

The COVID-19 Pandemic: Analysis of Large-Scale Social Restrictions (PSBB) Policies for the Community in Various Prevention Efforts

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ABSTRACT

This study aims to determine the analysis of large-scale social restrictions (PSBB) policies for the community in various efforts to prevent the impact of Coronavirus disease transmission or known (Covid-19). The wider the range of transmission of the COVID-19 pandemic, including in Indonesia, the government has taken decisions or steps to immediately break the chain of transmission of the COVID-19 pandemic by making policies, one of which is the large-scale social restriction (PSBB) policy. Government policy NO. 21 of 2020 concerning large-scale social restrictions in the context of accelerating the handling of the coronavirus disease (COVID-19). The research method is qualitative research with an empirical literature approach. This study uses the library method, namely browsing documents, reports such as journals, post office, books, articles, mass media, or news. The results of this study analyze government policies regarding large-scale social restrictions (PSBB) which have a major impact on people's lives, especially the difficulty of the economy to meet the needs of daily life, especially the lower middle class. PSBB direct impact is devastating for the people who rely on daily income, such as itinerant traders, hawkers, motorcycle taxi operators, drivers and public transportation has. This is one of the impacts of the enactment of the large-scale social restriction (PSBB) policy in Indonesia. From the results of the researchers, it can be concluded that the impact of the virus disease (COVID-19) has resulted in an economic crisis, Learning activities previously carried out in schools today so learn at home online, difficulty to access basic health services, the implementation of the work patterns work from home.



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INTRODUCTION

PSBB stands for Large-Scale Social Restrictions, a regulation issued by the Ministry of Health in the context of Accelerating the Handling of COVID-19 so that it can be implemented immediately in various regions. The PSBB rules are recorded in the Minister of Health Regulation Number 9 of 2020. The presence of the COVID-19 pandemic has brought changes to the world with various challenges that were never imagined before. In Indonesia, COVID-19 has transmitted more than 1.3 million people since the first case was announced in March

2020, at least 35,000 people have died. The increasing number of cases COVID-19 in Indonesia now stands at 2,455,912 cases since the publication of the first patient infected with COVID-19 on March 2, 2020. However, efforts to prevent the spread of Covid-19 have hampered economic activity and the impact on the level of social welfare is increasingly felt by the community ([Andriani, 2020](#)). The impact of the spread of the pandemic COVID-19 is not only seen in the health sector, but the poverty rate has increased again after the Covid-19 pandemic. The negative impact on the socio-economic situation of the pandemic could be much worse without any social assistance from the government ([Kamim, 2021](#)).

PSBB policy is an implementation of restrictions on the activities in public places and quarantine themselves inside the house. The purpose of PSBB namely to prevent the spread of the virus COVID-19 was going on at the moment ([Pangaribuan & Munandar, 2021](#)). The impact of the COVID-19 pandemic has had a tremendous impact on society in all aspects of life. More precisely, the community experienced a change both socially and culturally. This change is happening so fast that it is felt by the world community, including in Indonesia. The government urges the Indonesian people to reduce activities outside the home and do all activities at home (Work From Home), whether it's work, study and worship. Implement a policy of large-scale social restrictions (PSBB) for breaking the chain of COVID-19 ([Afrizal et al., 2020](#)). According to ([Magetsari et al., 2020](#)) Keep your distance (Physical Distancing) raises a lot of public anxiety. But in this case the vulnerability occurs in people who are at increased risk of depression and people who live alone. Feelings of alienation as a result of maintaining social distance and isolation independently have disrupted normal activity ([Megatsari, et al., 2020](#)).

Policies issued by the government on social distancing is one way to reduce or inhibit the spread of the COVID-19. One of these policies is very effective at preventing sick people in direct contact with others who are not sick and prevent transmission COVID-19. Likewise, health workers try to prevent the number of infected people from increasing and it is necessary to guarantee work protection and safety for medical personnel in handling COVID-19 ([Nursofwa et al., 2020](#)). Government agencies and the public at large, but also to ensure that the duties and functions of their respective government agencies in implementing public services can be run effectively and quality in order to achieve the performance of individual organizational units in government agencies. As a result of the spread of COVID-19 causing impacts such as in the field of work where many layoffs were carried out, changes in people's behavior, especially in the health sector, to the economic impact, students had to undergo distance learning methods since March 16, 2020 due to the COVID-19 pandemic; Unavailability of health facilities and infrastructure for handling COVID-19, Unpreparedness of medical personnel in dealing with COVID-19.

