



Health-Related Policies by the Government During the Covid-19 Pandemic in Indonesia

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Abstract. The Covid-19 pandemic, which was first discovered in China, precisely in Wuhan in 2019, spread rapidly to various countries in the world, including Indonesia in 2020 and resulted in many casualties, which certainly made all countries in the world panic in handling this Covid-19 case. The Covid-19 pandemic has caused various crises that are quite bad in various parts of the world, both in the economic, social, and educational fields, especially crises in the health sector. The Covid-19 pandemic, which is increasingly widespread in various countries, is certainly the main thing for governments in countries, including Indonesia, to issue various policies where these policies are intended to be able to reduce the number of patients suffering from Covid-19 to make it more difficult to contract and/or anticipate the spread of the virus. The policy requires and requires everyone in each country to be disciplined in implementing the health protocols that have been made, namely 3M (wearing masks, maintaining a minimum physical distance of 1 m, washing hands with soap and staying away from crowds). Although the government has implemented various policies and prohibitions such as PPKM that must be carried out by the community, there are still people who violate and do not comply with these policies, which has resulted in the number of Covid-19 cases in Indonesia increasing very rapidly reaching even tens of thousands of people infected with the corona virus in a day. Therefore, the government must issue strict policies and prohibitions related to Covid-19 to be able to reduce the number of corona virus spread.

Keywords: Pandemic · Covid-19 · Government Policy · PPKM

1 Introduction

The whole world is currently faced with the arrival of a virus outbreak called corona originating from China which causes many losses and various crises, such as economic, social, educational and especially health in our lives. The coronavirus itself was first discovered in Wuhan, China in 2019. Another name for this virus is Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-COV2). On March 11, 2020, the World Health Organization (WHO) declared that the spread of Covid-19 was categorized as a pandemic. This Covid-19 pandemic in 2020 had a very big impact and even paralyzed almost all aspects of our lives, including in Indonesia. Corona virus or Covid-19 is a virus that

attacks the respiratory tract which causes people infected with this virus to experience high fever, cough, flu, to shortness of breath and sore throat. The spread of this corona virus is so fast that it takes many victims in various countries around the world [1].

Covid-19 cases began to take center stage in the world’s attention in January 2020. The rapid spread of the coronavirus and the increasing number of confirmed cases trigger a quick reaction by the Chinese government. Because this corona virus is very easily transmitted from person to person and vulnerable to spread, it is possible that Indonesia is included in it, especially at that time domestic flights and routes in and out of Indonesia from and to abroad have not been closed because at that time the Indonesian government itself still considers covid-19 cases not seriously. The beginning of the Covid-19 case found in Indonesia was the detection of the corona virus in two Indonesians on March 2, 2020, they are mother and child where they were suspected of being infected by Japanese nationals who came to Indonesia a month earlier. After the first covid-19 case was found in Indonesia, the number of people infected is increasing day by day with the same symptoms as the flu but will be more severe if left untreated. Even covid-19 cases in Indonesia reach thousands of cases for a day. Until the Indonesian government had to make a decision to prepare hospitals in various regions as referral hospitals for people infected with Covid-19 [2] (Fig. 1).

Within a few months, the spread of positive cases of Covid-19 in Indonesia has reached thousands, even a year later since the emergence of the delta variant of the Covid-19 virus on July 15, 2021, positive cases of Covid-19 in Indonesia reached 56,757 people who contracted the corona virus on that day spread throughout all provinces in Indonesia. In addition, covid-19 cases in Indonesia in 2020 to date have been confirmed around

