

Change In Behavior With Resilience To The Society In Facing The Plague Of Covid 19

Amanda Pasca Rini¹, Galih Hadi Swandana¹

¹ Master of Psychology Study Program, Universitas 17 Agustus 1945 Surabaya, Surabaya, Indonesia

*Corresponding Author: Amanda Pasca Rini. Email: amanda.pasca@gmail.com

ABSTRACT

Early 2020 the world community was shocked by Covid 19, which has now become a pandemic that cannot be predicted when it will end and causes panic everywhere. The Indonesian government has responded by providing direction to the public to deal with this pandemic effectively and efficiently. These directives are getting tighter, which eventually makes people adapt to healthy living behaviors. In addition, to maintain the survival of the community, it is necessary to instill an attitude to learn appropriate behaviors, be able to distance themselves emotionally and physically from the source of the problem, be able to develop honest relationships, can be responsible, have the ability to think of various options, have strength to find happiness and behave on the basis of his conscience. By having this attitude, the community can show resilience which refers to the theory of Reivich and Shatte (2002) describes seven abilities that form resilience, namely emotional regulation, impulse control, optimism, empathy, analysis of the causes of problems, self-efficacy, and reaching out. Almost no individual has these seven abilities well. To make society show resilience, behavior change is needed by referring to the Theory of Reasoned (TRA) proposed by Ajzen and Fishbein (1975) and then further developed by Ajzen (1985) with Theory of Planned Behavior (TPB) which begins with caring to the surrounding environment, to be able to control oneself in the midst of a pandemic, and to have a positive view of those around you. The research aims to determine the picture of changing behavior with resilience in the community in the face of the Covid 19 pandemic in the city of Bangkalan. This research uses descriptive quantitative method. The population in this study were the people of the city of Bangkalan with a sample of 120 people. Data collection used behavior change instruments and resilience instruments. The analysis technique used is Product Moment Correlation. The results of the correlation test between the Resilience variable and the Behavior Change variable obtained the Pearson Correlation coefficient (r_{xy}) of = 0.312 at the significance level (p) = 0.001 (p < 0.05 = significant). Based on the results of this study, it is stated that there is a significant relationship between Behavior Change and Resilience, The conclusion of the research that has been carried out is high behavior change followed by high resilience. With this research, it is hoped that the people in Bangkalan can adapt to healthy living behaviors, and can make behavior changes so that people can form resilience to maintain survival in Bangkalan in the face of the pandemic Covid-19.

Keywords: The Covid 19 Pandemic; Behavior Change; Resilience

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INTRODUCTION

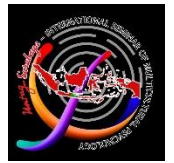
At the beginning of 2020, the world community was shocked by Covid-19 which infected almost all countries in the world and became a pandemic that could not be predicted when it would end and

caused panic everywhere. On October 28, 2020, 44,221,045 people have been infected with the Covid-19 virus, 32,428,834 patients who have recovered and 1,171,128 people have died. The Indonesian government has responded by providing direction to the public to deal with this pandemic effectively and efficiently. According to Xie & Chen, besides the construction of health facilities on large-scale and in a relatively short period of time, there are many other simple strategies such as keep hand hygiene, wearing masks, self-isolation, quarantine, keep distance, and social distancing that other countries can imitate to implement in his reign. Be diligent in keeping hands clean by washing them with soap or hand sanitizer is a strategy in preventing the spread of the virus through the touch of hands because the virus can be spread by contact between hands by other people or objects that have been exposed to the virus and the exposed hand touches the face. The use of appropriate masks are also recommended to further minimize the risk of exposure covid-19 through the respiratory tract because it is feared many droplets that form of small granules that can be exhaled from people who carry the virus by inhalation to the respiratory tract or mouth. The effect of this virus also has an impact on the people of Bangkalan who are required to adapt to healthy living habits in order to maintain their survival. According to Wolin and Wolin, to maintain the survival of the community, need to instill an attitudes to learn appropriate behavioral behaviors, be able to distance themselves emotionally and physically from the source of the problem, be able to develop honest relationships, can be responsible, have the ability to think about various options, have the power to find happiness and behave on the basis of his conscience. By having this attitude, people can show their *resilience* which according to Reivich and Shatte, 2002 *Resilience* is the ability of life to respond in a healthy and productive way when dealing with adversity or trauma, where it is very important to control the pressures of person's daily life. Reivich and Shatte 2002 describe seven abilities that make up *resilience*, namely emotional regulation, impulse control, optimism, empathy, analysis of the causes of problems, self-efficacy, and reaching out. Almost no individual has the seven abilities well. Meanwhile, according to Siebert *Resilience* is the ability to cope well with life changes at a high level, maintain health under stressful conditions, rise from adversity, overcome adversity, change the way of life when the old way is no longer suitable with existing conditions, and face problems without violence. In addition to instilling the necessary attitude, Behavioral Change also needs to be instilled in the Bangkalan community, referring to the *Theory of Reasoned (TRA)* proposed by Ajzen and Fishbein (1975) and then further developed by Ajzen with *Theory of Planned Behavior (TPB)* Behavior change can be started by caring for the surrounding environment, can control themselves in the midst of a pandemic, and have a positive outlook towards those around them. Based on the research that has been mentioned, *resilience* is needed so that the people of Bangkalan can maintain their survival in the midst of a pandemic that cannot be predicted when it will end. So that research is needed on the Behavior Changes of the Bangkalan people in the face of the pandemic Covid-19.