Lack of medical personnel in the handling of COVID-19, not the availability of food and basic needs of everyday life, daily work from the middle to lower level (service restaurants, taxi operators, hawkers, farmers) can not work so it does not have an income ([Juaningsih et al., 2020](#)). The possibility of layoffs in the company and industry, and the potential of budget receipts of type revenue (mainly taxes and charges) are not optimal and maximum absorption of the budget not because of the impact of policies Work from Home. Large-Scale Social Restriction Policy (PSBB) or the policy of implementing a lockdown in anticipation of the spread of COVID-19. This researcher aims to provide several alternative local government policies in the context of handling the economic impact caused by the PSBB large-scale social restriction policy due to the spread of the pandemic COVID-19.

RESEARCH METHODS

This researcher tries to explore some literature evidence, documents, secondary data, and other physical evidence, and tries to collaborate with the facts that occur and relevant theories, this article uses a literature study approach, namely research that uses literature review without conducting field research, so it relates to with the method of collecting library data, reading, taking notes and processing research materials into a formulation of research results expected by the researcher's goals ([Bunqin, 2001](#)). So that the discussion of this study

discusses the results of analysis Large-scale Social Restriction Policies (PSBB) for People In Different Prevention pandemic due COVID-19. This type of research uses descriptive qualitative research methods. Qualitative research focuses on natural background for the purpose of translating a phenomenon that occurs through existing methods ([Moleong, 2014](#)). Source of data obtained from the literature that uses literature from books, articles, journal, media, and report on progress in the case of COVID-19 in Indonesia and other written sources of the reports and policy/regulatory Large-scale Social Restrictions (PSBB).The data were collected and then the data were analyzed using theory in order to obtain conclusions.

RESULTS AND DISCUSSION

Government Policies in Dealing with COVID-19 Outbreak in Indonesia.

Large-Scale Social Restriction Policy (PSBB).

Local government policies related to the acceleration of prevention and handling of COVID-19; (1) Regulation of the Minister of Home Affairs No. 20 of 2020 concerning the Acceleration of Handling COVID-19 in the Local Government Environment, (2), Regulation of the Minister of Home Affairs and the Minister of Finance Number 119/2813/SJ concerning Acceleration of Adjustment to the 2020 Regional Revenue and Expenditure Budget in the Context of Handling COVID-19 and Securing Public Purchasing Power and the National Economy; (3), Circular No.440/2622/SJ concerning the Establishment of the Regional COVID-19 Handling Acceleration Task Force; (4), Instruction of the Minister of Home Affairs Number 1 of 2020; (5), General Guidelines for dealing with COVID-19 for local governments. The experience of various countries face disease COVID-19 is supposed to encourage the Indonesian Government to have a higher idle preparation and response, pencegahan 19th covid disease ([Ulya: 2020](#)).

According to ([Solichin, 2021](#)) said that policies are whatever their scope, are actually patterned actions, which lead to certain agreed goals and not just random decisions to do something. The government's policy objectives in implementing PSBB "The restrictions include;holidays for school children and workplaces, restrictions on religious activities, restrictions on activities in public places or facilities, restrictions on socio-cultural activities, restrictions on public transportation, restrictions on other activities specifically related to defense and security aspects. Analyzing some Government policy regarding the handling of the case in particular for the prevention COVID-19. Already mentioned above that COVID-19 have entered Indonesia dated March 2, 2020. Government Policy Number 21 of 2020 concerning Large-Scale Social Restrictions in the Context of Accelerating the Handling of COVID-19 stipulates that the Minister of Health establishes Large-Scale Social Restrictions based on the recommendation of the governor/regent/mayor or the Chief Executive of the Task Force for the Acceleration of Handling COVID-19 the criteria set ([Nurfurqon, 2020](#)).

