Community Adaptation Patterns in Facing The Condition of Pandemic Covid-19

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ABSTRACT

The covid-19 pandemic which is endemic in almost all countries requires all citizens to adapt to this pandemic situation. Corona Virus can be directly transmitted to human through the environment such as air, surface of plastics and clothes, physical contact such as shaking hands, being in groups, doing activities outside home, and lack of self-hygiene discipline. This situation requires the community to change their usual adaptation patterns. Therefore, people are guided to change their adaptation patterns to new adaptation patterns. This study aims to analyze the adaptation patterns in society in the co-19 pandemic conditions. This research uses mixed method by combining quantitative and qualitative research methods. Data collection techniques using in-depth interviews, questionnaires and analyzed using a one way anova statistical. The results of a one way anova analysis on the aspects of forming the adaptation pattern, the calculated F value is 14,611 with a significant value of 0.000 (sig <0.05), it can be concluded that there are differences in the aspects forming the adaptation pattern. The results showed that the majority of 135 respondents had adaptation patterns in the aspects of self-objectivity and self-acceptance that is being realistic after knowing oneself so that they were able to accept their circumstances. There are different patterns of community adaptation in dealing with the Covid-19 pandemic conditions, where the aspects of Self-knowledge and Self-insight have significant differences from the Aspects of Self-objectivity and Self-acceptance. Respondents who have become participants state that they are changing their adaptation patterns to new adaptation patterns, namely: 1) participants seek insights into virus outbreaks through valid sources. 2) follow health protocols. 3) Stay calm and don't panic. 4) participants hope to be able to carry out routine activities, while maintaining personal health and hygiene.

Keywords: Adaptation patterns; community; COVID-19

INTRODUCTION

Coronavirus is a virus that infects the respiratory system. In some cases, this virus only causes mild respiratory infections, such as flu. However, in more severe cases, this virus can cause severe respiratory infections such as lung infections (pneumonia) to respiratory failure, although the fatality rate from COVID-19 is lower (2.3%) than SARS (9.5%).) and MERS (34.4%) but the spread rate is faster than the other two viruses (Petrosillo., et al. 2020). There are various sources of the spread of COVID-19, but direct spread from human to human (through droplets when coughing or sneezing) is a major source of transmission which also makes it more aggressive (Susilo., et al. 2019).

In order to reduce the spread of COVID-19, governments around the world are implementing policies to impose lockdowns as an effortpreventive *to suppress* the spread of the Corona virus. In

Indonesia itself, a Large-Scale Social Restriction (PSBB) policy was implemented. Social Distancing and Physical Distancing to reduce the spread of this virus. This step is considered the most strategic to be implemented in Indonesia. This PSBB focuses on limiting social activities including school and work holidays, restrictions on religious activities and restrictions on activities in places or public facilities (PERPU Law No. 21 of 2020).

Humans are basically social creatures whose life cannot be separated from the influence of other humans. This is based on the encouragement of humans to relate (interaction) with other people and the social need to live in groups with other people.This interaction allows the fulfillment of needs in order to maintain human survival itself. The restrictions imposed by the government require people to adapt. ProcessThis adaptation requires people to change their old behavior patterns with new ones to continue their life processes and meet their socialization needs. Changes from direct interaction to indirect interaction do not all go well. Indonesian people who are accustomed to cooperative life and strong social interactions are trying to find a way out to continue socializing, one of which is online media. However, the use of other media such as the internet where not all people have adequate knowledge and abilities to use them creates problems for the community in their adaptation process.

As a result of this condition, most people are threatened with losing their jobs, which are the source of their livelihood his livelihood. In addition, there is a sense of suspicion and loss of trust from individuals in society towards others in the environment. From previous research, it was found that behavior deviations were shown by the community due to cognitive bias where there were still many people who did not obey the rules and continued to carry out activities outside the home as usual (Buana, 2020).

Therefore in this study, researchers aim to explore the adaptation pattern of society in facing the changes that occur in relation to the COVID-19 pandemic conditions that have occurred.

