

**Research Article**

# Disruption and Community Life Strategy to Overcome The Covid-19 Pandemic From Social-cultural Perspective

**Ulung Napitu\***, Corry and Rohdearni Wati Sipayung

The Lecturer of the History Education Study Program, Faculty of Teacher Training and Education.

**Abstract.**

This paper aims to examine the Covid-19 phenomenon and its multidimensional impacts on the form of disruption of social life and efforts to overcome it. At the end of 2019, the city of Wuhan had a new pneumonia outbreak and spread to 190 countries. The outbreak was named Corona Virus Disease 2019 (Covid-19). The Covid-19 pandemic has spread throughout the world and has claimed millions of victims, which until now have not been found a vaccine to treat it. The development of Covid-19 has had a multidimensional impact causing a decline in health, welfare, economic growth, anomies and disruption in various lives. Various strategies and policies have been taken by governments around the world in the form of the use of personal protective equipment (PPE), social distancing, and reducing crowds involving large crowds, new normal and various life revolutions so that people are able to sustain their lives and reduce the new Covid-19 cluster. Until now, the efforts taken by various countries including in the medical field, namely finding a new vaccine, but it have not been successful to be found. So the Covid-19 pandemic has caused a revolution and disruption in various aspects of the social-cultural, health and economy.

**Keywords:** Personal protective equipment; PPE; covid-19; social-cultural

Corresponding Author: Ulung  
 Napitu; email:  
 ulungnapitu2018@gmail.com

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## 1. Introduction

In early 2020, the world was shocked by the outbreak of a new pneumonia that originated in the city of Wuhan, and has spread rapidly to 190 countries. This outbreak was named Corona Virus Disease 2019 (Covid-19). The spread of Covid-19 has a multidimensional impact in all aspects of life[1].

The massive spread of Covid-19 has caused disruption in various people's lives, causing people to carry out social interactions through Zoom Meetings, Classroom, Whatsapp, and others. There is the use of online as a means of communication, causing community members to carry out all their activities using information technology. The massive use of information technology is currently being carried out causing looser

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interaction and social cohesion in people's lives which in turn leads to social disintegration due to direct social interaction (face for face).

Various strategies and policies have been implemented by governments around the world in the form of implementing lockdowns, large-scale social restrictions, social distancing and other policies, but have not produced maximum results. This condition causes the quality of health to decline, unemployment occurs, layoffs are increasing, economic conditions are increasingly difficult, and ultimately lead to a global economic crisis, as well as causing various social insecurities.

The economic crisis that almost hit every country took various methods and imposed social restrictions, in certain regions implementing a new life order (new normal). The entire social community implements the new normal and social restrictions in the green zone area. Enforcement of the new normal still has to comply with the health protocols in accordance with those established by the government and WHO.

In the new normal life order, the community has not been able to fully carry out activities as usual, in the form of rituals, customs, religious events, art and cultural performances and other activities that require long face to face meetings. Limitation of social activities, implemented with the aim of reducing the spread of Covid-19 and preventing new clusters.

There are no signs that a vaccine has been found to overcome Covid-19 so far it has had a multidimensional impact on all aspects of community life including socio-cultural aspects in the form of disruption of social life, anomies, disintegration and social anxiety which has yet to end.

## 2. Methods

To understand the phenomenon of disruption and the strategies of people's lives due to the Covid-19 pandemic from socio-cultural perspective, qualitative methods are used with a literature research approach. Library research is data collection methods are carried out by analyzing various existing written sources in the form of books, journals and other written sources that are considered relevant[2] [3]. To complement these written sources in library research, various documents that are considered relevant to the writing of this scientific paper are used. The steps taken are by collecting, selecting, evaluating, synthesizing, analyzing, criticizing various documents[4] [5].

Referring to the various views above, the writing of this scientific paper begins with selecting books, journals and other literature that are deemed appropriate, with the problem of this writing which is complemented by various documents. To ensure the

validity of these various sources, the authors carry out internal criticism and external criticism of sources and documents. This means that written sources related to disruption and community life strategies to overcome the Covid-19 pandemic from a socio-cultural perspective are selected selectively, evaluated, compared, analyzed, synthesized until conclusions are drawn.

## 2.1. The Objective of The Research

Analyze the various factors that influence the Covid-19 pandemic to spread throughout the world. Discuss the various efforts that have been taken by governments around the world to deal with the spread of the Covid-19 pandemic. Analyzing the multidimensional impact on all aspects of people's lives causes disruption and revolution of the new life order of the world community, especially in the socio-cultural field.

