

THE IMPLEMENTATION OF HEALTHY LIFE IN THE PERSPECTIVE OF REGENT REGULATION NUMBER 44 YEAR 2020 IN EFFORT FOR SUPERVISION AND PREVENTION OF COVID-19 IN SIDOARJO REGENCY

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Abstract

Regulations are a guide in coordinating individuals to create an orderly and conducive atmosphere in carrying out social activities in a state of law. Although the Sidoarjo Regency Regent Regulation Number 44 of 2020 has been established in an effort to control and prevent Covid-19 in Sidoarjo Regency. It is undeniable that the Corona Virus Disease (COVID-19) prevention regulations are not running effectively with the increasing number of confirmed cases of the pandemic. So that the question arises about the application of these regulations are carried out as they should.

The focus of the problems observed are: 1) How is the application of Regent Regulation No. 44 of 2020 in an effort to control and prevent Covid-19 in Sidoarjo Regency? 2) What is the lifestyle of productive community activities, disciplines that hinder efforts to prevent Covid-19 in Sidoarjo Regency? The purposes of this study are 1) To describe the application of a healthy lifestyle as an effort to prevent Covid-19. 2) To describe the pattern of life of productive community activities, discipline and obstacles in efforts to prevent pandemics.

The research used by the researcher is a qualitative approach, the type of juridical empirical, where the researcher describes the time of doing research. The researcher seeks to thoroughly examine the substance of the regulation on the application of a healthy, disciplined and productive lifestyle. The location of the research was carried out in the Sidoarjo Regency Government. In determining the informant, the researcher uses *purposive*. Data collection techniques carried out by researchers using interviews, observation, and documentation. Furthermore, data analysis uses data reduction, data presentation, and conclusions. Data validity using source and technique triangulation

The results of this study 1) the control and supervision of the regent Number 44 of 2020 article 7 paragraph 1 leads to controlling the adjustment of community activities in the household environment, educational institutions, work environment and public crowds. Because community control is the initial action to suppress the spread of covid through healthy living as a form of handling carried out by the Sidoarjo district government. That a healthy lifestyle in Sidoarjo Regency shows that the people do not implement healthy living activities productively as well as discipline that is not ideal during the Covid-19 pandemic, especially in using health protocols.

Keywords: *Supervision and Prevention, Lifestyle, and Covid-19*

1 INTRODUCTION

The emergence of the virus in the city of Wuhan, China at the end of 2019 then shocked the world. The SARS-CoV-2 virus, which causes a very severe disease, initially only infects thousands of Chinese citizens. After that, the virus began to come out and infect various neighboring countries, such as South Korea and Japan. The world is increasingly critical when the virus is increasingly spreading with a wider reach, including Indonesia¹. This type of virus likes to attack the body's

¹Worldometers. "Coronavirus Pandemic" accessed on October 3, 2021, <http://www.who.int/emergencies/diseases/novel-coronavirus-2019>.

weak immune system, resulting in decreased self-balance accompanied by a cold cough, fever, difficulty taking naps and shortness of breath. Even to death. The symptoms cannot be determined correctly because they can be divided into 2 corporations, there are humans without signs of symptoms and there are those who experience symptoms, both mild and severe.

The concept of the rule of law of Indonesia is formulated in Article 1 Paragraph (3) that Indonesia is a state of law. In a legal country, every assessment of every assessment of state action, whether in the scope of service, must be based on statutory norms or based on validity.²The point is that the state does not carry out government actions without the basis of authority. The administration of government affairs in dealing with natural and non-natural disasters must be guided by applicable laws. In the era of the covid-19 pandemic that is currently raging in Indonesia, it is an event that is detrimental to the people and the country of Indonesia, with the emergence of the Covid-19 pandemic, the Indonesian government is trying to deal with disasters against the Covid-19 pandemic. In the Big Indonesian Dictionary, disaster can be interpreted as something that causes or causes misery, loss, sufferers and can also be understood as a sequence of events that threatens someone's life.³In external regulations, considering Article 9 Paragraphs (1) and (2) of Law Number 6 of 2018 concerning health quarantine that the public or individuals are obliged to comply with health quarantine and the implementation of quarantine health must be followed by every person who is confirmed to have contracted the disease.⁴

Islamic leaders must be able to point out and solve problems that arise in their homes. Therefore, legal instruments are needed that regulate the realization of the public interest, become the basis for the leadership movement, and avoid damage values. According to Abdul Wahhab Khallaf, *Siyasah al Syar'iyah* is "the authority of a leader in a country in regulating common interests for the sake of creating the common good and avoiding harm".⁵

The Indonesian government has formed a task force to accelerate the handling of the Corona Virus Disease 2019 (Covid-19) with the aim of facilitating coordination between institutions and the prevention and control of the impact of Covid-19. This policy focuses on the nature of the instructions and advice regarding what is allowed and not allowed by most people. In addition,

²Tutik Quarterly Point, *Introduction to Indonesian State Administrative Law* (Jakarta: librarian achievement, 2010), 155.

