

# **POST COVID-19 STRATEGIES: COMMUNITY ENGAGEMENT THROUGH STRENGTHENING AND COLLABORATION AMONG MULTIDISCIPLINARY**



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**PENERBIT YAYASAN FATIH AL KHAIRIYYAH**

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## PREFACE

### President of ADPI

Assalamu'alaikum Warahmatullahi Wabarakatuh.



*Alhamdulillah wash-shalatu wassalamu 'ala Rasulillahi wa 'alaalihi wa shahbihi wa man walahu. Amma ba'du.*

The COVID-19 pandemic has emphasized the importance of resilience, adaptability, and innovative strategies to address its widespread impacts on health, economy, education, and social structures. As the world transitions to the post-pandemic era, it is crucial not only to recover but also to build systems capable of withstanding future crises. This requires a multidisciplinary approach that leverages expertise from various fields while prioritizing community engagement and empowerment. The concept highlights the importance of collaboration across sectors-health, education, economy, technology, and social sciences-to design and implement strategies that are inclusive, sustainable, and adaptable. Community engagement is at the heart of this approach, ensuring that solutions are not only effective but also contextually relevant, culturally sensitive, and widely accepted by the target population.

Post-pandemic strategies encompass key components, including strengthening community

capacities through training, resource distribution, and empowerment initiatives; fostering multidisciplinary collaboration by developing cross-sector partnerships to create innovative and holistic solutions; promoting evidence-based policies by utilizing data and research to support decision-making processes; and integrating technology to enhance communication, education, and service delivery. These strategies aim to transform recovery processes into opportunities for communities to emerge stronger, more connected, and better prepared for future challenges. This approach underscores the importance of collective action and shared responsibility in building a resilient and sustainable future.

The Indonesian Association of Lecturers in Community Service (ADPI) is a professional organization with members spread across 34 provinces in Indonesia, each with expertise in their respective academic fields in higher education. ADPI has an extensive network with various universities in Indonesia, both public and private, local governments, as well as businesses and industries to collaborate in conducting research and community service activities. This is a manifestation of the commitment of higher education lecturers to the development of science and technology, as well as addressing societal issues in Indonesia. ADPI also serves as a unifying association in community service activities and the enhancement of lecturers' professionalism. ADPI was established on October 27, 2017. ADPI's vision is to become the largest association in Southeast Asia in the

fields of training and professional development of lecturers based on faith and devotion to God Almighty.

To date, ADPI's membership has spread from Aceh to Papua, with over 2,000 lecturers from hundreds of universities in Indonesia, Malaysia, Thailand, the Philippines, Australia, Kosovo, Portugal, Tanzania, and Egypt. ADPI has its central administration in Padang, West Sumatra, and regional leadership in every province across Indonesia. All ADPI members are lecturers from various fields of study relevant to the needs of society, the nation, and the state of Indonesia. They are experts who understand the challenges faced by the nation and strive to find solutions to these issues. Lecturers from various universities are individuals who actively participate in the development of science and technology for quality education.

This book presents a model of community engagement programs developed by lecturers who are members of ADPI. It compiles various approaches and themes related to multidisciplinary academic engagement with society across different fields, offering insights that serve as valuable references for academics, particularly university lecturers.

Titled “Post Covid-19 Strategies: Community Engagement Through Strengthening and Collaboration Among Multidisciplinary”, this book is dedicated to the field of education, aiming to help university lecturers generate innovative ideas and actively implement community engagement programs. We hope this book will make a meaningful contribution to building a

stronger and more resilient world while fostering better cross-sector collaboration in addressing future challenges.

**Padang, January 2025**

**Prof. Dr. M. Zaim, M. Hum  
Padang State University**

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# **Chapter 1**

## **Education on Clean and Healthy Living Habits in the Post-Pandemic Educational Environment and Business Actors**

**By :**

**Indah Purbasari, Faris Hamidi, Indra Yulianingsih**



### **Historical Background of Covid-19 Pandemic Situation Indonesia**

#### **2020: The Beginning of the COVID-19 Pandemic**

The year 2020 will always be remembered as the year the world changed forever. A new virus called COVID-19 emerged in Wuhan, China, at the end of 2019 and quickly spread to every corner of the globe. In March 2020, the first case of COVID-19 was announced in Indonesia, marking the beginning of a new, challenging chapter in people's lives.

The emergence of this pandemic forced the government to take decisive measures to curb the spread of the virus. One of the major policies implemented was Large-Scale Social Restrictions (PSBB). This policy aimed to minimize social interactions and reduce the risk of transmission in public spaces. Schools were closed, workplaces adopted remote working systems, and places of worship and public facilities were limited in capacity. Bustling cities turned eerily quiet.

