INTRODUCTION

Disaster is a phenomenon or series of events that can threaten and disrupt people's lives and livelihoods caused, either by natural factors or non-natural factors or human factors. Disasters cause various kinds of losses that can damage infrastructure that is needed by the community.\(^1\) Disasters can disrupt normal living conditions and cause a level of suffering that exceeds the adaptive capacity of the people affected by the disaster.\(^2\) One type of disaster that is directly related to health is a non-hazardous disaster, namely the proliferation of epidemics and disease outbreaks. An epidemic disaster that is global in nature even spreads across countries which is called a pandemic.\(^3\)

The pandemic is a global health problem that is currently in the spotlight. The health problem that has caused the death rate recently is the outbreak of a new respiratory syndrome, namely the corona virus disease (COVID-19).\(^4\) The World Health Organization reported that the end of December 2019 to 2020 the world was shocked by a disease outbreak. COVID-19 has infected almost all countries in the world. January 2020 The World Health Organization has declared the world to be entering a global emergency pandemic related to the new disease COVID-19.\(^5\)

The COVID-19 data as of September 15, 2020, there were 29.5 million cases and 933,000 deaths worldwide with a mortality rate of 3.16%. The COVID-19 death rate in Southeast Asia is 2.44%. The Southeast Asian countries with the highest number of COVID-19 cases include the Philippines, which ranks first with 269,000 cases, Indonesia ranks second with 225,030 cases and Singapore ranks third with 57,488 cases. The Special Region of Yogyakarta as a province that contributes to the number of COVID-19 cases is at number 23 out of 34 provinces in Indonesia.\(^6\) Data that have been confirmed on September 15, 2020, the prevalence of COVID-19 in Yogyakarta reached 1,943 cases and 53 deaths. The data obtained regarding the number of cases in Bantul Regency on September 15, 2020 has spread to several other sub-districts, namely Kasihan District with 107 cases, Banguntapan District with 102 cases, Sewon District with 101 cases, Bantul District with 32 cases, and Sedayu District 30. The prevalence rate is Kasihan District is in the first place with the highest number of cases in the District in Bantul District.\(^7\)

The COVID-19 pandemic can cause concern and anxiety in community groups and communities, if measures to prevent and control the spread are not taken. Disaster management does not only focus on emergency response efforts and restoring the situation and post-disaster reconstruction, but is more focused on the pre-disaster stage (pre-disaster) with efforts to increase community capacity and response to disasters or community preparedness. The purpose of this study is to explore in depth how the community's self-protection against the disaster preparedness of the corona virus disease COVID-19 pandemic.

METHODS

This study uses a qualitative method with a phenomenological approach, using interviews and observations. The 9 participants were determined by the snowball sampling method. The validity of the data used by the method of source triangulation and technical triangulation. Analysis of the data used is thematic analysis with software open code 4.02.

RESULTS

The results of this study indicate that preparedness in dealing with COVID-19 in the community is by making self-protection efforts. Then to prevent exposure to the virus by increasing immunity and adapting behavior to individuals and in society.

Conclusion: It can be concluded that self-protection is very necessary to overcome the impact on health and as a preventive effort that can be done by the community in the form of consuming drinks based on local culture and vitamin supplements as well as with clean and healthy living behavior.

Keywords: Community, COVID-19, Preparedness.
This preparedness needs to be carried out by all people in Indonesia to cope with the COVID-19 pandemic. The importance of why the community and government need to be prepared to prevent the spread of COVID-19, especially in Indonesia. The government has declared a catastrophic emergency status starting on February 29, 2020 related to the COVID-19 pandemic.\(^1\) This is through health education, socializing the movement of social distancing, quarantine, doing preparedness, and, locking. The phenomenon that developed in the community through interviews with one of the community revealed that they were very worried about being infected easily, changing the social order, having an impact on safety and needing a response to community preparedness and handling properly. Based on the results of observations for one week in Kasihan Bantul District, the behavior shown by the Kasihan Bantul community is still found in individuals who do not wear masks, do not wash their hands, before and after taking action, for new arrivals, quarantine or self-isolation is not carried out properly. Lockdown and social distancing have not been running optimally and people are still found crowding in activities such as recitations and regular community meetings. The purpose of this study is to explore in depth how the community's self-protection against the disaster preparedness of the corona virus disease COVID-19 pandemic.