METHOD

Research Design

This type of research is a quantitative study to test the research hypothesis. Research is always dealing with the problem of data sources called population and research samples. Determining the source of the data depends on the problem to be studied, and hypothetically, the truth will be tested. This study will describe Behavioral Changes with *Resilience* in the people of Bangkalan City in the face of Covid-19.

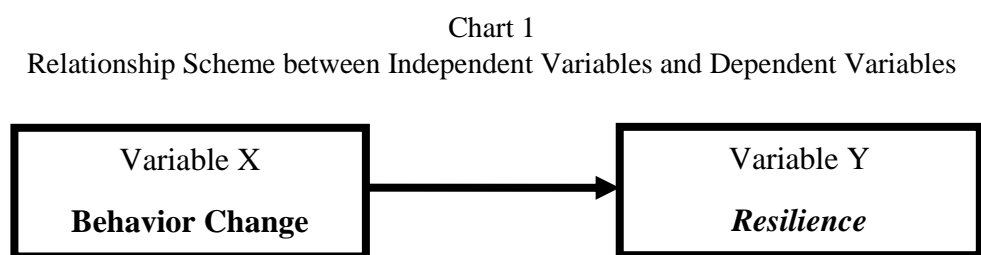


Participants

The population in this study were the people of Bangkalan city. While the research subjects were 120 people from the Bangkalan community. The age range of research subjects in this study was between 18 and 53 years. This shows the representation of each adolescent and productive age.

Instrument

Collecting data was taken by distributing questionnaires made with google form. The data collected using the Ajzen and Fishbein theory Behavior Change instrument amounted to 20 items and the Reivich and Shatte theory *Resilience* instrument amounted to 30 items. The next step will be tested for validity and reliability, after which the product moment test will be conducted. This research has two variables, namely: 1) The *independent variable* (X) is Behavior Change, 2) The *dependent variable* (Y) is *Resilience*. The relationship between the two variables in this study can be seen in the following figure:



A study must be open to others, to avoid differences in interpretation in understanding research, the variables in research must be clearly defined in the form of operational definitions.

This study uses data collection methods using a scale. Scale is a data collection technique which is done by giving a set of questions or written statements to the respondent to be answered according to the reality of the respondent.

This study uses two scales, namely: 1) Behavior Change scale 2) *Resilience* scale, the measuring instrument used in this study is a modified Likert scale, namely a scale that uses five answers, namely strongly agree, agree, doubt, disagree, and strongly disagree.

Research Procedure

The data collection process in this study was carried out online on 3 November 2020 using google form. The Google form is distributed using the Whatsapp application. Participants can access the google form link using a smartphone. All participants expressed their willingness to be involved voluntarily in this study.

Data Analysis Techniques

This research will be analyzed using Pearson's *Product Moment* technique and Researchers used a *Likert* scale measuring instrument in data collection. This scale is used to obtain more in-depth information about the relationship between Behavior Change and *Resilience* in the community in the Bangkalan City in the face of a pandemic covid-19.

