

# **PROCEEDING**

## **International Seminar on Multicultural Psychology**

**“Community Resilience during Covid-19 Pandemic:  
Multicultural Perspectives”**

**Faculty of Psychology Universitas 17 Agustus 1945 Surabaya  
Juni 2021**

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Karolin Rista, S.Psi., M.Psi., Psikolog

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## FOREWORD

**Ihham Nur Alfian, M.Psi., Psikolog**  
Head of HIMPSI Jatim  
(Indonesian Psychological Association)



Greetings,

We always give thanks to the presence of God Almighty. He has bestowed His grace and blessings on all of us so that today we can be brought together to attend the International

Seminar of Multicultural Psychology with the theme "Community Resilience during Covid 19 Pandemic," which was held by the Faculty of Psychology, Untag Surabaya. We welcome the seminar participants, where we can share information about various strategies to improve the ability of researchers to conduct research and the application of research results related to issues surrounding the Covid-19 pandemic. Through this activity, it is hoped that it can create innovation and meet the demands of the development of science, technology, and socio-culture, especially in psychology.

We all know that psychology plays an essential role in the process of dealing with Covid-19. The Indonesian Psychological Association has carried out various supports to assist the Central and Regional governments in increasing community resilience with a community approach. A community-based strategy for dealing with covid-19 aims to strengthen the community. By raising awareness and collective solidarity in handling Covid-19, we can not only accelerate the handling of Covid-19 but also increase solidarity between communities. Through the International Seminar of Multicultural Psychology activity, it is hoped that it can be used as a forum for sharing information in the form of research results related to the Covid-19 issue. Finally, I hope that the seminar participants will get the most benefit from this activity to create a good research atmosphere and a robust, sustainable, and quality research culture following Psychology's development.

Last but not least, we hope this events will be insightful for us continuing our service in society through scientific approach.

Thankyou.

## FOREWORD

**Dr. Mulyanto Nugroho, MM., CMA., CPA**  
Rector Universitas 17 Agustus 1945 Surabaya



The honorable,

- Deputy Chairman of the MPR RI
- Chairman of HIMPSI Indonesia
- Speakers from
  - Gadjah Mada University Yogyakarta Indonesia
  - Lomonosov Moscow State a University Russia
  - De La Salle University Manila Philippines
  - Sultan Idris Education University Malaysia
  - The University of Waikato New Zealand
  - University of 17 August 1945 Surabaya Indonesia
- Director of DSI YPTA Surabaya
- Dean of the Faculty of Psychology, Untag Surabaya
- International Seminar Participants
- Happy audience

Assalamualaikum Warahmatullahi Wabarakatuh, Shalom, Om Swastiastu, Nammo Budhaya, Rahayu, and Greetings to all of us.

Our praise and gratitude goes to Allah SWT, because in the midst of the Covid-19 pandemic, we are still given health to be able to attend the International Seminar of Multicultural Psychology with the theme "Community Resilience during Covid 19 Pandemic: Multicultural Perspectives" organized by the Faculty of Psychology, Untag Surabaya.

Amid the development of science and technology, the demands of life continue to increase and bring us to various different focuses and goals. Humans who are created with various differences, are still faced with various demands for differences in order to survive. Both cultural differences, different points of view and even differences in beliefs. But in fact a healthy human being is a human being who can still benefit others even though he is among many differences.

Psychology as a behavioral science is one of the fields of science that is very much needed to educate many people so that they remain mentally healthy to be resilient in facing various demands, changes and differences in life.

The presence of covid-19 in the world is another challenge that we must face together. There are so many changes and adjustments that we must make. Staying clearheaded, having a healthy and optimistic mentality in going through a pandemic situation are our assets to survive and continue to be useful until this pandemic ends.

The international seminar which is currently being held, is expected to be the right

forum for discussion to develop knowledge and generate various ideas and efforts, for the benefit of life for others.

On behalf of Universitas 17 Agustus 1945 Surabaya, I would like to welcome all the speakers and to all participants of the International Seminar of Multicultural Psychology. Your contribution is very valuable. Hopefully on another opportunity we can meet directly at the Red and White campus, the Untag campus in Surabaya. We look forward to welcoming you all in the city of Heroes, Surabaya which has a variety of beautiful cultures, so it will not be easy to forget.

On this occasion too, I would like to thank all committees who have worked hard to organize this seminar. Continue to work to contribute to the nation and the world.

Finally, I would like to welcome you on joining the International Seminar of Multicultural Psychology with the theme "Community Resilience during Covid-19 Pandemic: Multicultural Perspectives". May God Almighty bless and strengthen us to continue to be tough in facing all our work.

Thankyou.

Wabilahi taufik wal hidayah, Wassalamu'alaikum Wr,Wb.

Om Shanti Shanti Om, Namo Budhaya, Rahayu, May God Bless us all.