**METHODS**

This study uses a qualitative method with a phenomenological approach. The participants in this study amounted to 9 people in the District of Kasihan Bantul who were determined by snowball sampling. Participants must have the following criteria:

1) Residents or communities who are involved in COVID-19 preparedness and live in Kasihan Bantul District and are aged 17 to 60 years.

2) Willing to be a participant and fill out informed consent.

Data was collected through in-depth semi-structured interviews. Interviews were conducted to find out how preparedness is being carried out in the community in dealing with the COVID-19 pandemic disaster. Interviews were conducted directly by implementing health protocols during the COVID-19 pandemic. Data validation was carried out using source triangulation and technical triangulation. The analysis uses thematic analysis with the help of open code 4.02 software. The data obtained were transcribed and written. The researcher then classified the transcripts according to important statements. Classified data are labeled based on the meaning of the statement. Then the researcher did a description of the texture or the development of meaning.

The researcher developed a structural description of these statements to get some of the main themes. Next, the researcher combines textural and structural descriptions into narrative form. The researcher explains the essence of the phenomenon, and it is presented in the form of tables and discussions.

**RESULTS**

**Self-protection in the community in COVID-19 preparedness**

Self-protection in the community in various forms of COVID-19 preparedness. This study shows that self-protection in the community includes using masks, washing hands with running water, maintaining social distance, self-quarantine at home, providing hand washing facilities, protecting residential areas, spraying in public facilities, and activating guard posts. This can be seen in the image below (Figure 1).

**Using Mask**

People protect themselves by wearing masks. The results of interviews with several participants revealed that they used masks. Following are participant statements:

“*Yes, if the health protocol is like wearing a mask, the mask according to the rules is like a medical mask*” (P5).

**Washing Hands with Running Water**

Prevention is done by washing hands with running water. The results of interviews with participants revealed:

“*Wherever we want to be, we have to wash our hands clean with running water, yes with the antiseptic or soap*” (P6).

**Social Distancing**

Maintaining social distance as a component of public health protocols. The results of interviews with several participants revealed that they limit themselves and keep their distance. This is supported by participant statements:

“*But we limit ourselves and keep a great distance hehe*” (P1).

**Self-Quarantine at Home**

Self-quarantine at home is a self-protection effort carried out by the community. The results of interviews with several participants revealed that they did not leave the house. Following are participant statements:

“*Like nganu, don’t go out, we don’t go out, that’s all there is to it. Just go shopping for 1 person, mom or dad goes out, then goes out and goes home.*” (P7).

**Provision of Hand Washing Places**

Provision of hand washing facilities as an independent prevention effort by the community. This was expressed by the participants, namely:
“In front of the house, there is a very minimal hand washing place. Then there is a bucket, if we still have a bucket in stock, we will also give it to wash hands” (P3).

**Residential Area Protection**
The protection of the area where they live is carried out by the community as an effort to protect themselves from exposure to COVID-19. The community restricts some road access. Participants revealed: “When it was incessant, yes, there were regional restrictions that outsiders were not allowed to enter” (P6).

**Spraying in Public Facilities**
The community preparedness is spraying in public facilities. The results of participant interviews revealed that spraying was evidenced by the participants’ expressions, namely: “Especially in the beginning, we sprayed in public places, places of worship, all roads,” (P2).

**Activation of Guard Post**
Activating guard posts is self and community protection in COVID-19 preparedness. This is evidenced by the participant’s statement: “So every night the guard must be maximized” (P2). “Yes, we are on standby at night if we want to patrol, right. There are guarding certain posts that were rich earlier” (P6).

**Community Immune Improvement**
The results of this study indicate that people protect themselves by increasing their immune system, including consuming drinks based on local culture and supplements. This can be seen in the image below (Figure 2):

Drinks Based on Local Culture
The results of this study indicate that each participant maintains immunity by drinking various beverages, namely by consuming ginger, turmeric and lemongrass and consuming honey. The following are the results of the participants’ expressions:

“Here, at the beginning, some residents consumed it so that it would not be easy for COVID-19 to be anticipated, they said, yes, he said, if you consume it, the body is warm, nutrition is fulfilled, God willing, it is healthy. in crowds looking for spices like ginger and turmeric because the news is that it can prevent corona.” (P6).

