

Javanese Society Coping Strategies During the COVID-19 Pandemic

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The COVID-19 pandemic or in Javanese terms "*pageblug*" has caused problems experienced by people in Indonesia, especially the Javanese. Problems that arise must be handled appropriately so as not to have a negative impact on people's daily lives, one effective way is with a coping strategy. This research uses qualitative methods to understand the meaning of social phenomena experienced by individuals or communities with the focus of the research on coping strategies for the Javanese society affected by the COVID-19 pandemic. The data collection technique in this research used an open ended-questions regarding coping strategies distributed through google form media. The subjects of this research amounted to 100 Javanese respondents who live in the residency of Surakarta (Surakarta City, Karanganyar Regency, Sragen Regency, Wonogiri Regency, Sukoharjo Regency, Klaten Regency, and Boyolali Regency) for at least 2 years, which are divided into 2 categories of adult respondents, 76 early-adult respondents and 24 middle-adult respondents. The data that has been obtained were analyzed using thematic analysis. The results of this research show that the coping strategies implemented by the Javanese society during the COVID-19 pandemic are: Never Give Up (*Tanggung*), Obey the Rules (*Tumut*), Be Patient, Grateful and Accept the Situation (*Narimo ing pandum*), Calm & Not Anxious, Maintain Health, and Live Frugally (*Gemi nastiti*). The implementation of coping strategies can be applied by the Indonesian society, especially the Javanese society in dealing with the pandemic.

Keywords : coping strategy, javanese society, indigenous psychology, javanese culture

Strategi Koping Masyarakat Jawa di Masa Pandemi COVID-19

Pandemi COVID-19 atau dalam istilah bahasa jawa "*pageblug*" telah menimbulkan permasalahan yang dialami oleh masyarakat di Indonesia khususnya masyarakat Jawa. Masalah yang muncul harus ditangani dengan tepat agar tidak berdampak negatif bagi kehidupan masyarakat sehari-hari, salah satu cara yang efektif adalah dengan strategi koping. Penelitian ini menggunakan metode kualitatif untuk memahami makna fenomena sosial yang dialami individu atau masyarakat dengan fokus penelitian pada strategi koping masyarakat Jawa yang terdampak pandemi COVID-19. Teknik pengumpulan data dalam penelitian ini menggunakan pertanyaan terbuka tentang strategi koping yang disebarluaskan melalui media *google form*. Subyek penelitian ini berjumlah 100 responden Jawa yang berdomisili di Karesidenan Surakarta (Kota Surakarta, Kabupaten Karanganyar, Kabupaten Sragen, Kabupaten Wonogiri, Kabupaten Sukoharjo, Kabupaten Klaten, dan Kabupaten Boyolali) selama minimal 2 tahun, yang terbagi atas 2 kategori responden dewasa, 76 responden dewasa awal dan 24 responden dewasa menengah. Data yang telah diperoleh dianalisis dengan menggunakan analisis tematik. Hasil penelitian ini menunjukkan bahwa strategi koping yang diterapkan masyarakat Jawa selama masa pandemi COVID-19 adalah: Pantang Menyerah (*Tanggung*), Taat pada Aturan (*Tumut*), Sabar, Bersyukur dan Menerima Keadaan (*Narimo ing pandum*), Tenang & Tidak Cemas, Menjaga Kesehatan, dan Hidup Hemat (*Gemi nastiti*). Implementasi strategi koping dapat diterapkan oleh masyarakat Indonesia khususnya masyarakat Jawa dalam menghadapi pandemi.

Kata kunci : strategi coping, masyarakat jawa, psikologi pribumi, budaya jawa

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INTRODUCTION

The COVID-19 pandemic has had a very extraordinary impact on the world, especially the Indonesian people, which causes concern for each individual. Various levels of society, such as academics assisted by the central and local governments, jointly comply with the rules for implementing health protocols to suppress the spread of the virus (Nurchayati et al., 2021; Rahmandani & Kahija, 2021). However, these efforts have not had a significant impact on inhibiting the rate of spread and increase in cases, and even though there are still many people who do not comply with the rules related to the health protocols implemented, besides the spread of hoax information makes the public panic (Wirawan et al., 2021). Implementing large-scale social restrictions policies has consequences that cannot be underestimated, including economic and social problems (Martono & Armanda, 2021; Syafrida & Hartati, 2020), especially in groups with low economies (Syafrida & Hartati, 2020).