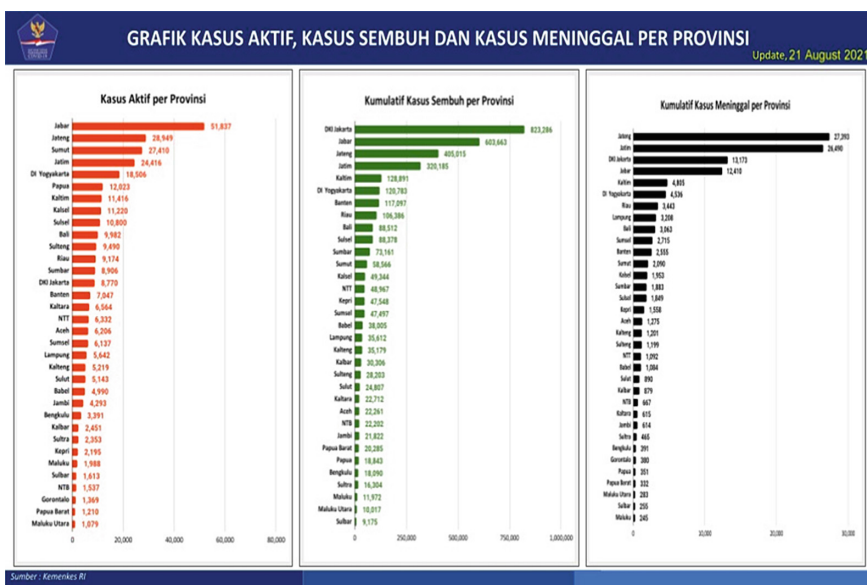


Fig. 1. Graph of Active Cases, Recovered Cases and Deaths per Province. Source: Latest News of the Covid 19 Handling Task Force

6,103,552 people infected and 156,776 people declared dead due to being infected with the corona virus. In addition to Indonesia, covid-19 cases are also rampant throughout the world. The total number of coronavirus cases in the world is 552,498,044 confirmed cases and 6,344,729 people have been declared dead [3].

The Indonesian government in dealing with the Covid-19 virus was initially quite panicked because there was no cure that could really cure the patients who had contracted this corona virus, at that time the government and health parties such as hospitals could only treat sober so that many people could not be saved. Because a cure for the Covid-19 virus has not yet been found, the government on April 10, 2020, imposed the establishment of Large-Scale Social Restrictions (PSBB). PSBB is a ban on traveling one area to another, then learning activities that should be carried out at school must be diverted at home or online, work from home, restrictions on operating hours in shopping centers, restaurants, and cafes, prohibitions for children not to enter shopping centers such as malls, and many other restrictions and restrictions set. PSBB also makes the tradition of Eid homecoming eliminated so that covid-19 cases do not spread more widely [4, 5] (Fig. 2).

The chart above shows the tendency of people in Jakarta who are silent because of the implementation of the PSBB. We can see in the picture that in the implementation of the early stage of the PSBB, it is able to suppress mobility or movement of people to stay at home. The implementation of the PSBB by the Government at the beginning of its enactment was arguably quite effective because the Covid-19 cases in Indonesia also saw a graph of a decrease in cases. Because previously, almost all hospitals in the city of Jakarta were almost full of patients infected with the Covid-19 virus. However, after the enactment of the PSBB, corona cases decreased and were under control at the end of 2020. In early 2021, the government changed the name of the PSBB to PPKM, namely the Implementation of Restrictions on Community Activities. And at that time

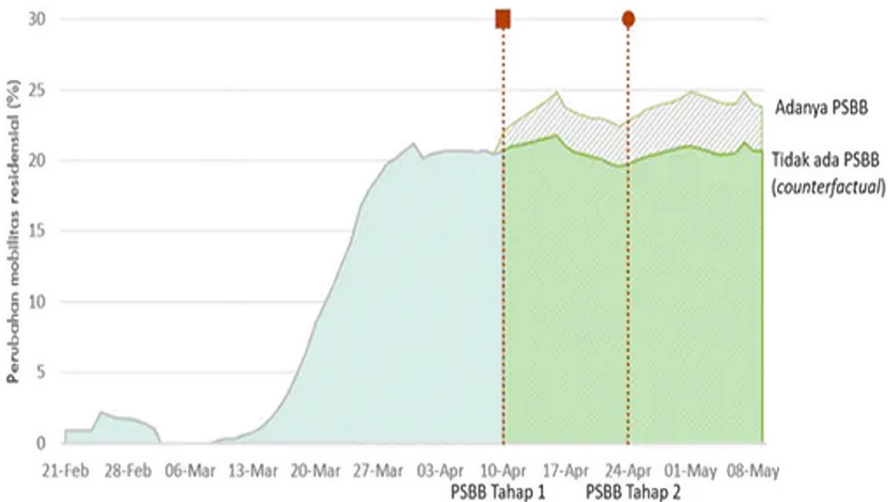


Fig. 2. Changes in Residential Mobility in Jakarta. Source: Theconversation.com

there was also one way to anticipate the rampant covid-19 cases in addition to PPKM, was the creation of a special anti-Covid-19 vaccine which was expected to suppress the increase in cases where in early January, It was Indonesian President Joko Widodo who was the first to be the trial of the vaccine. In addition, the vaccine has a pretty good impact, namely if people who have been vaccinated contract the Covid-19 virus, then the symptoms of the virus felt by infected people will not be as severe as people who have not received the vaccine, so it can be said that this vaccine is one of the most effective ways to reduce the death toll in the Covid-19 pandemic [4].

