019 (COVID-19) [1].

Indonesia is one of 216 countries with confirmed cases of COVID-19. On the 2nd of March 2020, for the first time, the government announced two cases of positive Covid-19 patients in Indonesia. Even though in January 2020 the corona virus has been declared as a virus that can be transmitted between humans, the government does not immediately close flight access to and from Wuhan, which is located around several airports. This includes Batam, Jakarta, Denpasar, Manado, and Makassar. As a result, from March to April the number of people who have been infected with the corona virus has increased dramatically, especially in the big cities [2]. Almost 1 and a half years since entering Indonesia, the Corona Virus

(Covid-19) pandemic, which caused panic everywhere managed to have a drastic social and psychological impact for some people [3].

One of the government's policies is PPKM (implementation of restrictions on community activities) which was implemented in parts of Java and Bali. According to Dani and Mediantara [4] standards of behavior that allow people to live cooperatively in groups will be hard to come by again. This problem is also caused by the Covid-19 pandemic, which requires humans as social beings to observe changes in the social environment, which makes every human being live his own life and keep his distance from other humans.

When we talk about the big changes we need to follow, we know that not everyone can accept reality. Some of us are still worried, but others seem to be living freely. Many people are forced to stay at home, where this has a serious impact on every member of the family, especially for children and adolescents who are psychologically and emotionally unstable. According to Hikam [5] 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.

Although the policy of staying at home to prevent the spread of Covid-19 is an opportunity to gather with family, there are several challenges that every family member faces

at home. For example, the challenges of overcoming boredom, accompanying children in carrying out their activities, knowing and guiding children in their circle of friends, paying attention to their survival in this unfavorable situation, and building good emotions and communication with each other.

However, there is still a good impact for families whose parents were usually very busy in the past, this is because in the era of Covid-19 pandemic, we have a lot of time at home and as time goes by we will surely understand and little by little learn how to overcome the challenges that occur at home, and of course it will be useful to be able to build closer relationships between family members. According to Sari [6] there were many activities that the family could carry out in this period, one of which was to instill character, such as cooperation, mutual respect and responsibility within the family.

Hardilawati [7] found that 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. The high number of positive cases of the corona virus is also accompanied by the behavior of people who buy necessities excessively and unreasonably or known as panic buying. Panic buying is a form of consumer behavior in Indonesian society in the midst of the Covid-19 pandemic because they are worried that the basic needs they need at home cannot be fulfilled [8].

The uncertainty of the fate of individuals during the Covid-19 period has made many people feel stressed. The reason is, during the pandemic, many people lost their jobs because the income from where they worked was flooded. Apart from the workers, the responsibilities of teachers and lecturers also pile up due to the impact of learning from home. This causes losses from two directions, where students feel excessive stress because the material presented is more difficult to understand, and the teacher is also overwhelmed in pursuing the material that must be taught. Therefore, we need to be aware and understand what we really need to think about and what activities need to be done to deal with this excessive stress so that it doesn't happen for a long time. We can increase our knowledge by taking courses, reading books, doing hobbies, and other activities that we like.

The purpose of this study is to explore Indonesia's social psychological impact so that it can be handled immediately. According to the American Psychological Association [9] psychology is the scientific study of the mind and behavior. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes [9]. It encompasses the biological influences, social pressures, and environmental factors that affect how people think, act, and feel.

As a result, some different subfields and specialty areas have emerged. Social psychology focuses on group behavior, social influences on individual behavior,

attitudes, prejudice, conformity, aggression, and related topics [10].

Some of the ways that psychology contributes to individuals and society include: (1) Improving our understanding of why people behave as they do as well; (2) Understanding the different factors that can impact the human mind and behavior; (3) Understanding issues that impact health, daily life, and well-being; (4) Improving ergonomics to improve product design; (5) Creating safer and more efficient workspaces; (6) Helping motivate people to achieve their goals; and (7) Improving productivity. Psychologists accomplish these things by using objective scientific methods to understand, explain, and predict human behavior. Psychological studies are highly structured, beginning with a hypothesis that is then empirically tested.