These various impacts are felt throughout the community in Indonesia, especially the Javanese people, because of the socio-cultural culture (Setyaningrum & Yanuarita, 2020; Yuniarti & Sukarniati, 2021) and influenced by community mobility that is affected by mobility, such as the migration of workers or refugees from outside Indonesia (Yazid & Lie, 2020), feeling stress (Setyaningrum & Yanuarita, 2020), anxiety (Amin et al., 2021; Murtiwidayanti & Ikawati, 2021) such as having an emotional or mental disorder and there is a psychotic disorder, and post-traumatic stress disorder (Amin et al., 2021). Facing these problems requires the right strategy not to cause mental health problems and other impacts felt during the pandemic, one of which is implementing coping strategies (Budi, 2021; Nurchayati et al., 2021) especially for the Javanese people. Coping strategies are an effort by the community to overcome stress in order to adjust to the situation during a pandemic (Zahro & Megatsari, 2021), these efforts can be made by thinking positively and productively (Budi, 2021).

Skinner & Zimmer-Gembeck (2016) argues coping is "a basic process integral to adaptation and survival, as it describes how people detect, assess, confront, and learn from stressful encounters." Individuals usually use problem-focused strategies when facing various events that cause stress and can then be controlled (Basith et al., 2021). Carver et al. (1989) explain the aspects of the coping strategy: 1)

Coping problem-focused: active coping, planning, and seeking social support; 2) Coping emotion-focused: seeking emotional help, positive transformation, religious or religious where individuals tend to involve spiritual elements in overcoming pressing problems; 3) Adaptive coping: acceptance, humor; and 4) Maladaptive coping, expressing feelings, behavioral release, self-diversion, self-blame, and denial of using harmful substances, i.e., alcohol and certain drugs. In coping strategies, some factors influence individuals in applying coping strategies when facing problems. Susantyo et al. (2020) convey the factors that influence coping strategies, namely: 1) Be physically healthy; 2) positive thinking; 3) Skills in solving problems; 4) Skilled in the social aspect; 5) The existence of social support; 6) Support Materials (money, goods, and services).

In addition, several researchers conveyed other factors that can influence coping strategies, including can be seen from cultural background, the experience of each individual when solving problems, the environment the individual is in, personality, self-concept, and physical health are important in implementing coping strategies, beliefs or positive views, skills in solving problems, skilled in the social sphere, social support, material support, individual conditions that include age, gender, temperament, religion, then genetic factors, intelligence, education, ethnicity, and economic status. (Maryam, 2017; Rodiyah, 2021; Sani, 2019)

RESEARCH METHODOLOGY

The qualitative research method is used to understand the meaning of social problems experienced by individuals or society. This research phenomenon is the coping strategy of the Javanese people affected by the COVID-19 pandemic. This research data collection technique uses an open questionnaire on coping strategies disseminated through google form media. The subjects of this study were 100 respondents divided into 2 types of adult respondents category 76 respondents in the early adult category aged 18-40 years and 24 respondents in the middle adult category aged 41-60 years. Respondents are Javanese people who live in the Surakarta residency area (Surakarta City, Karanganyar Regency, Sragen Regency, Wonogiri Regency, Sukoharjo Regency, Klaten Regency, and Boyolali Regency) for at least 2 years. The field data that have been obtained are analyzed using thematic analysis with stages: a) understanding the data; b) compiling codes or coding the data; and c) looking for themes as groups of a given coding.

RESULT AND DISCUSSION

Table 1. The Coping Strategy of the Javanese People When Facing Problems during the COVID-19 Pandemic

Category	Early Adult		Middle Adult	
	Frequency	Percentage	Frequency	Percentage
Never Give Up	23	30,3%	14	58,3%
Obeys the Rules	18	23,7%	2	8,3%
Be Patient, Grateful and Accept the Situation	14	18,4%	5	20,8%
Maintain Health	6	7,9%	0	0%
Calm & Not Anxious	4	5,3%	2	8,3%
Live Frugally	3	3,9%	0	0%
Not Appropriate	5	6,6%	1	4,2%
Not Answering	3	3,9%	0	0%
Sum	76	100%	24	100%

Table 1 explains how respondents deal with problems during the COVID-19 pandemic, as many as 23 early adult respondents with a percentage of 30.3% and 14 middle adult respondents with a rate of 58.3%, stated that never giving up is a strategy used to face the problems experienced, and respondents looking for ways to survive during the pandemic by improving their economy and looking for other business opportunities, utilizing technology as a medium for promoting existing businesses, and starting to invest. A total of 18 early adult respondents with a percentage of 19.4%, and 2 middle adult respondents with a rate of 8.3%, stated that obeying the rules imposed by the government, such as staying at home, reducing mobility, wearing masks when traveling, and participating in vaccination programs.

