

## URGENCY OF HEALTH IN INCREASING INCOME FAMILY IN THE TIME OF COVID-19

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**Abstract.** The purpose of this research activity regarding the urgency of health in increasing family income in the Covid-19 mass was carried out to provide awareness and awareness to the public, that there is a correlation between health and increasing family income amid of COVID-19. The objects in this research activity were 20 people from the Harapan Jaya HKM Batu Ampar group at the Pasaman Raya orphanage. In this activity, the method used is in-depth interviews involving all objects that have been defined. The results of this study are the object in this study that understands and understands the causality between increasing family income and the health condition experienced. Increased family income will be in line with health that is always maintained, both in terms of food consumption, self-sterilization when going out of the house, and so on. When health is maintained, self-mobility will also be high which will have a positive impact on increasing family income.

**Keywords :** The urgency of health, health and increasing family income, the Covid-19 pandemic.

### INTRODUCTION

In the development of the economic side, it should be emphasized on achieving equitable distribution and economic improvement in the community. For this reason, in achieving this, the development and development of the national economy, in general, must be returned to the local or populist economic system, this has proven to be able to survive in the face of the economic crisis that hit. The local economic system holds that the community within the community will automatically be bound together as a unified economic group. Although the existing problems will be solved jointly through fair and equitable economic activities with a cooperation system. The existence of diversity and local economic characteristics are determined by the socio-cultural characteristics of the community.

The family is the smallest unit of society consisting of the father as the head of the family, then there is the mother as the economic regulator or often referred to as the accountant and family treasurer, then there are children as members who live under one roof in a state of interdependence (Kemenkes: 2016). ). The essential function of a family becomes very pronounced and more pronounced during the physical distancing period where all activities carried out outside the home will be limited by the government and with certain rules.



There are at least 4 characteristics of a family, namely: *First* consists of several individuals in ties such as marriage, blood ties, or adoption, both: living and living together in a place or building under one roof in the structure of one household. Third: Fellow family members interact, communicate, and create social roles for each family member, fourth: Relationships between family members are a representation of efforts to maintain a shared cultural pattern obtained from the general culture in certain communities (BPS & PPA: 2016).when all activities carried out by everyone are strictly limited to leaving the house, the presence of the family becomes a solution for meeting basic needs as social beings, including in terms of internalizing economic values through economic education.

Harmony in a family will be one way that can be chosen to reduce stress and pressure that exists and stay in the zone of happiness, especially during the Covid-19 pandemic that hit the whole world, not just Indonesia. This is in line with the main functions of the family which we all know, namely religious, social and cultural functions, love and affection, protection, reproduction, socialization and education, economy, and environmental development. The Covid-19 pandemic has become a big problem that has surprised everyone. Its impact touches all walks of life. The affected sectors are also very broad, including formal and informal, rich and poor groups. Even its economic impact threatens the world with recession and inflation. However, hope must still be built.

Covid 19 is an epidemic that disrupts all lines of human life, the impact caused by the covid-19 pandemic makes all social interactions limited. Limiting social interaction is a must in minimizing the spread of the virus. This limitation of social interaction has an impact, especially in the economic field. Restrictions on people's movements and activities in social interaction make economic activity continue to decrease. People, especially those who have activities in the economic field, will limit their interaction with sellers, many even close their outlets or shops to prevent exposure to the virus for themselves, their families or others.

When we refer to an increase in the number of corona cases that occur in a short time and require immediate treatment. Corona virus easily spreads and infects anyone regardless of whether a person is healthy or not. This covid-19 virus is spread easily through contact with patients infected with covid 19. However, until now there is no specific drug in dealing with cases of corona virus infection or COVID-19, for this reason the governments in several countries have decided to impose a lockdown system or total isolation or quarantining the community (Mona, 2020). Likewise Indonesia, has been affected by the COVID-19 virus. However, by implementing total isolation or quarantine, some countries will experience a very bad economy.

Pasaman Timur is an area located in West Sumatra, and the people's income is trading and farming. The shift in understanding and technology and science has made people in Pasaman choose more to carry out trading or trading activities. However, with the outbreak of the COVID-19 virus, many people have stopped their trading activities. The



impact of this covid 19 also has an impact on micro, small and medium enterprises ((Kofifah: 2020) However, there are still many who continue these activities at the risk of deserted visitors. This situation makes people in the western region increasingly anxious. They want to trade but are afraid of the transmission of covid 19, but on the other hand, if you stay at home, it will have other effects. This is realized by the Pasaman community, how to keep the economy and family income afloat in the midst of covid 19. However, there are also many people who do not pay attention to the prokes in carrying out their daily activities (Jeklin, 2016).

The awareness that is built in maintaining and complying with health protocols during the COVID-19 pandemic in the western Pasaman orphanage area is relatively low, this will affect activities to meet economic needs, economic activity will be higher if a person's health condition is in good or normal condition. (Kofifah: 2020). This is what makes researchers want to examine the actual impact of the importance of health impacts in increasing family income amidst the Covid 19 virus test, which is developing very quickly and has an impact on everyone from all corners of life.

This study shows a close relationship to the impact of health in meeting economic needs, in a family it will not be hampered in fulfilling needs, especially in the economy if in an effort to fulfill economic needs, always pay attention and always maintain health. This research is different from previous research, which lies in the awareness built by families during the covid pandemic, if we look at previous studies that tend to have a bigger impact, such as the impact on micro and macro businesses. So this study specifies in more detail, namely the family.

