Writing Javanese Pentigraphs as Self Healing Efforts during the Covid 19 Pandemic in Lidah Wetan Surabaya

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ABSTRACT
The Community Service Program is based on several phenomena including the residents of the tongues of tongues wetan, Lakarsantri sub-district, Surabaya City, which is the phonemic area of covid19. Covid19 is the name of one of the deadly SARS viruses, namely corona. This virus has spread in various countries, one of which is Indonesia. The spread of this virus has reached the East Java region. The government has made a policy related to efforts to break the chain of the spread of this virus. Among other things, physical distancing, lockdown to large-scale social restrictions or PSBB.

The policy conditions the distance between one another to carry out activities at home. In addition, the fact that the number of victims infected by covid19 is increasing does not rule out the possibility of fear and high levels of stress in the Tongue Wetan community. The condition is of course very alarming and alarming. Therefore, solving the problem and implementing the problem solving need to be pursued immediately. So that it can reduce the level of stress and fear of the people.

Based on an analysis of the situation and the problems faced by the problem, it can be formulated; 1) there is a tendency for the level of stress and fear of the tongues of wetan to covid19; 2) self healing has not yet been formed in the tongue wetan community to ward off stress and fear and 3) there is no pentigraph writing training for the Lidah Wetan community.

The method of implementing the activities used as a solution offered to overcome the problem are 1) Providing assistance in writing pentigraf as a self healing effort for the Tongue Wetan community 2) providing maintenance efforts at the food level for the people of the Tongue Wetan groceries.

Keywords: component, self healing, pentigraph

1. INTRODUCTION

Covid19 is the name of one of the deadly SARS viruses, namely corona. This virus has spread in various countries, one of which is Indonesia. The spread of this virus has reached several areas of East Java. Lidah Wetan is one of the villages in Lakarsantri sub-district, Surabaya city which is in the middle of the red zone area. The government has made policies related to efforts to break the chain of spreading this virus. Among other things, physical distancing, lockdown to large-scale social restrictions, or PSBB.

This policy conditions the distance from one another to carry out activities at home. Besides, the fact that the number of victims infected with Covid19 is increasing, it does not rule out the possibility of fear and high levels of stress in the Lidah Wetan community. This condition is of course very worrying and worrying. Therefore, solving the problem and implementing the problem solving need to be pursued immediately. So that it can reduce the level of stress and fear of the community. Based on the analysis of the situation and the problems faced, these problems can be formulated, (1) there is a tendency for stress levels and people's fear of Covid19; (2) the community of Tongue Wetan has not yet formed self-healing to dispel stress and fear. (3) there is no training in writing pentigraphs for the Lidah Wetan community.

Self Healing is the phase applied to the recovery process (generally from psychological disorders, trauma, etc.), driven by and directed by the patient, often guided only by instinct. The process faces mixed fate because of its amateurish nature, even though self-motivation is a major asset. The value of self-healing lies in its ability to
adapt to unique experiences and individual requirements. This process can be helped and accelerated with introspection techniques such as meditation. Self-healing can also be achieved through deliberately applied psychological mechanisms. The application of self-healing in this PKM is through writing, namely the writing of the Javanese language Pentigraph. The technique applied in this PKM is expressive writing.

The method of implementing the activities used as a solution offered to solve the problem is

1) Assisting in writing pentigraphs as an effort to self-heal the Lidah Wetan community

2) provide maintenance efforts at the food level to the community of Lidah Wetan staple foods.

The pentigraph is a means used in this PKM. Pentigraph is short for three paragraphs. This form of prose is concise so it makes it easier for the people of Lidah Wetan, who are not familiar with prose writing, to experience no objection. The writing of this pentigraph is used for self-healing or efforts to make peace with oneself so that positive energy will emerge that can relieve excess stress.