## 2.2. Benefits

The results of this paper are expected to add insights and references for the wider community about Covid-19 and efforts to overcome it. Providing information to the wider community so that they can protect themselves from the Covid-19 pandemic. Contributing thoughts to the government and all society so that they can take the right policies in dealing with the expansion of the Covid-19 cluster in various levels of society.

## 3. Results and Discussion

### 3.1. The Covid-19 outbreak

Most of the corona viruses circulate between animals. Six of these species evolved and are capable of infecting humans, as seen in severe acute respiratory syndrome (SARS), Middle East respiratory syndrome (MERS), and four other coronaviruses that cause such mild respiratory symptoms. Cold, can be transmitted from human to human. The new corona virus is symbolized by the WHO 2019-nCoV, with the letter n which means novel or new, and CoV which means coronavirus (corona virus). This virus belongs to the order Nidovirales, family Coronaviridae, and genus Betacoronavirus (Beta-CoV). The genus betacoronavirus consists of four lineages, where 2019-nCoV together with SARS-CoV is classified in the B lineage (subgenus Sarbecovirus). The 2019-nCoV virus is the

seventh species capable of infecting humans. On 11 February 2020, International Committee on Virus Taxonomy (ICTV) named this virus severe acute respiratory syndrome coronavirus 2 (Severe acute respiratory syndrome coronavirus 2, abbreviated as SARS-CoV-2) which is strains in the SARS-CoV species.

Pandemic Covid-19 has claimed lives until 27 October 2020 as many as 43,777,188 cases, 1,164,516 died and 6651 new cases per day, healed 32,181,397 worldwide and Indonesia: 394,420 cases, died 13438 people, recovered 319,380 people (Info Covid-19, 2020). This problem affects all aspects of life and socio-culture of the community, namely the spread of panic among the world community, the closure of cities and the State, flight cancellations, and other activities. The Covid-19 vaccine has yet to be found effective, although efforts have been made to develop some drugs. The symptoms include fever, difficulty breathing and cough, which is described as a "symptom" Influenza To prevent infection, WHO recommends washing hands regularly, covering mouth and nose when coughing and sneezing and avoiding close contact with anyone showing symptoms of respiratory disease[6].

### 3.2. Socio-Cultural Changes Due to the Covid-19 Pandemic

The socio-cultural disruption caused by Covid-19 is a social phenomenon in people's lives marked by changes in social structures, customs, habits, life patterns and cultural patterns that occur throughout human life. Socio-cultural changes are pleasing to various aspects of human life. Socio-cultural changes are planned and unplanned. Planned changes are socio-cultural changes that occur as a result of being planned by humans, for example development. Unplanned changes are changes that occur beyond human capabilities. These unplanned changes include the occurrence of disease outbreaks that afflict humankind and natural disasters that cause many victims and others[7]. The mechanism of change consists of evolutionary, gradual, and revolutionary changes. Evolution is a change that occurs gradually in people's lives. The implications of socio-cultural changes due to Covid-19 greatly affect the socio-cultural system adopted in society significantly. Social and cultural values, customs, religious ritual events, and others have experienced massive disruption due to the Covid-19 pandemic. The disruption of socio-cultural values has implications for changes in patterns, lifestyles, habits, traditional events, and religious rituals. forcing people to adapt to the current social conditions that are abnormal to a new life order (adapt) to the new normal order.

### 3.3. Socio-Cultural Disruption

The imposition of lockdowns and restrictions on a large scale due to the Covid-19 Pandemic caused people to be obliged to stay at home which lasted + 3 months drastically changed their interaction patterns and activities. Social activities, business, services, education and government services were partially stopped because not all activities can be done from home with the use of information technology. The disruption caused by the Covid-19 outbreak caused some business people and the government to be creative in making various innovations in carrying out online activities. The disruption caused by Covid-19 has changed people's lifestyles, ritual events, customs, religion, economy, business, and the order of life of the community and government. In order to be able to survive, people absolutely must adapt to the new life atmosphere that has changed so rapidly by carrying out acceleration and transportation in various fields of life. Digital transformation is a digital process and strategy that drastically carries out activities and services. The Covid-19 pandemic forces people to use digital technology in all their activities. The development of a virtualization system must be adopted where applications and desktops will make it easier to access documents and data and work anywhere and anytime so that it is more productive and efficient. The increase in the spread of Covid-19, which until now has not found a cure, has led to very basic socio-cultural changes in the life of the world community. -the joints of the social life of the community. Forms of social change include restricting mobility by staying at home to prevent the spread of Covid-19. Social activities, offices and schools and other services are carried out online from home forcing all communities to adapt to new conditions. Maintaining social distancing (Social Distancing) to reduce large amounts of meetings and hospitality and to maintain a distance of + 1 - 2 M. keep your distance, keep away from crowds, and various activities related to health. The habit of people who are not accustomed to washing hands regularly, wearing masks when going out and other health protocols must now be done [1] [8].