In addition, social distancing and physical distancing became new norms in daily life. Everyone was required to maintain a physical distance of one to two meters, wear masks, and avoid crowds. Simple habits like handshakes were replaced with safer alternatives. In public places, strict health protocols were enforced. From temperature checks to providing handwashing stations, all measures were taken to protect people from virus exposure.

However, this pandemic not only changed the way people lived but also tested their solidarity and discipline. Many groups worked together to face this crisis. Healthcare workers stood at the frontline, risking their lives to treat patients. Meanwhile, communities helped each other, either by donating basic necessities or offering moral support to those affected.

The year 2020 was not just the beginning of a global pandemic but also a turning point for significant changes in how humans live and interact. Despite being filled with challenges and losses, this year taught valuable lessons about the importance of unity, discipline, and hope in overcoming difficult situations. The COVID-19 pandemic reminded us that behind every crisis lies an opportunity to rise and build a better future.

- **Indonesian Large-Scale Restriction**

The year 2020 marked the beginning of significant changes in the lives of Indonesians due to the COVID-19 pandemic. The virus, which first emerged in Wuhan, China, quickly spread across the globe, including to Indonesia. In March 2020, the government announced the first confirmed case of COVID-19, signaling the start of a long battle to control its spread. One of the critical policies implemented was the Large-Scale Social Restrictions (PSBB) in Indonesia.

PSBB was enforced as an effort to minimize social interactions that could accelerate the transmission of the virus. This policy regulated various aspects of daily life, including the temporary closure of schools and workplaces, restrictions on religious activities, and control over the use of public transportation. Major cities, typically bustling with activity, became quiet. Public spaces such as shopping centers, restaurants, and places of worship had to adhere to strict regulations on capacity and health protocols.

The PSBB policy also had a profound impact on social and economic life. Many workers were required to adopt a work-from-home system, while students and teachers transitioned to distance learning using technology. Economically, businesses—particularly small and medium enterprises—faced significant challenges due to decreased economic activity and consumer spending power.

Despite these challenges, the implementation of PSBB had positive effects in reducing mobility and curbing the spread of the virus. This policy also encouraged greater discipline among the public in adhering to health protocols, such as wearing masks, maintaining physical distance, and washing hands regularly.

PSBB became a crucial part of Indonesia's efforts to combat the COVID-19 pandemic. Although it was not an easy path, this measure demonstrated the commitment of both the government and the public to work together against the pandemic. PSBB was not just a policy but also a symbol of adaptation and solidarity among Indonesians in facing an unprecedented situation.

Through the enforcement of PSBB, Indonesia took its initial steps to confront a pandemic that brought significant changes to daily life. This policy served as a reminder that in the midst of a crisis, discipline and collaboration are essential

to protect oneself and others from the threats posed by a global pandemic.

- **Social and Physical Distancing**

The COVID-19 pandemic that swept across the world in 2020 brought significant changes to how people interact. One of the key measures taken to reduce the virus's spread was the implementation of social distancing and physical distancing. Although often thought to be the same, these terms have slightly different focuses. Social distancing aims to limit overall social interactions, while physical distancing emphasizes maintaining physical space between individuals to prevent direct transmission.

From the beginning of the pandemic, the Indonesian government actively educated the public on the importance of practicing social and physical distancing. In practice, people were encouraged to avoid crowds, postpone large gatherings such as weddings, seminars, or concerts, and limit visits to public places unless absolutely necessary. This measure became part of the effort to break the chain of transmission for a virus that spreads easily through droplets or direct contact.

Physical distancing was also strictly enforced in various settings. A minimum distance of one to two meters between individuals was required in public facilities, such as lines at supermarkets, workplaces, and public transportation. Adjustments were made in public spaces, including reducing passenger capacity on buses and trains, and rearranging seating in restaurants and places of worship. While this initially posed challenges as it altered established social habits, over time, physical distancing became a part of the new normal.

The implementation of social and physical distancing also had an impact on social life. With limited physical interactions, people turned to technology to stay connected. Video calls, instant messaging apps, and online platforms became the primary means of communication with family, friends, and colleagues. Although it could not fully replace the warmth of in-person interactions, technology helped maintain social bonds amid restrictions.

Social and physical distancing is not just about maintaining physical space but also reflects collective responsibility to protect oneself and others. By limiting social interactions and maintaining physical distance, individuals contributed to reducing the burden on healthcare workers and preventing a surge in COVID-19 cases.

