

# 27a. Perception over the lifestyle during.pdf

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# Perception over the lifestyle during pandemic: A case from Community Service Program

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## ABSTRACT

The pandemic Covid-19 has changed the way people live. One of which was implementing social and physical distancing which can reduce income and increase unemployment. As a consequence, some people may encounter difficulties for living that can lower immune system. To deal with such a situation, we implemented program to provide a package of nutritious food for orphans who are vulnerable to the problem. The package itself contained carbohydrate, protein, lipid, and vitamin. To observe the impact of the program, in terms of implementing a healthy lifestyle of food consumption, we used questionnaire containing 20 items. The data were analyzed in descriptive manner. The analysis revealed that there is a significant change of the way the participants think about the importance of improving their food consumption to having improved immune system. Therefore, this program can be useful as an alternative to help people reducing the risk of health during pandemic.

**Keywords:** Covid-19, immune system, food consumption

## 1. INTRODUCTION

Once WHO reported cases of <sup>4</sup> pneumonia of unknown carrier in Wuhan City, China at the end of December 2019, a new identification has emerged in the medical world regarding a new type of virus, which comes from the coronaviridae family, namely the coronavirus (novel coronavirus). The corona virus spreads through droplets very quickly (contagious). The term contagion refers to an infection that spreads rapidly in a network, such as flu. This term was first used in 1546 by Giralamo Fracastor, who wrote about infectious diseases (Mona, 2016). In contagious diseases, elements that are connected to each other <sup>1</sup> a network can transmit infection to each other. The increase in the number of corona cases has occurred in a short time and requires immediate treatment. The corona virus can easily spread and infect anyone regardless of age. This virus can be <sup>4</sup> transmitted easily through contact with sufferers. The spread of this epidemic continues to grow until <sup>3</sup> early March 2020, starting to spread in Indonesia.

On February 12, 2020, WHO officially designated the novel coronavirus disease in humans as Coronavirus Disease (Covid-19). In the second quarter of 2020, hundreds of millions of people around the world were infected with the virus,

some recovered and <sup>1</sup> some also experienced a high number of deaths. This virus can be transmitted easily through contact with sufferers. It's just that, when all parts of the body work normally without any complaints, people are considered healthy. This condition is often associated with what happens or a person's physical actions. However, not every society relates health or illness only to the condition of a person's body. Values, beliefs and culture play an important role in defining a person's health condition (Chongji, 2013). For some sufferers, this Corona pandemic does not experience any complaints. Even more dangerous, they do not immediately isolate themselves, so they have the potential to spread to others.

To combat against its spread, some regions have adopted large-scale methods of social distancing. One of the immediate effects is that the ease of access to the food sector is limited. Both in terms of distributors and consumers, there is scarcity. There are six foods that the Indonesian government must pay attention to from scarcity, namely rice, corn, soybeans, garlic, beef and chicken. If until now there has been no anticipation from the government, the impact will be felt starting in May 2020 and the peak will be around August-September 2020. The Covid-19 pandemic has shown the potential for significant shocks on

the demand and supply sides of goods and goods. services that will have a broad impact on a country's economy, including Indonesia (Binder, 2020). From the supply side, the spread of this virus disrupts production activities because many workers stop working or become unemployed. On the other hand, demand has increased drastically which leads to panic buying (Time, 2020). The macroeconomic point of view also correlates with the conditions of Covid-19, including Indonesia.

The description above encourages the urgency of tackling the aspect of nutrient needs for people who are directly or indirectly affected by Covid-19. These efforts are divided into two, namely the effort to provide direct food assistance and also the aspect of extension. The aspect of providing basic foodstuffs serves as a support for short-term nutritional intake during social distancing. The long term method is through education. Therefore, this research activity takes a portion of these two things and makes modifications to the extension aspects, namely through stickers and pocket books. Thus, this article examines the extent of the influence of the provision of basic food assistance and counselling related to participants' understanding of improving healthy life to face Covid-19.

## 2. METHOD

This research takes extension steps as an effort to provide information about procedures for maintaining health, especially in the pandemic era. Counselling is carried out through the provision of basic nutrients and information about their

adequacy in supporting the immune system. Another is the provision of information about procedures for maintaining health is also done as an educational step. The instrument used in the study was a questionnaire. This questionnaire contains items containing the usefulness of activities, initial knowledge of nutrient fulfilment, opinions on healthy living procedures during the pandemic, and follow-up plans. The instrument was given via google form to 30 respondents. Respondents who were involved were community groups of orphanages without Covid-19 sufferers, in the sense that they did not show any symptoms of Covid-19. The survey filling time was carried out for five days. The results of the questionnaire were analyzed descriptively to see how far the role of counselling was on respondents' perceptions in responding to the pandemic from healthy living procedures.