³Ministry of Education and Culture, *Big Indonesian Dictionary* (Jakarta: Balai Pustaka, 1994), 115.

⁴Law Number 6 of 2018 concerning Health Quarantine

⁵Rizal, LF "Siyasah Syariyah's Perspective on the State Emergency in Handling the Covid-19 Pandemic". *ADLIYA: Journal of Law and Humanity*, Vol. 14 No. 1, 2020, 41

the government consistently carries out movements that are monitored and responsive to the community in the hope of increasing public awareness about the dangers of Covid-19.⁶

The law was made as an achievement to achieve prosperity and justice. In its formation, legal products must be made based on the totality of rational reason so that the resulting product is in accordance with what is desired with an enforced motive. The regulations are stated in written form, in particular the laws and policies that apply in the framework of guidelines that are binding and coercive, and of course they need to be enforced even though they are complex, which are contrary to the rules that run in the local population. Therefore, criminal products that are bad and right are still considered valid legal guidelines if they no longer violate the rules of procedure in making laws.⁷

Improving people's welfare, equitable distribution of justice, respect for local culture and its potential and diversity, and democratization are the authorities in the implementation of regional autonomy. After that, this authority is given by the regional government to the region at large to exercise authority over the needs and interests of the people, as well as to develop every potential in the region. Because the government and provinces are only allowed to carry out autonomous activities to the extent stipulated by this regulation, efforts to limit the authority of the government and the authority of the province as an autonomous region. monitoring and evaluation of all aspects of government.⁸

After holding large social activities (PSBB) in several areas that are considered strong and the spread of Covid-19 has reduced, the government has significantly begun to issue policies on new life patterns or current behaviors as techniques or stages of restoring community activities through the implementation of fitness. This is of course the same as news quotes posted through information from Masduki content writers in particular, namely:⁹

- a) The government will issue a new custom program.
- b) The government will try to gradually improve the financial system.
- c) The government will consistently implement habitual behavior on new days to be healthy and avoid the spread of the virus.

⁶Mahardhani, Ardhana Januar, and M. KP "Being Good Citizens During the Covid-19 Pandemic: A New Normality Perspective." JPK (Jurnal of Pancasila and Citizenship). Vol.5. No. July 2, 2020, 66.

⁷Sudiyana, Suswoto. Critical Study of Legal Positivism Theory in Achieving Substantive Justice. (QISTIE Scientific Journal of Law), Vol.11 No.1 May 2018, 2

⁸Deddy Supriyadi, *Autonomy for Local Government Administration* (Jakarta: PT Gramedia Pustaka Utama, 2004). 32

⁹Masduki, "Government Regarding Covid Handling" accessed on October 6, 2021, <http://www.news.detik.com>.

After that Regulation of the Minister of Health of the Republic of Indonesia Number 9 of 2020 Section 2 About Guidelines for Prevention and Control of Covid-19.¹⁰In relation to article 2 above which tells the number of cases as well as in an area with a significant and rapid spread. In line with the Minister of Health Regulation, the President emphasized the increase in new customary areas or variations of the latest behavior on the orders of the President of the Republic of Indonesia Number 6 of 2020 concerning Field Implementation and regulations for protocol enforcement in the prevention and control of 2019 Corona Virus disorders.¹¹So the government here gives a mandate to agencies related to handling Covid-19 to the Governor and the Regent/Mayor to take on their duties and functions in carrying out their respective authorities in ensuring legal certainty as well as efforts to increase the effectiveness of preventing the corona virus in the territory of Indonesia.