This measure became one of the critical strategies in combating the pandemic. Social and physical distancing taught people to prioritize health above all else while demonstrating that in challenging times, compliance and solidarity are essential to overcoming a crisis. The COVID-19 pandemic not only brought difficulties but also provided an opportunity to create healthier and wiser lifestyles for the future.

- **Strict Health Protocols**

In the midst of the COVID-19 pandemic that hit Indonesia in 2020, strict health protocols became one of the key measures to prevent the spread of the virus. Governments and health authorities worldwide issued guidelines requiring people to follow more disciplined and structured health rules. In Indonesia, health protocols were implemented comprehensively across various sectors, including public spaces, healthcare facilities, offices, and places of worship.

The most basic health protocol was the mandatory use of masks. As it was discovered that the virus could spread through airborne droplets released when someone speaks, coughs, or sneezes, wearing a mask became the primary step in preventing transmission. Masks not only protect the wearer but also safeguard those around them. The government instructed the public to wear masks in public spaces and places that could lead to crowds, such as markets, shopping centers, public transportation, and places of worship.

In addition to wearing masks, health protocols also included the requirement to wash hands with soap or use hand sanitizer regularly. The virus can survive on surfaces, so it was essential to ensure hand hygiene after touching objects frequently used by many people. Public places such as malls, restaurants, and transportation stations provided handwashing stations or hand sanitizers for visitors to ensure they kept their hands clean before engaging in activities.

Maintaining physical distance also became a part of the strict health protocols. As previously explained, social distancing and physical distancing were enforced in public spaces to minimize physical contact between individuals. Capacity regulations were implemented in public spaces, reducing the number of people allowed in one area at a time to ensure a safe distance. For instance, in restaurants, seating was arranged with enough space, and queues at markets or stations were managed to prevent crowds.

Additionally, health protocols included temperature checks for everyone entering public spaces such as malls, offices, and healthcare facilities. Individuals with a temperature higher than the designated threshold were asked not to enter the premises and were advised to undergo further examination. This protocol served as an early

preventive measure before someone potentially brought the virus into a public space.

The implementation of these health protocols was crucial in Indonesia's efforts to combat COVID-19. While many people initially found it difficult or uncomfortable to adjust to these new habits, health protocols became key to slowing the spread of the virus. Over time, most of the Indonesian population began to realize the importance of following health protocols to protect themselves, their families, and those around them.

The COVID-19 pandemic taught us that health is the top priority. By adhering to strict health protocols, people not only contributed to reducing the virus's spread but also ensured the safety and continuity of social and economic life during this challenging period. Health protocols became a concrete step taken to safeguard life together in an uncertain time

### **2021: The peak of Pandemic, Delta Variant**

In 2021, the COVID-19 pandemic reached its peak, largely due to the emergence of the Delta variant, which proved to be more contagious than previous strains. This new variant caused a significant surge in cases worldwide, including in Indonesia, overwhelming healthcare systems and leading to more severe illness.

In response, the Indonesian government reimposed strict social restrictions, limiting public gatherings, business hours, and mandating health protocols like mask-wearing and physical distancing. The mass vaccination campaign became a crucial strategy in fighting the virus, aiming to achieve herd immunity.

Despite efforts to vaccinate the population, the Delta variant highlighted the ongoing need for vigilance and

adherence to health protocols. The year 2021 marked a critical point in the pandemic, reinforcing the importance of global cooperation and collective responsibility in combating the virus.

- **Large Numbers of Cases and Victims (Death)**

In 2021, the Delta variant triggered a massive surge in COVID-19 cases and deaths across the globe, including Indonesia. Hospitals were overwhelmed with a rapid influx of critically ill patients, and medical resources such as oxygen and ICU beds became scarce. The increase in cases led to record-high fatalities, particularly affecting vulnerable groups such as the elderly and unvaccinated individuals.

The rising death toll created a heavy emotional toll on families and communities, with many unable to properly say goodbye or hold funerals. This tragic wave underscored the importance of strict health measures like vaccination and mask-wearing, while highlighting the urgent need for global cooperation to manage the crisis. The situation in 2021 became a stark reminder of the virus's deadly impact and the collective effort needed to save lives.

- **Beginning Vaccine Programs**

In response to the escalating number of COVID-19 cases and deaths in 2021, vaccination programs became a central focus for countries around the world, including Indonesia. The government launched a mass vaccination campaign with the goal of achieving herd immunity and curbing the spread of the virus. Initially, priority was given to healthcare workers, the elderly, and individuals with underlying health conditions. As vaccine supplies increased, efforts expanded to include the general population.