2. BACKGROUND OF STUDY

The anxiety experienced by the community of Lidah Wetan causes residents to seek security, comfort and try to get out of the anxiety that arises due to Covid 19. One of the efforts that can be made to reduce this anxious state is doing self-healing. Self-healing is expected to provide benefits in the form of positive energy to minimize anxiety in residents. One of the efforts to reduce anxiety can be done by self-healing. Sui (2009) states that self-healing can also be achieved through psychological mechanisms that are deliberately applied. This approach can improve a person’s psychological and physical condition. Hawkes’ research (in Ameling and Anderson, 2009) confirms that this can be achieved through various mechanisms, including relaxation, breathing exercises, fitness training, imagery, meditation. In practice, self-healing is a term, one of which uses a process based on the principle that the human body is actually something capable of repairing and healing oneself through certain natural methods. Based on the description of the phenomenon above, the researcher feels interested in conducting a more in-depth study of the effectiveness of self-healing through writing Javanese language pentigraph on reducing anxiety facing Covid 19.

Expressive writing is a therapeutic process using expressive writing methods about emotional experiences that the author has experienced. The author is given a certain time to put all these expressions into writing. It is more centered on the process of writing than the result of writing itself so the important point is that writing is a personal activity, free of criticism and free of language rules. Writing can be said to be a form of self-healing that uses simple, inexpensive techniques and requires no feedback.

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In a clinical setting, writing about emotional experiences or expressive writing is defined as therapy with writing activities about deep thoughts and feelings about experiences related to stressful or traumatic events such as being in the COVID-19 pandemic which can infect community members at any time Lidah Wetans.

3. METHOD

This

The mentoring method that will be carried out in PKM is Focus Group Discussion or FGD. The FGD method is closely related to the main reasons or justifications for using FGD as a method of collecting data from a study. The main justification for using FGD is to obtain rich data/information on various social experiences from the interactions of individuals in a discussion group. The definition of the FGD method according to Kitzinger and Barbour (1999) is to explore a special issue/phenomenon from a discussion of an individual group that focuses on joint activities among the individuals involved in it to produce a collective agreement. The activities of the individuals/participants involved in the discussion group, among others, talk and interact in giving questions, and provide comments to one another about their experiences or opinions on a social problem/issue to be defined or resolved in the discussion group.

Based on the analysis of the situation and the problems faced, these problems can be formulated;

1) there is a tendency for the level of stress and fear in the tongue of Wetan people to Covid19;

2) the community of Tongue Wetan has not yet formed self-healing to dispel stress and fear

3) there is no training in writing pentigraphs for the Lidah Wetan people.

The method of implementing the activities used as a solution offered to solve the problem is
1) Assisting in writing pentigraphs as an effort to self-heal the Lidah Wetan community

2) provide maintenance efforts at the food level to the community of Lidah Wetan staple foods.

The type of output that will be produced in this activity is a Javanese pantographic language. After assisting in writing the pentigraph, it is hoped that the people of Lidah Wetan Surabaya City can reduce their fear, worry, and stress. So that you can live the PSB period calmly and alertly.

4. RESULTS AND DISCUSSION

The results of this study illustrate that anxiety is a natural response experienced by humans. Anxiety can also interfere with physical and psychological stability if it is not addressed immediately. The results of this study found that self-healing therapy with reiki energy was quite effective in reducing anxiety levels. Psychological disorders, mild to moderate anxiety, can be overcome with self-healing techniques. Self-healing can be done individually or in groups (led by 1 instructor) and self-healing can be done anywhere and anytime.

The provision of the stage of being able to be given to residents who can write pentigraphs that meet the assessment descriptor applies short story elements, namely the selection of themes, use of plot or plot, depiction of characters and characterization, decrypting settings, use of point of view, use of language style, mandate. In the application of the theme raised is a matter of the meaning of life, is universal, the theme raised can evoke emotional reactions for readers, and can convey the theme indirectly. In the use of plot or plot, the plot used is consistent, the plot makes sense, is very surprising, and the whole story is built, then the depiction of characters and characterization, if the characters and characterization contain elements of reasonableness, contain aspects of imagination, and can describe the character's character in a complex manner and conveyed dramatically.

