

INCREASING COMMUNITY EMPOWERMENT IN FACING COVID-19 THROUGH HUMANITARIAN ACTIVITIES; HEALTHY KITCHEN

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Abstract

Covid-19 has not been reported to be zero, and the cases are still going up and down. This indicates that people are always vigilant in dealing with Covid-19. Therefore, community empowerment in preventing and adapting to Covid-19 in Pamulang Timur Banten is needed, which is one of the buffer areas for the capital Jakarta as the epicenter of Covid-19. Community service aims to provide motivation, guidance, and assistance, and increase community participation in the COVID-19 healthy kitchen as one of the humanitarian projects to deal with COVID-19. The methods used are counseling, group discussion forums, interviews, observations, the establishment of a covid-19 kitchen, training, and assistance in managing healthy food. The results of this program are the motivation of the PKK, health cadres, and the Covid-19 task force team to carry out humanitarian projects COVID-19 and the realization of a COVID-19 healthy kitchen. The covid-19 kitchen is oriented starting by motivating residents to share by hanging basic food materials on the hanging food boards provided, then cooking them, and delivering them to residents who are exposed to COVID-19 (who are self-isolating at home).

Keywords: community empowerment, adapting to Covid-19, humanitarian projects, hanging groceries, Covid-19 healthy kitchen.

INTRODUCTION

The World Health Organization or WHO states that a new type of coronavirus known as Covid-19 has penetrated the world (Zhu et al. 2020; Li et al. 2020; Cucinotta and Vanelli 2020; World Health Organization 2019). In 2022, Indonesia is again hit by a new variant of the coronavirus or Omicron. New variants ranging from Alpha to Omicron make the positive number of Covid-19 fluctuate, it is not certain when this will become zero cases. This means that Covid-19 is still lurking (Ministry of Health 2022). Providing nursing care to patients infected with Covid-19 requires a variety of services such as physical, psychological, social, and spiritual aspects to encourage development and maintain health. In addition, it also provides motivation and hope (Drummond and Carey 2020)

Forms of fear and worry must be countered with optimism to protect themselves and the community from the Covid-19 attack, which does not yet know when it will reportedly end.

Motivating each other residents with the motto of the community for the community, and mutual support so that they are healthy again and the healthy stay healthy is very much needed in the RW 19 Pamulang Timur environment. The humanitarian project strategy in controlling and preventing the transmission of Covid-19 that involves community participation starts from developing the existing Covid task force (SATGAS) tasks, namely by setting up food hanging boards, processing necessities in Covid healthy kitchens, and distributing them to residents who are exposed to the virus. Covid-19 or families who need to improve the immunity of citizens to prevent Covid-19. This needs to involve community leaders, religious leaders, and community activists starting from the RT level in handling COVID-19 (Desmawati and Bachtiar 2021). Community empowerment is an important part that must be done at this time because the powerlessness of the community is one of the sources of national problems that are currently being faced. The connection with COVID-19 is the process towards empowerment and efforts to improve abilities and attitudes and independence to be friendly with Covid-19. Community empowerment is carried out with an approach that is to the needs of residents, such as Indonesia which is full of eastern culture and the majority of Muslims will be more appropriate for an eastern approach according to their religious and cultural role models (local wisdom) (Desmawati et al. 2021).

Refers to the theory for prevention through; 1) health promotion, 2) health protection by targeting vulnerable populations with special education, extra vitamins, etc., 3) early diagnosis & prompt treatment, determination of early diagnosis, and rapid actions taken such as case tracing so as not to spread to other residents (Friedman 2010).

Meanwhile, empowerment refers to the empowerment of individuals and communities, which is very suitable to be applied to adapt to Covid-19 with several principles that must be applied, such as; 1) creating an atmosphere that allows the potential of the community to develop (enabling), 2) strengthening the expertise or power possessed by the community (empowering), 3) empowerment means protecting (protecting) the natural surroundings, 4) empowerment to increase the cultural potential of the local nation (local wisdom), 5) empowerment to become an independent nation, 6) empowerment is not allowed to create community dependence on the state/government as well as on capital owners, 7) empowerment is not allowed to damage environmental sustainability, even better is to instill existing human values (Mulyono). 2017).

With the high human values of the Indonesian people, including in East Pamulang, the potential to be mobilized in projects of sharing, mutual support, and caring for each other both morally and materially needs to be developed while COVID-19 is still up and down.