Fourteen early adult respondents with a percentage of 18.4% and 5 middle adult respondents with a rate of 20.8%, revealing that the way respondents faced problems that arose during the pandemic was by being patient, grateful, and accepting of circumstances. Respondents were patient, shown through an optimistic attitude, and still trying to find alternative sources of funds for survival during the pandemic. A total of 6 early adult respondents with a percentage of 7.9%, maintained their health by following the health protocols to avoid exposure to COVID-19, implementing a healthy lifestyle, consuming vitamins, and even having to contact professional experts to overcome health problems such as doctors, psychiatrists, and psychologists. Meanwhile, 4 early adult respondents with a percentage of 5.3% and 2 middle adult respondents with a rate of 8.3% revealed that the effort made was to take a calm and not anxious attitude. This effort is shown by responding to problems during a pandemic that arises calmly, immediately looking

for solutions, being ordinary, and not panicking excessively.

Next is frugal living, which was applied by 3 early adult respondents with a percentage of 3.9%, living frugally can make respondents last longer in financial terms so that there is no worry about meeting kitchen needs during the pandemic. Furthermore, coping with the patient strategy is a method applied by 1 early adult respondent with a percentage of 1.3%, with this patience, respondents can get through the COVID-19 pandemic.

Coping Strategies of the Javanese Community during the COVID-19 Pandemic

To deal with various problems experienced by the community during the pandemic, coping strategies are an effective way (Budi, 2021; Nurchayati et al., 2021). The coping strategy used by the Javanese people in this study is never to give up (*tanggung*), obey the rules (*tumut*), Be Patient, grateful and accept the situation (*narimo ing pandum*), calm and not anxious, maintain health, and live frugally (*gemi nastiti*).

Never Give Up (*Tanggung*)

Javanese people have Javanese cultural values that become a reference in life, including hard work, self-confidence, toughness; unyielding; not being easily dependent; have willpower; have motivation; have innovation; patience and meticulousness; and always grateful. For the people of Java, when working, they must have sincerity in facing challenges, difficulties, and risks that can occur so that they can get decent results (Prayitno, 2017) this has been depicted in the figure of the puppet character Patih Gandamana who has an unyielding disposition (Kurniawati, 2018). In addition, four factors shape the quality of individuals in Javanese

society. Namely, 1) being tough, having a character free from worries and regrets, being diligent in solving problems or tasks obtained, having a willingness to accept the situation, 2) being optimistic, is an individual who has a positive mind when facing the problems experienced with the view that there will be good things with the efforts that have been made, 3) self-evaluation in a better direction, with a strong desire for self-improvement with increased achievements, and 4) having empathy (Trimulyaningsih, 2017). Based on the above exposure, information can be obtained that people continue to work even though they face job challenges to meet the needs of life optimally (Livana PH et al., 2020).

Obey the Rules (*Tumut*)

Obeying the rules or attitudes of *Tumut* in Javanese terms is a method the Javanese community uses to face the pandemic period, *tumut* is closely related to the obedient tradition taught by the Javanese people. Respectful attitude is a thick tradition and an exemplary attitude that has been passed down for generations from the Javanese people, this obedience has been taught starting from the family sphere, besides that, it is also trained to obey the community, even follow the stakeholders (Astuti, 2017).

Based on the covid-19.co.id website regarding monitoring compliance with health protocols regarding community compliance in Indonesian territory in the aspects of obediently wearing masks and obediently maintaining distance and avoiding crowds as of January 3-9, 2022, in the Surakarta residency area, the majority have 91-100% compliance, namely Surakarta city, Karanganyar regency, Sukoharjo regency, Klaten regency and Boyolali regency. However, only the Sragen regency has a compliance rate of 61-75%, which is different from other Surakarta residency areas, namely wearing masks at 71.94% and maintaining distance compliance at 73.01%. In contrast, the Wonogiri regency has not been monitored. (Satgas COVID-19, 2022).

The compliance of the Javanese community is due to the threat caused by the COVID pandemic, the high solidarity formed in the surrounding scope that has humanitarian elements, and the existence of sanctions set if they violate the rules (Arditama & Lestari, 2020). In addition, some factors affect the culture of compliance with the Javanese people, including the chronic element through applicable government regulations regarding health protocols (Afrianti & Rahmiati, 2021).