RESULT

1. Behavior Change Scale

The Behavior Change Scale used to reveal the Behavior Change of the people of Bangkalan City in the face of the Pandemic Covid-19 consists of 20 (twenty) items. The scale is divided into *favorable* statements of 12 (twelve) items and *unfavorable* statements of 8 (eight) items. The distribution of items on the scale can be seen in table 1(one).

Table 1. Blue Print Behavior Change Scale

No.	Indicator	Distribution Item		Number of Items
		Favorable	Unfavorable	
1	Attitude toward behavior	1, 2, 11	12,13	5
2	Individual beliefs	3, 5, 6	14,15	5
3	Motivation	4, 10	7,16	4
4	Individual perception	8, 17	9	3
5	Behavior control	18,19	20	3
	Total	12	8	20

a. Validity of the Behavior Change Scale

A test tool is said to be highly valid if the test performs a precise and accurate measuring function in accordance with the purpose of the test. Meanwhile, a test that produces data that is not relevant to the purpose of the measurement is said to be a test that has low validity (Azwar, 1996).

Item with index corrected item total correlation $> 0,3$ it is considered valid, while the item with the index corrected item total correlation $< 0,3$ then the item is considered invalid (Anwar, 2000).

The results of the validity test of the measuring instrument on the Behavior Change Scale which contains 20 items, in the first round there are 6 invalid items and 14 valid items. In the second round there are 2 items failed and 12 valid items. In the third round, it resulted in no missing items, so it can be seen that 12 items are valid with the Corrected Item-Total Correlation coefficient moving between 0.415 to 0.669. Information on the results of the validity test of the Behavior Change Scale can be seen in table 2 (two) as follows:

Table 2. Results of the Item Validity test Behavior Change Scale

No.	Indicator	Original Amount	Distribution No. Sort Items	
			Fall	Valid
1	Attitude toward behavior	5		1, 2, 11, 12, 13
2	Individual beliefs	5	3, 14, 15	5, 6
3	Motivation	4	7, 10, 16	4
4	Individual perception	3	8, 9	17
5	Behavior control	3		18,19, 20
	Total	20	8	12

b. Behavior Change Scale Reliability

Measurements that have high reliability mean measurements that can produce reliable data. Reliable is a measurement result that can be trusted if in several measurements of the same group of subjects, relatively the same results are obtained. Relative understanding indicates that there is tolerance for small differences between measurement results. If the difference is large over time, then the measurement results are not reliable or reliable.

Reliability testing measurement tool in this study using the program Statistic Package For Social Science (SPSS) version 25. Measurement reliability tests conducted by using Alpha Cronbach's, where the number of Cronbach's alpha in the range of 0, 857 is unacceptable and shows number above 0, 800 can said to be good (Azwar, 2000).



The results of testing the Behavior Change Scale measuring instrument containing 20 items for 120 respondents are as follows:

Table 3. Statistical Reliability of Behavior Change Scale

Cronbach's Alpha	N of Items
, 857	12

The reliability of the above calculation results on the Scale Behavior Change obtain a coefficient of 0, 857, so that the reliability coefficient obtained is greater than 0, 800, then Scale Behavior Changes have good reliability (Anwar, 2000).

2. Resilience Scale

The *Resilience* Scale is used to reveal the ability of life to respond in a healthy and productive way when dealing with trauma to control the daily life pressures of the people Bangkalan city in dealing with the Pandemic Covid-19. The *Resilience* Scale consists of 30 (thirty) items. The scale is divided into favorable statements of 16 (sixteen) items and unfavorable statements of 14 (fourteen) items. The distribution of items on the scale can be seen in table 4.

