

Conference Paper

Adapting to the New Normal During the COVID-19 Pandemic Through Creating a Children's Song With a Health Theme

Fortunata Tyasrinestu

Institut Seni Indonesia, Yogyakarta, Indonesia

ORCID:Fortunata Tyasrinestu: <http://orcid.org/0000-0003-3158-3563>**Abstract**

Health promotion activities are crucial amid the COVID-19 pandemic. Health promotion can be carried out through various methods, one of which is through musical activities. Musical activities may trigger a community's awareness of the government's programs related to minimizing the spread of COVID-19. The spread of COVID-19 reminds us that healthy behavior should be internalized as early as possible. The use of children's songs as a medium of health education serves to promote healthy and clean-living behavior. Song creation for school-aged children could be an educational model to maintain personal and environmental health. In this study, data were collected through a literature review and observations of health-related issues for children. The song was created by determining the listener (i.e. children), the theme for adaptation to the new normal era (healthy behaviors), and the structure (AA, AB with simple variation of ABA, AAB); making the lyrics, a simple melody, and the song title; and writing in notation and socializing. The result of the study was a children's song with a health theme, specifically related to healthy behaviors for adapting to the new normal, which can serve as a medium of health education for children.

Keywords: health education, song creation, children's song, adaptation to new normal

Corresponding Author:

Fortunata Tyasrinestu

Indonesiatyasrin2@yahoo.com

Published: 2 June 2021

Publishing services provided by
Knowledge E

© Fortunata Tyasrinestu. This article is distributed under the terms of the [Creative Commons Attribution License](#), which permits unrestricted use and redistribution provided that the original author and source are credited.

Selection and Peer-review under the responsibility of the ICADECS Conference Committee.

1. Introduction

Health promotion activities are crucial amid the COVID-19 pandemic. The important actors in health promotion is not only the medical workers, but also the society itself. Indonesian government organizes some community health movement programs to improve the community's health. Some of them are Gerakan Masyarakat Hidup Sehat (People's Healthy Life Movement), Perilaku Hidup Bersih dan Sehat (Clean and Healthy Lifestyle), which can only obtain their purposes with a support from health promotion activities. Health promotion can be carried out through various methods, one of them is

OPEN ACCESS

through musical activities to support the health promotion. Musical activities, in certain degree, may trigger community's awareness of the government's program related to minimizing the spread of COVID-19.

Health education in school, especially for children, serves as a strategic measure to promote community health since it is quite effective to enhance the community's awareness of clean and healthy lifestyle. School-age is the best period to educate and teach about clean and healthy living behavior. By developing clean and healthy behavior, i.e., habit of handwashing with soap to prevent disease, including COVID-19, school can be a safe and healthy environment for learning process. One of the health promotions concepts that is highly encouraged during COVID-19 pandemic is handwashing with soap.

Child song creation in the present study is necessary to educate school-aged children to implement clean and healthy lifestyle by washing hand with soap, especially during COVID-19 pandemic. [1] in their work argue that the pattern of music, lyric, melody, and actor may describe and characterize a child pop song that represents traditional values.

The present study aimed to provide steps of creating child song with health education theme and to find out the factors affecting the creation of child song. This study primarily aimed to create a musical activity, especially child song with health education during the COVID-19 pandemic. It was done considering that every child's musical potential could be developed to introduce the importance of health and handwashing to children. The present study is an attempt to find out an appropriate child songcreation, especially those promoting health education values. I expected that both educators and children could write or conceptualize a child song to deliver health education during COVID-19 pandemic, especially with hand washing themes.

2. Role of Music As a Media

My previous study on Child song prosody in Music Education [2] had mapped the basic prosody that should exist in child songwriting process. Prosody in child song is important and helpful to create child song with health education.

Music, in this case is child song, serves as a means to help children development. This is in line with the argument that music, for children, may develop children's appreciation skill, where they are given opportunities to listen and experience a good music. Music and education is inseparable [3], In music education activities, children learn to sing, read, listen, play, create, and move to create a music with aesthetic values. They

begin with feeling, knowing, understanding, and representing knowledge in the form of musical play or song.

In music education [4] partial learning technique is implemented to understand certain parts that supports the whole part. Besides, Bandura's modeling is also applied. With direct modeling, children see and imitate, while using symbolic modeling, teachers' modeling is done in the form of gesture. In this method, children are partially taught to imitate and try to feel [4].