“Yes, it’s the same as increasing immunity, for example eating nutritious vegetables, supplements are also rich in honey and others” (P9).

Supplements consumed by the public
Participants explained the supplements taken to increase immunity, namely taking Vitamin C. The following are the expressions of the participants:

“If it’s prevention and others in general who don’t wear masks, continue to practice clean living, take care of your health, consume lots of vitamin C, that’s all I know about corona, maybe in general.” (P3).

**Behavioral Adaptation**
The results of this study describe the behavioral adaptations carried out by the community during the COVID-19 pandemic, including changes in individual behavior and changes in behavior in society. This can be seen in the image below (Figure 3):

**Behavior Changes towards Individuals**
Behavioral adaptation includes behavioral changes to individuals. Things people do are wearing masks when traveling, carrying hand sanitizer when traveling, maintaining health by exercising, eating vegetables and nutritious, bathing and changing clothes. This statement was conveyed by several participants below:

“When you’re done outside, take a shower, change clothes, everything” (P1). “The habits in the community, maybe the habits in the community might be to maintain their health by exercising, cycling, with anything,” (P2).

“So far, the first PHBS is the second is the use of masks when outside the house.” (P3). “Or sometimes people here carry hand sanitizer everywhere.” (P4).

“Yes, for health, you can just eat healthy, balanced nutrition.” (P9).

**Changes in Behavior in Society**
Behavioral adaptation in the community setting is that some participants make behavioral changes in the form of maintaining environmental cleanliness, maintaining good air circulation, doing reforestation, maintaining health with a clean and healthy lifestyle. This statement was conveyed by several participants below:

“Yes, especially the cleanliness of the environment, especially the minimum cleanliness of each house, how to maintain its health means or because the environment is cool maybe good air circulation. Then yes like my wife in front there are green plants” (P1).

“Actually, the health protocol is like what the urban village conveys, it’s like PHBS (clean and healthy lifestyle) yes” (P9).

**DISCUSSION**

**Self-protection in the community in COVID-19 preparedness**
The results of the study show that people do self-protection as a form of preventing the spread of the virus. Some people protect them by washing their hands with running water, maintaining social distance, self-quarantine, providing hand washing stations, road restrictions, spraying, and activating guard posts. The public is doing protection following the
recommendations of health protocols in dealing with COVID-19.

Using Mask
The public revealed that using masks when traveling as a form of complying with health protocols and preventing transmission of the virus. People wear masks when they go out of the house. The use of masks during this pandemic plays an important role in protecting themselves and others. Related to the most effective prevention measures in the community, namely wearing medical masks or thick fabrics to reduce the risk of transmission.

Washing Hands with Running Water
Washing hands is something people do. People believe that washing hands with running water and soap can minimize bacteria entering and avoid disease. This is as individual protection in preventing COVID-19. Washing hands with water is often referred to as a universal solvent, but washing hands with water alone is not enough to eliminate the corona virus because the virus is an RNA virus with a lipid bilayer envelope. Washing hands with soap can remove and break down hydrophobic compounds such as fats or oils. In addition to using water and soap, 62-71% ethanol can reduce virus infectivity. Therefore, hand cleaning can be done with an alcohol-based hand rub or soap and water can effectively kill germs, bacteria and viruses. Alcohol-based hand washing is preferred when hands are not dirty, while soap is chosen when hands are visibly dirty.

Social Distancing
Based on the results of research with several participants, it was revealed that they protect by maintaining social distance. Social distancing is believed by the public to be the right action in preventing the transmission of the virus. Maintaining a distance or social distancing is designed to reduce interaction between two or more people in a community, keeping individuals at social distance at low risk of transmitting or contracting. Social distancing is very useful to do in various environments. Social distancing can help limit the spread of COVID-19. Efforts to maintain social distance to reduce close contact in communities or community associations as a form of prevention of virus transmission.

Self-quarantine at home
The results of the study with several participants were the efforts made by self-quarantine. Quarantine is carried out by the community when people who have close contact with positive patients, sick people, and new arrivals come from outside the area. This is believed by the community to prevent the spread and reduce the risk of transmission. Quarantine is one of the most effective methods of controlling infectious disease outbreaks. Quarantine or restriction of movement of a person to interact with the group. Quarantine as a strategy that has been successfully implemented as a prevention and transmission of the virus. Quarantine can encourage adherence to health protocols to anticipate disease transmission. Quarantine can prevent the spread of infectious diseases from regions, countries or across states. This plays an important role in suppressing the entry of the virus into the body of susceptible individuals and healthy individuals.