Likewise, the Sidoarjo Regency Regional Regulation Number 12 of 2013 concerning the Implementation of Disaster Management.¹²As explained in Article 1 Paragraph (5) and Paragraph (6) overall, it is concluded that a disaster event is a series of phenomena that threaten and disrupt the lives and livelihoods of many people caused by natural factors or non-natural factors or human factors, resulting in human casualties, environmental damage, loss of property, as well as psychological impacts as well as the implementation of disaster management which is partly in a series of efforts that include the determination of development policies that pose a risk of disaster, disaster prevention activities, emergency response, and rehabilitation.¹³

Sidoarjo Regency is a district in East Java with confirmed cases of Covid-19 as of October 19, 2020, ranks second with the most positive Covid-19 confirmations in East Java. Follow-up activities as the implementation of Presidential Instruction Number 6 of 2020, one of which instructs Governors, Regents and Mayors to establish regulations on the application of discipline and law enforcement of health protocols. On June 10, 2020, the Regent of Sidoarjo made a policy regarding the implementation of a healthy, disciplined and productive lifestyle in the midst of the Covid-19 pandemic by issuing Regent Regulation Number 44 of 2020 concerning the implementation of a healthy, disciplined and productive lifestyle in the midst of a pandemic. Covid-19 as an effort to control and prevent Covid-19.

¹⁰Regulation of the Minister of Health of Indonesia Number 9 of 2020 concerning Guidelines for Large-Scale Social Restrictions in the Context of Accelerating Handling of Corona Virus Disease 2019

¹¹Presidential Instruction Number 6 of 2020 concerning Discipline Improvement and Law Enforcement of Health Protocols in the Prevention and Control of Corona Virus Disease 2019.

¹²Sidoarjo Regency Regional Regulation Number 12 of 2013 concerning Disaster Management Operators.

¹³Sidoarjo Regency Regulation Number 12 of 2013 Article 1 concerning the Implementation of Disaster Management

Since the ratification of Regent's Regulation Number 44 of 2020 concerning the application of discipline and law enforcement of health protocols in preventing and controlling the transmission of the 2019 corona virus disease, it turns out that there are still many people who do not comply with the Regent's regulations regarding articles 4 and 5 regarding the lifestyle of the people during the transition period in Sidoarjo Regency.

2 METHODOLOGY

This research is a juridical empirical type because it assesses it as a social phenomenon that occurs. This study uses a qualitative approach which will produce descriptive data analysis. This research is located in the government of Sidoarjo district. Data collection techniques in this study using observation, interviews and documentation.

3 FINDINGS AND DISCUSSION

3.1 The Implementation of Regent's regulation No. 44 of 2020 in an effort to control and prevent Covid-19 in Sidoarjo Regency

Monitoring and supervision carried out by the Sidoarjo district government establishes a cooperative relationship with the regional disaster management agency and the Sidoarjo district health office, the role of the health office in monitoring efforts to help monitor and provide direction to the people of Sidoarjo district in implementing the covid prevention health protocol as referred to in article 7 paragraph 1 prevention of Covid which is applied to the household environment, educational institutions, work environment and public crowds. The following are some adjustments to community activities carried out by Sidoarjo district health in accordance with the direction of the regent's regulation no. 44 years 2020.

In the family and household environment, every individual in their activities is obliged to implement the healthy living community movement (Germas) through the implementation of health protocols by washing hands with running water and soap or using hand sanitizer before and after doing activities outside the home, using masks when going out of the house. , routinely cleaning items used in general by using disinfectants, limiting activities outside the house only for important and urgent activities, maintaining personal health and not doing activities outside the home when feeling unwell, limiting activities outside the house for those who have a risk high exposure to Covid-19, perform physical restrictions (physical distancing) within a range of at least 1 meter between people in interacting groups, limit themselves not to be in crowds of people, avoid personal tools simultaneously and protect themselves for the use of goods in public facilities.

Furthermore, the implementation of adjustments to the school environment of educational institutions, administrators or persons in charge of educational institutions conduct teaching and learning activities that provide education and implement health protocols in school and madrasa areas with the following provisions:

- a. Use masks and face shields
- b. Take body temperature measurements for all students and education staff
- c. Wash hands with running water and soap before and after doing activities.
- d. Implement a safe distance between students and education staff
- e. Cleaning the area of a school or other educational institution

In carrying out the responsibilities of educational institutions, use the capacity of the number of students at most 50% of the maximum number of study groups and install banners containing the obligation to use masks in the school environment, maintain distance, and wash hands with clean running water, not forgetting to use soap.

