

Increased Home Decoration Activities during the COVID-19 Pandemic

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ABSTRACT

The decoration is one of the community activities carried out during PPKM due to changes in community activities affected by the COVID-19 pandemic for a year. This research is qualitative research, which was preceded by a field survey as primary data and supported by the results of a literature study as secondary data that supported primary data. Data is gathered with simple random sampling in several areas in Indonesia. The results obtained show that more people in the age range of 19-22 years do decorations in their bedrooms to relieve stress.

Keywords: *Decoration, Community Activities, PPKM, COVID-19*

1. INTRODUCTION

At the beginning of 2020, the world faced a new problem, namely the coronavirus outbreak known as COVID-19 (Corona Virus Immuno Deficiency) which infects almost all countries in the world. COVID-19 first appeared in Wuhan, China, at the end of 2019. Then it spread rapidly throughout the world. Almost all countries worldwide are experiencing this COVID-19 pandemic, including Indonesia^[1].

In response to this, the governments of all countries have implemented policies through social distancing, physical distancing, to lockdown. This sudden condition makes people unprepared to deal with it physically and psychologically^[2]. Misguided and unproven reports encourage the rise of stress hormones, resulting in decreased immunity and

susceptibility to COVID-19^[3] Physical and mental health is very important when dealing with the COVID-19 situation. Most people are affected and become afraid because of the large amount of information or content on social media platforms regarding positive COVID-19 patients abroad^[4]

In Indonesia. The first Covid 19 cases appeared on March 2, 2020, until the last data recorded on August 3, 2021, with the number of infected victims having reached 3,496,700 people with a daily increase rate of 5,000 to 10,000 people^[5]. Seeing conditions like this, the government needs to anticipate the increase, which is increasing so rapidly. It takes a policy with the existence of emergency PPKM up to the PPKM level 1-4.

Because of PPKM / WFH, almost all activities take place at home; of course,

this impacts everyone. Taylor ^[6] in his book "The Pandemic of Psychology" explains how pandemics can affect people's psychology broadly and massively, starting from the way of thinking in understanding information about health and illness, emotional changes (fear, worry, anxiety), and social behavior (avoidance, stigmatization, healthy behavior). With this social distancing, people who are accustomed to chatting and doing activities outside the home tend to feel imprisoned.^[7]

Everyone must continue to adapt to all the negative and positive impacts, for example, paying more attention to health, closer family relationships, and looking for new activities/hobbies, one of which is decorating the house, starting from planting plants to remodel the room., and others. Decorating homes has become a new hobby for many people during this pandemic. ^[8]

The explanation above shows that the impact of Covid-19 has had an impact on human behavior to adapt. This paper aims to better understand human behavior during PPKM/WFH. This study uses a qualitative method. It begins with an initial field survey to form a tentative hypothesis; then, data is collected through an online survey to get concrete results to prove the hypothesis made.

2. METHOD

This research method applies a qualitative type through field studies as primary data ^[9]. The field study was conducted by distributing questionnaires to several regions in Indonesia according to the researcher's domicile and supporting the field study results; a literature study is taken. A literature study by collecting literature references that are linear with the research theme to strengthen the results of field studies. The procedure used in this study is as follows ^[10]:

1. Theme selection
2. Information exploration
3. Determination of research direction
4. Collecting data sources
5. Data presentation
6. Compile reports

The data analysis technique used is to analyze the deductive way of thinking, namely about problems with general to specific formulations ^[11]. Data is gathered with simple random sampling ^[12].

3. RESULTS AND DISCUSSION

The field study is done by distributing questionnaires online, and the respondents get three days until the questionnaire is closed, with a total of 45 respondents.

Based on the questionnaire on 45 respondents, the results were quite diverse, ranging from 15 years to 56 years, with the majority of respondents being in the age group of 20-22 years.

