

Research article

Strengthening Psychological, Economic, and Social Resilience of KUB Sendang Rejeki Members in Sleman

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Abstract.

This community service aimed to improve psychological, economic, and social resilience during the COVID-19 pandemic for members of KUB Sendang Rejeki, Sribit, Sendangtirto, Berbah, Sleman. The methods of implementation included providing counseling and training in managing psychological resistance, physical health and social resilience, and in optimizing the local potential of the community. Data were collected through interviews, observations and supporting documents. The results of the counseling and training showed that understanding and skills of psychological resilience, physical management, social resilience of the community, cultivating the local potential, and family economic resilience during the COVID-19 pandemic all increased.

Keywords: strengthening, psychological, economic, and social resilience

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1. Introduction

Psychological, economic and social resilience is very much needed in dealing with social problems around us. The problems currently facing the Indonesian people are social and other problems relating to the economic, psychological and spiritual fields as a result of the unfinished Covid 19 pandemic. This problem has rocked almost the whole world and is a big problem that we need to deal with together simultaneously and comprehensively. Because, the covid-19 pandemic causes anxiety in the community, where low levels of anxiety are potentially deadly and can cause a person to not care about avoiding transmission which leads to neglect of measures of distance or hygiene. Likewise, high levels of anxiety can lead to dysfunctional behavior such as hoarding essential items (hygiene products, food, medical supplies), which can add to the burden on others [1].

This situation cannot be predicted beforehand, but everyone is forced to accept the situation with all the limitations of their abilities. Because, the danger of the Covid 19 outbreak cannot be ignored, because it has a broad impact on the safety and sustainability of the nation's next generation. This is because there have been many

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victims, both from the medical community and the general public, which are quite a lot. Moreover, the COVID-19 pandemic, as well as other disasters or very severe economic crises can be categorized as traumatic events that can have a negative impact on an individual's psychological system [2]. In the first two weeks after the outbreak, it was reported that many women experienced higher levels of stress, anxiety and depression than men, and mentioned that the coronavirus affects some individuals emotionally, they experience fear of contracting the virus, feel helpless and have a high negative stigma [3].

To overcome this situation, the government urges the public to do WFH (work from home), work from home, whether they are government employees, private, or self-employed, including those who are at a vulnerable age and have a poor medical history. Students in schools from kindergarten to Senior High School and students are also required to learn from home (BDR) through monitoring and guidance of teachers, parents, and supervisors. Most of the people around us, refrain from doing activities outside the home. Work, study and worship, all done at home. No exception abroad, for example New Zealanders to stay indoors. People can only leave the home, if they are in dire need of groceries, medical supplies or care, and exercise in their immediate environment, with some exceptions for health workers, care workers, and grocery store attendants [4].

There are some communities around us who are affected by this problem, with the termination of employment relationships, part-time work, and shift work. Conditions like this certainly add to the heavy burden on families from the economic sector. Meanwhile, the needs of daily life continue to increase and demand that all be fulfilled. The need to fill the stomach also cannot be postponed, because as ammunition to survive. All of these problems have become major challenges for the people and nation of Indonesia in the last few months. Therefore, the main weapon for reducing pandemics is behavior, such as encouraging people to comply with government instructions, self-isolating, quarantine, and physical distancing [5].

Apart from economic aspects, other aspects were also affected fluctuatively. The impact of social, psychological and spiritual aspects can also be felt in everyday life. A striking social problem near us is the prohibition of a culture of gathering in various forms of activities, such as PKK social gathering in the village, routine recitation in mosques, in village arisan groups, fathers patrolling forums, all of which stop for a while.

Therefore, it takes a touch from stakeholders around the community, so that a difficult situation like this can be resolved through synergy and collaborative programs from various institutions that care and are responsible. This required program will certainly

be able to strengthen and increase psychological, economic, and social resilience, namely the ability to build psychological, economic and social resilience by having mental, social and psychological strength and resilience so that they can create an independent life, develop themselves and their families so that built a harmonious society that is physically and mentally prosperous. lthough the handling of Covid-19 to date has focused primarily on controlling the spread and preventing death, this pandemic has the potential to create a secondary crisis in the form of psychological stress and an overflow of the mental health system [6].