Application to the work environment, as a supervisor or person in charge is obliged to educate and implement health protocols by requiring workers to wear masks, strive for a clean and hygienic work environment, for example, by doing regular cleaning using cleaners and disinfectants, applying body temperature checks before entering the workplace, providing facilities wash hands with running water and soap, maintain a distance in all work activities as well as setting the distance between one worker and another worker, which is approximately 1 meter in work activities.

Furthermore, the application of healthy living in the environment in public crowds. The general crowd is often defined as a group of groups who carry out activities outside the home by moving places with quite a lot of members. Application to the crowd environment (entertainment areas and public facilities), as a leader or person in charge is obliged to educate and implement health protocols by requiring visitors to wear masks, except from entertainment venues, swimming pools and karaoke places, administrators who are also in charge of entertainment venues and public facilities holding mandatory activities to comply with regulations such as limiting the number of visitors to a maximum of 50% of the capacity of entertainment venues and public facilities, providing hand washing facilities with running water using soap,

This is very relevant to the theory explained by Rusli Ruthan that, According to him, a healthy lifestyle in every action that affects opportunities directly or in a large community becomes more efficient in minimizing the spread of disease.¹⁴

Based on the above opinion, it can be concluded that a healthy lifestyle is related to a person's efforts to minimize the spread of unwanted disease, one of which is by applying it to several groups so that it becomes efficient.

The form of supervision effort from the Sidoarjo district government in dealing with the COVID-19 pandemic is not only through supervision from the health department but also assisted by monitoring from the disaster management agency by making an independent isolation place with a large capacity which was established in a service mall centered in Sidoarjo city. BPBD takes part in the distribution of health equipment such as masks and hand satitaizers taken from the health office for further distribution evenly in 18 sub-districts in Sidoarjo district.

3.2. How is the Life of Productive Community Activities, Discopline and Obstacles to Covid-19 Prevention Effort in Sidoarjo Regency

3. Results and Discussion

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¹⁴Zaenuddin HM, Secrets of Healthy Living (Jakarta: Pustaka Inspira, 2014), 54

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3.2 How is the life of productive community activities, discipline and obstacles to Covid-19 prevention efforts in Sidoarjo Regency.

A productive and disciplined life in maintaining a healthy lifestyle is not carried out by the people of Sidoarjo, it has been socialized in the form of direct participation from the Health Service team and evaluation in the form of data collection from the Sidoarjo district health office. According to Thomas Ghordon, self-discipline is behavior that is carried out consistently. Healthy living activities can start from getting each individual to practice a clean lifestyle such as washing hands,

¹⁵Zaenuddin HM, Secrets of Healthy Living (Jakarta: Pustaka Inspira, 2014), 54

eating nutritious foods including: vegetables, fruit, milk, and exercising regularly in addition to disciplined and productive efforts in Perbub Number 44 of 2020 including:

1. Wearing a mask

The regent's regulation Number 44 of 2020 has arranged for people to wear masks to prevent the entry of the Covid-19 virus. Wearing a mask has been proven to be effective in preventing the transmission of the Covid-19 virus, but very few of the people of Sidoarjo actually comply with these regulations.

In fact, health protocols are increasingly happening in the midst of society, especially violations by not using masks, both on the street and at work. Only a small part of the community really applies the importance of using masks while most do not comply. There are also many people who behave as if obeying by carrying masks but using them is wrong, not in accordance with government regulations but to avoid being blocked by raids. So they use masks in an inappropriate way.

2. Wash your hands

Based on research studies, washing hands regularly using clean water and soap can reduce the risk of transmitting viruses, including respiratory infectious diseases, the corona virus by 37%. However, residents who diligently wash their hands with soap, especially in schools where offices, households and entertainment venues are located, are rarely done.

People rarely wash their hands, especially when they go outside. They only wash their hands in certain activities, such as eating without paying attention to objects or tools around them that they have touched. thus washing their hands for them is not in implementing a clean lifestyle in protecting themselves from the corona virus but only being considered dirty hands. This means that the people of Sidoarjo district are not good enough in implementing the health protocol to wash their hands diligently as regulated in the regent's regulation Number 44 of 2020

3. Keep your distance

Keeping a distance from other people is well aimed at significantly limiting the spread that was decided in the regent's regulation No. 44 of 2020. Emphasizing the need to maintain social distance is mostly violated and not implemented by most of the people of Sidoarjo and only very few Sidoarjo people are truly obedient on healthy patterns in the era of the Covid pandemic. This can be seen from people who walk a short distance or sit in crowded places without guidance or

sitting rules from the responsible party in the form of a slogan prohibiting sitting together, so that it can potentially transmit the Corona virus.