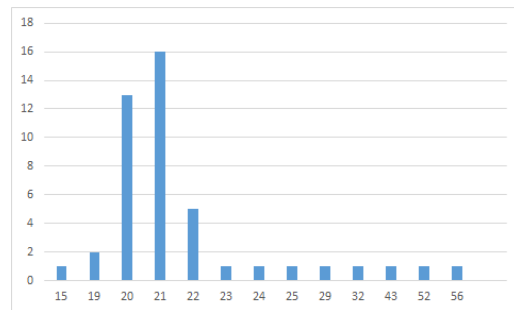


Figure 1 . Questionnaire age chart

The origin of the 45 respondents came from various regions throughout Indonesia, according to the domicile of each researcher, and not concentrated in one area. Based on the results, most respondents were respondents from DKI Jakarta, Denpasar, Bali, and Solok, North Sumatra.

Employment is also the benchmark used in the reference questionnaire, from 45 respondents with various occupational backgrounds, with the number of

respondents from students being 40% as the largest number. And because most of the respondents are students, the income earned per month is less than 1 million (51.1%), while respondents with an income of 1-3 million (22.2%) to above 3million (26.7%) are quite balanced.

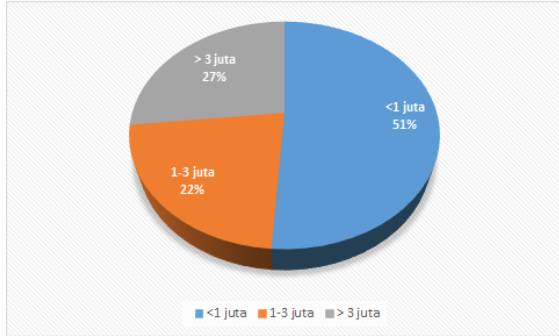


Figure 2. Total Income

Respondents still working 46.7%, 44.4% not working, and 8.9% still in college. The response still working is those who do WFH, as evidenced by the percentage of 77.8% and still working from the office by 22.2%. Based on the working system, 62.2% chose a more comfortable WFO, and 37.8% chose WFH.

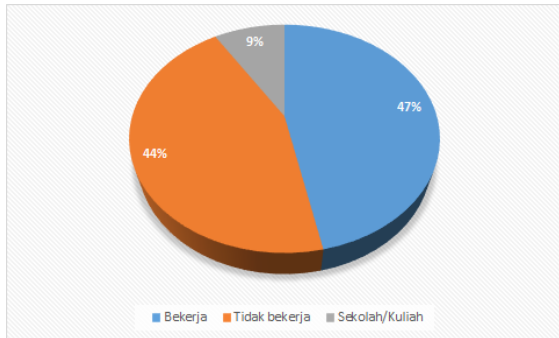


Figure 3 . Job-status

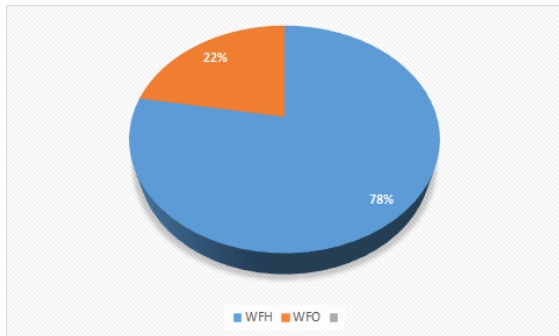


Figure 4. Working situation and conditions

There are two kinds of impacts during the pandemic, namely positive and negative. Out of 45 respondents stated that the positive impact of the pandemic is the efficiency of time and daily activities. In contrast, the negative impact is boredom due to lack of activities. A total of 46.7% stated that carrying out decoration activities as one of the activities carried out during the pandemic, with the excuse as a way to relieve stress relief, means that decorating has a good impact, as evidenced by the percentage result 48.9% saying Yes.

In carrying out decoration activities, the respondents stated that they did shopping activities to meet the equipment needed in decorating activities; this was evidenced by the answer Yes as much as 62.2% of the total respondents. The way respondents carry out shopping activities also varies; this is dominated by online shopping as much as 75.6% and offline 24.4%. However, offline and online shopping does not have much time difference, namely 42.2%.

Based on the results of the questionnaire, most respondents carried out decorating activities were 1-2 times (55.6%) a month, 2-3 times (2.2%) a month, and three times (11.1%) a month. We can also see that there are respondents who rarely decorate their houses (31.1%).