According to Rogers [11] social psychology was born in the late 19th andearly 20th centuries. In its initial development, there were two paradigms of social psychology learning approach, which are shown in the following figure:
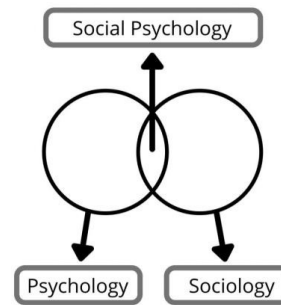

Figure 1 Social Psychology according to Rogers
Source: The Importance of Paradigm Change and Approach to Learning and Application of Social Psychology in Indonesia. Yogyakarta by Koentjoro, 2005, p.5.

According to Nurrachman [11] psychology social life departs from the idea that recognition of behavior and processes, but takes place in the social sphere (which can affect the individual) and then gave birth to the study of intrapsychic processes within a person in relation to interpsychic interactions with each other. This is what makes social psychology distinct from other fields of psychology, which focus only on individual internal variables as determinants of behavior, such as motivation, needs, and so on.

2. METHOD

A literature study method used in this study. According to Sugiyono [4] literature studies or literature studies are also used in studies of values, culture, norms and studies of certain social situations and conditions. Literature research methodology is to read through, analyze and sort literatures in order to identify the essential attribute of materials [12]. Its significant difference from other

methodologies is that it does not directly deal with the object under study, but to indirectly access to information from a variety of literatures, which is generally referred to as "non-contact method" [**12**]. Education researches shall fully share information, conduct literature researches grasp sources of relevant researches and scientific developments and to understand what our predecessors have achieved and the progress made by other researchers. In line with that, Zed (2014) [4] 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.

3. RESULT AND DISCUSSION

The result is that the social psychological aspect is one of the significant impacts during the Covid-19 pandemic in Indonesia. The pandemic has caused restrictions on community activities with the lockdown so that people are asked to stay at home. The difficulty of meeting their needs due to losing their jobs and keeping them safe is too stressful for them. Worse still, some people hoard essential goods and medical equipment for personal gain from reselling them at higher prices. Based on the results of the literature study, there are three main topics that will be discussed regarding the social psychological impact of Covid-19 in Indonesia, namely family interactions, excessive stress, and panic buying.

3.1. Family Interaction

One of the social impacts that occur as a result of the pandemic is the increase in family interaction between parents and children. The demand to work from home and study at home means that parents can spend more time with their children. This can strengthen the relationship between parents and children where parents can show more attention and supervise children closely [13]. Parents who were previously busy working before the COVID-19 pandemic and rarely at home will be able to accompany their children to study at home, get to know each other better and be able to build good communication so as to produce a positive impact [14]. On the other hand, negative impacts can also arise during this pandemic, if parents are not ready to carry out homework as well as become teachers for children while studying at home. Especially for mothers who work as office employees, they have to do housework, obligations as employees and teachers for children or single parents who are also looking for money, doing homework and being a teacher at home.

This unpreparedness can cause parents to feel depressed, so that their emotions become unstable [15]. Children who feel bored studying at home and are only given assignments so that they feel pressured without being able to play outside with friends tend to be difficult to obey [16]. If the stressful situation experienced by parents and children continues to occur, it can turn positive interactions into negative ones [17]. Parents who feel impatient in dealing with their children can trigger violence against children, such as hitting or pinching [18]. The harsh words that can be hurled at a child either intentionally or unintentionally, will have an impact on the child psychology and children who listen to these words from their parents can also follow and apply them in the future [15]. Communication that cannot run well in the family can lead to debates that can be the beginning of domestic violence [19].