## FOREWORD

**Dr. Suroso, M.S., Psikolog.**  
Dean of Faculty of Psychology  
Universitas 17 Agustus 1945 Surabaya



Greetings,

In commemoration of the 35th anniversary, the Faculty of Psychology, Untag Surabaya held an International Seminar of Multicultural Psychology Call for Paper. First of all, let us express our gratitude for the presence of Allah SWT, the most gracious and merciful God, because with His permission, today we can gather here to jointly attend the International Seminar and Call for Paper with the theme: International Seminar of Multicultural Psychology

As we have seen before, the impact of the Covid 19 virus has been devastating for all citizens of the world. The corona 19 virus does not provide many options so that humans can stay alive by reducing transmission from covid 19. Social and physical restrictions are the choice of all countries, because it is evident that when there are no restrictions, the spread of covid 19 becomes very fast and widespread. The medics want everyone to be at home so that the virus will go away, but after the first 3 months when the virus started to spread around the world, from March, people can still survive with all the social assistance from their respective countries and also their personal savings.

The following quarter, people began to feel bored to be at home. In addition, the economic sector began to collapse. Many companies have laid off their employment because there is no economic exchange. Meanwhile, Covid 19 has never stopped spreading harm to humans. Humans finally do activities again to be able to continue their life. At times like these humans are in an uncertain condition. They feel anxious, afraid, angry, depressed and confused about this kind of situation. This condition causes individuals to become more selfish and pay less attention to the public interest that has been planned by the government. People do not care about the condition of themselves and their surroundings about Covid 19. What they think is survival without ignoring health that is currently threatening. On the other hand, the medics are struggling to heal the sick and even the lives of the medics are at stake. Seeing people's recklessness in adapting to Covid 19 makes all medical efforts seem futile. The community does not care about the medical efforts to heal the sick. These two different points of view are happening in this world. People behaving to pay attention to their survival, medics trying to heal a sick society and governments trying to be a counterweight. Like the current pandemic situation, everyone is trying to find a way to stay alive. There are those who follow health protocols in an orderly manner, some are half-hearted and some even don't care at all. The Covid 19 pandemic actually teaches many things to modern human life today.



## FOREWORD

### **Dr. IGAA Novlekayati, M.Si., Psikolog**

Chairman of ISMP 2020



Greetings,

Good Day. Hopefully I find you in a healthy state. First of all, I would like to say thank God for ongoing Proceeding of 1<sup>st</sup> International Seminar of Multicultural Psychology (ISMP) and apologies for the delay in publishing this 1<sup>st</sup> ISMP procedure. I also would like to convey many thanks to the honorable:

1. Rector Universitas 17 Agustus 1945 Surabaya
2. Dean of Faculty of Psychology Universitas 17 Agustus 1945 Surabaya
3. Keynote speakers: Dr. H. Ahmad Basara, M.H (wakil ketua DPR RI) and Prof. Kwartarini Wahyu Yuniarti, M.MedSc., Ph.D (guru besar Universitas Gadjah Mada Yogyakarta)
4. Invited Speakers:
  - Anna Leybina, M.Sc.Psychology, Ph.D (Lomonosov Moscow State University)
  - Ron R. Resurrection, Ph.D (De La Salle University, Manila, Philippines)
  - Dr. Rer. Nat.Nurul Ain Hidayah Binti Abas (Sultan Idris Education University, Malaysia)
  - Dr. Andik Matulesy, M.Si., Psikolog (Universitas 17 Agustus 1945 Surabaya)
  - Dr. Amanda Pasca Rini, M.Si., Psikolog (Universitas 17 Agustus 1945 Surabaya)
  - Dr. Niken Titi Pratifis, M.Si., Psikolog (Universitas 17 Agustus 1945 Surabaya)
  - Dr. Dyan Evita Santi, M.Si., Psikolog (Universitas 17 Agustus 1945 Surabaya)
  - Anrilia Ema Mustika Ningdyah, M.Ed., Psikolog (Universitas 17 Agustus 1945 Surabaya)
5. Workshop Speakers:
  - Dr. Indun Lestari Setyono, M.Pd, Psikolog (Universitas Padjajaran Bandung)
  - Galang Lufityanto, M.Psi., Ph.D (Universitas Gadjah Mada Yogyakarta)
  - Josephine Ratna, M.Psych., Ph.D (Universitas Widya Mandala Surabaya)
  - Dr. M.G. Bagus Ani Putra, Psikolog (Universitas 17 Agustus 1945 Surabaya)
6. To the entire ISMP personnel team who have worked so hard over the past 6 months to prepare all articles to be published. You guys are really great and dedicated. I am proud of my teams.

Proceeding is a collection of the best works from all participants in the call for paper 1<sup>st</sup> ISMP. This proceeding was finally able to bring out 34 amazing articles. Hopefully the proceedings can be useful for all.

Thank You

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