LITERATURE REVIEW

Adaptation is an individual's constant interaction with himself, others and the environment where the individual lives (Wijaya, 2012). According to Kartono (2008) states that the adaptation process can be interpreted as a human effort to achieve harmony in one self and in the environment, so that feelings of enmity, resentment, jealousy, prejudice, depression, anger, and negative emotions are in appropriate personal responses and less efficient can be eliminated.

According to Alberlt & Emmons (2002) adaptation patterns have four aspects consisting of: a) Aspects of self-knowledge and self-insight. Aspects of self-knowledge and self-insight, namely the ability to understand itself that itself has advantages and disadvantages. This can be known by an emotional understanding of himself, which means that awareness of his shortcomings and accompanied by a positive attitude towards these deficiencies will be able to cover them. b) Aspects of self-objectivity and self-acceptance, being realistic after knowing himself so that he is able to accept his condition. c) Self-development and self-control aspects, able to direct themselves, filter external stimuli, ideas, behavior, emotions, attitudes, and appropriate behavior. Self-control can reflect that the individual is mature in solving life's problems. d) Satisfaction Aspects,

According to Fatimah (2006) states that the adjustment process is very much influenced by the factors that determine the personality itself, both internal and external. The internal factors, namely: physiological factors, psychological factors which include experience factors, such as: perception, emotional maturity, self-esteem and others, learning factors, self-determination, and conflict factors. Meanwhile, external factors include social maturity, morals, environmental factors, religion and culture.

The adaptation response consists of adaptive and maladaptive responses (Stuart, 2009).

a. Adaptive Response
   Responses that support the function of integration, growth, learning, and achieving goals, such as talking to others, solving problems effectively, relaxation techniques, balanced exercise and constructive activities
b. Maladaptive response
   Responses that inhibit the function of integration, break down growth, reduce autonomy and tend to hinder control of the environment such as overeating or even not eating, overwork, avoidance, anger, being irritated, and attacking. Maladaptive coping mechanisms can have a negative impact on a person such as self-isolation, impact on personal health, and even occurrence.

METHOD

The research method used is a mixed method. The implementation of this mixed methods research combines quantitative and qualitative research methods. Typeresearch this mix using a sequential explanatory strategy.

Participants in the study were the general public as many as 135 participants. Determination of the sample using tenik sampling proportioned cluster random sampling. Sampling was carried out randomly based on the number of sample size proportions that were balanced and met the minimum sample size limit (Johnson & Christensen, 2014).

Mixed research is a procedure for collecting, analyzing, and mixing quantitative and qualitative methods in a study or series of studies to understand research problems (Creswell, 2015). This is in line with (Johnson & Cristensen, 2014) that mixed research is a class of research studies where researchers mix or combine quantitative and qualitative research approaches and techniques in a single research study. This research is useful for describing complex phenomena, can see comparisons between cases, and this research is able to analyze the combined results of this research is able to analyze the combined results of quantitative and qualitative research so that the data will be clearer and complementary.

RESULT

The general description of the respondents provides the identity of the research respondents. Such as age, education, occupation, gender and city of origin of the respondents. The research was conducted from June to July. Respondents in this study were the general public.

a. **Age**
   Table 1. Age of respondents

Age	Frequency	Percent
<20 Years	41	30.4
21-25 Years	59	43.7
26-30 years old	24	17.8
31-35 years old	6	4.4
> 35 Years	5	3.7
Total	135	100.0

From the table above it can be seen that most of the respondents were <20 years old, as many as 41 respondents or 30.4%, while 21-25 years old were 59 respondents or 43.7%, 26-30 years old were 24 respondents or 17.8 %, age 31-35 years is 6 respondents or 4.4%, and age> 35 years is 5 respondents or 3.7%.

b. **Education**

Table 2. Education of respondents

Education	Frequency	Percent
SMA / SMK / equivalent	54	40.0
S-1	63	46.7
S-2	5	3.7
Others	13	9.6
Total	135	100.0