After the implementation of the PSBB and the vaccination, the government and the public will hope that covid-19 cases in Indonesia will begin to disappear. However, not with the fact that in 2021 Indonesia experienced the peak of the second wave of the most covid-19 cases due to the presence of new variants of the covid virus, namely Omicron and Delta where the 2 variants of the virus are many times more contagious than the previous variant. It is caused by the mutation of the virus so that the virus becomes more easily transmitted, even in one month it can be confirmed hundreds of thousands of people infected with the Covid-19 virus. In this case, of course, the government is starting again to further emphasize policies, such as mandatory vaccines to all residents and those who have not been vaccinated are not allowed to come to shopping places, stricter in implementing and urging the public to comply with health protocols, even making rules related to people who do not wear masks, and enforcing Implementation of Restrictions on Community Activities (PPKM) for a long time [6]. This of course must be supported by public compliance in implementing policies issued by the government so that the Indonesian state quickly gets out of this pandemic period and all aspects of activities can run as before the Covid-19 virus.

2 Discussion

The Covid-19 pandemic that has hit in various countries around the world, has certainly caused major changes in various aspects or sectors, such as economic, political, social, educational crises, especially health. Not only that, the impact of this pandemic changed quite a lot of people's habits, such as entering a new era. To suppress and prevent the spread of the virus, cooperation from all communities is needed without exception, the government in making policies and medical parties in dealing with patients infected with the Covid-19 virus. The Covid-19 pandemic is able to show that the actions taken are very necessary to overcome the nature of the pandemic that is rapidly spreading or contracted as well as health injustices that have existed since before this pandemic existed. The actions taken must be supported by policies that are right on target to be able to solve existing problems. And of course the policy idea aims to be a "unification" of integration that is considered capable of uniting policy actions around the action plan that has been made. The policies made by the government must certainly be based on balance and also the welfare of the people, if the policies made are not right or arguably wrong, they will have a bad impact on the country even in a fairly long period of time. Some countries in the world affected by the pandemic feel more likely to achieve global coverage with the existence of mandatory health insurance managed by insurance companies in the country with supervision and under government regulations. One of the policies imposed by the

Government of Indonesia is the implementation of Social Distancing where everyone must maintain a safe distance or avoid direct contact with people, or avoid face-to-face and replaced with face-to-face online. The social distancing policy is to prevent the wider spread of the virus so that it is expected to reduce Covid-19 cases.

During the Covid-19 pandemic, public health is certainly the government's top priority. Global Health is currently a trend that views that problems related to the corona virus disease outbreak are no longer a domestic problem in a country, and the transition of disease outbreaks that were originally low politics may then be considered as an issue that can have a significant impact on the strategic sectors of a country [7]. Moreover, if global health becomes one of the essential elements for countries to achieve their respective interests through the foreign policy system and diplomacy, its relationship with the economic sector, and state defense. In the context of the Covid-19 virus pandemic itself, developed countries will intensively and compete to continue to carry out their maneuvers to position themselves as parties who will provide solutions that help related to the problem of the Covid-19 outbreak, although their own countries are also experiencing quite serious domestic problems caused by the Covid-19 pandemic. Due to the many impacts and changes caused by the pandemic, people must be required to be able to adapt to this all-online and all-distance era. Condition of countries in various parts of the world in the midst of the Covid-19 pandemic can arguably provide new challenges for many developing countries, one of which is Indonesia where developing countries must build resilience related to their health amid the weakening of their economies, both in the fields of health services, and medical infrastructure [8]. Discipline in implementing health protocols during a pandemic is certainly the most important thing in society [6]. The discipline of health protocols needs to grow in each person into a common movement that arises from the awareness of the community itself. In order to implement presidential instruction regulation Number 6 of 2020 concerning Increasing Discipline and Law Enforcement of Health Protocols in the Prevention and Control of Corona Virus Disease 2019 and Instruction of the Minister of Home Affairs Number 4 of 2020 concerning Technical Guidelines for the Preparation of Regional Head Regulations for the Implementation of Discipline and Law Enforcement of Health Protocols as an Effort to Prevent Corona Virus Disease Control 2019.