3.2. Excessive Stress

Excessive stress is one of the social psychological impacts that occur as a result of the pandemic. Each individual has a different readiness to adapt to something. When a person feels that the demands are heavier than his ability to meet these demands, the person will experience stress [20]. Feelings of worry, anxiety and stress are common things when facing a pandemic. However, when these feelings appear excessively, it can interfere with psychological conditions [21]. Stress can be experienced by all ages, including children, teenagers, adults and the elderly [22]. The COVID-19 pandemic has caused many problems to come together.

The fear of being infected, social restrictions, difficulties in earning a living, feeling bored and the dual role of parents attack simultaneously, resulting in excessive stress [21]. For students who do online learning because of the pandemic, stress can arise because of the many distractions that occur during online learning. Running out of quota, feeling bored from studying alone, difficulty in understanding the material, short task deadlines and signal disturbances are some examples of obstacles to online learning. Moreover, if signal interference occurs during the exam, it triggers anxiety and frustration in students [22]. The number of tasks given by teachers with short deadlines is also a source of anxiety and stress, students can work on assignments from morning to night to complete assignments [23] especially for students who in online learning can have lecture schedules from morning to night so that to complete the tasks given students must not sleep until the morning which causes fatigue [24].

3.3. Panic Buying

Anxiety, stress and excessive worry cause Indonesian people to be attacked by panic buying so that they buy things such as masks, hand sanitizers and staple foods in excess [25]. Panic buying is an example of the social psychological impact that occurs during a pandemic and is a form of a person's anxiety and fear of a threat and also is an instinct to survive. Uncontrolled anxiety is what breeds panic and often makes a person think shallow [26]. Panic buying behavior occurs because people hope that it can reduce their anxiety if the pandemic lasts longer and the need in the market decreases [27]. The concern that people think is that if they don't buy now, tomorrow the price may go up or the goods will become scarce. This is what

irresponsible people take advantage of by hoarding goods purchased at normal prices and reselling them at a higher price. Examples of cases are masks and hand sanitizers which are very much needed and there was a shortage and a very high price spike [28].

No less important is the lack of correct information related to covid-19 that is owned by the community and the amount of false information or hoaxes circulating on social media is also a trigger for panic [26]. The behavior of people who receive information without conducting a literature study causes the public to be easily influenced by circulating hoaxes. In addition, redistributing information that does not know the exact truth on social media also accelerates the spread of hoaxes throughout the community. However, there is also someone who deliberately spreads hoaxes on social media for certain interests [29]. For example, information about bear brand cow's milk that can prevent covid-19 infection [30]. This panic buying, especially has the most impact on people with lower middle income because it will be increasingly difficult to meet the necessities of life [28].

4. CONCLUSION

The rapid and widespread spread of the COVID-19 pandemic has resulted in changes in all aspects of people's lives. The COVID-19 pandemic has spread fear and panic rapidly throughout the world, especially in Indonesia. There are several psychological dynamics of the covid pandemic that are of concern in the perspective of social psychology. The dynamics of social psychology cannot be separated from the interaction between personal characteristics (personality, values, knowledge), situations (culture, norms, religion) and government policies in dealing with this pandemic. The results of this study are expected to help the public to understand that the Covid-19 pandemic that has occurred has had an impact on social psychological aspects in Indonesia. Where the three main impacts that are often found are the impactful in family interactions, excessive stress, and panic buying. In addition, understanding social dynamics during covid-19 is expected to help us to know about how to think and behave in dealing with the covid-19 pandemic accurately and comprehensively.

