

Improving Farmers' Adaptive Coping in the Post-Covid 19 Period

Meningkatkan Koping Adaptif Petani di Masa Pasca COVID-19

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Abstract:

The conditions of the COVID-19 pandemic have resulted in feelings of anxiety, pressure, and stress on farmers. Anxiety about living during a pandemic can make farmers feel pressured; this can become a stressor for farmers. Community service activities are carried out to improve Farmers' Adaptive Coping in the Post-Covid 19 Period. Participants in this community service were sugar cane farmers, totaling 30 people. This farming community health education was conducted at the Gucialit Village Hall, Lumajang Regency. Counseling on improving Farmers' Adaptive Coping was conducted for 60 minutes using leaflets, x-banners, and banners as media. Submission of material to sugar cane farmers using the lecture method is carried out for 30 minutes, followed by discussion and question and answer for 30 minutes. The material delivered to sugar cane farmers is a Mental Health Media Kit from the Ministry of Health of the Republic of Indonesia. The health education evaluation results show that farmers can understand and carry out several activities to deal with stress. Health education to farmers about mental health is expected to continue to be carried out to improve farmers' adaptive coping in dealing with stress.

Keywords: farmer; coping; stress; COVID-19

Abstrak:

Kondisi pandemi COVID-19 mengakibatkan perasaan cemas, tertekan, dan stres pada petani. Kecemasan terhadap kehidupan di masa pandemi bisa membuat petani merasa tertekan yang dapat menjadi stresor bagi petani. Kegiatan pengabdian kepada masyarakat dilakukan untuk meningkatkan koping adaptif petani pada masa pasca COVID-19. Peserta pengabdian masyarakat ini adalah para petani tebu yang berjumlah 30 orang. Penyuluhan kesehatan masyarakat pada petani ini dilakukan di Balai Desa Gucialit, Kabupaten Lumajang. Penyuluhan peningkatan koping adaptif petani dilakukan selama 60 menit dengan media leaflet, x-banner, dan spanduk. Penyampaian materi kepada petani tebu dengan metode ceramah dilakukan selama 30 menit, dilanjutkan dengan diskusi dan tanya jawab selama 30 menit. Materi yang disampaikan kepada petani tebu adalah Media Kit Kesehatan Jiwa dari Kementerian Kesehatan Republik Indonesia. Hasil evaluasi pendidikan kesehatan menunjukkan bahwa petani dapat memahami dan melakukan beberapa kegiatan untuk mengatasi stres. Penyuluhan kesehatan kepada petani tentang kesehatan jiwa diharapkan terus dilakukan untuk meningkatkan koping adaptif petani dalam menghadapi stres.

Kata Kunci: petani; koping; stres; COVID-19

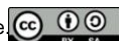
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INTRODUCTION

Coronavirus Disease-19 is an infectious disease spread by a coronavirus in 2019 (Fikriyah et al., 2023). COVID-19 is caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). The main transmission route is through the respiratory route, but this virus can also be spread through extra-respiratory routes (Hakiki et al., 2023). The ease of transmission of COVID-19 resulted in many people being infected, including farmers (Utami et al., 2023). Sometimes, the virus only causes mild respiratory infections such as the flu. However, the virus can also cause severe respiratory tract infections such as pneumonia (Maisyaroh et al., 2023). At the end of 2021, the Covid-19 case has decreased. Reducing the number of cases and the vaccine program became the basis for the government to adopt policies to start a new normal life (Made et al., 2023).

Indonesia is an agricultural country where most of the population works in agriculture (Hariyanto et al., 2021). Farmers are people whose work is farming to work the land (paddy fields) and plants until they produce (harvests) for the needs of human life (KBBI, 2022). Farmers often experience fatigue due to excessive workload and working hours, which impact their physical and psychological health status (Adinda et al., 2019).

Farmers are vulnerable and at risk of various health problems, including psychosocial factors that can affect health problems among farmers. Farmers always need help with the minimum income due to insufficient business capital, low education, and high production costs (Putra et al., 2022). Farmers have many demands for products that affect their work productivity of farmers; the workload of farmers is felt to be heavy, the weather is uncertain, and the conditions of the working environment need to be improved. These problems can trigger stress (Ningrum et al., 2020).