2.1 Due to the Corona Virus

Covid-19 is one of the outbreaks caused by the corona virus. Corona virus is a virus that attacks the respiratory tract of infected people, causing sufferers to experience fever, flu, sore throat until the most severe is that the patient will experience shortness of breath. The specific symptoms caused by the corona virus are coughing up phlegm, headache, hemoptysis to diarrhea. Complications which include acute respiratory distress syndrome, acute heart injury and also infection from secondary bacteria This corona virus, is able to cause a person to lose his life so that WHO (World Health Organization) makes the status of this covid-19 virus a pandemic and appeals to all countries that have been infected with Covid-19, especially the Indonesian Government, to be able to establish a national corona emergency status. The Covid-19 pandemic has been able to change all habits and cause crises in almost all aspects, such as economic, social, political, educational, and health. As for countries that are not or have not been affected by the

Covid-19 pandemic, they are urged to be more careful and reduce tourists visiting the country, including reducing citizens to travel abroad first. To overcome and suppress the wider spread of the virus, the Indonesian government urges all people without exception to start wearing masks when traveling outside and also bring hand sanitizers. However, when there was the first appeal and it was mentioned how dangerous it is if infected with the coronavirus, the Indonesian people as usual make panic buying and stockpile masks selfishly even though they don't really need it. This caused a scarcity of the number of masks in Indonesia at that time which resulted in an unreasonable increase in the price of masks [9].

Covid-19 cases in Indonesia always experience a graph that tends to increase every day which causes health care places such as hospitals and other health services to be full of unable to accommodate and difficult to accept the large number of patients infected with the virus every day, especially with limited medical personnel, such as doctors and nurses. With the fullness of space in each hospital and the lack of medical personnel, many covid-19 patients who should only be able to be treated in hospitals but were forced to be handled by themselves, and ended up with casualties. This is actually also caused by the non-compliance of the community itself in complying with the regulations or health protocol policies that have been urged and set by the Indonesian Government [10]. Violations of health protocols are commonly found even though there have been frequent raids by relevant officers [11]. In addition to the raids, of course, the government has also set sanctions for people who violate these government policies, but it still cannot guarantee that the people can be orderly and obedient. Such non-compliance of the Indonesian people has become a matter of course and is not surprising. Even though the non-compliance of each resident can make the number of virus spread faster, not only that if the number of patients infected with the coronavirus increases, it will result in more and more patients die.

Process of Transmission of Covid-19. The emergence of the Covid-19 pandemic has certainly made the world restless and panicked in dealing with it, including in Indonesia. Plus Covid-19 is a new type of virus that was discovered so that most people and special health government agencies do not know and do not understand how to overcome or treat the virus. In this case, the government is required to be fast and responsive in dealing with the real threat of this pandemic. The World Health Organization said that the corona virus is a way of transmitting it from people who have been infected with the corona virus to people who are healthy or have not been infected. According to research, this virus is able to move or transmit to other people through small droplets of the patient's mucus that come out through the nose and mouth when the sufferer coughs or sneezes. The mucous droplets can be directly inhaled by a person when they are in direct contact or dealing with an infected person. In addition, the patient's mucous droplets when coughing or sneezing may fall on an object, the object is touched by a person who is still healthy and after touching the object immediately touches the face, such as the nose, mouth, or eyes. So that the corona virus can immediately enter and infect the healthy person, especially people who have immune power is not good enough. In addition, this corona virus can also be transmitted when we drink from the same glass as an infected person, eat with the same cutlery and at the same time as an infected person, being in

one room or close to a long enough time with a person infected with the coronavirus because the virus is able to be transmitted through the air.

Government Policy 3M in Tackling the Covid-19 Pandemic. The spread of the corona virus outbreak or the Covid-19 pandemic in various countries in the world including Indonesia, the Government of the Republic of Indonesia immediately established health protocols. The Health Protocol must be implemented and implemented in all regions in Indonesia without exception, guided by the Indonesian Ministry of Health. The key to success in breaking the chain of the Covid-19 pandemic is community compliance and discipline in implementing and complying with the rules made by the Indonesian government [6]. With the same issue, the President of the Republic of Indonesia, Joko Widodo mentioned in the video of the State Palace press conference that how important it is to enforce discipline to comply with the health protocol.

