

## RESILIENCE OF HOUSEWIFE IN DEALING WITH COVID-19

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### Abstract

*The objective of this research is to investigate housewife resilience for confronting COVID 19. The method used is ethnography because of research related to social community, culture, and tradition. Data are collected through in-depth interview with the wife of the head of the neighborhood unit and Neighborhood chief, documentation and observation. The sample is selected using a purposive sampling technique. The result is analyzed through triangulation which is mixing some gathering data method. The result shows that housewife confronts to life perturbances because they have multiple chores including house chores and instructing kids for learning online. The other finding is housewife create resilience through creating and practicing food recipes new. The method for food recipes new is studied by YouTube and the internet. The other is to adjust nutrient for a family like they cook vegetable and giving vitamin C for family. The impact is family can achieve resilience because they were a healthy family. It can be enhanced by social resilience where the household wife still builds social activity by way of wearing a mask and face shield for protecting self and family. The resilience also is encouraged by social capital like social bridging, the head of the neighborhood unit as bridge socially among the member of societies to health officer and village officer. The purpose is to obtain updated information about COVID 19. Lastly, mutual visiting among of housewife have created resilience because they contribute money to support another housewife when they suffer from an ailment like COVID 19.*

**Keywords:** Covid 19, Housewife, Resilience

### Introduction

The Corona Virus Outbreak (Covid-19) which first occurred in Wuhan China in December 2019 is a disease caused by a new type of coronavirus. Now spread throughout the world including Indonesia. This epidemic is very rapidly transmitted in Indonesia from person to person and has symptoms, namely acute respiratory problems, such as flu, fever, cough, and shortness of breath. The average incubation period is 5-6 days, and the longest incubation period is 14 days (Dewi, 2020). Covid-19 cases in Indonesia (as of September 30, 2020) were confirmed as many as 287,008 with 10,740 deaths and a total of 214,974 recoveries. Meanwhile, the number of confirmed cases in Indonesia, West Java (as of 30 September 2020) was 22,205 with 420 dead cases, a total of 13,650 recovered (In the West Java Covid-19 information and coordination centre).

With the data above, it can be interpreted that this corona case is increasing day by day. With this, the government is increasingly alert to address the Covid-19 problem and issuing policies such as large-scale social restrictions

(PSBB) and Physical Distancing to break the chain of this coronavirus. The impact of the coronavirus has changed the lifestyle of the Indonesian people and weakened several sectors, namely in the fields of health, economy, tourism, social and education. The economic sector also experienced a decline in income (Hanoatubun, 2020).

Social restrictions will harm the economic sector. As a result of working from home, business activities have decreased so that a business strategy is needed to avoid bankruptcy (Ilham, et al, 2020). Social restrictions will harm the economic sector, the government is faced with two choices to save society or help the economy and many countries choose to save their people (Ozili & Thankom, 2020).

This outbreak also has an impact on the psychology of those who face it. Many people are depressed facing this pandemic. Covid-19 causes people to experience mental problems such as trauma, fear, sadness, and anxiety (Pawar, 2020). In Italy, the rate of mental health problems such as trauma has increased (Rossi, 2020). In particular, housewives who

are affected are very burdened to be able to maintain their resilience. Housewives can experience stress at home because they have a hurdle to play with the children (Sari, 2020). In this pandemic, stress is divided into 3, namely academic stress experienced by students, work stress, and stress in the family Muslim, 2020). Many housewives have experienced domestic violence (KDRT) due to economic difficulties (Raditya, 2020).

Women's resilience is a woman's ability to face difficult situations. In this pandemic, a woman is asked to increase her resilience and be able to face family problems. The resilience of women in facing Covid-19 is to support the difficulty of family living costs by working (Nurhayati & Rizqon, 2020). The difficulty experienced by housewives is the difficulty in buying basic food ingredients because they must leave the house. In India, they use private means of transportation because they are worried that their health will not be guaranteed using public transportation (Pawar et al. 2020).

On the other hand, housewives must be able to accompany children while studying at home and provide motivation (Lilawati, 2020). However, many housewives do not understand the tasks given by the teacher (Emiyati & Harming, 2020). Even housewives find it difficult to control the cost of living because their husband's income is decreasing. The effect of covid-19 also has an impact on weakening people's income plus the supply of goods is hampered, causing chaos and panic, market prices have also increased, housewives are increasingly stressed and experiencing obstacles on how to keep family members alive (Mufida, 2020).

Household mother face burden to adjust the time for housekeeping, teaching kids, and build social linkage with their friend in the vicinity of the house. The role of women in dealing with Covid-19 is the family exert health protocols. In society, women aware of health protocols. In the economy, assisting to jump the rate of income for the family. While in education, a mother helps children to do schoolwork (Ida & Fadhlán, 2020).