Table 4. Blue Print *Resilience* Scale

No.	Indicator	Distribution Item		Number of Items
		Favorable	Unfavorable	
1.	Regulate emotions	3, 4,	7, 8	4
2.	Stay calm under pressure	1, 2	5,	3
3.	The ability to think clearly and accurately	15	16	2
4	Hope and trust to return to normal post- pandemic conditions	6, 19, 20	23, 24,	5
5	Accurately identify the causes of the problem	28	30	2
6	The ability to understand and feel other people's feelings and be able to put yourself in the shoes of others	17.18,	27, 29,	4
7	Self-confidence to rise	9	10	2
8	Individual power overcomes problems	11	12	2
9	Courage overcomes all the fears that threaten his life	13	14	2
10	The spirit to reach goals and ideals	21, 22	25.26	4
Total		16	14	30

a. Resilience Scale Validity

The results of the validity test of the measuring instrument on the *Resilience* scale which contains 30 items, in the first round there are 6 invalid items and 24 valid items. In the second loop, there are 3 items that have failed and 21 items are valid. In the third round resulted in no missing items and 21 valid items. Valid item with Corrected Item Total Correlation coefficient move from 0, 358 to 0, 773. Information on the results of the validity test of the *Resilience* scale can be seen in table 5 as follows:

Table 5. Results of the Item Validity Test *Resilience* Scale

No.	Indicator	Original Amount	Distribution No. Sort Items	
			Fall	Valid
1	Regulate emotions	4	3, 4, 7	8
2	Stay calm under pressure	3	2	1, 5
3	The ability to think clearly and accurately	2	16	15
4	Hope and trust to return to normal post-disaster conditions	5	6	19, 20, 23, 24
5	Accurately identify the causes of the problem	2		28, 30
6	The ability to understand and feel other people's feelings and be able to put yourself in the shoes of others	4		17,18, 24, 29
7	Self-confidence to rise	2	9	10
8	Individual power overcomes problems	2	12	11
9	Courage overcomes all the fears that threaten his life	2	14	13
10	The spirit to reach goals and ideals	4		21, 22, 25, 26
Total		30	9	21

b. Reliability of the Resilience Scale

Reliability testing measurement tool in this study using the program *Statistic Package For Social Science* (SPSS) version 25. The reliability measurement was done by using *Alpha Cronbach's*, where the number of *Cronbach's alpha* in the range of 0,916 is unacceptable and shows number above 0,800 can be said to be good (Azwar, 2000) The results of the trial of the *Resilience* Scale measuring instrument which contains 30 items to 120 respondents are as follows:

Table 6. Reliability of *Resilience* Scale Statistics

Cronbach's Alpha	N of Items
, 916	21



The results of the reliability calculation above on the *Resilience* Scale get a coefficient of 0.916, so that the obtained reliability coefficient is greater than 0.800, then the *resilience* has good reliability. (Azwar, 2000).

1. Prerequisite Test

This research will be analyzed using Pearson's *Product Moment* technique, before analyzing the data it is necessary to conduct prerequisite tests, namely:

a. Normality test

The test of normality of this distribution uses the *Kolmogorov Smirnov Test of Normality* in the *Statistical Package for Social Science (SPSS)* program version 25.

The rule used is if $p > 0.05$ then the distribution is declared normal and if $p < 0.05$ the distribution is declared abnormal (Hadi, 2000). The results of the calculation of the distribution normality test are as follows:

Table 7. Distribution Normality Test Results

One-Sample Kolmogorov-Smirnov Test			
		Behavior Change_X	Resiliensi_Y
N		120	120
Normal Parameters ^{a, b}	Mean	75.13	86.03
	Std. Deviation	9.072	21.788
	Absolute	.051	.075
Most Extreme	Positive	.051	.075
Differences	Negative	-.034	-.046
Kolmogorov-Smirnov Z		.051	.075
Asymp. Sig. (2-tailed)		.200	.098

From the results of the normality test above, it was obtained $p = 0.200$ ($p > 0.05$) for the Behavior Change scale and $p = 0.098$ ($p > 0.05$) for the *Resilience* scale. So the significance level is obtained from $p > 0.05$, so it can be concluded that the data tested is normally distributed.

b. Linearity Test

The linearity test in this study uses *Curve Estimation* in the SPSS version 25 program. The rule used to test the linearity of the relationship is if the significance is $p < 0.05$ then the relationship is linear, whereas if the significance is $p > 0.05$, the relationship is not linear. The result of linearity test The relationship between *Resilience* and Behavior Change is as follows:

Table 8. The Linearity Test Results Relationship between Behavior Change Scale and *Resilience* Scale

Model Summary and Parameter Estimates							
Equation	Model Summary					Estimates parameter	
	R Square	F	df1	df2	Sig.	Constant	b1
Linear	.97	12.732	1	118	.001	29.721	.749

The results of the linearity test for the relationship between the *Resilience* variable and Behavior Change showed the value of $F = 12.732$ at $p = 0.001 < 0.05$. So the significance level is less than 0.05, then the Behavior Change and *Resilience* variables have a linear relationship.