Be Patient, Grateful and Accept the Situation (*Narimo Ing Pandum*)

Javanese society holds principles or cultural values that have become a hereditary tradition, this *narimo ing pandum* attitude is an individual or community attitude shown by accepting what has been given by God. (Kuswaya & Ma'mun, 2020; Sari et al., 2021). *Narimo* means to receive, and *pandum* is a gift, so it means accepting what has been given without having to ask for more than what has been obtained (Prayekti, 2019). The psychological aspects of *narimo ing pandum* are an attitude of entitlement, an attitude of patience, and an attitude of acceptance (Maharani, 2018) which causes anything experienced by each individual to be accepted with an airy chest (Prayekti, 2019), with the concept of acknowledging the existence of an All-Great God who has governed all events that occur in the world, accepting what He gives/destined, being grateful for what is received, and still working hard for what is desired (Darmastuti et al., 2020; Murwaningsih et al., 2021) so that it is not just resignation but there is an effort to achieve a desire (Darmastuti et al., 2020) in addition, it must be responsible for what is done, not selfish, be honest and sincere (Murwaningsih et al., 2021).

Calm & Not Anxious

All catastrophic events will cause people anxiety and worry (Bela et al., 2021; Murtiwidayanti & Ikawati, 2021), but the events have wisdom that can be pondered, interpreted, and then made into valuable experiences. The existing wisdom can be used as a reference in facing life better. Another wisdom is that catastrophic events become a medium for self-introspection regarding the negligence that has been done and what kind of attitude should be corrected. However, when this catastrophic event occurred, the community experienced a sense of uncertainty that made people seek peace of mind by carrying out various cultural ritual activities, such as performing spiritual-mental rituals by applicable traditions. Javanese people have a habit of looking back or doing self-introspection before bad events occur so that life becomes better in the future and brings to life the value of local wisdom "*eling lan waspada*". To help the Javanese people have a balanced and equal life by establishing relationships with fellow individuals, with the nature of the environment and its God (Ariani, 2006; Susanti, 2019).

Maintain Health

Various experts in the health sector researched to prevent and treat patients exposed to the COVID-19 virus, coping strategies used by the community in

dealing with the pandemic include obeying the established health protocol rules, wearing masks, and maintaining distance while also maintaining health by exercising, eating nutritious foods (Yuliatun et al., 2021) and take advantage of the sunshine by sunbathing every morning (Adji & Priyatmoko, 2021; Yuliatun et al., 2021), in addition, it also consumes traditional herbs (*empon-empon*), consumes eucalyptus oil, and so on (Adji & Priyatmoko, 2021). Jamu is considered a traditional drink based on local wisdom in Javanese culture (Rumilah et al., 2020) i.e., combining medicinal herbs with prayers and mantras (*ajian-ajian*) (Rijanta & Baiquni, 2020), it is further explained that this traditional Javanese drink is considered effective for increasing the body's immune system and as an antidote or prevention of viruses. However, herbal medicine has not been proven to kill the COVID-19 virus (Rumilah et al., 2020). Based on the results of the study Sunarno (2012) regarding the characteristics of healthy individuals in Javanese society in Blitar are “*waras ragane, waras rohanine, waras sosiale, waras spiritual, kecukupan kebutuhane, lancar penggaweane, padang pikirane, enak lan kepenak rasane*”, that is, a healthy individual has a healthy body, a healthy soul, has good social relationships, is spiritually healthy, the needs of life are met, is well established in work, thinks positively, and feels comfortable living.

Live Frugally (Gemi Nastiti)

Javanese people have the principle of living “*gemi, nastiti lan ngati-ati*” as a guideline so as not to experience difficulties if they are constrained by events that cause an economic crisis, such as the COVID-19 pandemic event which paralyzes the economy because there are policies that limit the movement of economic wheels such as social distancing regulations and avoiding crowds. This has resulted in a reduction in the workforce so that many individuals lose their jobs (Aeni, 2021; Fauji et al., 2016). The principle of *gemi* means acting frugally and not wastefully in managing the resources owned. *Nastiti* means being careful about the current conditions, not making rash decisions, and already being thought out or measured. *Ngati-ngati* means acting carefully because every action is considered to have an impact on oneself and the general public. During this pandemic, applying the principle of *gemi nastiti lan ngati-ngati* can help the lives of individuals or the Javanese people to survive longer in financial terms so as not to cause concerns in meeting their needs every day during this pandemic.

CONCLUSION

Javanese society in the Surakarta Residency area (Surakarta City, Karanganyar Regency, Sragen Regency, Wonogiri Regency, Sukoharjo Regency, Klaten Regency, and Boyolali Regency) implemented a coping strategy in the form of: 1) Never give up (*tanggung*), 2) Obey the rules (*tumut*), 3) Be patient, grateful and accept the situation (*Narimo Ing Pandum*), 4) Calm and not anxious, 5) Maintain health, and 6) Live frugally (*gemi nastiti*). This coping strategy can be applied by every community in Indonesia, especially the Javanese because it uses the values of local wisdom that positively impact daily life in facing the pandemic and living a new normal life. For further research, it is recommended to explore other cultural perspectives to enrich information related to coping strategies based on the values of local wisdom in The Indonesian state.

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