Programmed activities to prevent COVID-19 through the task of the Covid-19 task force as an information center, logistics center, and health information center need to be maintained. Various prevention programs by empowering the community must be carried out to deal with this, starting from adhering to health protocols (wearing masks in closed rooms crowded with people, washing hands, maintaining distance, etc.), increasing consumption of highly nutritious nutrients, providing immediate treatment if there are signs of symptoms so that not quickly entering a more severe stage, increasing support from family, neighbors, community, public trust in Covid-19, especially the Covid-19 vaccine and others (Sholihatunnisa and Desmawati 2022 & Dewi and Desmawati 2022). In addition, a real program that seems to empower the community by involving them in supporting each other to improve the nutritional status of the

community as an immune booster in fighting viruses that enter the body is by making hanging groceries and Covid-19 kitchens (Desmawati et al. 2021 & Sulistyawati and Desmawati 2022).

The purpose of this service is to provide knowledge and skills as well as assistance regarding the COVID-19 healthy kitchen involving task forces, health cadres, and PKK, by empowering them to make efforts to support each other both materially (groceries and other nutritious healthy food products) and psychosocially by helping each other. support for health through the Whatsapp group. The target of the activity is to increase the knowledge and skills of partners so that they can increase the resilience of citizens in dealing with COVID-19 through humanitarian activities; healthy kitchens and food hanging boards.

IMPLEMENTATION METHOD

This community service activity was carried out in East Pamulang, South Tangerang, Banten. In essence, adopting a life full of togetherness, sharing, and support in other places including Baduy.

The activity is carried out for approximately 5 months from the identification of the initial survey problems in February 2022 until the mentoring activity. Partners in this activity are the Covid-19 task force team consisting of RW-RT apparatus, health cadres, and PKK women. Devotion is carried out to assist partners in finding solutions to problems faced by partners. The steps taken to achieve these goals are as follows;

- a. The service team surveyed the target community directly to find out demographic data from health cadres, PKK, RT, RW, and participation in humanitarian project program activities starting February 2022
- b. Coordinating with 3 pillars; Pamulang Lurah Pemda, Pamulang Police, and Pamulang Health Center to find new cases (tracing) to find out cases as early as possible so that transmission can be prevented, February-April 2022
- c. Conducting training for the COVID-19 task force, RT, RW, health cadres, and PKK women using counseling, discussion, questionnaire, and interview methods. The material is in the form of healthy nutritious nutrition content for the prevention of COVID-19, humanitarian programs, or projects related to Covid-19 to increase public enthusiasm and awareness about joint efforts in dealing with Covid-19, and its prevention in the future. This was carried out on May 23, 2022, starting with the educational method, then participatory learning and action (PAL) was used as an effort to empower the community, starting with a discussion with the task force, health cadres, and PKK about the importance of a healthy covid kitchen and food boards as part of a community group. caring for Covid-19 who are ready to help with energy, morals, and even materials in the implementation of hanging groceries and Covid-19 kitchens.
- d. The construction of a Covid healthy kitchen and food hanging boards, which agreed on the house of one of the RW administrators as the center, namely the house of Dewi Sartika's mother. This is intended so that activities are focused in one place. In this covid healthy kitchen, health cadres and PKK as well as residents who are interested in helping in the implementation of hanging groceries, and the covid 19 kitchen can be trained on healthy nutrition for health in the treatment and prevention of covid-19. It is hoped that this will become a pilot kitchen and hanging board for humanitarian projects

- e. Implementation of program assistance.

This activity is intended to ensure the sustainability of the program and ensure partners can apply the knowledge and skills that have been acquired. Intensive communication is carried out so that the success of the program can be monitored.

Besides that, it can be contagious and invites other residents to participate in helping through hanging groceries, donations of physical energy by helping in the covid kitchen, or moral assistance, mutual support, and mutual support via WA groups and others.

RESULTS AND DISCUSSION

Based on the results of interviews conducted with partners, information was obtained that 53.84% had never received socialization about healthy kitchens for covid-19, and 46.15% had received socialization about healthy kitchens but did not know how to process food according to health standards and packaging that was still not healthy.