REFERENCES

[1] Aslamiyah, Suaibatul dan Nurhayati. (2021). Dampak Covid-19 terhadap Perubahan Psikologis, Sosial dan Ekonomi Pasien Covid-19 di Kelurahan Dendang, Langkat, Sumatera Utara. https://journal.ar-raniry.ac.id

[2] Pranita, Ellyvon. (2020). Diumumkan Awal Maret, Ahli: Virus Corona Masuk Indonesia dari Januari. KOMPAS, 11 Mei

[3] Buana. (2020). Analisis Perilaku Masyarakat Indonesia dalam Menghadapi Pandemi Virus Corona (Covid-19) dan Kiat Menjaga Kesejahteraan Jiwa. http://journal.uinjkt.ac.id/index.php/salam/article/view/15082

[4] Gustiana, Budiman dan Asep Saepudin. (2021). Psychologicla Social Impact in Indonesia on the time of Covid-19. https://proceeding.unikal.ac.id/index.php/icunikal2021/article/view/680

[5] Hikam, F. F. (2020). Peran Keluarga Dalam Pembelajaran Berbasis E-Learning Pada Masa Wabah Covid-19. Jurnal Pendidikan Dan Dakwah, 2(2), 194–203.

[6] Sari, D. P. (2020). Kreativitas Pendidikan Karakter di Keluarga pada Pandemi Covid-19. Prosiding Seminar Nasional Hardiknas, Diii, 107–114.

[7] Hardilawati, W. L. (2020). Strategi Bertahan UMKM di tengah Covid-19. 10 (1).

[8] Indah, Astrid Veranita dan Awal Muqsith. (2021). Panic Buying: Konsumerisme Masyarakat Indonesia di Tengah Pandemi Covid-19 Perspektif Psikoanalisis Jacques Lacan. jurnal.ugm.ac.id

[9] McLeod, Dr. Saul. (2019). What is Psychology? https://www.simplypsychology.org/whatispsychology.html

[10] Cherry, Kenny. (2020). What Is Psychology? https://www.verywellmind.com/psycholog y-4014660

[11] Soeparno, Koentjoro dan Lidia Sandra. (2011). SOCIAL PSYCHOLOGY: THE PASSION OF PSYCHOLOGY.

[12] Lin, Guijuan. (2009). Higher Education Research Methodology- Literature Method. https://files.eric.ed.gov/fulltext/EJ1065734.pdf

[13] Anita Rahman, S. (2020) 'Penguatan Peran Orang Tua Dalam Mendampingi Pendidikan Anak Usia Dini Di Masa Pandemi Covid-19', *Jurnal Golden Age*, 4(02), pp. 322–331. Available at: http://e-journal.hamzanwadi.ac.id/index.php/jga/article/view/2520.

[14] Iftitah, S. L. and Anawaty, M. F. (2020) 'Peran Orang Tua Dalam Mendampingi Anak Di Rumah Selama Pandemi Covid-19', *JCE (Journal of Childhood Education)*, 4(2), pp. 71–81. doi: 10.30736/jce.v4i2.256.

[15] Raihana (2020) 'Pengelolaan Emosi Ibu Pada Anak Selama Pembelajaran Dari Rumah', *Jurnal Pendidikan Islam Anak Usia Dini*, 3(4), pp. 132–139. doi: 10.25299/jge.2020.vol3(2).5820.

[16] Djayadin, C. and Munastiwi, E.(2020) 'Pola Komunikasi Keluarga Terhadap Kesehatan Mental Anak Di Tengah Pandemi Covid-19', *Jurnal Pendidikan Islam Anak Usia Dini*, 4(2), pp. 160–180. Available at: http://jurnal.radenfatah.ac.id/index.php/rau dhatulathfal/article/view/6454.

[17] Dewi, P. A. S. C. and Khotimah, H. (2020) 'Pola Asuh Orang Tua Pada Anak Di Masa Pandemi Covid-19', *Seminar Nasional Sistem Informasi*, pp. 2433–2441. doi: 10.25139/jsk.v5i1.2817.

[18] Wiresti, R. D. (2020) 'Analisis Dampak Work From Home pada Anak Usia Dini di Masa Pandemi Covid-19', *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*, 5(1), pp. 641–653. doi: 10.31004/obsesi.v5i1.563.

