



The Use Of Sense Of Humor In Motivating Covid-19 Sufferers For Quick Recovery During Independent Isolation

Devi Tristiyani ¹⁾; Sri Narti ²⁾ Bayu Risdiyanto ³⁾

^{1,2,3)} *Study Program of Communication Faculty of Sciences Social
Dehasen University Bengkulu*

²⁾ *Department of Communication , Faculty of Sciences Social , Dehasen University Bengkulu*

Email: ¹⁾ srinarti756@gmail.com ; ²⁾ bayu.risdiyato@unived.ac.id

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Abstract. Based on the background of the problem, the research aims to investigate the use of the concept of sense of humor in motivating Covid-19 sufferers who are undergoing self-isolation. This research uses qualitative research methods by using interviews, observation, and documentation as data collection techniques. The theory used in this research is the theory of aspects of sense of humor according to Thorsnon and Powel (1993). The results of the study showed (1) The ability of Covid-19 patients to produce humor while undergoing independent isolation at home. (2) The ability to cope with humor during self-isolation at home by addressing problems. (3) Appreciation of humor during independent isolation. They prefer to undergo independent isolation at home because they feel comfortable and safe. (4) Attitude towards humor. They really need positive humor from other people such as family and work relatives.

Keywords: *Humor, Motivating, Covid-19*

INTRODUCTION

The spread of the Covid-19 virus is so fast that it has prompted the Indonesian government to implement regulations to prevent the spread of the Covid-19 virus. One of the rules implemented by the government is *social distancing*, *physical distancing* and PSBB (Large-Scale Social Restrictions). The current Covid-19 virus outbreak has become a pandemic in every country, as of January 21 2022 there were 343 million positive Corona patients in the world and 276 million patients had recovered, while cases in Indonesia were recorded at 4.2 million with 4.1 million patients recovered. (worldometer.info, January 21 2022)

According to data from *worldometer* .com, Indonesia is in the 16th country with the most Covid-19 patients in the world. In positive cases of Covid-19, Indonesia has 4.2 million positive patients with 23 thousand patients in Bengkulu province. (Bengkuluprov, January 30 2022). With the increase in Covid-19 cases, the government implemented regulation Number 21 of 2020 concerning Large-Scale National Restrictions (PSBB) to slow the spread of the Covid-19 virus outbreak. Apart from implementing PSBB regulations, the government is implementing another option, namely self-isolation to reduce the number of Covid-19 patients. As Yuri said (*in Kompas.com*) the government recommends self-isolation to help reduce the number of Covid-19 patients.

Self-isolation can be carried out by sufferers or non-sufferers. During self-isolation, patients can do things like watching television programs such as jokes and funny advertisements, keep patients away from the news while they are in isolation, always get healthy food and take vitamins to get immunity. Another good thing is that you have to get good rest while undergoing isolation, and during isolation patients must also carry out health protocols

such as always washing your hands even if you don't kiss other people, always wearing a mask to avoid other viruses, always wearing a mask and throwing away the mask. used in the designated place and in the correct way, avoid sharing eating and bathing utensils and bedding, take time to bask in the sun every morning ($\pm 15-30$ minutes). Find the right time to get sunlight with the recommended UV index . Covid-19 positive patients who are self-isolating will apply health protocols and increase positive emotions with the term *sense of humor* . *Sense of humor* is a person's ability to use humor as a way to solve problems, the skill of creating humor, the ability to appreciate or respond to humor (Hartanti, 2002). Klein (*in* Hasanat and Subandi, 1998). Humor can change a person's internal chemistry and have profound effects on the body's systems, including the nervous, circulatory, endocrine and immune systems. Having a stimulus that comes from *a sense of humor* can help quickly cure the symptoms of Covid-19 patients. This is reinforced by the opinion of Adams & Mylander, 2008, which according to Adams (*in* The Inspirational Story of an Eccentric Doctor Who Heals with Humor and Happiness) Humor can help speed up healing of illnesses. With the help of *a sense of humor* and an optimistic attitude and a touch of humor given by family members, it can help cure the disease.

With the stimulus of *a sense of humor*, the immune system will also increase if your feelings, thoughts are happy and calm even in conditions of self-isolation. This is reinforced by the journal research results of Patch Adams, a doctor who developed a humorous approach to health services, stating that the most dangerous health problem for many people is a combination of boredom, fear and loneliness. One way to measure this is by asking how good your relationship is with yourself, friends and family. Humor is important in healing the illnesses of a person, community, and society. Humor is the main factor that prevents burnout in life.