On May 7, 2020, President Joko Widodo issued a statement regarding the recommendation to "make peace" with the COVID-19.Chairman of the COVID-19 Task Force by adding the need to return to normal life activities as before by using health protocols and calling the new habit "New Normal." The government has begun to map out scenarios for the easing of Large-Scale Social Restrictions (PSBB) which has been going on for almost three months since the COVID-19 pandemic was detected in Indonesia. In a Limited Cabinet Meeting on May 18, 2020, it was discussed reducing social restrictions to operating permits in several sectors following the "New Normal" order ([CNN Indonesia, 2020c](#)). The drive towards the "New Normal" on the pretext of safeguarding the national economy in the middle of the curve increased addition of daily cases is a form of selection of the central government measures taken to maintain and keep their core beliefs prohibit forth and allow the opening of transport ([Kamim, 2021](#)).

Regulation of the Minister of Health of the Republic of Indonesia Number 9 of 2020 regarding guidelines for large-scale social restrictions in the context of accelerating the handling of COVID-19. The central government through the acceleration of the task force handling COVID-19 made four strategies that will consistently be done to strengthen the

physical distancing policy as a basic strategy in order to overcome the pandemic COVID-19 as follows;

- The first strategy as a strengthening of the basic strategy is the movement of masks for all campaigning for the obligation to wear masks when in public spaces or outside the home.
- The second strategy is contact tracing of positive cases treated using rapid tests or rapid tests. Among these are the closest people, health workers who care for patients COVID-19, the community in the area which found the case.
- The third strategy is education and preparation of isolation independently in some tracing results which showed positive test results from rapid tests or negative symptoms to isolate themselves.
- The fourth strategy is hospital isolation, which is carried out when self-isolation is not possible, such as because there are clinical signs that require definitive services at the hospital.

Limiting activities in public places or facilities is carried out in the form of limiting the number of people and setting distance. The activity except for:

- Supermarkets, minimarkets, markets, shops or places for selling medicines and medical equipment for food needs, basic necessities, essential goods, fuel oil and energy.
- Health care facilities or other facilities in order to meet health care.
- Public places or facilities to fulfill other basic needs of the population, including sports activities.

Then the limitation of social and cultural activities is carried out in the form of prohibiting crowds of people in social and cultural activities and is guided by the views of official customary institutions recognized by the government and statutory regulations. Transportation restrictions are excluded for public or private passenger transportation by taking into account the number of passengers and maintaining the distance between passengers, transportation of goods by taking into account the fulfillment of the basic needs of the population. The differences between Large-Scale Social Restrictions, Quarantine, and Lockdown are as follows:

PSBB is actually different from regional quarantine (lockdown), where people are not allowed to do activities outside their homes. "In quarantine measures, residents or people at home, certain areas of RT, RW, or urban village areas, or one district, city". "And people who are quarantined in hospitals, of course, cannot go out. This is what distinguishes it from PSBB. "In implementing PSBB, it can break the chain of transmission from its upstream. Article, related to PSBB, (Putsanra, D.V: 2020).

Policies made by the government such as the Social distancing and PSBB of course led to the WFH (work from home) for workers. However, it is different for workers such as traders, laborers, drivers, motorcycle taxi drivers and others, who cannot implement the WFH policy and they are the ones who are most affected. The implementation of the PSBB policy has resulted in various reactions in the community. The majority of residents complained about the impact they experienced such as economic difficulties because they could not work as usual so that all their life needs could not be met properly, especially for the lower middle class. Physical decline due to limited movement space and psychological effects due to excessive worrying about this virus ([Nasrudin & Haq, 2020](#); [Mahadiansar et al., 2020](#)). Government policies that limit activities in the community are indeed not easy to implement, especially for people whose livelihoods are in the informal sector. People whose livelihoods are in the informal sector will find it difficult to meet the needs of daily life.