Health protocols related to the corona virus that have been established by the Central Government of the Republic of Indonesia, namely 3M: wearing a mask when traveling outside the house, washing hands before and after doing all activities, and maintaining a safe distance of at least 1 m when interacting with other people around. This 3M Health Protocol is considered to be effective enough to help emphasize the transmission and spread of the COVID-19 virus so that it does not spread in the community. Avoiding crowds, avoiding touching the face, such as eyes, nose, and mouth before washing hands with soap and implementing a healthy lifestyle (eating, sleeping and exercising) which will help in increasing the body's immunity, if our body's immune system is good, it will be more difficult to be exposed to this corona virus than people who have poor immune system will be more susceptible to being infected with the covid-19 virus. In addition, if people who have good immune system are still exposed to the corona virus, then the symptoms arising from the virus infection will certainly be milder than people who have poor body immunity. This will also be able to reduce the spread and transmission of the corona virus so that if all parties, both government agencies, institutions and the community without exception are able to carry out health protocol discipline in an orderly manner, the community has indirectly helped the Government in reducing and breaking the chain of spread of covid-19.

The wearing of cloth masks can reduce the risk of transmission and spread of the corona virus by as much as 45 percent. And it would be even better when wearing a surgical mask where according to research it is able to suppress the spread and transmission of the coronavirus by up to 70 percent. The next step of 3M is handwashing. The World Health Organization advises people around the world to wash their hands frequently using soap and or antiseptics for approximately 30 s of washing hands by applying the correct hand washing measures. If there is no place to wash your hands, then you can do it in another way, namely by using a liquid that covers at least about 60 percent of the alcohol content, such as hand sanitizer. Hand sanitizers containing alcohol are able to kill the coronavirus. And the last application of 3M is to maintain a safe distance. Keeping a safe distance is the most important thing in health protocols. People are urged to maintain a minimum safe distance of 1 m when face-to-face, and are urged to avoid crowded places. If these protocols are followed by all levels of society in the world, it will greatly help minimize the risk of transmission and spread of the Covid-19 virus by up to 85 percent [9].

There are some guidelines that are correct in following the 3M health protocol policy to prevent the spread of the corona virus, namely the first guidelines for wearing masks. All people must have self-awareness to wear a mask, especially when traveling from home, before wearing a mask, it is mandatory to wash their hands with running water or use hand sanitizers, put a mask correctly, namely covering the mouth and nose and make sure there is no sideline, when you have put on a mask and do activities outside, avoid opening the mask before returning home, often change masks, especially medical masks can only be worn once, then wash your hands after throwing away the mask. The second is a guide to washing hands. When washing hands, the first thing to do is to wet both hands with drooping water, then use soap, rub all the surfaces of the hands to between the fingers and nails with a minimum of 20 s, rinse hands until there is no soap left, make it a habit to wash your hands after activities outside the house and before entering a place. The third is a guide in social distancing. When maintaining a minimum distance of 1 m from other people, you must continue to be at home if there is no urgent need or interest to encourage us to leave the house, do online activities such as work, as much as possible avoid the use of public transportation in cities, do not hold gatherings together that invite crowds, self-isolate if you feel symptoms of fever and fatigue. COVID-19 cases began to decline quite well from the beginning of the pandemic since the enactment of the 3M health protocol policy by the Indonesian government. During the 4 weeks of PPKM implementation, as well as one week of the implementation of Micro PPKM, there was a significant decrease starting from the second week of its implementation. In the chart in question, active cases had reached a peak on January 24, 2021 or the beginning of PPKM, amounting to 16.44%, an increase of 0.61% from the first day of PPKM. However, this figure continued to decline until it reached 14.69% or a decrease of 1.75% from the peak figure. And with the implementation of Micro PPKM, the figure decreased again to 13.06% or decreased by 3.38% [4].

Government Policy in Implementing PPKM (Enforcement of Restrictions on Community Activities) and Covid Vaccination to Suppress the Spread of the Covid-19 Virus. Covid-19 pandemic cases that continue to increase every day and are difficult to stop, resulting in the Indonesian government having to make related policies that are considered quite effective, strong, and able to stop the spread of the corona virus. One of the policies taken by the Indonesian government is the implementation of the Implementation of Community Activity Restrictions or what we often call PPKM. PPKM is a new name from before, PSBB (Large-Scale Social Restrictions). For the implementation of PPKM itself is still the same as PSBB, which is the term of quarantine for Health which is defined or intended by limiting all or part of community activities in divided areas where it is suspected of being infected and contaminated with disease (in this case it is the corona virus) the aim is to prevent the possibility of spreading or contaminating the corona virus more widely [4]. Here is a graph of the increase and decrease in the number of people contaminated with the covid-19 virus in January until July 2021 (Fig. 3).