One of the programs that can be developed is the "Galang Tulung" program, which is an action or activity to initiate mental health and social health in the community which will foster enthusiasm to rise from economic, psychological, social, and spiritual adversity, so that community resilience is maintained. When viewed from a psychological perspective, a pandemic like this is a life event associated with uncertainty, ambiguity and loss of control, each of which can trigger emotional stress and distress, including symptoms of internalization (anxiety and depression) and anger [7]. Early research on the effects of the Covid-19 pandemic shows that aspects of mental health have begun to be disrupted, even in homes that do not contain family members who have contracted COVID-19 [8].

The "Galang Tulung" program can be translated into special programs that target three types of community resilience, namely psychological resilience, economic resilience, and social resilience. This program is in the form of strengthening and training to strengthen psychological resilience, strengthening economic resilience, and social resilience. Of course this program also involves the local hamlet government so that moral and material support can boost community enthusiasm in increasing psychological, economic and social resilience in the face of the Covid 19 pandemic. Because the COVID-19 pandemic has substantially changed our lives, career trajectories, and feelings of security, causing serious impacts on mental health, it is necessary to address efforts to increase mental, economic and social resilience through targeted and effective program interventions [9].

2. Method

The implementation model in this community service activity is a model of outreach and training through various methods of lecturing, question and answer, practice, and consultation clinics. The activities of strengthening psychological and social resilience, with the following activities.

1. Exposure to material on self-management psychology and counseling practices.
2. Exposure to material on mental health management and mental health exercise.
3. Discussion and question and answer about the problem of psychological resilience
4. Exposure to material on social resilience management
5. Management of the local potential of Kepok banana to become crispy banana chips.
6. Expressing self-esteem for increasing psychological, economic and social resilience.

The targets of this training activity are women who are members of the Sendang Rejeki Joint Business Group (KUB) in Sribit Hamlet, Sendangtirto, Berbah, who were affected by the COVID-19 pandemic, totaling around 15 people. The main theme in this community service activity is strengthening psychological, economic and social resilience, through community empowerment with the “Galang Tulung” program for residents of communities affected by the COVID-19 pandemic.

The organizer of this activity is three lecturers of the Postgraduate Social Sciences Education Masters Program at the PGRI Yogyakarta University, involving resource persons from UMKM in the field of home industry in Bantul Regency.

The training activities are carried out in four stages. The first stage is the presentation of material on self-psychological management in the face of the COVID-19 pandemic. This form of training begins with counseling and is continued with personal counseling from the training participants if they have unsolved problems.

The second stage of the activity was the presentation of material on mental health counseling and mental health gymnastics training. Mental health training is carried out simply, while sitting can be done.

The third stage is the presentation of social resilience counseling materials, followed by group discussions about actual problems that have occurred in the community during the Covid 19 pandemic.

The fourth stage is a training activity for the management of the local community's potential, in the form of Kepok bananas which can be processed into crispy banana chips which have a high selling price in the market.

3. Result

3.1. Results of the First Stage Activities

The first stage of community service activities for the mothers of the members of KUB Sendang Rejeki, Sribit Hamlet, Sendangtirto, Berbah, Sleman, was carried out on a limited offline basis while still following health protocols, can be explained in the Table 1.

The first phase of activities will be held on Saturday, April 2, 2021, offline by following the health protocol recommended by the government. The number of participants is 15 people who actively follow until it's finished. Based on the observations of the community service implementer and the chairman of KUB Sendang Rejeki, this first phase of community service activities can run well and smoothly in accordance with the stated goals. This community service activity certainly has a positive impact even though not all members can attend, because of the corona pandemic period so only 50% were allowed to attend. This can be seen from the number of mothers who ask questions about stress, emotional shock, depression, and self-hallucinations. Besides that, mothers also asked via WhatsApp. If through WhatsApp, executors of community service activities immediately respond by providing explanations as necessary and towards the goals.

3.2. Results of the second Stage Activities

The second stage of activities in the service of the members of KUB Sendang Rejeki, Sribit, Sendangtirto, Berbah, Sleman, carried out on a limited basis by following the health protocols according to government recommendations, can be explained in the Table 2.