2.1. Background

2.1.1. Describing Child song creation

In this study, child song refers to children songs with health education theme. An artwork made of combination of music and lyric. The song lyrics focused on handwashing with soap to prevent spread of COVID-19.

The element that should be taken into consideration is: a) melody in child's vocal range; b) melody that is easy to sing and memorize, c) proper lyric; d) triggering child's expression and imagination.

2.1.2. Health Education Program

Creating child song about health education is one of the parts to deliver positive messages to maintain health through hand wash and implement clean and healthy lifestyle. This is important and the key factor as a preventive attempt and to cut the spread of COVID-19.

2.1.3. Stages in writing process

The important element in creating children song includes melody, harmony, tempo, notation, motive variation, and theme. The pattern of child song creation is generally as follow: Lyric, harmony, tempo, use note blocks, melodic form, developing motive.

2.2. Children Song

School-aged children and community education play important role in socializing healthy living behavior, especially during the COVID-19 pandemic. Accordingly, strategies and innovations are necessary to educate the community, which could be carried out through writing children songs with health education theme for school-aged children. Today, it is difficult to find songs for school-aged children, thus sometimes teachers only change the lyric of the existing songs to make a health theme song. To make children more aware of clean and healthy behavior, writing children song is important and urgent to promote healthy living behavior to them amid this pandemic.

The creation of child song by considering children’s developmental stage is shown in the following table:

TABLE 1: Song Aspects

No	Song Aspects	Indicator
1).	Suitability between theme and lyrics	Suitability among song title, theme and topic
		Suitability among song lyric, theme and topic
		Suitability among song title, background, and purposes.
		Suitability among song lyric, background and purposes.
2).	Song musicality	Suitability between the melody and children characteristics
		Suitability between the melody and characteristics of school-aged children
		Suitability between the melody and children’s vocal range
3).	Score arrangement	Suitability between score and musical determination
		Suitability between song writing and audio

2.3. Song Creation

1. Exploring theme

A focus-group discussion was conducted with several music practitioner, educator, and parents to find out the important thing children should do related to COVID-19 pandemic. This discussion is important to gain messages to be put into the song lyric. The topic of health and clean and healthy living behavior, and the theme was about handwashing.

Handwashing is important factor to prevent the infection since this simple activity is effective to prevent infections, create a safe environment. If our hand is dirty, wash it

with soap or antiseptic in running water. If it is not look dirty, use alcohol-based hand sanitizers.

2. Lyric making

The lyric that shows clean and healthy behavior by handwashing

(1) Ayo kawan

Cucilahtangan

Cuci, cuci, cucilahtangan (2X)

(2) Tangankanan

Tangankiri

Harus slaludicuci

(3) Dengan air

Dengansabun

Tangankubersih

In this song, the words “cuci” and “cucilah” (wash) are repeated to make it easier to remember. Some keywords are “cuci” (wash), tangan (hand), air (water), soap (sabun), and bersih (clean).

3. Determining the structure

A simple structure of AB with part A is repeated and followed by part B.

4. Making simple melody

The majority of the melody in this song was steps and few skips.

5. Making Song Title

The title of the song is “CuciTangan”, an easily memorable phrase showing a message of handwashing.

References

- [1] Permana, C. S., & Sigit, R. (2017). Model penciptaan karya lagu anak populer yang berangkat dari nilai tradisi. *Jurnal Pendidikan dan Kajian Seni*, 2(2).
- [2] Tyasrinestu, F. (2019). *Prosodi lagu anak dalam musik pendidikan*. LPPM ISI.
- [3] Fletcher, P. (1991). *Education and music*. Oxford University Press.
- [4] Hoffer, C. (2017). *Introduction to music education*. Waveland Press.

CUCILAH TANGAN

Lagu dan Lirik : Tyas dan Ashura

Allegro

A yo ka wan cu ci lah ta ngan cu ci cu ci cu ci lah ta ngan A yo ka wan

6
cu ci lah ta ngan cu ci cu ci cu ci lah ta ngan Ta ngan ka nan ta ngan ki ri

11
ha rus s'la lu di cu ci De ngan a ir de ngan sa bun ta ngan ku ber sih

Copyright © prastseptember2020

Figure 1: scores Cucilah Tangan