[19] Dartina, V. (2021) 'Komunikasi Asik Keluarga di Tengah Pandemi', *Jurnal AbdiMU*, 01(01), pp. 19–25. doi: 10.32627/abdimu.v1i1.7.

[20] Sumakul, Y. and Ruata, S. C. N. (2020) 'Kesejahteraan Psikologis dalam masa Pandemi COVID-19', *Journal of Psychology 'Humanlight'*, 1(1), pp. 1–7. doi: 10.51667/jph.v1i1.302.

[21] Agung, I. M. (2020) 'Memahami Pandemi Covid-19 Dalam Perspektif Psikologi Sosial', *Psikobuletin:Buletin Ilmiah Psikologi*, 1(2), pp. 68–84. doi: 10.24014/pib.v1i2.9616.

[22] Jatira, Y. (2021) 'EDUKATIF: JURNAL ILMU PENDIDIKAN Fenomena Stress dan Pembiasaan Belajar Daring Dimasa Pandemi Covid-19', *Jurnal Ilmu Pendidikan*, 3(1), pp. 35–43. doi: 10.31004/edukatif.v3i1.187.

[23] Oktawirawan, D. H. (2020) 'Faktor Pemicu Kecemasan Siswa dalam Melakukan Pembelajaran Daring di Masa Pandemi Covid-19', *Jurnal Ilmiah Universitas Batanghari Jambi*, 20(2), p. 541. doi: 10.33087/jiubj.v20i2.932.

[24] Kartini, K., Jafriati, J. and Ismail, C. S. (2021) 'Faktor Yang Berhubungan Dengan Tingkat Kecemasan Di Masa Pandemi Covid-19 Pada Mahasiswa Universitas Halu Oleo', *Endemis Journal*, 1(4), pp. 9– 19. doi: 10.37887/ej.v1i4.16606.

[25] Muara, T., Prasetyo, T. B. and Rahmat, H. K. (2021) 'Psikologi Masyarakat Indonesia Di Tengah Pandemi: Sebuah Studi Analisis Kondisi Psikologis Menghadapi Covid-19 Perspektif Comfort Zone Theory', *Ristekdik : Jurnal Bimbingan dan Konseling*, 6(1), pp. 69–77. doi: 10.31604/ristekdik.2021.v6i1.69-77.

[26] Rosita, R. (2020) 'Panic Buying in the Covid – 19 Pandemic Era in Indonesia', *International Journal of Multi Science*, 1(6), pp. 60–70. Available at: https://multisciencejournal.com/index.php/ ijm/article/view/74.

[27] Gustiana, B. and Saepudin, A. (2021) 'PSYCHOLOGICAL SOCIAL IMPACT IN INDONESIA ON THE TIME OF COVID-19', *The International Conference of Universitas Pekalongan 2021*, 1(1), pp. 333–339. Available at: https://proceeding.unikal.ac.id/index.php/i cunikal2021/article/view/680.

[28] Aprilia, C. S. (2021) 'Panic Buying Behavior and Covid-19 Hoax News in Bandung City', *Jurnal Comunio : Jurnal Ilmu Komunikasi*, 10(1), pp. 11–26. doi: 10.35508/jikom.v10i1.3600.

[29] Arisanty, M. and Wiradharma, G. (2020) 'The Acceptance and Resharing Behavior of Hoax Information on Social Media', *Jurnal Studi Sosial dan Politik*, 4(2), pp. 87–99. doi: 10.19109/jssp.v4i2.6609.

[30] Bramasta, Dandy Bayu. (2021). Penjelasan Ahli Gizi soal Benarkah Susu Beruang Berkhasiat Tangkal Virus Corona. KOMPAS, 4 Juli 2021 https://www.kompas.com/tren/read/2021/0 7/04/101500365/penjelasan-ahli-gizi-soal- benarkah-susu-beruang-berkhasiat- tangkal-virus?page=2