The Indonesian government's efforts to overcome the surge in Covid-19 cases include the Implementation of Emergency Community Activities (PPKM). This emergency PPKM is applied in all districts and cities in the Java and Bali regions where the contamination level or regional situation is at level 3 and level 4. Before the implementation of PPKM, the government first implemented the PSBB which was implemented at the end

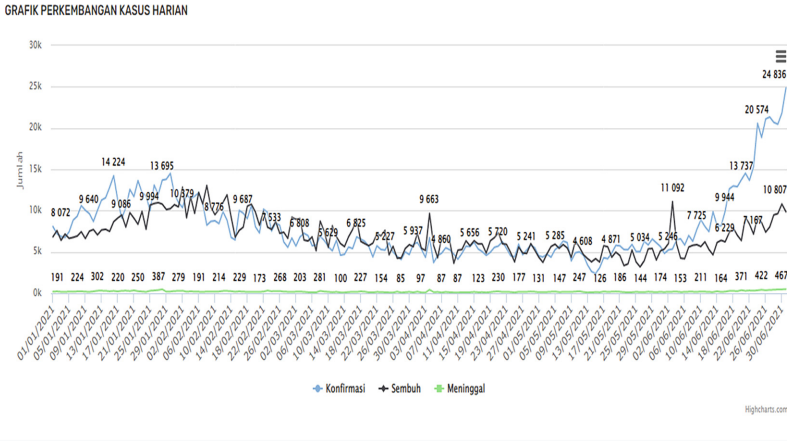


Fig. 3. Daily Development Chart of Covid Cases in Indonesia January–July 2021. Source: Kemkes, 2021

of 2020 to the beginning of 2020. We can also see the effect of the PSBB in the table above, where it is clear that the graph of the development of Covid-19 had decreased significantly until early June 2021.

The implementation of Emergency Community Activity Restrictions (PPKM) in the Java and Bali regions began to be implemented from July 3, 2021 to July 20, 2021 because it saw a surge in covid cases which was said to have reached the second wave [4]. Where initially the PSBB was relaxed because the covid-19 cases were felt to have disappeared, but after being relaxed and the emergence of new variants of the corona virus, namely delta and omicron where the variants were many times more susceptible to transmission than before. So that when the restrictions on community activities have been relaxed, people began to carry out activities as usual but entered the delta and omicron variants in Indonesia which ultimately resulted in positive cases of Covid-19 in Indonesia increasing very quickly. Seeing that the emergency PPKM carried out by the government on July 3–July 20, 2021 was unable to overcome the spread of the virus, the Indonesian government took a policy by changing the mention of Emergency PPKM to PPKM Level 3 and 4 which was extended from July 21–25, July 26–August 2, August 3–9, August 10–16, August 17–23, August 24–30. Regulations related to the Implementation of Emergency Community Activity Restrictions, namely in the form of restrictions on some activities, such as teaching and learning activities that are replaced online, non-essential and essential sectors, eating and drinking activities in public places, places of worship, transportation, and other activities that cause crowds must be strictly limited even to the point of not being allowed [6] (Fig. 4).

From the picture above, we can see and conclude that in mid-June 2021, positive cases of Covid-19 in Indonesia began to increase again, even cases per day once reached more than 50 thousand positive cases, which is the worst case in the history of the pandemic in Indonesia. After the enactment of PPKM from July to August 2021, we can see that the impact is quite large, namely a gradual decrease in the number of Covid-19 positf cases and does not signal a surge again.