For example, online motorcycle taxi drivers, in addition to having to fulfill their daily needs, they also have a motorcycle credit burden or rent payments. PSBB conditions automatically reduce income in the community. Another issue related to the economy after the enactment of Social distancing and PSBB is the issue of declining public revenues, causing a

decline in purchasing power. This means that people cannot afford to buy daily necessities. Let alone paying the motorbike loan installments and paying the rent or debt, buying basic daily needs is already hard. If social distancing or PSBB is carried out strictly in order to successfully prevent COVID-19, then community activities will be increasingly limited, making economic conditions more difficult ([Nasrudin & Haq, 2020](#)).

The social distancing and physical distancing policies are considered unsuccessful. In fact, this appeal was not obeyed by the community. On the other hand, the government is also hesitant to take a lockdown policy, of course the reason is that the lockdown will have a very bad impact on the economy. The government, which is considered slow in making decisions about whether to lock down or not, has actually made the regions take policies to carry out local lockdowns ([Margianto, 2020](#)). In accordance with that proposed by Anderson 1979 that public policy is the authority that can be set by the government ([Taufiqurokhman; 2014](#)). So that the government has the authority to take any policies related to the handling of the COVID-19 pandemic. ([Harirah & Rizaldi, 2020](#)).

The Impact of PSBB on Low-Income Communities.

The implementation of the PSBB which only increases the efforts of social distancing has been recommended by the previous government. The direct impact of PSBB will be felt for people who work around informally. Since the PSBB instruction, they have lost passengers and customers for food orders, and food sellers have also decreased, so they have difficulty meeting their daily needs ([Nasruddin & Haq, 2020](#)). The next concrete step for social distancing carried out by the Government is to dismiss students, students and workers and replace them with online or online learning from home, work from home, and worship at home. ([Harirah & Rizaldi, 2020](#)). As experienced by Mr. Yanto as a worker as an ojol driver who said that:

"Since the implementation of Large-Scale Social Restrictions (PSBB), ojol drivers are prohibited from taking passengers. The impact since the Covid-19 and the implementation of PSBB, the income of ojol drivers has even decreased one hundred percent compared to before the pandemic, so during the COVID-19 pandemic, incomemotorcycle taxi drivers plummeted. "During the implementation of the PSBB, friends from online motorcycle taxis couldn't attract passengers. So collaborating with them to deliver shopping for customers who shop online is our endeavor to help and ease the burden of those affected by COVID-19. "This is because I work as a driver ojol trying to stay out for a living, and other effects that I feel from PSBB effect is very difficult to obtain income every day, because people today follow government regulations to restrict activities outside the home. "(Interview conducted by researcher 30 June 2021).

The enactment of the PSBB policy sparked various reactions in the community. The majority of residents complained about the impact they experienced such as economic difficulties because they could not work as usual so that all their life needs could not be met properly, especially for the lower middle class community. The direct impact of the PSBB will be felt for people who rely on daily income, such as traveling traders, street vendors, motorcycle taxi drivers, motorcycle taxi drivers and public transportation. Since the PSBB, they have lost passengers and customers, so they have difficulty meeting their daily needs. The decline in their livelihoods are one cause of increasing poverty while pandemic COVID-19 ([Ramadan et al., 2020](#)). Central Government through the Ministry of Health has firmly and Local Government issued policies to support the Governor Regulation on the implementation of PSBB ([Mahadiansar et al., 2020](#); [Samin, 2021](#)) since the establishment of PSBB, the social impact of this first PSBB the Work From Home or the term Work from Home. However, for

some business actors, they can be exempted from operating with restrictions on the working human resources and working mechanism so that the Company can still produce its products.