Since the implementation of large-scale lockdowns and social restrictions, there have been socio-cultural changes in people's lives. They carry out limited social interactions, their environment and their relatives, online and reduce interaction and friendly communication between fellow citizens with physical contact. This condition affects social interactions, leading to loosening of social cohesion, collectivity and mutual cooperation among community members. Overcoming this problem, the community should carry out collective action by using local wisdom that grew and developed in the community before the Covid-19 outbreak. This social capital is used and developed so that social

ties do not weaken, for example, the union please help must be maintained. Behavior deviation Destructive social behavior should be avoided and positive behavior changes must be maintained and developed so that the community can overcome the social crisis. Currently there has been a very fundamental change in people's lives. Various countries have massively developed a digital culture (digital culture) to carry out work, services and other activities so that their needs can be addressed even in a crisis.

### **3.4. Community Life Strategies in Overcoming the Covid-19 Pandemic**

Indonesia is one of the countries in the world that is also infected with the new Corona Virus or Covid-19. Panic has started since this virus spread from Wuhan, China to the rest of the world. In the same spirit, Indonesia must improve because the impact of Covid-19 is very serious, especially on the wheels of the economy. In the midst of the Covid-19 outbreak, solidarity shoots are growing. This solidarity can be seen in various humanitarian actions, starting from the flow of social support for those who are victims, and the seriousness of the government in overcoming this problem. The spirit and spirit of social solidarity was tested and tested in the Covid-19 incident, including in a pandemic situation that claimed many victims. As a large nation, it is obligatory to uphold the solidarity of the Indonesian people who have experience in overcoming various calamities, for example the Aceh Tsunami, the Yogya earthquake, the Lombok earthquake, the violent actions in Papua and Sampit. Disasters such as dengue fever, malaria which claimed many victims are also experienced by us. In any pandemic there is always a way out of trouble[8].

Social solidarity functions as a social safety net in times of life's difficulties. Social solidarity requires personal and individual relationships that are continually honed in the challenges of life. States that social capital is a part of social life, networks, norms, and beliefs that encourage effective joint participation to achieve common goals. The core idea of social capital is that social networks have value, social contact affects the productivity of individuals and groups. Social solidarity plays an important role in maintaining cohesion between citizens and is a means of social control. In living together as citizens, social solidarity is like lubricating oil in maintaining harmonious relationships between individuals in society. The essence of social solidarity is trust. Plague Covid-19 destroys all joints of life. The presence of social solidarity is both a strength and a hope. The presence of the Covid-19 outbreak encourages collective awareness to take the slightest action for those who are victims, which is very relevant. The slightest deed

means a lot to people in need and does not blame those who are victims. All members of the community are invited to face the fact that disaster is in sight and anyone can be hit. There is no reason to blame each other because in fact humans are social creatures who are always in solidarity with others. Solidarity with others is a powerful social asset to face this global disaster.

### 3.5. New Normal Momentum of Socio-Cultural Transformation

Stated that the new normal concerns two things that must be considered, first, as a cultural statement, meaning that the existence of Covid-19 presents a big question about how strong Indonesian culture is. Through Covid-19, this has actually become a historical momentum because many parties have been taught something new. Something new, for example going home does not have to be sacred, but rather situational and functional. The new normal after the Covid-19 pandemic. From a health perspective, Covid-19 cannot be overcome because until now a vaccine has not been found. If you want to increase your body's immunity, you can do this by utilizing socio-culture (local wisdom related to self-protection and local knowledge about various traditional medicines that strengthen the body's resistance, for example, consuming ginger and turmeric. The greatest power to overcome this Covid-19 pandemic is social cohesion in the nuclear family and extended family and community members to maintain each other and implement health protocols as recommended by the government. Empirical facts show that if a person is infected with Covid-19 it can destroy all family members of other relatives and even on a broader scale infected in one village. The village that was previously said to be solid and experiencing harmony in life is now experiencing symptoms of weakening social cohesion. Immunity in the village can be maintained if all villagers can maintain the cultural foundation to jointly protect the whole village so as not to be affected by Covid-19. New normal is a big challenge because not all elements of society fully understand and accept for their own safety. Community members have not had one perception in implementing the health protocol for a new normal life because of various understandings and perceptions and different interests. In facing the new normal, it is hoped that members of the community can be more relaxed and calmer so that their immunity remains good, because the new normal requires cultural mechanisms to make the community quite ready to face it.