The results of this community service are described in the following tables;

Table 1. Distribution of the frequency of direct participants to the community in terms of their social role in the Pamulang VIP-Banten community

Characteristics	Amount	Percentage (%)
Device RT-RW-Lurah	5	41.66
Health cadre	4	33.33
Family Welfare Empowerment (PKK)	4	33.33
Jumlah	13	100

Starting with surveying the target community directly to find out data on health cadres, PKK, RT, RW, ward, and participation in humanitarian activities, the characteristics of residents who are willing to participate in the project are shown in the following table;



Figure 1. coordination of the 3 pillars; local government – police – Public health center

Coordination with all 3 pillars is in the context of handling and first serving if there are people who are positive for Covid-19. Immediately tracking the surrounding neighbors to prevent a more massive spread. This was triggered by the many Omicron attacks that hit Jakarta Bogor Depok Tangerang Bekasi (Jabodetabek) in January-April 2022 ago. In addition, this main service is also intended to assist residents in meeting their needs such as the need for oxygen cylinders, information on empty hospitals if the community requires hospitalization at the hospital, sources of information on how residents who are already positive for Covid-19 do not fall into complications by providing treatment information. certain interventions that can be done at home naturally without side effects such as steaming with hot water that has been dripped with eucalyptus oil, doing sports at home for those who are self-isolating in their respective homes, sunbathing on their respective balconies or yards. each under the hot morning sun and providing nutritious fresh food through this healthy kitchen. The essence of this first treatment program, apart from preventing the spread of COVID-19 to others, is also preventing residents who are already positive for COVID-19 from experiencing more severe symptoms.

Table 2. Distribution of the frequency of knowledge-enthusiastic residents to participate in the healthy kitchen humanitarian project before and after participating in the material enlightenment adapting to Covid-19

Characteristics	Before		After	
	n	%	n	%
Very good	0	0	3	23.1
Well	10	76.9	10	76.9
Enough	3	23.1	0	0
Not enough	0	0	0	0
Very less	0	0	0	0
Total	13	100	13	100

Referring to previous research, it was reported that the knowledge of the Jabodetabek community and its surroundings was good about Covid-19 (Desmawati and Bachtiar 2021). Efforts that must be improved now are how the real behavior of citizens in their readiness to adapt to Covid-19 can be realized such as the existence of information source posts and others (Supendi and Desmawati 2022)

In addition, other humanitarian programs such as hanging food items as a form of mutual support of citizens to fellow citizens. This form of support is by hanging raw or cooked necessities in the places provided, the raw ones will be brought to the COVID-19 kitchen to be processed and cooked by PKK women and then distributed by delivering and hanging cooked dishes on the residents' fences. In addition, residents who want to help with cash funds can communicate proof of transfer in the WA group whose accounts are managed by the COVID-19 task force, and report the amount of money entered and used. In addition, WA groups are also useful for mutual support and sharing information about COVID-19.

Seen in table 3, the things that are needed by the community are shown in Figure 2, namely the need for healthy cooked food in undergoing self-isolation at home;



Figure 2. Delivery of cooked food to self-isolation residents at home

Table 3. Distribution of the frequency of programs most needed by the community in readiness to adapt (friendly) to Covid-19

Needs	Answer					
	Yes		Not		Total	
	n	%	n	%	n	%
Prepared/staple food	13	100	0	0	13	100
Cash	3	20	10	80	13	100
Don't isolate & support each other	13	100	0	0	13	100
Using a mask	10	77	3	23	13	100
Hand washing available	10	77	3	23	13	100
Keep the distance	10	85	3	23	13	100
New pandemic disease	10	85	3	23	13	100
Conspiracy	4	31	9	69	13	100
Healthy kitchen ↑ nutrition	13	100	0	0	13	100
Posts; O2 information, effort ↓ complaint	13	100	0	0	13	100

Referring to table 3, the results of the questionnaire distributed to residents about the form of humanitarian projects that are most needed by residents are the fulfillment of basic needs, especially staple food and ready for consumption. Residents who want to share can hang basic food items that will be donated to residents who are self-isolation at homes such as eggs, rice, vegetables, fruit, vitamins, drinks, and others on hanging food boards and some are delivered directly to the healthy kitchen.

Furthermore, after the raw basic food materials are available, then training and assistance are carried out for PKK mothers cooking in the Covid-19 kitchen. This covid kitchen is a house for residents who are willing to be used it as a cooking center to help eat people who are in self-isolation as well as their families so that their nutrition is maintained (Sulistyawati and Desmawati 2022). After cooking together, they are finally packaged and delivered cooked (ready-to-eat) food to self-isolation residents and their families. This cooked food was delivered directly to the residents' homes by hanging on the fences of their respective houses. The number

of packages corresponds to the number of families, even though they are not positive for Covid-19 because their families who are not positive for Covid-19 are not allowed to go out of the house to shop for food.

After the activity in the healthy kitchen, all partners (100%) said they were very enthusiastic about this activity, in addition to increasing their knowledge of healthy nutrition, they were also satisfied that they could help people in need, namely residents who were self-isolation and their families.