So that we also know the term Work from Office, meaning that they still have to work in the office because of community needs such as health facilities and others according to business actors who are excluded from being able to operate ([Faisal, 2020](#)). The second impact is the high price of masks and hand sanitizers (liquid for washing hands). The third impact is online learning complaints through the internet network, which is also a constraint factor such as; Access to the internet network is not evenly distributed or in all regions does not have an internet network because of the geographical conditions of the different regions. Not all educational institutions, both primary and secondary schools, can enjoy the internet network. Not all students, students, teachers, parents, are proficient in using technology applications or social media. Limited facilities such as; not all students or students have a laptop or cell phone ([Aji, 2020](#)). The fourth impact is the Socio-Cultural Impact, namely; The loss of mutual cooperation, the culture of togetherness, the loss of the handshake culture, the creation of individualism, the increase in the crime rate, the lack of tourist and entertainment places, the lack of celebration of national and religious holidays.

Judging from the economic impact, such as: not a few layoffs, decreased sales volume and turnover, a decrease in the number of MSME buyers, an increase in basic necessities, several markets were closed, MSMEs were threatened with bankruptcy, and even went out of business, ([Fathoni, 2020](#)). The fifth impact is the communication factor in online learning during the COVID-19 pandemic. The obstacles are lack of understanding of the material, inadequate network, difficulty doing assignments, task deadlines that are too fast and difficulty buying quotas. And, the efforts made to overcome the obstacles are discussing with friends, self-study, consulting with lecturers and looking for a place with a good internet connection ([Chrisnatalia & Rahadi, 2020](#)). The sixth impact is; This condition causes the repetitive upper limb movements required by the use of darling communication media devices resulting in continuous muscle contraction in the neck and shoulders, which can lead to susceptibility to musculoskeletal disorders due to microscopic damage to muscles, nerves and blood vessels during their role ([Tiyawan et al., 2021](#)).

Another impact is that micro, small and medium enterprises have been affected by the COVID-19 pandemic. Most of the cooperatives affected by COVID-19 are engaged in daily necessities, while the MSME sector most affected is food and beverages. Minister of Cooperatives and Small and Medium Enterprises (SMEs) that cooperatives engaged in services and production are also the most affected by the COVID-19 pandemic and cooperative managers feel declining sales, lack of capital and hampered distribution. Meanwhile, the SME sector which was shaken during a pandemic COVID-19, in addition to food and drinks, is the creative industry and agriculture as well as the impact on the national economy, especially micro entrepreneurs of small and medium sector that most of the crippled and on the verge of bankruptcy ([Soetjipto, 2020](#)).

Providing Local Government Policy Support COVID-19 through 3T.

Government policies provide guidelines for the community to implement the New Normal policies that must be carried out by the community, such as; Wash your hands, Avoid touching your face, Avoid touching your face, Apply coughing and sneezing etiquette when coughing or sneezing because the body will expel the virus from the body, Use a mask when leaving the house or interacting with others, Maintain social distance to avoid exposure to the virus, Isolationindependent. This is done for those who feel unwell, such as having several symptoms of illness, namely fever, cough, runny nose, sore throat or shortness of breath. Maintain health by ensuring physical health, sunbathing in the morning, eating nutritious food, vitamins and then doing light exercise. As long as a vaccine has not been found, the public is encouraged to obey and follow the health protocols that have been set by the government ([Muhyddin, 2020](#)). According to ([Sari et al., 2020](#)) under the transmission of COVID-19 Through close contact with confirmed COVID-19 patients, not maintaining hand hygiene, with hands that are not kept clean, Pandemic COVID-19 it can easily spread.

Efforts or measures to prevent and control infection are the key to implementation in health services. Effective prevention measures are carried out in the community as follows;

- Maintain hand hygiene by using hand sanitizer and washing hands with soap if hands are very dirty
- Avoid touching the face, including the nose, eyes and mouth.
- Applying ethics coughing, sneezing by covering your nose and mouth using the upper arm or a tissue inside.
- Use a mask, especially a medical mask if you have respiratory symptoms.
- Keep your distance from people who have respiratory symptoms at least 1 meter.

The steps to prevent COVID-19 carried out in the community must wash their hands properly, including:

- Wet your hands, rub soap on palms then rub your palms and rub gently with directional rotating.
- Rub and rub the back of the hand also alternately
- Rub between fingers until clean
- Clean fingertip interchangeably with interlocking positions.
- Rub and turn both thumbs alternately
- Place your fingertips into your palms and rub gently. Rinse with clean water and dry.