To overcome all of this it will take time to adapt to this very crisis situation. According to Tugade and Fredrikson, adapting is getting used to facing difficulties and being able to get up when faced with a problem (Mir'atannisa et al 2019). In order to combat this obstacle, it needs adaptation to come from societies. Adaptation can be defined as a process of

overcoming obstacles and adapt environment change (Herdiana, 2020). Adapting is adjusting oneself in an environment with certain situations and conditions. Adaptation can have a good effect on the transformation when circumstances are undesirable because adaptation adapts to conditions to make changes.

For adaptation to run well, a proper adjustment process is needed (Devi, 2020). In the view of Islam, we must increase our faith and the function of our common sense to adapt to the situation during a pandemic (Yusuf, 2020). During a pandemic, change is also needed. Transformation is a process of change from various aspects towards developments that occur in time and place (Wahidin et al. 2020). A woman must be able to adapt to the current pandemic situation. A woman must have a strong endurance to face the problems that occur during this pandemic.

For example, 1) Economic resilience of a woman must be able to help her husband in meeting his daily needs because the husband's income is decreasing. 2) Educational resilience, a mother must be able to assist her child in carrying out learning activities from home. 3) Communication resilience, a woman must be able to overcome communication problems with family, close relatives, or friends by communicating using social media. 4) Career resilience that occurs in career women, namely the ability to face new situations due to a pandemic and must increase career resilience so that they can rise from existing problems when taking care of the house, educating children, and working (Ramdhani & Andi, 2020).

In research on the topic of housewives' resilience in the face of COVID 19, this study aims to determine how the impact of COVID 19 on housewives because when COVID 19 attacks human life, housewives experience difficult times. Then collect information about what resilience housewives are in dealing with COVID 19, starting from controlling emotions by looking for activities that relieve stress, managing a healthy diet that is equipped with vitamins, and resilience based on social capital such as social bonding and social bridging. After that, the tradition of helping each other and visiting each other is still being cultivated among housewives to deal with COVID 19.

## Methods

Research on the Resilience of Housewives in Facing COVID 19 uses qualitative

ethnographic research. This research was conducted in Bubulak Village, West Bogor Regency, West Java, Indonesia. Ethnography is the result of field research in the form of writing describing an ethnic group written by an anthropologist (Kamarusdiana, 2019). Ethnography is related to local social and cultural studies, especially in indigenous peoples, as well as local rituals of traditional society (Bahagia, et al, 2020). Besides, research is related to social, language, life, and community culture (Bahagia et al 2020).

Then, ethnography is also a way of seeking information for research through socio-culture in society to find out all aspects of culture (Helida et al 2015). To obtain data with ethnographic research, namely by following the activities of community life (Yusi, 2020). Ethnographic research aims to understand the point of view of indigenous peoples' life regarding their opinion of the world (Beta et al 2016).

In order to have data, involving in social life directly can derived information clearly. (Webster & Rice, 2018). Qualitative research uses qualitative data such as interviews, participant observation data and document data to understand and explain social phenomena (Azmi, Arif, Wardayani 2018). The presentation and analysis of the data is carried out in a narrative manner and requires the involvement of the researcher (Subandi 2011).

This study prioritizes meaningful descriptions over-generalizations (Nugraha et al 2015). Ethnographic research is carried out by following the steps and processes of inductive qualitative research which consists of a series of developmental research (Masduki et al, 2020). While the sampling technique was carried out by using a purposive technique. This method is used to select respondents who are considered apable of explaining related research. In this research, wife of head of the neighborhood unit and Neighborhood chief, namely Ibu Siti Ufiah and Ibu Eneng are the main respondents because the purpose of qualitative research is to get quality data. There is several reason including both of that housewife have information directly about COVID 19 compare to another housewife. Secondly, they have widest knowledge about COVID 19 because she obtains information directly from their husband. Thirdly, they assist their husband to distribute information through online media for another women to

literate about update information linked to COVID 19.

This research will investigate in-depth how the impact of COVID 19 on housewives because when COVID 19 hits human life, housewives experience difficult times. Then, collecting information about what resilience housewives are in facing COVID 19, starting from controlling emotions by looking for activities that relieve stress, managing a healthy diet with vitamins, and resilience based on social capital such as social bonding and social bridging.

The other data is data related to mutual helping tradition in societies. The community release the activity through visiting individual who suffer from ailment like person who is infected by COVID 19 and other kind of disease. Data collection will be carried out through in-depth interviews with two respondent the head of interview data will be combined with observation data, literature study, and documentation. The data will be analyzed qualitatively to collect valid data. The data that has been obtained will be analyzed using a triangulation approach. Meaning that, the combination among data come from observation, interview, and documentation can encourage for producing valid data in this research.