Provision of hand washing Places
Based on the results of research with several participants, it was revealed that in doing preparedness one of them was by providing hand washing places in every place or public facility. The community provides a place to wash hands as a form of self-protection and the community environment to reduce the transmission of COVID-19. The provision of hand washing facilities has proven to be the most effective preventive measure and is a direct solution to save humans from the virus and increase individual awareness. This is in line with the Guidelines for the Ministry of Health for COVID-19 Preparedness which states that the provision of hand washing facilities is a policy and procedure in preventing control infections and viruses.

Residential Area Protection
The results of research with several participants who carried out protection by protecting the area. The protection of this area is carried out by the community to limit passers-by and anticipate that outsiders will not enter the area. Territorial protection or travel restrictions, including reduced access to and out of roads and public transport and route restrictions without compromising essential services. This is to reduce community-based COVID-19 transmission. Protecting areas with road access restrictions has a significant effect in reducing the daily incidence of COVID-19. Closure of public transportation and restrictions on movement across cities and regions. Restrictions on public mobility have an effect on suppressing the number of daily positive cases. This reduction in mobility is an important step in dealing with COVID-19.

Spraying in Public Facilities
Based on the results of research with several participants revealed spraying. Spraying is carried out using disinfectants to kill viruses that appear on surfaces and in public facilities. The main intervention that has been proven to reduce the spread of the virus is related to spraying disinfectants in the environment and public facilities. Handling efforts that can be done by spraying good disinfectants in the environment such as rooms and bathrooms can be cleaned with soap and ordinary detergent, then disinfected with sodium hypochlorite 0.1%. It can effectively kill bacteria and viruses. Disinfectants are important to stop the spread of pathogens in the environment. Spraying with disinfection is an effective thing that can kill virus cells that stick to the surface.

Activation of Guard Post
The results showed that some of the participants did guard posts. This is believed by the community as a form of preparedness to monitor migrants from outside. Preparedness in the community, the strategy carried out is by coordinating the village government such as making guard posts in and out of people, requiring people who enter the village to wash their hands, and requiring alert letters for people from outside the sub-district. Postal guarding is a form of coordination of related sectors in implementation COVID-19 handling policies.
Establishing guard posts as a form of local government policy in tackling the COVID-19 pandemic.

**Community Immune Improvement**

Based on the results of research from several participants, it was revealed that preparedness was carried out by increasing the body's resistance or immunity. People believe that increasing immunity can increase immunity, maintain health, and warm the body. Some participants increase their immune system using local culture-based methods such as consuming ginger, lemongrass and turmeric as well as taking vitamin C. Ginger and turmeric are antioxidants. Ginger and turmeric can increase their effectiveness as immunostimulants.

The components contained in it are sesquiterpene-zingiberen ginger oil. Other compounds are and felandren, d-kamen, acetyl heptenone, n-nonyl decyl aldehyde, borneol, cineol, linalol, citral, and sesquiterpene alcohol (zingiberol). These compounds can increase endurance and play an important role as anti-oxidants.

Lemongrass ginger drink (Zingiber officinale and Cymbopogon citratus) contains active compounds in the form of alkaloids, flavonoids, and saponins which have anti-inflammatory properties. Lemongrass ginger drink besides being efficacious as a body-warming drink is also thought to be efficacious for refreshing the body. Turmeric (Curcuma longa L) contains metabolites of natural ingredients in the form of curcumin which are described as having various therapeutic potentials such as antibiotics, antivirals, antioxidants, and anticancer. The content of chemical compounds from these plants is useful as an immunomodulator to maintain body resistance.