In applying *a sense of humor* in self-isolation, a person will self-isolate alone in a different room from his family. With this loneliness, someone who is isolating needs stimulus from the family's *sense of humor*, such as providing support or motivation for recovery. Based on the background above, the author feels it is important to carry out this research so that it can be useful for personal life, family and society. When you are sick, you need to avoid stress and keep thinking positively so that it is easier to achieve recovery. Apart from us also having to maintain our health and be disciplined in implementing *social distancing*, the author feels we also need to apply *a sense of humor* both from ourselves and from others.

LITERATURE REVIEW

Communication Group

Michael Burgoon and Michael Ruffner (*in* their book *Humen Communication, A Revision of Approaching Speech / Communication* , which was adapted by Sasa Djuarsa), define group communication as face-to-face interaction of three or more individuals in order to obtain the desired purpose or objective such as sharing information. , self-care or problem solving so that all members can develop the personal characteristics of other members accurately. Meanwhile, Onong defines group communication as communication between a person and a number of people who gather together in the form of a group. According to Alvin A. Goldberg and Carl E. Larson, group communication is a field of study, research and application that does not focus on group processes in general, but on individual behavior in small face-to-face group discussions.

Sense Of Humor

Sense of humor is a person's ability to use humor as a way to solve problems, the skill of creating humor, the ability to appreciate or respond to humor (Hartanti, 2002: 110). Baughman (in Komaryatun and Hannah, 2008: 47) suggests that *a sense of humor* is a very valuable human quality to help understand disagreements. According to O'Connell (Martin and Lefcourt,

1983) *sense of humor* is the ability to quickly change cognitive perceptual frames of thought. A *sense of humor* can change a person's point of view, making something that is considered negative become more positive. According to Hurlock (1993: 22) through a *sense of humor*, individuals can gain a better perspective about themselves. Individuals who have a *sense of humor* can develop self-understanding and view themselves realistically. Even if they don't like what they see, with a *sense of humor* an individual can develop, accept themselves and increase their psychological maturity. It can be said that a good *sense of humor* is only possessed by individuals who have mature personalities who understand when it is the right time to think something is funny or not funny, whether it needs to be laughed at or not needed to be laughed at. Based on the description above, it can be concluded that a sense of humor is an individual's sensitivity to feeling humor and the ability to appreciate and express humor, making it easier to face all forms of problems in life.

The Relationship between *Sense of Humor* and Communication

Based on the results of research conducted by Parreira, Thorson, and Allwardt (2007) on subjects totaling 208 people in Portugal, it shows that humor plays a role in human life, and can help handle difficult situations for individuals. Humor is a form of good communication, namely an individual's way of expressing themselves related to their perception of certain objects. Martin (2007) explains that individuals who have a sense of humor and use it when interacting with people they have just met will produce a positive assessment, namely that the other person considers themselves to have a positive personality. Based on research results from Apte (Martin, 2007), it shows that even illiterate individuals use humor in interacting with other people with humor such as joking, mocking, or joking. Carrying out interpersonal communication using a sense of humor can have an effect on reducing the risk of hostility or resentment between the two (Martin, 2007). Romero and Cruthirds (2006) stated that the use of humor in an organization can produce positive impacts, one of which is that it can improve interpersonal communication in the organization. Meyer (Romero & Cruthirds, 2006) added that apart from being able to improve communication, humor is also able to create cohesion in a group. Alberts (Hall & Senero, 2010) suggests that humor has been identified as a form of communication that is able to maintain interpersonal relationships between individuals. Greatbatcg and Clark (Romero & Cruthirds, 2006) explain that humor in communication is able to create mutually open conditions that make it easier for individuals to hear, understand and accept the messages conveyed during the communication process. Martin, Lefcourt, Kuiper, and Dance (Yue, Hao, & Goldman, 2010) added that in the process of communicating with other people, humor can play a role in improving interpersonal relationships, improving the communication atmosphere and as a sign that individuals are being humorous, as well as interacting with other individuals. . Martin (Lopez & Snyder, 2003) said that individuals who have a high sense of humor can help them overcome problems more effectively, experience less negative moods, and are able to build better interpersonal interactions with other people.

