

# THE IMPACT OF COVID 19 CHANGED HABITS PEOPLE

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## Abstract

The defeat has attacked the community and the world, because of a deadly virus that spreads and is widely transmitted, COVID 19 has brought big changes for all people in the social, economic and community activities in their daily life, especially Indonesia, the local government has appealed to how to prevent the transmission of Covid 19, This article aims to look at the behavior of the Indonesian people in preventing the virus, the changes that have occurred due to Covid 19, and the application of positive behavior at home.

**Key words:** Covid 19, Community Bandar Lampung, Social Behavior

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## INTRODUCTION

In early 2020 the world was shocked by the Covid-19 outbreak which infected almost all countries in the world, namely the Corona Virus or Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) is a virus that attacks the respiratory system (Ahluwalia, 2020; Guru et al., 2021; Panganiban1 & Madrigal, 2020). The Corona Virus can cause minor disturbances to the system respiratory disease, severe lung infections to death (Isnain et al., 2021; Mastan et al., 2022; Nani et al., 2021). The COVID-19 outbreak was first detected in Wuhan City, Hubei Province, China on December 2019, and was declared a pandemic by the World Health Organization (WHO) on March 2020 (Novitasari et al., 2021; Susanto & Puspaningrum, 2019; Syaifulloh & Aguss, 2021). The government has issued a disaster disaster status, starting on February 29, 2020 regarding the pandemic of this virus (Adhinata et al., 2021; Maskar et al., 2021; Rahman Isnain et al., 2021). The steps taken by the government are by disseminating the Social Distancing movement (Fatimah et al., 2021; Fitri et al., 2021; Oktaviani, 2021).

Social distancing aims to reduce and break the chain of Covid-19 infection, someone must maintain a safe distance with other humans at least 2 meters (Choirunnisa & Mandasari, 2021; Melyza & Aguss, 2021; Rachman & Pramana, 2020). The initial appearance of the virus received a positive and negative response at various groups of people (Aguss et al., 2021; Phelia et al., 2021; Yuliansyah & Ayu, 2021). In big cities, many activities have stopped, especially in Bandar Lampung, to be aware of the corona virus, people are more careful in maintaining a healthy lifestyle and carrying out their activities at home

(Arpiansah et al., 2021; Novita et al., 2020; Sengkey et al., 2020). Various situations carried out by people who are involved in change social behavior in daily behavior and behavior, the habit of wearing masks when traveling, washing hands frequently, maintaining social and physical distancing in public places (Andriadi, 2021; Fernando et al., 2021; Hendra Saputra & Pasha, 2021). Social change is change that occurs as a variation of methods. which has been accepted due to changes in geographical conditions, culture, population composition & ideology (Ngestirosa et al., 2020; Sohrabi et al., 2020; Suprayogi et al., 2021). Covid 19 has changed the behavior patterns of the Indonesian people, people now love a clean environment and are more careful (Aguss, 2021; Oktaviani et al., 2021; Sari & Oktaviani, 2021). Every individual is constantly alert to people who sneeze, cough, because fear of symptoms of Covid 19 (S Ahdan et al., 2021; Liu et al., 2020; Nabila et al., 2021). Do not make direct contact with other people, avoiding mass findings, and carrying out activities in the home, other changes are increasing cooperation in donation areas (Ichsanudin & Gumantan, 2020; Oktavia & Suprayogi, 2021; Styawati, StyawatiStyawati, S., & Ariany, F. (2021). Sistem Monitoring Tumbuh Kembang Balita/Batita di Tengah Covid-19 Berbasis Mobile. J. Inform. Univ. Pamulang, 5(4) & Ariany, 2021). Basic needs for residents who have economic difficulties due to Covid 19 (Anestiviya et al., 2021; Ardyanto & Pamungkas, 2018; Fauzi et al., 2021). There is no community, the government also participates in providing assistance in the form of internet packages for students, providing assistance to people affected by layoffs, COVID 19 also changes in education, business, political activities through technology, such as using online while conducting lectures, conducting online meetings, doing business through applications. The Corona virus has brought big changes, namely for social life. Therefore this article discusses changes in people's behavior due to Covid 19, the cause of positive activities carried out by the community so that it does not dissolve and provide mutual .

## **LITERATURE REVIEW**

COVID-19 leads to isolation because people have to remain at home to prevent infection, but this is likely to have a detrimental effect on the physical and mental health of individuals (Febrian & Fadly, 2021; Kuswanto et al., 2020; Rittenberry, 2005). In particular, previous research has demonstrated government actions related to spatial distancing as being effective public health measures; however, they could also cause health

problems other than COVID-19 infection such as psychological distress and fear (Syaiful Ahdan et al., 2021; Fahrizqi et al., 2021; Pratomo & Gumantan, 2021). Health must be considered in these circumstances since there is no reliable cure for this disease yet, and apart from vaccination, its resolution remains unpredictable. Therefore, it is essential to prioritize the preventive approach as practiced in Korea to stay protected and maintain health and wellbeing (Agus, Rachmi MarsheillaAgus, 2019; Agus & Fahrizqi, 2020; Sandika & Mahfud, 2021). Drinking, smoking, exercise, nutrition, and stress are also elements of lifestyle according to the WHO's definition of the term (Abdul Maulud et al., 2021; Wantoro et al., 2020).