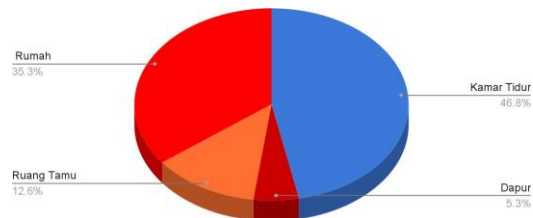


Figure 5. Home Decoration

From the graph above, we can see that most respondents chose to decorate their

bedrooms (46.6%) and houses (35.2%), compared to living rooms (12.5%) and kitchens (5.3%).

Due to the increasing virus Covid-19, the government carries out its enforcement activities Restriction Society (PPKM) to reduce deployment. During PPKM, there were many changes in the world community and Indonesian society regarding lifestyle, activities, or others.

The questionnaire results show that most of the people with a young age range of 19-24 years are the dominant people who carry out decoration activities as a diversion from the boredom experienced during PPKM. However, it does not mean that the age below does not carry out these activities, as evidenced by the lowest age of 15 years and the highest being 56 years old doing decoration activities. Stress relief is why people do the decoration activities because PPKM requires workers and students to carry out their activities mostly at home or have not worked since the pandemic. Based on that, it means all groups can be distressed by the pandemic; this is supported by statement ^[13] stress due to pandemic can happen to anyone. Several activities are needed to overcome it. Decoration activities are one of the authoritative activities or the middle way to deal with a pandemic. Authoritative activities are also stated by Jovancevic and Milicevic ^[14] that thoughts and feelings focused on aspects of preventing the impact of Covid-19 and reducing anxiety will occur if one can build confidence in authoritative sources of information. With these two statements, carrying out decoration activities during the pandemic as a distraction was the right thing to do.

The duration of decorating activities carried out by respondents was not carried out very often, namely once to twice a month. During the pandemic with reduced incomes for both workers and students, this activity was not often carried out to

support the equipment used for decoration. The survey proves that 75% of family income in Indonesia has experienced a significant decline that affects purchasing power ^[15]. Online shopping became the respondent's option because of the social restrictions that were in place during PPKM, so most chose this and also an e-commerce trend carried out by entrepreneurs in the digital business sector ^[16] and social distancing. But for some respondents, they still choose to shop offline or directly from their stores in meeting the needs of their activities due to public trust; they feel more comfortable even in a pandemic atmosphere. The things above state that in carrying out activities that help reduce anxiety about the problems they face, people continue to fulfill them even though they are burdened by several aspects, such as the economy ^[14].

The space or land that respondents decorated the most was a bedroom and the house as a whole because they are the most frequently seen parts of the house during social distancing so that respondents feel bored with the atmosphere. So decoration is the responder's choice to change the atmosphere to make it more comfortable. This statement strengthens by the statement Croake et al., ^[17] that humans perceive their environment in five ways, namely:

1. the five senses
2. Time and movement
3. Memory and imagination
4. Emotion
5. Expectation

The five things above represent in the form of decorations that can be felt in absolute terms; someone can feel the meaning of the atmosphere of a room that has been arranged and influences the psychology of the room's owner.

The bedroom is not just a room to rest but also a place where one feels safe and becomes a human escape from the

problems faced in the outside world ^[17]. In everyday life, most people spend their time in a room, especially a bedroom, which is a person's personal space ^[18] defines *personal space* as a virtual boundary that surrounds us that other people cannot pass through. Especially in this pandemic period, the activities carried out tend to be from home; the bedroom is no longer only used for sleeping but also as a workspace, study room, etc. So decorating the bedroom will give a new atmosphere to the room and can also impact the behavior of the users of the space. According to Krasner & Ullmann ^[19], the psychological variables are privacy, space around the body, eye contact, closed space, furniture arrangement, the density of space use, and environmental behavior.

4. CONCLUSION

Decorating activities are one of the stress-relieving activities during the pandemic, with some young people ranging from 19-22 years old, with an economy of <1 million, and most of them choosing to decorate their bedrooms for reasons of comfort.

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