From the table above, it can be seen that most of the respondents have high school / vocational / equivalent education as many as 54 respondents or 40%, 63 respondents or 46.7% with S-1 education, 5 respondents who have a S-2 education %, while the others were 13 respondents or 9.6%.

c. **Profession**

Table 3. Respondent occupation

Profession	Frequency	Percent
Student / Student	54	40.0
Private	25	18.5
Teacher	13	9.6
entrepreneur	9	6.7
Civil servants	5	3.7
Others	29	21.5
Total	135	100.0

From the table above, it can be seen that most of the respondents work as students / professions as many as 54 respondents or 40%, respondents who work as private employees are 25 respondents or 18.5%, respondents who work as teachers are 13 respondents or 9.6%, respondents who work as entrepreneurs as many as 9 respondents or 6.7%, respondents who work as civil servants as many as 5 respondents or 3.7%, while the others were 29 respondents or 21.5%.

d. Gender

Table 4. Gender of respondents

Gender	Frequency	Percent
Male	50	37.0
Women	85	63.0
Total	135	100.0

From the table above, it can be seen that most of the respondents were female as many as 85 respondents or 63%, while male respondents were 50 respondents or 37%.

e.   Home town

Table. 5 Origin city of the respondent

	Home town	Frequency	Percent
Valid	Java	29	21.5
	Outside Java	106	78.5
	Total	135	100.0

From the table above, it can be seen that some of the respondents are from outside the island of Java as many as 106 respondents or 78.5%, while respondents who come from the island of Java are 29 respondents or 21.5%.

Following are the descriptive results of respondents' answers regarding the adaptation patterns society faces the covid-19 pandemic. Data on adaptation patterns in the general public can be seen in Table 6 below:

Table 6.
Variable Frequency Distribution of Community Adaptation Patterns

No.	Pattern	Frequency	Percentage (%)
1	Aspects of Self-knowledge and Self-insight	28	20.7
2	Aspects of Self-objectivity and Self-acceptance	58	43
3	Aspects of Self-development and Self-control	31	23
4	Satisfaction Aspects	18	13.3
Total		**135**	**100.0%**

Based on Table 6 shows that of 135 respondents who are the general public, have adaptation patternson aspects of self-objectivity and self acceptance namely as many as 58 people (43%), while the community included in the aspect Self-development and Self-control as many as 31 people (23%), society which is included in the aspect Self-knowledge and Self-insight as many as 28 people (20.7%), and society which is included in the aspect Satisfaction as many as 18 people (13.3%).

Test of Different Aspects of Forming Adaptation Patterns

The results of the single ANOVA statistical test analysis (one way ANOVA) based on the forming aspects of the adaptation pattern are presented in table 12:

Table 12

ANOVA Based Statistical Test Results Adaptation Pattern Forming Aspects

ANOVA

Pola Adaptasi

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	14.571	3	4.857	14.611	.000
Within Groups	178.169	536	.332		
Total	192.740	539			

Based on table 12 above, it can be explained that the results of a single ANOVA analysis on the aspects of forming the adaptation pattern, obtained a calculated F value of 14,611 with a significant value of 0.000 (sig <0.05), it can be concluded that there are differences in the aspects of forming the adaptation pattern.

To determine whether or not significant differences between groups are carried out by using Post Hoc Tests in the following table:

Table 13.