## **METHOD**

This study aims to determine changes in social behavior due to COVID-19 on people's behavior. Researchers will use qualitative data for research. Researchers used a questionnaire to collect data. Researchers also ask other questions to get perspective from the questionnaire or students. Participants in this study came from the 2018 English Education Study Program, Faculty of art and Education , Universitas Teknokrat Indonesia. Participants consisting of 35 students were selected for this study. They consist of male and female fifth semester students. They were selected as representatives of the English Study Program at the Indonesian Technocrat University. Their opinions will be treated as non-expert opinions. Hence, they represent the views of society and students. The five questions in the questionnaire will be distributed to participants to collect their opinion data. The five questions consist of three choices, (1) Agree; (2) disagree. The questionnaire will be distributed on the chat application (Whatsapp). The researcher provides participants with a link to the survey site and asks them to fill out a survey form. After the participants filled out the questionnaire, the researcher could immediately see the responses from the participants. After collecting all responses from the survey location, the researcher will enter this data into the survey data.

## **RESULTS AND DISCUSSION**

NO	QUESTION	Agree	Disagree

1.	Are you still doing social activities such as visiting relatives at home or going to the cinema with your friend?	1,5 % people agree	85% people disagree
2.	Do you always keep your distance when in line or in public place	83% people agree	1,5%people disagree
3.	Are the people around you still doing social activities ?	88% people agree	15%people disagree
4.	do you agree to any health protocols for wearing a mask,hand sanitizer,and showering after traveling.	95% people agree	5% people disagree
5.	To avoid the corona virus ,do you agree that implementing strict health protocols will have a good impact.	99% people agree	1% people disagree

This article aims to prove the change in habits of society in everyday life due to Covid-19. Based on the data the researchers obtained, it can be said that those who filled out the questionnaire agreed with changes in behavior in the Bandar Lampung community during Covid-19. About 85% (29 people) who filled out the questionnaire did not do social activities outside the home such as watching movies, the existence of Covid-19 was very much warned, they spent their time, did college assignments and did activities such as watching TV, cooking, playing games, etc. while 1.5% still do activities outside the home, for example, they still help their parents to trade, some are not sensitive to protocol requests and still carry out activities as usual. Then about 83% or 28 participants agreed and thought they did social distancing by keeping their distance in every public queue, for example in the market, in shops, but 15% of them were still indifferent to the appeal to keep their distance. Around 88% or 29 participants agreed that during the social distancing period the community still carried out social activities, such as caring for neighbors, those affected by Covid which caused economic hardship, victims of layoffs, or caring for people affected by disasters outside the Covid case such as fires that caused the community participate and donate by still using masks and washing hands. And 15% ma.

As many as 99% 34 participants agreed that the implementation of strict health protocols such as imposing sanctions on offenders who do not wear masks on the streets, violators of public queues, who carry out outdoor activities in a crowd, will get behavior or fines 34 participants agree that the implementation of this policy will It has a good impact on Covid 19 eradication, while 1% does not change their shape, they think that in handling Covid 19, self-awareness and cooperation are needed, as well as a wise attitude to maintain self-awareness to maintain their respective health and walk as necessary.

Pandemics also have positive and negative impacts that can be used as lessons for all of us:

1. Positive impact

- a. be closer to the family

For those who used to work in an office, or other workers, now they can work from home which is an opportunity to stay connected with family that previously could only be obtained on holidays. Things that were rarely done before, such as playing educational games with children, can now be done more frequently.

- b. Social awareness increases

The result of Covid has caused a decrease in the income of informal workers, fostering a sense of care to share and cooperate, for example for online motorcycle taxi workers.

2. The Negative Impact of the Covid-19 Pandemic

the corona virus pandemic has also had various negative impacts. Not only has an impact on health, but also on daily life. Such as limited activities outside the home, the economy is starting to decline, so that many people have experienced cuts in wages and layoffs.

## **CONCLUSION**

During the Covid-19 pandemic there have been many changes and their impacts experienced by the community. Not only negative impacts, but pandemics also have positive impacts that can be used as lessons for all of us. The Covid-19 pandemic has indeed brought many changes to human life. These changes include limited activities outside the home, such as employees who work from home, children learning online, to changing various habits in daily life, changes to love health, good prevention efforts such as washing hands regularly, maintaining cleanliness, and applying healthy living also has an effect on reducing the risk of infection, using masks that can increase self-protection and reduce the risk of transmission of various kinds of viruses, therefore we need

responsibility and self-awareness to work together to fight the Corona virus so that people can work normally, activities social can go on like the previous year.

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