Vaccination centers were set up nationwide, and campaigns aimed to raise awareness about the safety and

importance of getting vaccinated. Despite challenges in vaccine distribution and public skepticism in some areas, the roll-out of vaccines provided hope that the pandemic could be controlled. By the end of 2021, millions of Indonesians had received their first doses, marking a significant step in the battle against the pandemic.

- **Community Activities Restriction Level 4-3**

As the Delta variant surged, the Indonesian government imposed stricter community activity restrictions, categorized into Level 4 and Level 3. Level 4 restrictions were the most severe, limiting public mobility and closing non-essential businesses to minimize social interactions and curb the spread of the virus. Public events, such as weddings, religious gatherings, and concerts, were banned, while restaurants and malls operated under limited hours and capacity.

Level 3 restrictions allowed for slightly more leniency, but still required limitations on gatherings, reduced capacity in public spaces, and a focus on maintaining health protocols. These restrictions were aimed at controlling the transmission of the virus while allowing for some economic activity to resume. However, even with these levels of restriction, the situation remained tense as new variants, particularly Delta, continued to strain the healthcare system.

- **Strict Health Protocols**

Throughout 2021, Indonesia continued to enforce strict health protocols to reduce the spread of COVID-19. The public was required to wear masks in all public spaces, practice physical distancing, and regularly sanitize their hands. Large gatherings were discouraged, and public spaces such as markets, malls, and public transport were monitored for compliance with health measures.

In addition, health screenings, including temperature checks, were mandatory at entrances to public places and workplaces. These measures were crucial to controlling the virus, especially as the Delta variant was far more transmissible than previous strains. Despite the challenges, adherence to health protocols became a vital part of everyday life, ensuring the safety of individuals and communities.

In 2021, Indonesia, along with many other countries, navigated a critical phase of the pandemic. The combination of vaccination efforts, community activity restrictions, and strict health protocols aimed to mitigate the devastating effects of the Delta variant, offering hope for a path toward recovery despite the ongoing challenges.

### **Post-Pandemic Transition, 2022**

- **New Variants of COVID-19 (Omicron)**

In 2022, the emergence of the Omicron variant, while highly transmissible, proved to be less severe than the Delta variant. This new strain highlighted the ongoing challenges of managing the pandemic, as its rapid spread led to increased cases worldwide, though with less severe illness.

- **Vaccine Requirement**

Vaccination continued to play a critical role in controlling COVID-19. Many countries, including Indonesia, made vaccines mandatory for access to public spaces and activities. Booster shots were also introduced to enhance immunity, especially against emerging variants like Omicron.

- **Community Activity Restrictions Level 2-1**

As vaccination rates increased, Indonesia began easing restrictions. Level 2 allowed for limited capacity in public spaces, while Level 1 marked near normalcy, with most

businesses and public activities resuming with minimal restrictions.

- **Less Implementation in Health Protocols**

Health protocols, such as mask-wearing and social distancing, became less stringent in 2022 as the severity of COVID-19 decreased. The focus shifted from enforcing strict measures to encouraging personal responsibility, as the world adapted to living with the virus.

2022 was a year of transition, moving from strict pandemic controls to a more relaxed, yet cautious, approach as the world adjusted to a new phase of living with COVID-19.

## **Latest Conditions Of Covid-19 Pandemic**

### **Declaration of Indonesian President for the end of Pandemic**

On December 30, 2022, the Indonesian President declared the end of the COVID-19 pandemic in the country. This announcement marked a significant milestone, but it is important to note that the shift from a pandemic to an endemic phase requires alignment with the World Health Organization's guidelines. While the situation had improved, with COVID-19 expected to circulate at more manageable levels, continued vigilance remained essential to manage potential new variants. Even before the official declaration, many Indonesians felt the pandemic had passed and began relaxing their adherence to health protocols like mask-wearing and social distancing. This led to a decline in compliance with health measures, despite the ongoing need for caution. While the number of severe cases decreased, public complacency raised concerns about the risk of future outbreaks.

COVID-19 pandemic has underscored the importance of resilience, adaptability, and innovative strategies in addressing its widespread impact on health, the economy, education, and social structures. As the world transitions into the post-pandemic era, the priority is not only recovery but also the establishment of systems capable of withstanding future crises. This requires a multidisciplinary approach that draws on expertise from various fields, while prioritising community engagement and empowerment. This concept highlights the significance of cross-sector collaboration—spanning health, education, the economy, technology, and the social sciences—to design and implement strategies that are inclusive, sustainable, and adaptable. Community engagement is central to this approach, ensuring that solutions are not only effective but also contextually relevant, culturally sensitive, and widely accepted by the target population.

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