Post Hoc Test

Multiple Comparisons

Dependent Variable: Pola Adaptasi
Dunnett T3

(I) Aspek	(J) Aspek	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval Lower Bound	Upper Bound
Aspek Self-Knowledge dan Self-Insight	Aspek Self-Objectifity dan Self-Acceptance	-.31296*	.06651	.000	-.4892	-.1367
	Aspek Self-Development dan Self-Control	-.06667	.07310	.932	-.2604	.1271
	Aspek Satisfaction	.14074	.06695	.199	-.0367	.3181
Aspek Self-Objectifity dan Self-Acceptance	Aspek Self-Knowledge dan Self-Insight	.31296*	.06651	.000	.1367	.4892
	Aspek Self-Development dan Self-Control	.24630*	.07326	.005	.0521	.4405
	Aspek Satisfaction	.45370*	.06713	.000	.2758	.6316
Aspek Self-Development dan Self-Control	Aspek Self-Knowledge dan Self-Insight	.06667	.07310	.932	-.1271	.2604
	Aspek Self-Objectifity dan Self-Acceptance	-.24630*	.07326	.005	-.4405	-.0521
	Aspek Satisfaction	.20741*	.07366	.031	.0122	.4026
Aspek Satisfaction	Aspek Self-Knowledge dan Self-Insight	-.14074	.06695	.199	-.3181	.0367
	Aspek Self-Objectifity dan Self-Acceptance	-.45370*	.06713	.000	-.6316	-.2758
	Aspek Self-Development dan Self-Control	-.20741*	.07366	.031	-.4026	-.0122

*. The mean difference is significant at the .05 level.

If the value is sig. <0.05, there is a significant difference between groups. Or by looking at the Mean Difference value, if there is an asterisk (*) then there is a significant difference. Based on table 13. Through the post hoc dunnett test, it is known that the aspects of self-knowledge and self-insight have significant differences with the aspects of self-objectivity and self-acceptance. The aspects of self-objectivity and self-acceptance have significant differences from the aspects of self-development and self-control and aspects of satisfaction. The aspects of self-development and self-control have significant differences with the aspects of satisfaction.

Table 14.
Average Score of Each Aspect Adaptation Pattern Shapers

No.	Adaptation Patterns	Mean
1	Aspects of Self-knowledge and Self-insight	4.0537
2	Aspects of Self-objectivity and Self-acceptance	4.3667
3	Aspects of Self-development and Self-control	4.1204
4	Satisfaction Aspects	3.9130

Based on table 14. above, the value of the aspects forming the adaptation pattern is different where the aspects of Self-objectivity and Self-acceptance have the greatest value compared to other aspects. It can be said that the aspects of self-objectivity and self-acceptance are more dominant in the community in the face of the Covid-19 pandemic conditions. This aspect is more realistic after knowing yourself so that you are able to accept your situation.

DISCUSSION

In a pandemic situation like this a person is honed his adaptability to face difficult situations. A person's adaptability is divided into 4 quadrants (Annas. 2020):

- Quadrant 1 are people who panic and are unprepared for difficult situations. These people are those who interpret information too much about Covid-19 news, excessive panic tends to make them make the wrong decisions.
- Quadrant 2 are those who panic and are overly prepared in dealing with situations like this. This type of person also tends to be careless in making decisions regarding the prevention of the Covid-19 pandemic
- Quadrant 3 are those who do not panic or relax, but are not prepared for difficult situations. People in this third quadrant tend to take the current Covid-19 pandemic lightly. As a result they did not prepare themselves. When in public places where masks are supposed to be used, they believe that even without masks their life will be fine.
- Quadrant 4 are people who are calm and make adequate preparation for difficult situations. These include people who are not restless or stressed.

The results of the ANOVA analysis show that there are differences in the aspects forming the adaptation pattern, where the aspects of self-objectivity and self-acceptance have the greatest value compared to other aspects. It can be said that the aspects of self-objectivity and self-acceptance are more dominant in the community in the face of the Covid-19 pandemic conditions. This aspect is more realistic after knowing yourself so that you are able to accept your situation. Based on the results of a descriptive analysis, the majority of people strongly agree that they are better off staying at home, when they feel unwell. They are happy to meet friends, but must refrain from the covid pandemic situation.

And the majority of them do not agree that even though they are not feeling well, they still go shopping at the market because they are bored at home.

These results are supported by the results of interviews that show that people have changed their adaptation patterns using new adaptation patterns, this can be seen from the people who practice to choose valid sources, accustom themselves to following government rules to stay at home, if they have to go out, they still wear masks. and bring a hand sanitizer, and don't panic and stay calm so you don't get stressed. As described by subject 1 and subject 2.