## Result and Discussion

COVID 19 have distorted the life behavior of housewife in Bubulak village Bogor West Java. Based on an interview with the housewife namely Ibu Siti Uphiah and Ibu Eneng have adapted COVID 19 outbreak through some strategy. To begin with, to combat the pandemic, they act some action like wearing fully mask and face shield when they purchase fundamental necessities including rice, vegetable, fruits, fish, and meat. The trait must be changed after the government decide social distancing as a way for the decline the spreading COVID 19 in the environment. In this way, they have transformed the behavior to deal with the outbreak.

They know about it including they think that when they utilize this equipment, they salvage their self and their family when they go back again to home. Directly, families who are at home are also protected from disease outbreaks because COVID 19 sticks to the equipment used. When housewives and their families are protected from the COVID 19 outbreak, the family can overcome COVID 19.

While spreading and infected people can be added because the close family have impacted their family. It can be mentioned as transformation resilience where they have not used it before but now, they utilize the tool for security reason. Another adaptation about it is to consume nutritional and protein. They provide protein from an animal like fish and egg each day for nurturing the health condition of their family. They adjust in the morning, the family must consume fish as protein and in the evening, they serve omelet.

Nutrition is essential to maintain body health and produce body immune system. They have comprehended about the role of protein for boosting body immunity. The habit to consume side dishes which contain protein can increase the immune system of the body (Aidha & Akbar 2020). Sumarmi (2020) reveals that during a pandemic, protein consumption can be increased to 75-100 grams per day, for helps increase immunity, because of protein play a role in the formation of immunoglobulins (Ig). Then, an adaptation of housewife is to educate their children without compelling. COVID 19 have made housewife face disturbances to overcome education issues at home because housewife must conduct some chores.

The school must be closed, kids have to obtain instruction regularly from a teacher at school. The consequences are they must act as a teacher at home and family servicing. The obstacle is the children face to the boring situation when the alteration of education learning from face to face to online system teaching.

The mental health of children is disturbed due to limited space to meet friends (Vibriyanti, 2020). Even housewives face obstacles, starting from their lack of understanding of the subject matter from school because there is more than one subject matter. Sometimes children also do not want to learn because the space at home is because they are used to studying in a large space.

Housewives adapt to the social conditions of their children at home. For example, if the child is no longer able to study, the mother will not continue schooling. They are waiting for the children to learn. Even trying to persuade the child for pursuing study again and be patient. Also, Mother at home trying to find various types of entertainment, including films that are entertaining outside of the subject. Parents look for films on YouTube then tell children to watch the film, so they

don't get bored with the lockdown atmosphere.

Coupled with the existence of COVID 19, the learning method takes place online so that there is a shift towards a digital society in learning. This change is for the better even though the online learning system causes problems ranging from slow loading, slow uploads, and sometimes internet signal interference. There are other obstacles, ranging from the lack of mastery of technology, the cost of internet quota, additional work for parents to teach children, communication between teachers, students and parents is decreasing, to make teachers increase working hours because they have to serve. parents and principals of students (Purwanto et al, 2020).

Apart from stressful children, housewives also began to experience stress because housewives had to adjust to new circumstances where they had to educate their children at home. Stress can be defined as a condition that is unpleasant, uncomfortable, experienced by a person. While this situation disturbs thoughts, emotions, and behavior in everyday life (Muslim, 2020). Meanwhile, household chores must also be completed. To avoid stress, housewives use the internet to find new recipes for various types of food. Once obtained, cooking practices are carried out according to the instructions in the film to produce new knowledge.

This knowledge is very useful, especially for producing relatively cheap, easy, and fast types of food to produce food for the family so that the family can still receive balanced nutrition. If the COVID 19 disaster does not occur, creativity to produce new types of food will not be carried out because there is no encouragement to open various types of media and try various types of cooking recipes. The goal is to find cheap food recipes so as not to spend extra money on food needs. In this way, housewives can minimize stress during the COVID 19 pandemic. One of the characteristics of people who are successful in managing their psychological condition when they are calm is facing the COVID 19 outbreak (Saputra, 2020).

Therefore, sometimes people's resilience decreases, they choose to give up on the situation (Utami & Helmi, 2017). Two things must be done, including controlling emotions that disturb the mind and reducing stress (Septiani & Fitria, 2016). Housewives who manage their thoughts and emotions by releasing them on positive things, such as

trying new types of recipes, are classified as successful in achieving resilience. This must be strengthened by self-control by always thinking positively (Ananda & Apsari, 2020). The form of positive-thinking housewives is shown that housewives do not complain but instead hope that the epidemic will end.