METHODS

Data analysis techniques are clarifying data that has been collected and then analyzed. With this technique, data can be explained through predetermined techniques, then given direction for interpretation according to the purpose of the data that has been presented. The steps taken in this research are that the researcher took the data analysis technique Model Miles and Huberman (1984), stated that activities in qualitative data analysis are carried out interactively and continue continuously until completion, so that the data is saturated. The measure of data saturation is characterized by no further data or new information being obtained. Activities in the analysis include:

a. *Data Reduction* (Data Reduction)

It is a part of data analysis that emphasizes, shortens and focuses the data so that final conclusions can be found. At this stage, what is done is that the researcher must prepare what will be done during the interview to conduct interviews with one of the sources later and at that time the writer will carry out a data reduction before carrying out the thesis later.

b. *Data Display* (Data Presentation)

It is data that displays a series of information from which it is possible that research conclusions can understand what happened in a complete form. At this stage the author will provide complete information for the resource person later during the interview so that the author can present the data well and completely.

c. *Data Verification* (Data Verification)

This is the step of re-examining the initial data collection so that the data that has been collected is analyzed qualitatively and conclusions are drawn. What will the researcher do if all the data is already there and what kind of data verification will the researcher do if the analysis will be good and complete data so that the analysis can later be understood by the reader by pulling all the existing data and taking it? from the research conclusions that will become the analysis later.

RESULTS

In this research, the author interviewed two teachers, three civil servant employees, one lecturer, and one female student. The seven informants were patients who had been exposed to Covid-19 at the Batara Areka Regency 1 RT 2 RW 1 housing complex, Pematang Gebenur Village, Muara Bangka Hulu District. The author will use the theory of aspects of *sense of humor* which consist of the ability to produce humor, the ability to cope with humor, appreciation of humor, attitude towards humor, *the conformist sense*, *the quantitative sense*, *the productive sense* in Covid-19 patients undergoing self-isolation to get humor. The application of a *sense of humor* is where Covid-19 patients can get the humor they got while undergoing self-isolation at home, so that they can relax in dealing with the pain suffered by Covid-19 patients during self-isolation at home.

DISCUSSION

Ability to Produce Humor

Based on the individual's ability to determine ideas and create humorous materials. In research conducted by the author with results interviews with Covid-19 patients during self-isolation at the Batara Areka Regency 1 housing complex.

- a. The informant's feelings when undergoing independent isolation at home are as follows:
- b. The following is EM's mother's opinion about the feeling of undergoing independent isolation at home:

"I felt uncomfortable, I felt like I was a stranger at the beginning when I was exposed to Covid-19 and it was already common at that time, because there were so many people in this housing complex who had been exposed to Covid-19, only the mother and husband were worse. At that time, mother and husband did a SWAB test and the results were positive. At that time, mother shared the test results with the WA housing group so that the Batara Areka Regency housing community would know the news and condition of mother and husband. At that time, we were self-isolating, why were the test results "Madam, spread it to the WA group so that they know and that we are carrying out self-isolation during exposure to Covid-19 so that they keep their distance and don't let them get infected too" (Interview on February 16 2022)

"The first feeling was fear because at that time I already had symptoms and I saw the news on television about Covid-19, so I thought about it and my thoughts became negative, so I felt a little afraid to choose isolation in the hospital, especially since many people in the hospital would have been exposed later. "If you choose to isolate yourself in the hospital, it will be more stressful and your illness will increase, you will still feel afraid of self-isolation at home, but at home you can still see your family even though you are in a different room" (Interview on March 1 2021, opinion from an OC informant)

"There is a feeling of worry, because of the disease and also because of self-isolation at home without supervision from doctors and nurses. "But there is also joy in being free to do what I want to do at home, such as getting enough rest, doing things like sunbathing, doing light housework so that the virus in our body disappears quickly" (Interview on February 16 2022, opinion from ER informant)

This is different from the opinion of ML's mother:

"It's normal, while undergoing self-isolation, don't worry, mother and husband think it's normal, no one feels anything because of illness like the one mother and husband are suffering from, we must take it easy and not put too much burden on our own lives" (Interview on February 25 2022)

Coping Ability With Humor

Affective humor to help individuals face difficulties. The ability to see the power of humor is one that can be used to overcome life crises, as a protection against change and uncertainty in addition. How informants can still enjoy themselves while undergoing self-isolation at home:

The following is EM's mother's opinion:

"Considering that it's not a disgrace, because it's an epidemic, everyone can get the virus if they're not careful, yes, they still carry out strict procedures, if their position is affected. "It can't be helped, the point is we don't have to think negative things, we still have to believe that this is a disease, just keep thinking that we still have to recover and try" (Interview on February 16 2022)

Meanwhile, ER's mother's opinion while undergoing self-isolation is:

"We have to continue doing jobs that we think are light, such as washing dishes, washing up and tidying up right before bed. "If you still feel bored, you can also do things like reading books, watching television because during self-isolation at home, usually other family members are also self-isolating, so you can also chat with your family," (Interview 16 February 2022)

"Don't make the Covid-19 virus a burden, still treat the Covid-19 virus like an ordinary illness and in essence you can do various activities that can be done such as housework, gardening in the back of the house so that you don't get too stressed to deal with the illness" (Interview on February 26, 2022 opinion from informant DT)

Likewise with the opinion of ML's mother:

"Frequently joke around, make jokes and take it easy and always enjoy it, it's like we're usually always working, so during self-isolation like this we can enjoy enough rest, so just enjoy the time to rest so you don't keep working" (Interview 25 February 2022)

Appreciation of Humor

An individual's appreciation or knowledge of humor or everything related to things that are witty or funny. The reason the informant prefers to undergo self-isolation by increasing humor: The following is the opinion of EM's mother who prefers to undergo independent isolation at home:

"The reason why mothers prefer to self-isolate at home is because when they are exposed to Covid-19, the average hospital is full, to get humor, mothers entertain themselves more, one of which is by karaoke with their husband who is also exposed to Covid-19" (Interview on February 16, 2022)

Meanwhile, ER's mother's opinion is:

"So that you don't think about the pain, so that you get better quickly, and so that your immunity becomes higher again. "If you don't increase your humor when you're sick, the pain will actually get worse later, so at that time I preferred to self-isolate at home to be more relaxed and at ease to heal" (Interview on February 16 2022)

This is different from the opinion of ML's mother:

"To avoid feeling tense, stressed and depressed, I usually joke with my husband while eating and sunbathing" (Interview on February 25 2022)

"In order not to get stressed by self-isolation, I keep communicating with my family and joking to keep feeling happy, enjoying, cheerful, (Interview on February 26 2022, opinion from DT informant)

"So that I don't get too stressed while undergoing self-isolation at home, during this isolation I get more humor by watching videos on my cellphone, such as funny videos like those on TikTok" (Interview on March 1 2022, opinion from OC informant)

According to the informant's opinion, Mr DT himself:

"When I was exposed to the Covid-19 virus, I felt happy, because I wasn't required to work at home because I was undergoing self-isolation, but I still worked, I just worked at home via the Zoom application and cellphone while undergoing self-isolation, I was happy because I wasn't self-isolating at home. When you're sick, you feel good because while you're sick, you can still go on the road, like working, and do your work at home" (Interview on February 26, 2022)

Based on the results of interviews with informants, it is known that they prefer to undergo independent isolation at home because they feel more comfortable and safe to avoid stress. At home, the informant feels more free and can joke with family members even via cellphone. During self-isolation, they can joke more and really appreciate that humor can bring good things for healing their illness, at least avoiding stress and their immune system not decreasing during self-isolation at home.

Attitudes Toward Humor

A behavior or feeling, both positive and negative towards a joke or humor that is reflected in a feeling of joy. The informant's feelings & attitudes when receiving positive jokes/humor from outsiders:

The following is EM's mother's opinion:

"Yes, of course we are happy, especially what has awakened us from this Covid-19 virus disease, such as family who always call us via cellphone about our condition, what is our

process while undergoing self-isolation. "With positive thoughts from neighbors and people closest to us, we always provide good support" (Interview on February 16 2022)

"I'm definitely happy because we forget a little about the pain we are suffering from, so that we can recover quickly because they give us good and good encouragement. Maybe that's how they treat us like that and we don't feel like we are being shunned by the people around us" (Interview on February 16 2022, opinion from ER informant)

The Conformist Sense

The level of similarity between individuals and each other in appreciating humorous material. Informants easily feel happy when other people invite jokes/humor when self-isolating at home:

The following is EM's mother's opinion:

"When mother's body is fit. Mothers respond positively and easily accept humor like that, when mothers are sick, have a hot body or have a headache, mothers are more likely to want to rest than to be joked with" (Interview on February 16 2022)

"If you are initially exposed to Covid-19 during self-isolation, your body will definitely feel tired, sick and it will definitely not be easy to be happy, but when it gets here, when it is closer to a week or so, it may start to return to normal because of the effects of getting support from the family too, then you can start to feel happy" (Interview on February 16 2022, opinion from ER informant)

The Quantitative Sense

The informant believes that smiling & laughing can help the informant become more relaxed and recover quickly from self-isolation at home:

The following is EM's mother's opinion:

"Actually, yes, only if the mother's position itself is asymptomatic, meaning there is no fever, it's just that your husband is someone who likes to joke with his way of making the mother happier and happier, that way the mother can come back to being enthusiastic" (Interview on February 16 2022)

Meanwhile, the opinion of ER's mother is different:

"Certainly because at home we are free. If we are in the hospital, visitors who want to see sick patients are not free, if we are at home there are shows and we can read books, so we will definitely be more relaxed so we can recover quickly compared to in the hospital" (Interview on February 16 2022)

This is different from the opinion of ML's mother:

"Certainly smiling and laughing often when someone always sends funny videos can make the mother feel happier and happier. When she is in self-isolation at home, the mother feels relaxed and feels like there is always someone to provide humor when the mother is sick" (Interview with February 25, 2022)

The Productive Sense

How many individuals tell funny stories and make other individuals happy. The intensity of the informant telling funny things & making other people happy:

The following is EM's mother's opinion:

"I don't really tell stories, because the humor comes from me watching and also seeing funny chats from groups, but it's never me who tells other people funny stories, but from other people who provide entertainment to me" (Interview on February 16, 2022)

"During quarantine, there wasn't much because I was in quarantine or self-isolation, so I didn't have much direct contact with people outside, especially my family, just humor, so I didn't make humor to other people too often because I also kept my distance from other people" (Interview on February 16 2022 opinion from informant ER)

"Maybe at first it wasn't because I was afraid so I kept quiet and daydreamed a lot, but more and more people knew that I was sick, so many people supported me and I also made jokes at that time, like I told my friends that I was sick, whether you were close or not. - be close to me so that you can catch it while laughing, maybe with humor like that you can entertain yourself and joke with friends via video call" (Interview on March 1 2022, opinion from OC informant)

Based on the results of the research, the author has conducted interviews and direct observations with 7 (seven) informants who were exposed to the Covid-19 virus and carried out self-isolation who are residents of the Batara Areka Regency 1 Rt 2 Rw 1 housing complex, Pematang Governor District, Bengkulu City. The way to deal with the problem of self-isolation at home is always to keep your distance from other people, always wear a mask, always eat healthy food, and always take vitamins so that your body stays fit and is quickly protected from viruses in our bodies. From the research results, it was found that the application of *a sense of humor* to motivate Covid-19 sufferers to undergo self-isolation in order to achieve recovery refers to the theory of aspects of *the sense of humor* according to Thorshon and Powel (1993).

CONCLUSION

Based on the results of research and discussion, which the author conducted on Covid-19 patients undergoing self-isolation, namely residents of Batara Areka Regency Housing 1 Rt 2 Rw 1, Pematang Gubenur Subdistrict, regarding the Application of *Sense of Humor* to Motivate Covid-19 Sufferers in Undergoing Self-Isolation to Achieve Healing in Covid-19 patients, the authors draw the following conclusions:

1. The ability to produce humor for Covid-19 patients while undergoing self-isolation at home is to obtain humor through various methods such as karokean with their husband, joking with their husband, joking on their cellphone with their family, reading books, watching funny shows on television, doing positive activities, to using social media such as YouTube.
2. The ability *to cope* with humor while undergoing self-isolation at home is by responding to the problem, namely by continuing to enjoy it and not making it a burden and a disgrace because of the illness suffered during self-isolation. The ways to deal with this include entrusting children to relatives and family so that they don't get infected, problems with work by working from offline to online, still doing it sincerely, and continuing to take vitamins and trying to be more relaxed.
3. Covid-19 patients appreciate humor when undergoing self-isolation at home, namely that they prefer to undergo self-isolation at home because they feel more comfortable and safe to avoid stress. At home you can have more freedom and can joke with family members even via cellphone. During self-isolation, they can joke more and really appreciate that humor can bring good things to cure their illness. I am sure that watching funny shows can avoid stress and the immune system will not decrease during self-isolation at home because he feels happy from the humor he gets.

4. Attitudes towards humor, namely through *the conformist sense* (appreciation of humor), *the quantitative sense* (how often to smile and laugh), and *the productive sense* (telling funny things) are that they really need positive humor from outsiders such as from family. or even work relatives, while negative humor is not really thought about. Smiling often is an effect of happiness resulting from humor, and increasing humor during self-isolation both personally, in the family and on social media. By experiencing humor, they feel happier. Apart from that, they also show a confident attitude that through humor they feel cared for and entertained so that they can reach the healing process more quickly during self-isolation.

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