I follow the advice from the government by staying at home, I do online learning activities, when I go out to buy food I use a mask, I stand one meter away from the surrounding community, and do not shake hands and after arriving at my house immediately washing hands (Subject 1)

Honestly, we as limited humans cannot do anything other than surrender to the Almighty, but resignation is not in the sense of indifference but we can do small things by following the government's advice, namely stay at home, and then let God work. .and I hope that in the future this corona virus can end (Subject 2)

The results of the interviews conducted with the two subjects above indicate that most of the community has adapted in the face of the Covid-19 pandemic through the implementation of preventive measures from the government, including staying at home, shopping online, always using a mask when leaving the house, maintaining a distance of one meter from other people, not shaking hands with others and always getting used to wash your hands with soap or hand sanitizer. The conditions experienced by the community if it is related to the adaptation capacity theory of Annas (2020), it can be explained that most people are included in quadrant 4 which can be seen from their calm attitude and making sufficient preparation in facing difficult situations. Other than that, Most of the people do not show anxiety and stress as seen from their ability to adapt by following the government's appeal so that they can stay safe during the Covid-19 pandemic. This is in line with the findings which show thatthe value of the aspects forming the adaptation pattern lies in the aspects of self-objectivity and self-acceptance with the greatest value.

Therefore, the community can maintain a pattern of adaptation self-objectivity and self-acceptance that can help someone stay positive and think positive by recognizing their deficiencies. However, society needs to improve aspects of self-satisfaction which still have the lowest mean value by assuming that everything they do is a satisfying experience by trying to do something that can help meet their expectations. In this case, the government's role is needed in increasing public satisfaction in its efforts to adapt to the Covid-19 pandemic.

Similar results of interviews were also found in the results of interviews conducted with subject 3 which showed readiness to face the Covid-19 pandemic which was shown by trying not to panic excessively which was supported by seeking information from competent people and obeying government recommendations and seeking information from the media that could be trusted as seen in the following interview excerpt.

I ask other people who are competent as recommended by the government (namely online), get information from reliable media, and I try not to panic excessively in dealing with this COVID-19 (Subject 3).

The results of interviews with subject 3 indicate that there is an adaptation ability in quadrant 4 as stated by Annas (2020) that people in this quadrant include people who are calm and make adequate preparation in facing difficult situations. These include people who are not restless or stressed. This is

also in line with opinion Alberlt & Emmons (2002) which shows that subject 3 is classified into aspects of self-development and self-control that can be seen from being able to direct oneself, filtering external stimuli, ideas, behavior, emotions, attitudes, and appropriate behavior. Self-control can reflect that the individual is mature in solving life's problems. During this pandemic, it is important for us not to panic and be able to find information related to COVID-19, do not be quick to believe the news that is spread without us confirming the truth of the news.

CONCLUSIONS AND SUGGESTIONS

By looking at the results of the research it is known that the pattern of community adaptation in the face of the Covid-19 pandemic conditions, *the majority of the general public have adaptation patternson aspects of self-objectivity and self acceptance that is be realistic after knowing yourself so that you are able to accept your situation.* There are significant differences between the aspects of self-knowledge and self-insight with aspects of self-objectivity and self-acceptance. The aspects of self-objectivity and self-acceptance have significant differences from the aspects of self-development and self-control and aspects of satisfaction. The aspects of self-development and self-control have significant differences with the aspects of satisfaction. The community has adapted to new patterns of behavior, namely by changing the way they interact from the usual direct way to indirect or online interaction patterns. The community has also implemented preventive steps from the government, among othersBy staying at home, I do online learning activities, when I go out to buy food I use a mask, I stand one meter away from the surrounding community, and do not shake hands and after I get home I immediately wash my hands, don't panic.always information from reliable media.

The suggestion from this research is that the community should continue to implement a new adaptation pattern, namely staying at home and when they have to go out, they still wear a mask, stand one meter apart, and when returning from traveling outside the house immediately wash their hands.

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