After the prerequisite test is carried out and it is stated that the distribution is normally distributed and linear, then the hypothesis test is carried out. The test uses the Pearson *Product Moment* analysis technique in the SPSS version 25 program with the criteria if $p < 0.05$, the relationship between the *Resilience* variable and the Behavior Change variable is said to be significant, but if $p > 0.05$ then the relationship between the *Resilience* variable and the Behavior Change variable is not significant.

Based on research conducted on November 3, 2020 in the city of Bangkalan. Researchers used a *Likert* scale measuring instrument in data collection. This scale is used to obtain more in-depth information about the relationship between Behavior Change and *Resilience* in the community in the Bangkalan City. This scale can assist in providing an explanation of the results of research and discussion. The *Resilience* Scale has 30 (thirty) items and the Behavior Change Scale has 20 (twenty) items. The number of subjects of this study were 120 residents of the city of Bangkalan.

Hypothesis testing in this study uses correlation techniques, namely the *product moment* from Pearson in the *Statistical Package for Social Science (SPSS)* program version 25. This test has a rule, namely if $p < 0.05$ then there is a significant relationship, but if $p > 0.05$ then there is no significant relationship (Hadi, 2000).

Table 9. Correlation Test Results

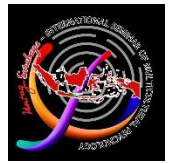
		Correlation	
		Behavior Change_X	Resiliensi_Y
Behavior Change_X	Pearson Correlation	1	.312
	Sig. (2-tailed)		.001
	N	120	120
Resiliensi_Y	Pearson Correlation	.312	1
	Sig. (2-tailed)	.001	
	N	120	120

The results of the correlation test between the *Resilience* variable and the Behavior Change variable obtained the Pearson Correlation coefficient (r_{xy}) of = 0.312 at the significance level (p) = 0.001 ($p < 0.05$ = significant). Based on the results of this study, it is stated that there is a significant relationship between Behavior Change and *Resilience*, this relationship is a positive relationship. This means that the higher the behavior change, the higher the *resilience* will be followed.

DISCUSSION

Based on the results of data analysis, it shows that there is a positive correlation between Behavior Change and *Resilience*. That is, if Behavior Change is high, *Resilience* is also high, conversely, if Behavior Change is low, *Resilience* is also low. This explains that Behavior Change will affect *Resilience*.

Resilience is an important thing during this Pandemic Covid-19. As we know, the Pandemic Covid-19 has hit the whole world, including Indonesia for almost 1 year. Until now, there is no definite vaccine to prevent or to treat this virus. However, it is interesting that the discipline of self-health protocol plays an important role in preventing the prevention of the Covid-19 virus. Self-protocol



includes physical distancing, wearing masks, washing hands diligently, maintaining personal hygiene and the surrounding environment, not crowding, when touching something diligently washing hands, not touching the head area when outside the home, not stressing and a healthy lifestyle.

If the self-health protocol is applied in everyday life and made into a daily lifestyle habit or done routinely, the Covid-19 virus can actually occur in human life. Covid-19 has also been proven to cause high mortality. In the past, humans seemed to have a lifestyle that was far from self-health protocols. Humans are accustomed to living and interacting in groups, hugging shaking hands to show empathy and sympathy, not wearing masks, sometimes activities that are full of pressure to stress so as to reduce self-immunity, are less able to maintain cleanliness with mutual awareness. This of course it will be easy to catch the covid-19 virus in the entire community. This virus itself has not found a drug or vaccine to deal with it. While the whole world is doing research on a vaccine to prevent Covid-19. The lifestyle of the past before the pandemic Covid-19 is of course different from the demands of a lifestyle after the pandemic Covid-19. The whole world community is required to make lifestyle changes to prevent Covid-19 from being exposed to him. The world community, including the Indonesian people, are required to be resilient to the covid-19 outbreak that occurred. This resilience will help people to be able to stay alive during the Pandemic Covid-19.

