

UGM Expert Reveals the Most-Causes of Society Violating the Covid-19 Health Protocol


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Sanctions have been applied in some areas to some people who are not disciplined to health protocols. There are various forms of sanctions, from minor things to the obligation to pay fines. However, it is not uncommon for some areas to deliberately expose coffins by the side of the road to remind people about the impact of the danger of Covid-19 transmission.

According to Diana Setiyawati as a UGM psychology lecturer, it is not easy to apply the emergence of various social sanctions to change people's behavior. According to her, everyone will change their behavior if it is in accordance with their awareness. "All stressors are mostly neutral, which makes us depressed is our own perception. Well, staying at home for certain people can be oppressive. Meanwhile, it can be neutral for others," Diana said to reporters on Monday (14/9).

She gave an example of the perception that someone who feels unsafe and is at risk of contracting it, but some feel that this disease is mild and not so severe when they get exposed. "This depends on the perception of this disease. For instance, some think that COVID is mild; they think they would be safe when infected. However, if anyone takes it sincerely, then they will consider the health protocol," she said.



According to her, education is necessary to change community members' perceptions to comply with health protocols. There should be a high emphasis on using a mask, and always washing hands to protect them from exposure and infection risk is very important. "We have to convince ourselves, is it true that wearing a mask and washing hands can protect us? What if it's destiny? Then how about the perceived importance of complying with health protocols, for example wearing masks makes stuffy, washing hands makes skin dry," she said.

Regarding the emergence of various social sanctions to expose coffins in a public area, according to her, it is a form of extreme education because of the complexity in changing people's behavior to encourage residents to follow health protocols. However, according to her, sanctions must have a deterrent effect and be balanced with supporting facilities. "Sanctions are supposed to have a deterrent effect, but sanctions must also consider facilities," she said.

According to Diana, the problem of people violating health protocols is perceived as a form of desperation because of the enormous impact on their lives. "People violating health protocols could also be a form of hopelessness. What we have to pay attention to is to ensure that everyone should meet their needs," he explained.

As a public mental health researcher, Diana advised that the government should make wise and unified policies to think about all aspects of people's lives during the pandemic period.

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