The second phase of activity was carried out on Saturday, April 9, 2021 for a limited offline basis by following the health protocol from the government. The number of participants is 18 people who actively follow until the end. Based on the results of observations on community service activities and observations from the chairman of KUB Sendangrejeki, the second phase of community service activities can run well even though not all participants can attend, because it is limited to only 50% of members who can participate. This community service activity can run according to the design that has been carried out, namely through direct face-to-face although on a limited scale. Activities run smoothly, although sometimes there are technical problems with the use of the projector which sometimes turns itself off if it is used too long.

3.3. Results of the Third Stage Activities

The third phase of community service activities is carried out on Saturday, April 17, 2021 through limited offline activities following the health protocol recommended by the government. This third stage activity, explained related to increasing social resilience in the community. The details of time distribution in the delivery of material on increasing social resilience can be explained in the table 3.

This third community service activity was felt to be the most interesting for the training participants, because when it comes to talking about the social life of the community it becomes a very broad discussion. This is because the training participants felt that this social impact was very touching during the Covid 19 pandemic, because they could not visit each other and gather with neighbors or relatives. However, this activity actually received a lot of appreciation, because this activity also emphasized the existence of the "Galang Tulung" activity between hamlet residents in the face of the Covid 19 pandemic, namely by providing food assistance for residents in need, which was placed near the local security post, so that it was easy. reachable by anyone without feeling "ewuh pakewuh". The activity was exciting, there were lots of questions, input and suggestions to strengthen the social resilience of the community, such as helping directly for people with Covid 19 who are undergoing independent isolation at home.

3.4. Results of the Fourth Stage Activities

The fourth stage of community service activities is carried out on Saturday, April 24, 2021 through limited offline activities following the health protocol recommended by the government. This fourth stage activity explains the processing of local potential to increase the economic resilience of the community. The details of the time division in the delivery of the local raw material processing material "banana kapok" into crispy chips can be explained in the table 4.

This fourth community service activity is the last offline service activity, because the next service activity, namely monitoring and mentoring for training participants, is carried out online, given the situation and recommendations from the local village government. The training activity of processing yellow kapok banana raw material into crispy chips has had a tremendous impact. The mothers were enthusiastic about participating in the training and tried to alternate chopping and frying banana chips. The final result shows that crispy banana chips are suitable for consumption, healthy, halal, and delicious.

4. CONCLUSION

1. Counseling and training activities to increase psychological resilience, can run smoothly, and produce good development for members of KUB Sendang Rejeki, which is marked by increased enthusiasm and passion for life in the face of the Covid 19 pandemic.
2. The motivation of the training participants was very high to understand the counseling material, especially about mental health and improvement of physical health during the Covid 19 pandemic, as evidenced by their direct attendance at the training activities which took place at the house of the head of KUB Sendang Rejeki on time.
3. The training activities that have been carried out by the service team have the benefit of honing the knowledge and skills of the members of KUB Sendang Rejeki in managing social resilience and economic resilience.
4. Community service activities can run well even though they are carried out on a limited basis because it is still during the Covid 19 pandemic, which was attended by members and chairmen of KUB Sendang Rejeki for four activities in an orderly manner.

5. Discussion

The follow-up of this training to increase psychological, economic and social resilience is the process of social psychological assistance to the mothers of KUB Sendang Rejeki members and assistance in developing crispy chips products to improve the quality of their processed products, so that they can be widely marketed in the community. Assistance is carried out in the form of open consultation via WhatsApp or telephone, which is to provide opportunities for members of the KUB Sendang Rejeki to discuss and consult on improving social psychological health, as well as the development of crispy products, which are currently starting to be developed. better understand in increasing psychological, economic and social resilience in a sustainable manner. Because if it is not handled seriously, the reported impact of the Covid-19 pandemic will be very high, especially the associated economic and social impacts, as well as the spread of mental health problems and declining physical health [10]. Because there are several studies that highlight gender differences regarding mental health during pandemic, in which women are reported to have higher levels of distress than men [9].

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