Figure 3. Socialization-training on nutritious food in a healthy kitchen

In addition to basic food support, other needs that are needed by residents are support, mutual prayers, and encouragement via the Whatsapp group (Sholihatunnisa and Desmawati 2022).

While carrying out activities, never forget to always remind to obey the health protocol in all matters by involving community leaders, religious leaders, or people who are respected and followed in the community such as ustadz, community leaders, policymakers, and others. By involving RW-RT devices or other important people, confidence and adherence to health protocols will continue to increase. Because the conspiracy that once existed in the community would be toxic to other residents, so the belief in Covid-19 will affect the acceptance of citizens to obey and obey the health protocol (Dewi and Desmawati, 2022). This is supported by the availability of facilities such as hand washing stations in strategic places (Az-Zahra and Desmawati, 2022).

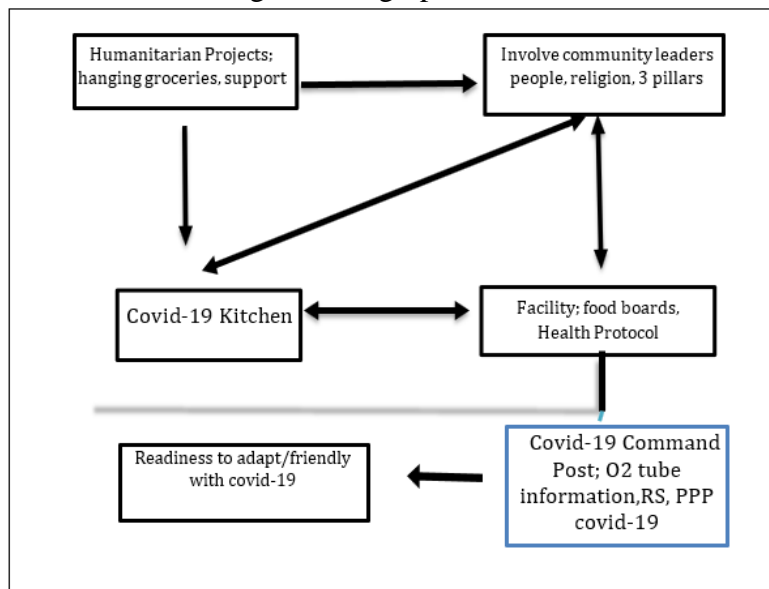
After participating in the humanitarian project service activities, all partner participants (100%) expressed satisfaction because they could share through;

1. Hanging food programs, support each other according to ability. This was answered by procuring a hanging food program as a form of assistance from residents for residents. In addition, for residents who help with money, a humanitarian account is provided which can later be used to buy other important needs for residents affected by COVID-19 such as masks, vitamins, and others. After the groceries are hung, they are processed by PKK mothers in the covid-19 kitchen which provides opportunities for residents who cannot share materials or money, they can still share through physical energy to participate in cooking in a healthy kitchen.
2. Covid-19 kitchen program, cooking raw materials donated by residents. Residents in self-isolation need to rest without being disturbed by daily activities at home such as cooking and others. Hopefully, they will rest so they can recover quickly from Covid-19. In

addition, residents' food is guaranteed from unhealthy forms of food because it is seasoned by itself, cleanliness is maintained, freshness is maintained, and so on. This also accelerates the recovery of residents to become immune boosters. In addition, the creativity of PKK women also makes healthy herbal drinks for residents.

3. The program involves religious leaders, community leaders, respected people in the community, as well as policymakers is an important thing because the involvement of this key person will be a non-technical effort that will produce technical outcomes. This is a program that speaks from the heart. If someone is obedient to his heart then any rules and policies will be easy to follow.
4. The health protocol program will be easy to comply with if basic needs are met, and the heart is protected, so following all regulations and policies will be easy to implement.

The conclusion of the model of partner empowerment activities in this humanitarian program can be seen in the following schema/graph 2;



Scheme 2. Citizen empowerment model facing Covid-19 (primary data source, 2022)

CONCLUSION

After carrying out activities and collecting data through interviews, observations, questionnaires, and socialization of healthy food processing in healthy kitchens, as well as sharing through food boards and information sharing in WA groups, it can be concluded;

1. Service activities have been able to make partners contribute to healthy kitchens by providing healthy food for people who are self-isolation at home
2. Service activities have motivated residents to share food, funds, or labor with other residents who are in need
3. Partners are happy and satisfied to be able to share and believe that through this humanitarian program, they can increase the resilience of citizens in the face of covid-19 which is still up and down.

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