4. Avoid crowds

The regent's regulation No. 44 of 2020 also emphasizes the importance of avoiding large crowds. but in fact many people congregate in shopping, public facilities or entertainment venues. from the results of the interview above that the compliance of the people of Sidoarjo to avoid crowds as stated in the regent's regulation Number 44 of 2020 is also relatively low. This phenomenon can be seen from the number of incidents of violations that are actually intentional by gathering people together in large numbers with the aim of holding a celebration. There are many other impacts that arise from the disobedience of the people of Sidoarjo, one of the impacts experienced is the occurrence of overload in the hospital and the number of medical officers who died.¹⁶

Based on data obtained from the Sidoarjo district BPBD that Sidoarjo occupies the number 2 position from the top after the city of Surabaya with the highest annual Covid cases in 2020 with details of positive patients as many as 6,977, patients recovering with a total of 6,191 and those who died 458. Analysis of the results of the analysis shows that The level of awareness of the Sidoarjo community in carrying out a healthy lifestyle for those who comply is 54% while those who do not comply are 46%. Internal factors inhibiting the implementation of the Sidoarjo regent's regulation Number 44 of 2020 include the lack of availability of human resources that are lacking and basic, one of which is seeing how many socialization programs have been carried out, in fact, in the chart data and also table 4.3 in the data analysis, it still shows that the number of COVID-19 increases is quite increasing. , the lack of firmness in providing sanctions in the form of confiscation of ID cards for 3 days only provides a temporary deterrent effect that may be repeated.¹⁷

This is relevant to the theory put forward by Notitie handhave milienreach that,

Monitor and implement the use of administrative, criminal or civil law instruments until the laws and regulations apply to the public and individuals.¹⁸

¹⁶Observation, at the Sidoarjo Regency Regent's Office, 10 July 2022.

¹⁷Observation, at the Sidoarjo Regency Regent's Office, 10 July 2022.

¹⁸Satjipto Rahardjo, Legal Studies, (Image Aditya Bakti: Bandung), 2012, 45

Thus, based on the above opinion, it can be concluded that law enforcement can be carried out in general and individuals can see from the laws and regulations that apply legally to the area. Meanwhile, the external factors that hinder the implementation of the regent's regulation number 44 of 2020 are cultural factors and attitudes in humans. According to Lawrence M. Freedman, legal culture is defined as a legal system created by a group of people through attitudes, behavior and knowledge. Some of the daily patterns of the people of Sidoarjo think that maintaining a lifestyle is just a normal and ordinary thing without paying attention to the bad effects if it is repeated, especially during the Covid-19 pandemic.

The factor is the lack of public awareness of Sidoarjo Regency towards the application of preventing a healthy lifestyle in the spread of Corona Virus disease.

This statement is relevant to the theory put forward by Soerjono Soekanto regarding the effectiveness of the law. clearly seen from the benchmarks of the theory of legal effectiveness:

A law can be understood by all circles of society with public knowledge if there is a solution that can be relied on by law enforcement as a way out.¹⁹

As stated by Soerjono Soekanto, the handover of equal and fair rights to the community is aimed at obtaining a better life. The rule of law succeeds or fails in achieving its goals, it can be seen from the success of regulating the attitudes and behavior patterns of certain people so that it can be said that they are right with achieving their goals or not.

4 CONCLUSION

Communities in Sidoarjo Regency in an effort to inhibit Covid-19, namely the application of a healthy community lifestyle in several community environments, namely fostering PHBS in the household environment, PHBS in the educational environment, PHBS in the work sector and PHBS in the public with the application of healthy living habits by using running water, eating nutritious food. The pattern of people's lives in Sidoarjo Regency in the application to inhibit Covid-19 is that there is a productivity habit that most people work in the industrial and factory sectors with a busy schedule, besides that there is a lack of discipline in using health procedures while carrying out daily activities. The inhibiting factor in implementing a healthy lifestyle in Sidoarjo Regency is that there are still many people who do not apply a healthy lifestyle during

¹⁹Winarno Yudho and Heri Tjandrasari, "Effectiveness of Law in Society", *Yudho: Journal of Law and Development*, Vol. 17 No. 1, 1987, 57.

the Covid-19 pandemic in 2020. The decline is influenced by factors that inhibit the level of awareness of the community's low discipline and productivity that is not ideal for their health.

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to monitor and prevent covid-19
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