According to Reivich and Shatte (2002) resilience is an individual's ability to cope with, go through, and return to their original condition after experiencing difficulties, individuals with a high level of resilience according to Baumugender (2010) will display abilities in themselves such as good intellectual and problem-solving abilities. have a personality that can adapt to change, have a positive self-image and be an effective person, have an optimistic attitude, have good personal and cultural values, have a sense of humor. Individuals with attitudinal characteristics as previously mentioned have a tendency to be able to survive in dangerous situations, including during the current Pandemic Covid-19.

Theoretical resilience according to Reivich and Shatte 2002, describes seven abilities that form resilience, namely emotional regulation, impulse control, optimism, empathy, analysis of the causes of problems, self-efficacy, and reaching out. Almost no individual has these seven abilities well. The purpose of these indicators in this study is to reveal that there are seven abilities that can be used to form the level of individual resilience, namely emotional control, drive control, optimism, analysis of causes of problems, empathy, self-efficacy in dealing with the Pandemic Covid-19 which is currently spreading. area in Indonesia including in the city of Bangkalan.

Resilience plays an important role in individuals who are experiencing the stress of the problems they experience every day. In this study, it was found that behavior change can play a role in the occurrence of resilience during the Pandemic Covid-19. The effort to understand individual behavior is a central topic in the field of psychology. One theory that is widely used is Theory of Reasoned Action (TRA) by Fishbein and Ajzen (1975). This theory was further developed by Ajzen (1985) to become Theory of Planned Behavior (TPB) which is aimed at predicting individual behavior more specifically, such as the example of people in the city of Bangkalan experiencing stressful behavior in the face of the Pandemic Covid-19 which is currently increasingly widespread, where some The community may experience a lot of stress so that they reduce their immunity, they are less able to maintain cleanliness with mutual awareness. This of course will easily catch the Covid-19 virus in people in the city of Bangkalan. And when a person experiences a problem that is excessive, there will be many negative impacts that will affect both physical and psychological health. This is where resilience and behavior change are needed in order to provide motivation and change positive behavior, both done by those closest to individuals who are experiencing stress when facing the current Pandemic Covid-19.

Emilia (2008), determined by the concept of risk, determines the individual's response to changing behavior is the level of severity of risk or disease in general, if a person knows there is a risk to health, then consciously that person will avoid the risk. Behavioral change has the characteristics that have been mentioned. by Moh Surya (1997) namely: 1. Changes that are conscious and intentional

(intentional), 2. Continuous changes (continuous), 3. Functional changes, 4. Changes that are positive, 5. Changes that are active, 6. Changes that are harvesters, 7. Changes that are purposeful and directed.

The Covid-19 outbreak has made people more aware of human vulnerability to disease. Therefore, changes in healthy lifestyle and resilience will change for the better, by consuming healthy food in a balanced manner, exercising and sleeping regularly, checking health conditions more regularly, maintaining cleanliness, and using tools or consuming supplements to avoid disease. Changes in healthy living behavior and resilience are not limited to physical health but also mental health as well as people in the city of Bangkalan, with changes in behavior and resilience will help people to stay alive during the Pandemic Covid-19.

Based on Syukriyanti Muhktar-Nurif (2011), the Madurese community has a character that is full of enthusiasm, does not give up easily, and is tenacious and persistent, besides that, the expressiveness, spontaneity and openness of the Madurese are always manifested when they have to respond to everything that is attractive to them, With the characters of the Madurese that have been mentioned, it can be possible to make changes in behavior so that the bangkalan community can form resilience to survive this Pandemic Covid-19.

This means that the people of Bangkalan City have many factors that influence Behavior Change related to Resilience to start maintaining health, such as being diligent in maintaining hand hygiene by washing using soap or hand sanitizer. This is a strategy in preventing the spread of the virus through the touch of the palms, as it is known that the virus can be spread by contact between hands and other people or objects that have been exposed to the virus and exposed hands touch the face. The use of an appropriate mask is also recommended to reduce the risk of being exposed to Covid-19. Behavior Change and Resilience in the Community are the main elements to improve individual health and community health status in the city of Bangkalan to avoid Covid -19.

