

The Influence Of Physical And Social Distance On Health

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Abstract

This study was motivated by the phenomenon of the outbreak of the Covid-19 pandemic in a number of countries, including Indonesia. This condition not only affects the economic condition of a country, hinders social interaction among the community, and also has an impact on the health condition of every human being. To avoid the wider spread of Covid-19, the government was forced to adopt social distancing and physical distancing policies in the form of staying at home, working from home, studying, and worshipping at home. On the one hand, this policy has a positive aim to avoid the more fatal consequences of the spread of Covid-19. But on the other hand, this policy has also caused the economy to weaken and slow down very drastically. Not only that, the widespread spread of Covid-19 also has an impact on health conditions and social interactions in society. This study aims to determine: (1) conditions of physical distancing, social distancing, and public health in the midst of the Covid-19 pandemic, (2) the effect of physical distancing on health, and (3) the effect of social distancing on health.

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Introduction

The Covid-19 pandemic has a very broad impact in various sectors. Indonesia is currently faced with a difficult situation related to handling the impact of the Covid-19 pandemic, efforts being made related to efforts to reduce the death rate of residents infected with the Covid-19 virus, as well as efforts to deal with the socio-economic impact of the spread of the virus. The preparedness and anticipation efforts made by the Indonesian government in the early days of the spread of the Covid-19 virus were often questioned by many who doubted the government's claim that Indonesia was a free country the spread of the covid-19 virus (Sakti & Pribadi, 2018).

The Corona virus or also known as Covid-19 (Corona Virus Disease2019) was first discovered in Wuhan City, China at the end of December 2019 (Yunus & Rezki, 2020). In a relatively short period of time, this virus has spread very quickly to almost all countries in the world, including Indonesia. A number of observers have categorized Covid-19 as a type of virus that is very dangerous and deadly. People who are infected with the Covid-19 virus are characterized by experiencing flu symptoms accompanied by fever, runny nose, dry cough, sore throat, and headaches (Yuliana, 2020). WHO stated in a number of cases found that patients who have very weak immunity can have fatal consequences if they do not get medical treatment quickly and precisely which can lead to death (Yusup, Badriyah, Suyandi, & Asih, 2020).

Seeing the danger of the impact caused by Covid-19, almost every country in the world, including Indonesia, took preventive steps in the form of social restrictions, physical distancing, and regional quarantine both on a full and limited scale. This policy had to be taken by a number of countries as a bitter choice to minimize and suppress the number of the spread of Covid-19 which continues to increase from time to time. At the same time, health experts in various countries have not found the right vaccine capable of treating people infected with the Covid-19 virus. In other words, Covid-19 has not only become a pandemic, but has also become a very deadly disaster for humans in various countries.

Referring to the results of the latest update dated May 14, 2020, there have been 12 countries in the world that have experienced the COVID-19 pandemic, with a confirmed number of 4,452,806 cases, 298,737 people died, while patients who had recovered were 1,675,928. Meanwhile, confirmed data in Indonesia, based on data uploaded via the <https://covid19.go.id/>

site, has published quite astonishing data, namely tested positive for 16,006 cases, recovered 3,518 people, and died 1,043 people. Based on these conditions, all parties, both government and society, hope that many of these cases can decrease in number through the implementation of social distancing and physical distancing policies.

The adoption of Indonesian government policies that seem to prioritize economic aspects rather than focus on treating diseases that threaten the safety of citizens has had a major impact on serious threats to the safety of citizens and a real threat to the contraction of weakening the national economy (Sakti & Pribadi, 2018). Even so, the government continues to aggressively socialize prevention measures for infection with the Covid-19 virus by implementing a healthy lifestyle and maintaining cleanliness, diligently washing hands, maintaining social distancing, and avoiding crowds.

Research Methods

Research is an activity that has many variations that have been determined by researchers to be studied and information sought to draw conclusions. According to Endraswara (2006) research is the steps that explain the cultural features that use completeness and strategic steps or systematic efforts.