Has the view that new normal is a new civilization. Everything is not normal, naturally all members of society must adapt to new situations. The current situation is how to change the crisis from the losers to the winners. People must stop being the losers,

who every day just complain, cry, even the desire to do suicide and deviation behavior. This requires a socio-cultural transformation to make them winners. Therefore, the right strategy and approach is needed to calculate social energy and regional potential to become fighting Covid-19 so that transformation can be achieved. In a crisis there are always new problems and new challenges, but at the same time presenting hope, namely new opportunities for social transformation. Therefore, if we respond positively, the Covid-19 pandemic will become a great momentum for the nation to carry out socio-cultural transformation by building new cultures in the form of clean living and increasing the discipline of citizens. Discipline is one way of responding to a crisis, which was originally a medical crisis in the form of a pandemic which then had an impact on social, cultural, economic, political and other crises that forced us to build a new culture, a new tradition in the form of a healthier, more disciplined lifestyle and reuse local wisdom. The new normality, which is a social construction process, is the process of creating a safety valve that must be carried out, even though the social construction and dialectics are currently underway. The corona virus pandemic (Covid-19) has had a huge impact on people's lives. The current social phenomenon is interesting because people in the future must do their activities again by 'making peace' with the corona virus to create new normalities in life.

Humans as social beings naturally experience stuttering traditions (cultural *laag*) with restrictions on gathering and interacting activities, and even forming new life orders. The positive and negative aspects of this challenging situation also shape the dynamics of society so that it can quickly rise from its adversity. The Covid-19 pandemic has caused excessive panic in the community to the point where there has been rejection of the corpses of corona victims, to the expulsion of nurses and travelers. Not a few people are experiencing economic pressure. Workers are laid off or small businesses lose their source of income. Large-scale Social Restrictions (PSBB) force people to stay at home more so that they are more familiar with building closeness in the family. In this difficult situation, various creative social movements were born to reduce the burden on society from heavy economic pressures. All of these are social phenomena that will have an impact on social life in the future. Prasodjo (2020) said that the Covid-19 pandemic which limits various human activities outside the home is a momentum to get closer to family. Especially for families who live in urban areas with all their activities from morning to night. The culture of mutual cooperation in the country is still quite strong, as reflected in the massive assistance from various elements of society to those affected. This is inseparable from the habit of Indonesian people who engage in more social interaction than people in other parts of the world. Every human being needs social interaction,



but in Indonesia it is not just that, cultures are closely knit together. Digital alone is not enough, for that the government must play an important role so that the provision of self-help to the community can run well and overcome fatigue with various approaches. This is inseparable from the habit of Indonesian people who engage in more social interaction than people in other parts of the world. Every human being needs social interaction, but in Indonesia it is not just that, cultures are closely knit together. Digital alone is not enough, for that the government must play an important role so that the provision of self-help to the community can run well and overcome fatigue with various approaches. This is inseparable from the habit of Indonesian people who engage in more social interaction than people in other parts of the world. Every human being needs social interaction, but in Indonesia it is not just that, cultures are closely knit together. Digital alone is not enough, for that the government must play an important role so that the provision of self-help to the community can run well and overcome fatigue by using various approaches.

The strong solidarity of the Indonesian people in the midst of a crisis like today cannot be separated from the culture of mutual cooperation as social capital. Social capital can be defined as a resource in the form of norms and values that are owned by the community to facilitate and build cooperation through interaction and communication networks. Various actions to raise and provide assistance carried out by various elements of society will not just stop until the Covid-19 pandemic ends. Successful in reducing various social unrest in society, especially criminal acts due to increasing poverty rates. All are inseparable from social capital, in the form of mutual cooperation and mutual assistance. The various crises that hit Indonesia decades ago were successfully overcome by the government because of the strong community solidarity. The strong solidarity of the Indonesian people in line with the Legatum Prosperity Index in 2019 has positioned Indonesia fifth out of 167 countries in the category of social capital. This category measures personal abilities and social relationships, social values, and community participation as citizens.

## 4. Conclusions

In the socio-cultural field the Covid-19 pandemic has an impact on disruption of patterns, socio-cultural systems, lifestyles, customs and other rituals in various people's lives. As a result of this disruption, a new culture was born that left routine, spirituality and various events that were considered sacred before Covid-19. To respond to the new normal, all components of the community use local wisdom in the form of mutual cooperation as

social capital and take advantage of various types of plants that are considered potential to increase endurance so that they can survive and adapt to current conditions until the Corona-19 virus drug is found.

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