The COVID-19 pandemic has resulted in a risk of death due to viral infection and psychological symptoms in the community, primarily due to the long-term nature of the pandemic (Kurniyawan et al., 2022a). The COVID-19 pandemic has tremendously impacted all aspects of life at all ages. This virus caused panic and restrictions imposed by public health authorities in many countries, including travel bans, limiting social gatherings, and closing public schools, impacting psychological problems (Zainuri et al., 2022). The conditions of the COVID-19 pandemic have resulted in feelings of anxiety, pressure, and stress on farmers (Widowati et al., 2022). Anxiety about living during a pandemic can make farmers feel pressured; this can become a stressor for farmers. Stress experienced and not handled properly will affect the body's condition (Afkarina et al., 2022). Farmers also experience psychological distress due to the nature of the work, and the income tends to be unstable at each harvest (Septiani et al., 2020).

Coping is a way that a person uses to deal with stress. (Intiyaskanti et al., 2021). Coping is an effort a person makes when experiencing a threat that aims to reduce stress (Wuryaningsih et al., 2019a). Since the appearance of the stressor, coping mechanisms can be learned so that individuals can be aware of the impact of the stressor. If the individual's coping mechanism is successful, then

the individual can adapt to the changes that occur (Patuh et al., 2021). Farmers who fail to adapt and cannot use coping mechanisms to deal with stress will experience physical and mental disorders (Kurniyawan et al., 2023b).

IMPLEMENTATION METHOD

Community service activities to improve Farmers' Adaptive Coping in the Post-Covid 19 Period were carried out on Sunday, October 23, 2022, at 09.00 with lecturers and students of FKep University of Jember and attended by 30 sugar cane farmers. This health education activity was conducted at the Gucialit Village Hall, Lumajang Regency. Health education begins with lecturers asking elderly farmers to convey their experiences with stress. Counseling on improving Farmers' Adaptive Coping was conducted for 60 minutes using leaflets, x-banners, and banners as media. Submission of material to sugar cane farmers using the lecture method is carried out for 30 minutes, followed by discussion and question and answer for 30 minutes. Evaluation of health education for elderly farmers is carried out by asking elderly farmers to explain the action plans to be taken to improve Adaptive Coping. The material delivered to sugar cane farmers is a Mental Health Media Kit titled "Maintaining Our Mental Health" from the Ministry of Health of the Republic of Indonesia (Kemenkes RI. 2017). The community service activity ended with the distribution of groceries to sugarcane farmers.

RESULT AND DISCUSSION

Community service activities for sugar cane farmers are carried out to improve adaptive coping in dealing with stress experienced in the post-covid-19 period. The activity began by asking farmers to talk about various problems that could cause stress during the Covid 19 pandemic. Farmers were also asked to talk about various ways to reduce the stress they were experiencing. From the results of the discussions, farmers need to understand the stress and adaptive coping that must be done to reduce stress. Furthermore, discussions with sugarcane farmers were carried out to increase their knowledge of sugarcane farmers about stress and various ways to improve adaptive coping.

Farmers are advised to be able to provide time for themselves. Farmers can do hobbies or fun activities in the form of spontaneous and creative activities. For example, they complete crossword puzzles, walk in the park, read books, listen to music, do embroidery, and other handicrafts, paint, play with pets, and so on (Ministry of Health RI, 2017).

Rest and refreshment during work are very beneficial for reducing stress. Farmers can take time off, leisure time, a change of atmosphere, or a change in routine that is good for mental health. Taking short breaks and making good use of any rest is enough to reduce stress. Distraction can also mean being active doing something or nothing, such as taking deep, relaxing breaths, practicing

yoga or meditation, or even stretching your legs. If farmers are exasperated, then it is advisable to sleep. Without good sleep, mental health will be disturbed, and concentration will decrease (Kemenkes RI, 2017). Farmers who experience poor sleep quality can use murottal al-Quran as an alternative therapy to improve sleep quality (Wuryaningsih et al., 2018b).

Exercise and healthy eating can be done to maintain mental health. Exercise will trigger chemicals in the brain that make us feel good. Regular exercise also increases self-confidence and improves concentration, sleep, appearance, and feelings. Exercise keeps the brain and other organs healthy. Exercise can be done by walking in the park, gardening, or doing household chores that can keep a person active. Doing about 30 minutes of exercise five days per week is recommended. There is a strong link between food and feelings. The brain requires a variety of nutrients to stay healthy and function, just like the other body organs. Food (diet) that is good for physical health will also be good for mental health (Kemenkes RI, 2017).