The approach used in this research is a descriptive qualitative approach. According to Sugiyono (2017) a research that uses descriptive qualitative approach is used to examine the condition of a natural object (as opposed to an experiment) where the researcher is a key instrument, data collection techniques are carried out by triangulation (combined), inductive data analysis and research results. It emphasizes meaning more than generalizations.

Data obtained through the search for various sources, both from the results of studies by health experts, policy observers, scientific literature, survey results from independent institutions, research results from public policy academics, as well as written sources from various mass media, both print and electronic to describe incidents related to the handling of the covid outbreak 19.

Thus, the data obtained is classified as a type of secondary data which is then changed in the form of narratives and numbers according to the data display needs. The next stage of the

data is analyzed based on the theory and concept of public health policy in the field of public health and given meaning through the data interpretation process.

Result and Discussion

a. Physical Distancing

Physical distancing or can be interpreted as limiting physical contact is a series of actions in controlling non-pharmaceutical infections that aim to stop or slow the spread of infectious diseases. The main goal of this restriction policy is to reduce the possibility of physical contact between an infected person and other people who are not infected, so as to minimize the transmission of diseases, viruses, morbidity, and other bad consequences that can result in death (Yunus & Rezki, 2020)

Physical distancing is effective to prevent transmission of viral infections that can be transmitted through physical contact which includes sexual contact, indirect physical contact, for example by touching contaminated surfaces, or transmission through the air, or it can also hit splashes or droplets from coughing or sneezing. (Yusup et al., 2020)

However, the physical distancing policy as an alternative to preventing the expansion of the impact of the Covid-19 virus infection chosen by the Indonesian government is not without risks, physical distancing can cause problems. Reduced productivity, and loss of other benefits

Related to interactions between humans to maintain the existence and continuity of life, besides that the difficulty of the community in obtaining personal protective equipment such as hand sanitizer masks and other personal protective equipment often makes it difficult for people to maintain their health.

In practice, people can apply physical distancing by doing several things such as, do not leave the house except for very precarious conditions such as buying basic necessities or taking medication, greeting others by waving hands not shaking hands, regularly doing sports activities at home at least 30 minutes a day to maintain endurance, utilizing gadget facilities available at home to keep you able work or study from home.

b. Social Distancing

Social distancing or can be interpreted as social distancing restrictions, if referring to an article in the Public Health Department (Yusup et al., 2020), it is explained that social distancing means creating distance between oneself and others to prevent transmission of certain diseases.

In Indonesia, the term social distancing has been regulated in Articles 59 and 60 of Law Number 6 of 2018 concerning Health Quarantine (Setiawan, 2020). This rule also explains the difference in meaning between lockdown and social distancing. According to the law, regional quarantine (lockdown) is a population restriction. In an area including the entrance area and its content which are suspected to be infected with a disease and/or contamination in such a way as to prevent the possibility of spreading the disease or being.

Social distancing is the limitation of certain activities of residents in an area that is suspected of being infected with a disease and/ or contamination in such a way as to prevent the possibility of spreading disease or contamination.

Referring to these rules, social distancing aim to reduce the potential for the spread of infectious diseases where social distancing aims to limit people's social activities to stay away from physical contact and crowds.

In the application of social distancing, a person is not allowed to shake hands and always pay attention and maintain a distance of at least 1 -2 meters when interacting with other people, especially with someone who is sick or at high risk of suffering from Covid-19. There are several examples of the application of social distancing that is commonly done, namely working from home, studying at home for students and college students, postponing meetings or events that are attended by many people, not visiting people who are sick, but simply by phone call or however

While observers view that preventive measures through social distancing are not effective enough to prevent the expansion of the Covid-19 pandemic, this is evidenced by the rapid increase in positive Covid-19 patients every day. Mass testing as a follow-up policy also needs to be accompanied by socio-economic considerations in Indonesia and the readiness of health instruments.

It is further stated that the social distancing policy chosen by the government is not without risks. Social distancing policies in the long run can slow down economic production activities (supply shock). Limitation of social interactions can reduce the amount of production of this crucial item. This applies to production both at home and abroad.