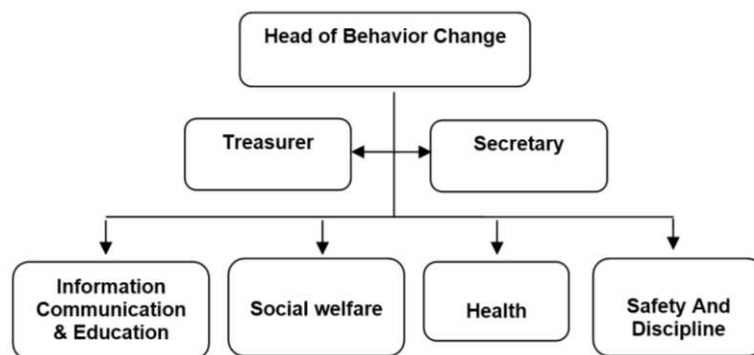


Figure 1. Organizational Structure Management Task Force COVID-19 Regions of District Level to Hamlet/RW/RT. Source; Guidelines for Handling Behavior change Covid-19 October 2020

Information; The organization of the COVID-19 handling task force in the field of behavior change at the sub-district to hamlet, RW, RT levels is attached to the communication, information and education sections (partnering with the education and socialization sub-sector) and the security section (partnering with the mitigation sub-sector). Communication and information exchange should be carried out routinely and in stages between the COVID-19 Handling Task Force in the field of RT behavior change at the RW level, with Village /Village, etc., at least twice a week. The means of communication and exchange of information can use radio, WhatsApp and indirect face-to-face communication facilities, such as Zoom Meetings or others. If it is necessary to direct face to face meetings, all parties present are required to apply stringent health protocols has been determined, among others;

- County/City; Reporting is done gradually from the Task Force handling COVID-19 field behavior changes in the level of RT to the Task Force handling COVID-19 Districts / Municipalities, through the Task Force handling COVID-19 field behavior changes in the level of RW, Hamlet, Village / Village, and Subdistrict. The Task Force for Handling the COVID-19 in the field of behavior change in the Regency/City submits a report to the Task Force for Handling the COVID-19 in the field of behavior change in the Province.

- The COVID-19 Handling Task Force in the field of behavior change at the province submitted a report to the Covid-19 Handling Task Force on behavior change at the national level. (Source; Guidelines for Handling Behavior change COVID-19 Oktober 2020).

Based on the implementation of policies, the government also issued several policies as a form of social assistance to the community as follows Electricity cost relief as; As a form of assistance to the community, the government's policy is to make electricity free for PLN consumers with a power of 450 VA for the next 3 months. In addition, users who subscribe to a power of 900 kwh subsidy. Credit relief such as; Online motorcycle taxi drivers, taxi drivers and fishermen, it is certain that they will get motor vehicle loan concessions for 1 year starting April 1, 2020. As well as interest payments or installments are given leeway for 1 year and reduced interest. The Central Government disburses a budget of IDR. 405.1 trillion through the 2020 State Budget (APBN). This policy has been established through a Government Regulation in Lieu of Law (PERPU) on Economic Stability during the COVID-19 Pandemic.

CONCLUSION

The policy of large-scale social restrictions (PSBB) is one way to prevent the transmission of COVID-19, the implementation of the government taking decisions, one of which is implementing a large-scale social restriction system (PSBB). The activity restrictions are intended for the community or residents in one village or region, who have been infected with COVID-19. This PSBB policy has an impact on several communities, especially those with lower middle income, because it is very influential on their space to move to earn a living such as; street vendors, motorcycle taxi drivers, motorcycle taxi drivers, mobile vendors and public transportation. Activities of people who work outside the home, which requires limiting activities outside the home or (Work from Home) in order to prevent the risk of contracting the COVID-19. Large-scale Social restrictions will impact the entire community space restrictions in the area, so that countermeasures COVID-19 in public health emergency situations can be run effectively and efficiently. In the implementation of large-scale social restrictions, safety and interests of the community remains a priority at national and regional levels.

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