Avoid alcohol and drugs to change your mood and deal with fear or loneliness because the effects are only temporary. If the effects subside, you will feel worse because withdrawal symptoms affect the brain and body. So, it will take more alcohol and illegal drugs to continue to feel the effects. Alcohol and other illegal drugs do not solve the causes but create new problems (Kemenkes RI, 2017).

Sharing feelings with others is also a way of caring for your health and well-being. Talking with people you trust is an adaptive coping in dealing with the problems you are experiencing. Feeling listened to will make a person feel supported and not alone (Ministry of Health RI, 2017). The practical function of the family aims to protect and provide psychosocial support for family members. Fulfillment of socio-emotional needs, self-image, and feelings of mutual belonging are obtained from interactions within the family (Kurniyawan et al., 2022c).

Accept who you are and set realistic goals. Everyone has advantages and disadvantages. It is easier to accept that you are unique than to wish you could be like everyone else. Feeling good about yourself will make you more courageous to learn something new, go to new places, and make new friends. Good self-esteem will make you more able to face adversity. Recognize and accept a weakness and focus on what can be done well (Kemenkes RI, 2017). Self-efficacy is an individual's belief in his ability to carry out activities to achieve the expected goals. Individuals with good self-efficacy will demonstrate good problem-solving and decision-making, high life motivation, high goal and target setting, low-stress levels, and the courage to carry out complex activities (Kurniyawan et al., 2022d).

Stress is a part of life but becomes problematic when it causes discomfort or distress. Recognize and be aware of what causes stress and how to deal with stress. A balanced lifestyle will help you deal with stress better. Relaxation, breathing exercises, yoga, or meditation can help deal with stress (Kemenkes RI, 2017). Exposure to long-term and uncontrolled stress can harm health.

Family social support will help reduce stress and is important for maintaining individual mental health (Kurniyawan et al., 2023e).

Spirituality is a person's way of finding meaning, hope, and peace. Some people find it through religion, some through music, art, or the universe, and some find it in values and principles. Physical, mental, and spiritual health are interrelated and influence each other. Some ways are often done, for example, praying, carrying out religious rituals, meditation or yoga, doing volunteer work or social work, reading inspirational books, walking in nature, moments of silence to reflect, and so on (Ministry of Health Republic of Indonesia, 2017). Well-developed spirituality will be able to make sense of life and have self-acceptance of its current conditions, thereby reducing stress levels (Ratnasari et al., 2021).

Develop and maintain solid relationships/relationships with people around you who can support and enrich your life. The quality of human relationships can determine a sense of well-being and happiness. Providing help will make someone feel needed and appreciated so that self-esteem will increase. Caring for pets can improve well-being as well. Raising pets can provide regularity in daily life and help relate people with pets (Ministry of Health, Republic of Indonesia, 2017).

Social support is a form of care that provides comfort, care, and respect for others. It comes from spouses, family, friends, or other people who are able to help when needed. Meanwhile, peer social support means that peers provide moral and spiritual encouragement, attention, and information to increase the intensity of behavior at certain times (Maharani et al., 2022). If you are experiencing too much stress and feel like you cannot deal with it, ask someone else or a doctor for help. Family, friends, and doctors can offer practical help or be good listener (Kemenkes RI, 2017).

Discussions and evaluations on improving adaptive coping were carried out by asking sugar cane farmers to share some of the activities to deal with stress. The evaluation results show that farmers can understand and carry out several activities to deal with stress. Health education to farmers about mental health is expected to continue to be carried out to improve farmers' adaptive coping in dealing with stress.



Figure 1. Community Service Activities for Sugar Cane Farmers at the Gucialit Village Hall, Lumajang

CONCLUSION AND SUGGESTION

Farmers are expected to improve adaptive coping in dealing with stress experienced in the post-covid-19 period. Improvement in adaptive coping can be made by making time for yourself; Resting and refreshment; Exercise and eating healthy; avoiding alcohol and other illicit drugs; Talking about feelings; Accepting who you are and setting realistic goals; Dealing with stress; Maintaining spirituality; Relate with others and society; and Ask for help. Health education to farmers about mental health is expected to continue to be carried out to improve farmers' adaptive coping in dealing with stress.

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