As a result, the level of activity and demand for the economy as a whole will also be disrupted. Regardless of whether it is effective or not, what is clear is that social distancing is an act of avoidance that is most likely to be done by everyone in order to avoid spreading the virus.

Developed countries such as the United States and European countries alone are helpless against this virus attack. Moreover, Indonesia, which has a pluralistic society, is indeed difficult to control due to various reasons even though their ratio accepts these policies and there is a sense of anxiety over the dangers of this virus. Therefore, it requires high patience for officials who are directly involved in preventing the transmission of the Covid-19 virus.

c. The Effect of Physical Distancing and Social Distancing on Health

In simple terms, physical distancing and social distancing are steps or policies taken by the government to limit the movement of the community in carrying out social interactions with other people with certain goals and objectives, in this case as the prevention of the spread of the Covid-19 virus infection. A number of observers have categorized the Covid-19 virus as a dangerous and deadly virus.

People who are infected with the Covid-19 virus are characterized by flu symptoms accompanied by fever, runny nose, dry cough, sore throat, and headache (Yuliana, 2020). Moreover, it has been found that in a number of cases, patients who have very weak immunity can be fatal if do not get medical treatment quickly and precisely that is, it can lead to death (Yusup et al., 2020).

The Covid-19 virus can infect in various ways such as it can be transmitted through physical contact which includes sexual contact, indirect physical contact for example by touching contaminated surfaces, or transmission through the air, or it can also be about splashes or droplets that come from coughing or sneezing (Yusup et al., 2020). Based on this explanation, it can be concluded that the Covid-19 virus can infect anyone and anywhere without the sufferer realizing it, of course, if this is not immediately addressed or social restrictions are not

immediately carried out, it is feared that it will cause domino effect where someone will continue to transmit the virus to others when they interact with each other.

The physical and social distancing policies carried out by the Indonesian government are the right policies to reduce the impact of the spread of the Covid-19 virus infection in Indonesia. The policies chosen are in accordance with WHO's recommendations regarding physical and social distancing. We can find this in public places, where we can see the physical distancing symbol which indicates the distance between a person and another person, such as those at bus stops, train stations, supermarkets, and public transportation has started using numbers or distance marks to protect them. Limit visitors to avoid physical contact with other visitors.

Based on the explanation above, it shows that the physical distancing and social distancing policies have a significant effect on public health, where with the physical and social distancing policies adopted by the government can inhibit the spread of the Covid-19 virus infection among the public. With the application of health protocols and efforts that need to be considered by the wider community to always maintain cleanliness and implement a healthy lifestyle so that people avoid the danger of transmission and the effects of health problems from the transmission of the Covid-19 virus.

Conclusion

The Covid-19 pandemic disaster has had a very broad and massive impact on various dimensions of people's lives, both in the fields of social and economic relations and business, as well as the condition of public health. The Covid-19 pandemic disaster and social restriction policies eventually forced most community actors to reduce their activities outside the home, thus changing people's behavior to carry out activities both working and studying online at home.

Changes in people's behavior caused by the implementation of physical and social distancing policies are the best ways that can be done to prevent the spread and transmission of the Covid-19 virus in the community.

The efforts made by the government when implementing physical and social distancing policies are by implementing applicable health protocols and aggressively conducting

socialization regarding the implementation of a healthy lifestyle. In practice, the community can apply physical distancing by doing a number of ways such as not leaving the house except for very precarious conditions such as buying basic necessities or medical treatment, greeting other people by waving no shaking hands, routinely doing sports activities at home for at least 30 minutes a day to maintain endurance, take advantage of the gadget facilities available at home so you can still work or study from home.

This certainly has a positive impact on maintaining the health of the wider community. With the application of health protocols and efforts that need to be considered by the wider community to always maintain cleanliness and implement a healthy lifestyle so that people avoid the danger of transmission and the effects of health problems from the transmission of the Covid-19 virus. So it can be concluded that physical distancing and social distancing have a significant effect on health.

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