These remarks indicate that conditions that are detrimental to humans such as the COVID 19 outbreak are welcomed sincerely and do not conflict with the circumstances. Besides, housewives are keeping their families healthy so they can survive COVID 19 by cooking more types of vegetables. Meanwhile, vegetables are needed to maintain health during the COVID 19 pandemic. The behavior of eating vegetables is supported by drinking vitamins every day. Amount of consumption such as 1/3 plate of vegetables; vegetables are a source of vitamins and minerals, especially Vit. A Vit. C, iron, and phosphorus.

Some vegetables can be consumed raw without cooking them first, while others can be cooked by steaming, boiling and sautéing. For example, eggplant, cucumber, kale, carrots, broccoli, mustard greens, and other vegetables (Ihsan et al, 2020). Housewives have sufficient knowledge in managing nutrition as evidenced by housewives who have implemented balanced nutrition (Akbar & Aida, 2020). Once the arrangement of feeding in the form of vegetables is continued with the provision of vitamins, especially vitamin C in the form of syrup.

Vitamin C plays a role in increasing immunity during the COVID 19 pandemic (Hidayah et al, 2020). Vitamin C is an antioxidant, vitamin C is also useful in absorbing iron (Halimah et al, 2014). Even the use of vitamin C orally or intravenously as a symptom support treatment in handling COVID-19 (Bimantara, 2020). Then, apply the principles of life to survive in dire conditions. This strategy is carried out by keeping household needs as low as possible, such as meeting basic needs (Hastuti, 2013).

This strategy is also known as a saving strategy (Sulistiyastuti & Faturochman, 2020). During a pandemic, families spend less on vacations and buy various types of luxury items. Money should be saved to buy necessities; in principle it is better to meet basic needs than expenses for things that are not important. After that, there was a change in shopping behavior during the COVID 19 period. Before COVID 19, housewives immediately came to the market. When

COVID 19 occurs, it combines various types of shopping including online shopping with online motorcycle taxis and manuals but uses masks and face shields. This proves that consumer behavior changes and adapts to current conditions. This behavior changes due to adaptability.

Then, community resilience is supported by the existence of social capital among them. This bound social capital gives birth to adaptive abilities, including in the form of cooperation, the participation of all elements of society, utilization of technology according to community needs, the principle of caring for each other, and the ability to mobilize collective resources within group members (Kusumastuti, 2000). To maintain social ties, friendship is made into two forms, face-to-face or physical meetings, namely participating in various activities including saving money collectively and recitation.

Even housewives set their distance and use protective equipment to keep them safe from the COVID 19 problem. Other meetings were held using online media such as WhatsApp, the environment and community groups. The main purpose of using online media is to facilitate communication between citizens. At the same time, avoiding citizens from losing up-to-date information about the development of the COVID 19 disaster and information related to information about the community and neighbors.

Finally, the resilience of housewives in dealing with COVID 19 can be achieved because they still apply the tradition of visiting each other. This activity is carried out in groups where if some residents or housewives are sick, other housewives come to visit. Another form of mutual assistance is that if someone is sick, the housewife will allocate funds to help treat the sick person. There is a social value in which people work together to raise these funds. Funds are taken from each member. People practice togetherness, want to help others, and preserve charity to help people. Cooperation has a connection with culture because it is a legacy from our ancestors (Bahagia et al, 2020).

## Conclusion

Resilience can be achieved when the societies can adapt the life perturbances through several strategies including consume protein when COVID 19 combat human life. The body system immune can increase when people eat animal proteins. Housewives are

faced with big problems when the COVID 19 pandemic hits human life. Housewives must carry out their functions as housewives at home but also as educators or educators because school children are not allowed to attend school with a face-to-face system. Schooling from home through online media is a must for housewives. This condition causes stress among housewives and school children.

There are also quite a lot of housewives who have to educate their children as well as become housewives. To deal with this problem, housewives can still achieve resilience because housewives spend time at home learning to cook and looking for recipes for making new types of food for the family. At the same time, teaching and accompany the children to learn from online can be continued without cause increasing the rate of stress. Meanwhile, to avoid children being stressed and resilient in facing COVID 19, housewives at home do not force children to study, when children feel exhausted, children let take a rest. Also, children are offered for watching entertaining films so that they can relieve stress on children. Then, jumping the resilience by way of providing nutritious food and drinks. For example, the family is served with vegetable dishes.

While providing vitamins, it can improve the level of family immunity becoming stronger and more resistant to facing COVID 19. Housewife also tries to conduct survive strategy through they applicate thrifty behavior through they use the funding for purchasing fundamental need. Lastly, they conserve mutual assisting each other through their visiting the member of the housewife as they suffer from the ailment. They also provide compensation to help with medical treatment.

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