The results of this study are in accordance with the hypothesis that there is a relationship between Behavioral Change and *Resilience* in the people of Bangkalan City. This study shows the results of a weak correlation to the Behavioral Change of the people of Bangkalan City. This is because not many people in the city of Bangkalan know the importance of maintaining health and *resilience* to the dangers of the Pandemic Covid-19. Currently, the people of Bangkalan city still violate the health protocols implemented by the government.

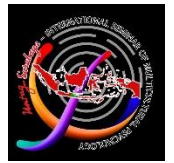
The implementation of the *new normal* behavior change by the government is of course a polemic for the people of Bangkalan City itself, because in the end civil liberties and economic activities can resume. However, there is an undeniable fact that the people of the city of Bangkalan must live side by side with the fear of contracting Covid-19, because no vaccine has yet been developed to solve this pandemic absolutely.

To build public compliance with health protocols that are enforced on *new normal* behavior changes, the government must improve their performance and *resilience* in overcoming covid-19 by submitting data accurately and comprehensively so that people do not feel cheated by the Government and improve health facilities through extensification and intensification. medical equipment to support Covid-19.

With the change in *new normal* behavior , the increase in the number of deaths among people in this age group is very worrying, given that the return of activities in the productive age group 15-49 years to a *new normal* behavior change will create the potential to transmit Covid-19 at home when return to work / school, if there are family members aged 60 years and over.

Resilience and Behavioral Change must be improved so that the people of Bangkalan are not only optimistic and confident, but they also have to be calm, be able to control their emotions, and be able to solve problems properly and change healthy lifestyles.

According to Petranto (Hadianti, et al. 2017) *Resilience* is how high a person's resilience is in facing stress and adversity and misfortune. Individuals who have high emotional regulation have the



ability to manage their emotions well. As stated by Bonanao and Keltner (Buana, 2020), someone who has positive emotions can adapt well to traumatic situations. So that the ability of the aspect of emotional regulation needs to be improved in the community in the city of Bangkalan, so that people can be calm in facing Covid-19.

The community is expected to be calm if there are difficulties and obstacles while facing any situation and conditions during the Pandemic Covid-19. According to Buana (2020), in order to be in a positive emotional state in an outbreak, several things that can be done are doing entertainment activities at home, chatting with family members, eating together, or exchanging ideas. So the community can carry out activities with the family at home.

The community should continue to communicate with the surrounding environment from home. because family is a factor that determines *resilience*. As expressed by Mawarpury and Mirza (2017), family is the core of all healing because the effects of mass trauma throughout society, generations, and time can be reduced through proper handling in the family. In addition, according to Khomsah, et al (2018), *resilience* can increase if it is influenced by changes in behavior and environmental conditions and characteristics in individuals. Community that is followed by individuals is also able to make *resilience* increase.

Based on the description above, it can be concluded that Behavioral Change in the people of Bangkalan City is very much needed to maintain health and survival in the Bangkalan City during the Pandemic Covid-19, but this must be supported by *resilience* in increasing community resilience in facing stress and Behavioral Change. new normal healthy lifestyle that occurred during the Pandemic Covid-19.

CONCLUSION

The results showed that there was a positive and significant relationship between Behavior Change and *Resilience*. Based on the results of data analysis from research on the relationship between Behavior Change and *Resilience*, it can be concluded that there is a relationship between Behavior Change and *Resilience*, meaning that the higher the Behavior Change, the higher the *Resilience* in society, on the contrary, the lower the Behavior Change, the lower the *Resilience* in society.

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Change In Behavior With Resilience To The Society In Facing
The Plague Of Covid 19

Dandy Bayu Bramasta , Corona Update In The World: 44.2 million infections Demo Rusuh Reject Restrictions covid-19 in Italy for the residents of Italy with their cancellation can be detrimental to the population little by because it is much pendudukItaliaturunkejalan<https://www.kompas.com/trends/read/2020/10/28/070000265> / update-corona-in-the-world - 44-2-million-infections-demo-riot-reject-covid-restrictions? page = all .

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