## 3. RESULTS AND DISCUSSION

### 1. Nutrients in food sharing

This research activity on nutrient management takes two main activities, namely the distribution of foodstuffs and counselling. The selected food ingredients are basic ingredients which mainly contain carbohydrates, protein and fat as energy sources and structural builders of body cells. The food ingredients are then packaged in reusable plastic boxes. This is useful for minimizing the disposal of plastic waste into the environment. In the box packaging also includes a guide to healthy living and how to process foods with nutrients.



Fig. 1. Logo and the basic ingredients that are distributed

Inside the packaging box, you can see the food ingredients given in the form of sugar, tea, oil, wheat flour, instant noodles and soy sauce. These ingredients contain nutrients in the form of

carbohydrates, fat and protein as presented in the table below.

TABLE 1. THE NUTRITIONAL VALUE OF STAPLES

Staples	Nutrients
Wheat flour	Carbohydrate 68-76% and protein 7,5-15%
Sugar	Sucrose 71,89%
Noodle	Carbohydrate 15%, lipid 19%, protein, 11%
Cooking oil	Lipid 22%, Vitamin E 10%
Soy sauce	Carbohydrate 76%, protein 8,57%, lipid 0,56%

From the aspect of nutritional content, the main ingredients distributed contain carbohydrates, proteins and fats. The three ingredients are utilized by the body in the process of producing energy, building body structures, and energy reserves. During a pandemic, someone's difficult access to food can be prevented with this assistance and a person's immunity is maintained due to consuming staples with complete nutrients, especially in urgent conditions (Yousfi et al., 2020). Furthermore, a complete diet can prevent a person from eating

only snacks and high-sugar carbohydrates. Thus, the body's cells can regenerate, produce cytokines, and antibodies (Nieman & Bishop, 2006).

## 2. Perception and Understanding of Participants

Initial understanding was obtained by distributing a questionnaire containing four items related to Covid-19 and a healthy lifestyle. The results of these items are presented in table 2 below.

TABLE 2. QUESTIONNAIRE FOR THE INITIAL UNDERSTANDING OF MAINTAINING BODY IMMUNITY

Statements	Percentage of Answers	
	Yes	Not
I know that Covid-19 can be prevented by increasing the body's immunity.	74%	26%
I know that eating foods with complete nutrients can increase the body's immunity.	65%	35%
I regularly consume foods containing four essential nutrients (carbohydrates, fat, protein and vitamins) during the pandemic.	55%	45%
I know that taking supplements as a supplement during a pandemic is important for the body's immunity.	38%	62%

From table 2, it appears that participants who understand about Covid-19 have a higher percentage than those who do not understand. They know that the condition for being able to withstand the consequences of Covid-19 is through strengthening the immune system. A good immune system comes from consuming foods that contain various nutrients. The lowest awareness regarding the immune system is the consumption of supplements. According to Wahyuniar and Karyadi (2020), the habit of consuming supplements is influenced by information broadcast through electronic media. A person who is not affected by supplement advertisement tends to ignore the important function of the supplement as an immune

booster, especially lymphocyte multiplication. For items concerning the consumption of complete nutritious foods, as many as 55% of participants answered yes, while 45% answered no. This is influenced by the factor of awareness in regulating the nutritional pattern of the community. Yousfi et al. (2020) argue that consumption of foods high in sugar that are processed in such a way is considered sufficient to meet the body's needs. Energy is one of the reasons for someone to eat food. In fact, the body needs protein, fat, and vitamins to carry out physiological functions such as producing enzymes, building an integral structure of body cells, and carrying out protein synthesis functions.

TABLE 3. QUESTIONNAIRE AFTER SOCIALIZATION AND DISTRIBUTION OF FOOD

Statements	Percentage of Answers	
	Yes	Not
I know that Covid-19 can be prevented by increasing the	100%	0%

body's immunity.		
I know that eating foods with complete nutrients can increase the body's immunity.	97%	3%
I regularly consume foods containing four essential nutrients (carbohydrates, fat, protein and vitamins) during the pandemic.	77%	23%
I know that taking supplements as a supplement during a pandemic is important for the body's immunity.	74%	26%

After going through socialization or counselling activities about understanding a healthy way of life complemented by the distribution of staple foods, there has been an increase in understanding of the prevention of Covid-19, dietary consumption patterns, including supplements (table 3). Some participants who initially did not know about Covid-19 became aware of the transmission and symptoms. A striking percentage increase was in understanding dietary arrangements. Within a day, participants are able to manage nutrient consumption patterns. Likewise, participants are increasingly concerned with these additional foods, especially their benefits for maintaining body immunity.

This increased awareness grew because of the information received during counselling. The obstructed flow of exchange of goods becomes an obstacle for people to get good food. Akseer et al. (2020) stated that this extension is classified as an initial mitigation strategy when conditions in a region face a pandemic so that the community can manage their basic needs within a limited range.

#### 4. CONCLUSION

By looking at the results or impact of the counselling and food sharing, it concludes that these activities can enhance participants understanding of method to survive during pandemic. The observation provides important data which explain the changing of participants thinking about food management.

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