## METHOD

The research method used is descriptive qualitative research. This qualitative research method is a research method that is effective in capturing a person's perception by direct contact when conducting in-depth interviews in the data collection process. This research was conducted in the Pati Pasaman Raya area, West Sumatra, involving 20 people as research objects. The 20 people who were used as the object of this research were those from the Harapan Jaya HKm Batu Ampar group at the Pasaman Raya orphanage. In-depth interviews were conducted with 20 people who had been determined, then the results of the interviews were collected and continued by concluding and describing all the answers obtained. The results of the interviews that have been described will be compared with the news in the mass media and social media.

## RESULTS & DISCUSSION

### 1. The impact of covid 19 on family income at the Pasaman Raya

Covid 19 is an epidemic that not only affects a person's health but is broader in scope in all sides of people's lives as social beings. The impact caused by the spread of



covid 19 is the decrease in interaction between the community, in addition to maintaining a wider spread, it turns out that the effect caused by covid 19 is the high level of suspicion and introspection of the community to an excessive level. This of course has a huge impact on the health and immunity of the community (Argo: 2021)

In the Pasaman community, the impact of Covid 19 is not much different from people in other areas. In general, health, social habits, health and the impact of the political economy and religious activities also have an impact. One of the religious activities is starting to reduce the number of people who worship in houses of worship, people prefer to worship at home. Of the 20 people who became correspondents in data collection, only 7 people were still carrying out their worship activities in the house of worship in the congregation. The rest chose to carry out worship activities at home to prevent the spread of the COVID-19 virus.

The economic sector has also been penetrated by covid 19, many people are staying silent during this covid 19 at home, in addition to limiting activities at home is a personal choice, this choice is also based on government regulations that begin to impose restrictions on activities outside the home if not in a state of necessity or a critical situation. The existence of pressure and fear turned out to be worsening the condition of the community in terms of health. People have their trauma with someone who has a stone, or has a fever, for example. The reaction that will be caused is often excessive, this worsens the public health situation. However, when there are solutions provided by the government such as keeping a distance using masks and avoiding crowds, the situation, and people's understanding gradually begin to improve.

The orphanage community in Pasaman Raya generally works as traders and as farmers, the COVID-19 pandemic has greatly affected the family income of the people in Pasaman Raya, people choose to stay at home longer, traders also begin to limit their activities. However, 14 of the respondents who were used as subjects in this study agreed that excessive fear and the reactions it caused could worsen a person's health condition. They prefer to stick to health protocols in carrying out activities outside the home, then limiting activities that are not too important when they are going to do activities outside the home. This makes a sense of security and comfort so that it makes the body's immunity better and stronger. 4 of them chose not to know or did not give a good reason, just saying they agreed. 2 more people choose whatever option we do if covid 19 is still there, no matter how much we take care of it, it will still be infected.

From the results of the study, there is awareness from the orphanage community in Pasaman Raya. However, this has not made economic activities in Pasaman Raya return to normal, there is still public fear of the COVID-19 outbreak, and this has a very big impact on the income of the families of the Pasaman Raya community.

## **2. Community efforts to increase family income during the COVID-19 pandemic**

Covid 19 is a situation in which all activities, especially the economy, have



decreased drastically. Community welfare is also affected. The ability to buy, provide appropriate needs is a scourge in society. (Kurniasih: 2020) Many efforts have been made by the West Pasaman community to increase people's income during the covid 19 pandemic. In general, there are 2 things that the Pasmaan Raya community does to increase family income, the first is physical and psychological strengthening and the second is strengthening self.

16 people who were respondents in this study agreed that to increase family income during the 19th pandemic, the Pasaman Raya community must pay attention to the physical by:

a. Pay attention to nutritional intake

Eating nutritious food, with a balanced nutritional intake, will maintain health so that you can carry out activities to increase family income.

b. Adhere to health protocols

Adhering to health protocols during a pandemic is an effort to be made to avoid the covid 19 virus, such as using masks when leaving the house, maintaining distance and avoiding crowds, or even creating crowds and using hand sanitizer when going and after handling something.

c. Sport

Not only by complying with health protocols and consuming nutritious foods. However, exercising is also an effort to keep physically fit.

d. Enough rest

Then the next step in maintaining the physical so that it is always in a stable state is to get enough rest

The steps above are an effort that can be done in maintaining physical health and being able to carry out daily activities well. The second step that can be taken to increase family income is to improve the quality of self, while improving the quality of self in question is to make an innovation in activities to increase family income. Like using social media as a product marketing medium. Improving self-quality in looking for alternatives is an effort that can be done in increasing family income during the COVID-19 pandemic.

### 3. The importance of improving health as an effort to increase family income

During the COVID-19 pandemic, health is a necessity in carrying out any activity. Low immunity will be able to cause all daily activities to stop, as well as activities related to the procurement of daily necessities or known as economic activities. In a family the fulfillment of economic needs is a must, and is absolute. The needs of each family member vary greatly in their fulfillment, but in terms of their fulfillment, the fulfillment of a family need is the responsibility of the head of the household, but over time activities to fulfill family economic needs have been carried out with family members.

The COVID-19 pandemic has made all activities neglected (Sahreza: 2020) these



activities are neglected due to fear of the spread of the virus which will result in poor health. However, this does not mean that we are silent and do nothing. A total of 18 respondents who were involved in this research agreed that health can increase income during the COVID-19 pandemic. With awareness in improving health, activities to meet family needs in the form of increasing income will run smoothly.

## CONCLUSION

Health is a determinant for someone in carrying out their daily activities. Many things that can be done when someone is in good health. Health will increase a person's productivity in carrying out all their activities, as well as activities related to increasing family income. During this covid19 pandemic, a person must pay more attention to his health, this will affect all lines of one's life, both social, economic, and cultural activities as well as religious activities. In a healthy body, there will be a healthy mind too, increased productivity will support all activities and will produce for the maximum family needs.

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