Furthermore, describing the setting, if the setting makes the story more logical, can move the reader's feelings or emotions can tell the reader's mood or feelings and can use the setting as a place to express values. In using the point of view, the point of view chosen can fuse or combine the theme with the facts of the story, be able to select the events presented, be able to direct the reader and follow the story being presented and be able to make the reader aware of who is being described. Use of language style, able to choose words and use good sentences, able to present 12 beautiful dialogues, skilled in describing details, and able to look at problems wisely and logically. Finally, the ability to package messages, to be able to keep the message in the entire short story content, the message conveyed contains didactic moral teachings.

In carrying out the writing of the pentigraph, all members of the community who were present were very enthusiastic about participating in this activity. First, community members are given direction and knowledge about the covid19 virus. Second, members of the community are given insights on pentigraph writing. Third, residents are provided with necessities so that they can grow a sense of happiness so that immunity can be increased.

Based on the work of pentigraphs from the Lidah Wetan people, the theme of the story is varied and representative. Most of them describe fear, worry to the point of submission. Like the following titles; hufff masks, malignant kang viruses, pocong corona, and others. Most of the titles describe that the author represents people who have a fear of this coronavirus. The pentigraph with the title pocong corona was made by Adi. The Pocong in the Javanese people's belief is a frightening ghost, which is like a corpse wrapped in a white shroud. So it can be interpreted that corona is very dangerous and can make humans die. The contents of the pentigraph tell of the efforts of young people in a village to remind the community to always comply with health protocols and carry out social distancing to break the chain of the coronavirus.

The pentigraph entitled Debby's hufff mask, in contrast to the previous title, this mask pentigraph tells of the difficulties of having to always use a mask during this pandemic. The author says that it is not only the good side of using a mask as body protection from the coronavirus. However, the author says that the use of masks which are common in this pandemic era also has a downside where a thief does not swallow it because he uses a mask.

The pentigraph with the title Kang malignant virus by Alia also tells how dangerous this coronavirus is. He wrote in detail how this coronavirus can take people's lives. The author also wrote a representation of the fear that exists in society regarding this deadly virus. Besides, through the characters he created, the author provides an overview of how to fight this virus so that you can always be healthy.

All of the pentigraphs produced during this PKM activity can be seen as having fun or a happy ending. This shows that the author wants to create a new perspective, namely that people can overcome stress and fear of this virus. The existence of pentigraph writing activities is proven to be a medium to express the feelings felt by the
community during this pandemic period. So that it can help the community as self-healing.

This PKM activity is an effort to implement the function of literature itself, namely entertaining. Through a situation analysis, the PKM team found that the Lidah Wetan people are people who live in the red zone where the level of exposure to covid 19 is still high, so this condition creates deep fear and concern. As it is known that Covid 19 is a scourge for the community because it can result in loss of life if exposed to this virus. The writer of the pentigraph, in this case, the people of Lidah Wetan, was given the media in channeling his feelings through writing. So that it is successful as a medium for stress and worry relief. In addition to increasing morale and community immunity, the PKM Team assisted in the form of necessities.

Based on the analysis of the writing of the pentigraph by the public, it can be seen that the deadly Covid 19 virus is the theme constructed in the resulting pentigraph. The construction of the danger of Covid 19 is one thing that needs to be questioned for now. Even though at first the Covid 19 virus and the people living amid the danger of the Covid 19 pandemic was a social reality. The writer of the pentigraph tries to do self-healing more intensely through the stages of externalization, objectification, and internalization. The process of the author of the pentigraph in the process of externalization is trying to pour out and express himself in the world both mentally and physically. The process of objectification in geguritan-geguritan is the result that is achieved through a process of internalization in which the absorption of the objective world returns to consciousness. So that the PKM activity of writing a pentigraph as an effort to self-heal during the Covid 19 pandemic was successfully implemented

5. CONCLUSION

The results of this study found that self-healing therapy with reiki energy was quite effective in reducing anxiety levels. Psychological disorders, mild to moderate anxiety, can be overcome with self-healing techniques. Self-healing can be done individually or in groups (led by 1 instructor) and self-healing can be done anywhere and anytime. Anxiety about covid19 by the people of Lidah Wetan can be minimized using a method. One way is to write Javanese pentigraphs. This method can effectively reduce the stress level of residents. Through the writing of this pentigraph, residents can vent their complaints of living during the Covid 19 pandemic.

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5. REFERENCES

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