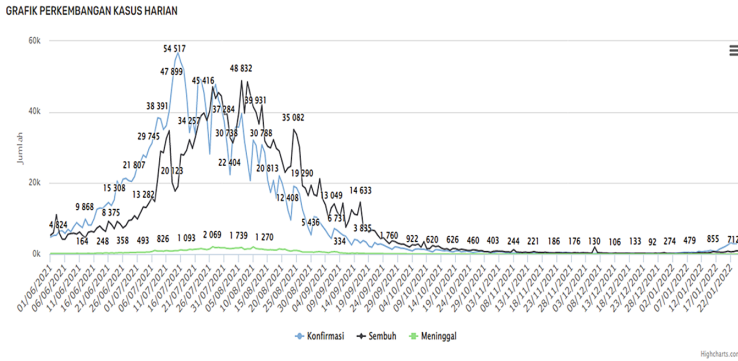


Fig. 4. Daily Development Chart of Covid Cases in Indonesia June 2021–January 2022. Source: Kemkes, 2021

In the implementation of PPKM, the government also held a special vaccination program for the corona virus with several types of vaccines and side effects. In organizing mandatory vaccines, of course, the government is also thinking of ways so that all people want to do vaccines, namely by having an application called “peduli lindungi” which must be owned by everyone as proof of vaccines so that they can enter shopping centers, places to eat, events, and so on. Therefore, people inevitably have to do the vaccine. The covid vaccination itself was carried out initially in 2 stages with a period of 3 months after the first vaccine, but it was felt that it was still lacking so the government issued a new policy, namely the third phase of the vaccine called booster. With the existence of PPKM and the implementation of mandatory vaccinations on people of a certain age, it is very effective to prevent and inhibit transmission so that it can suppress the growth and spread of Covid-19 cases in Indonesia. In this case, the policy taken by the Indonesian Government in reducing the positive number of Covid-19 can be said to be successful.

3 Conclusion

The Covid-19 pandemic that emerged in 2019 with the first case found in Wuhan, China has hit almost all countries in the world and has had an impact in the form of major changes in almost all aspects of our lives now. The impact of this pandemic is certainly very diverse, ranging from many people who have lost their jobs due to termination of employment and many businessmen who have experienced bankruptcy due to the economic crisis in the community so that many people prefer to buy goods that are really needed not only for the will, the next impact is that people are no longer free to do activities as before the pandemic due to government regulations and policies which is quite strict and is urged to leave the house when there is an urgent interest only, besides that when traveling we are required to wear a mask which will slightly reduce comfort in appearance and when breathing, the worst impact of the Covid-19 pandemic is the loss of family, relatives or closest friends due to deaths caused by exposure to the corona virus with severe symptoms and difficult to handle so that it cannot be saved. The corona virus is contagious and spreads very quickly which causes many people to be

exposed to the virus in various parts of the world including Indonesia because it is quite densely populated. The rapid spread of the virus made the world excited and panicked in the face of this outbreak. In Indonesia itself, on March 2, 2020, the first positive case of Covid-19 was found in a mother and child where it was suspected that they were exposed to Japanese foreign tourists vacationing in Indonesia in February 2020. And after the covid-19 case in Indonesia, the virus immediately spread quickly and spread. Even the graph of the increase in Covid-19 cases is increasing every day and it is very difficult to stop. To date, the number of confirmed cases of COVID-19 has been 6,103,552 and 156,776 people have been declared dead from being infected with the coronavirus.

In handling this covid-19 pandemic case, the Indonesian government issued and set various policies that must be obeyed by all Indonesian people without exception. The policy was even included in presidential instruction regulation Number 6 of 2020 concerning Increasing Discipline and Law Enforcement of Health Protocols in the Prevention and Control of Corona Virus Disease 2019 and Instruction of the Minister of Home Affairs Number 4 of 2020 concerning Technical Guidelines for the Preparation of Regional Head Regulations on the Implementation of Discipline and Law Enforcement of Health Protocols as an Effort to Prevent Corona Virus Disease Control 2019. Policies set by the government include the establishment of the 3M health protocol (wearing masks, washing hands, avoiding crowds), organizing PSBB (Large-Scale Social Restrictions) or PPKM (Enforcing restrictions on Community Activity Restrictions) carried out by the government in stages. In addition, the government also stipulates mandatory vaccines for all people which are carried out in 2 stages where the second dose of vaccine will be obtained 3 months after the first vaccine. And over time, covid cases are still not complete, so the government made a new policy, namely with the 3rd dose of vaccination called a booster. As explained in the article above which is accompanied by a graphic image of the development of Covid-19 in Indonesia, this government policy is considered quite effective and good as an effort to suppress and prevent the spread of the corona virus more widely, which of course must be followed by self-awareness of public order and compliance in carrying out policies that have been set by the Indonesian government.

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