This study shows that some participants consume honey to increase endurance. People believe that honey can effectively make the body healthy and prevent disease. Honey contains various vitamins and minerals. Honey contains vitamin C, calcium, iron, and nutraceuticals which are effective in eliminating free radicals and minimizing the harmful effects of free radicals. The antioxidant content in it makes the body healthy and free from disease. Consuming honey can reduce the risk of disease outbreaks through a combination of behavior (social immunity) and improve individual immune function. Honey bees are effective in increasing metabolism and immunity, which provides the ability to inhibit viral replication and increase immunity, improve overall health. Immune enhancement can also be achieved by consuming vitamin C. Giving vitamin C can accelerate repairs in the body that work on plasma and neutrophils, besides that Vitamin C can also ward off free radicals and prevent oxidative stress by viruses that bind to heme. Vitamin C as a strong anti-oxidant, plays a role in increasing immunity.

**Behavioral Adaptation**

This study obtained data that in anticipating COVID-19 the community experienced changes in behavior both towards individuals and in society. People change their behavior on the grounds of maintaining their own health and maintaining a clean environment to prevent further spread. Behavioral adaptation shown in this study is to change behavior towards individuals and in society.

**Changes in Behavior towards individuals**

The results showed that some participants experienced behavioral changes in maintaining their own health. Participants revealed when changing behavior by wearing a mask when traveling. This study obtained data from several participants by carrying hand sanitizer when traveling to anticipate the virus sticking to their hands. The form of positive behavior found was the habit of maintaining hand hygiene above the standard (such as bringing hand sanitizer from home). The behavior of preventing coronavirus disease is that people wear masks, carry hand sanitizers, and apply physical distancing. This is in line with changes in behavior experienced by individuals during the COVID-19 pandemic.

This study revealed that some participants maintain their health by exercising. People exercise such as cycling and other sports that believe it can improve body health. Sports that can specifically improve the health status of the perpetrators are health sports. With aerobic exercise such as cycling, it can improve blood flow, remove metabolic wastes and a person does not experience fatigue after activities and can do other activities. Doing physical activities such as sports is a one part of clean and healthy living behavior.

The results of this study stated that some participants consumed vegetables and nutritious foods. The community explained that they maintain their health by eating vegetables that contain nutrients. Vegetables and fruit are also important foods in the daily consumption of food and drink for every individual to live a healthy life. A healthy body can be obtained by consuming clean and healthy foods and complete nutrition. Consumption of adequate vegetables and fruits, is one of the simple indicators of a healthy diet with balanced nutrition.

Changes in behavior experienced by some participants are bathing and changing clothes after traveling. Some participants revealed that bathing and changing clothes as a form of alertness to each of them to avoid disease. Bathing is one of personal hygiene. In addition to bathing, there are many other aspects of personal hygiene that can affect health. Clean and healthy living behavior in everyday life in individuals is diligently changing clothes after going outside. After traveling, take a clean shower and change clothes. So it is very unlikely that there will be a virus attached to the body and minimize the risk of transmission.

**Behavior change in society**

Based on the results of research conducted by several participants, they stated that they experienced changes in behavior in community groups. The changes experienced are that people maintain environmental cleanliness, maintain good air circulation, carry out reforestation, and clean and healthy lifestyles. This study shows that the community maintains a clean environment. Some participants stated that keeping the environment clean is a form of prevention. Environmental hygiene that is carried out by the community includes cleaning the area of the home environment and the use of clean water. Maintaining...
cleanliness in the home environment and outdoors as an important role in improving health. Aspects of cleanliness and environmental health in clean and healthy living behaviors such as the use of clean water, the use of healthy latrines, and the behavior of disposing of waste. A healthy environment will greatly help people who live in it to feel comfortable, calm and happy so that you can enjoy life. Participants’ statements from the results of this study by maintaining air circulation. People improve air circulation by doing greenery. This is closely related to circulation and reforestation. Reforestation has many benefits such as producing oxygen, preventing floods and landslides, reducing air pollution and increasing good air circulation, as a rainwater storage in root areas and can reduce global warming. Reforestation activities are carried out through planting trees and providing knowledge and understanding to community about the importance of preserving the environment and can improve the quality of the environment. Clean and healthy living behavior expressed by participants by washing hands and maintaining health and complying with health protocols to avoid the virus. People make changes in behavior as a form of effort to improve their health status. The application of clean and healthy living behavior can kill viruses that exist in life and can create a healthy lifestyle.

Clean and healthy living behavior in the household order that must be carried out by the family and all its members, using clean water, washing hands with clean water and soap, using healthy latrines, eradicating mosquito larvae, eating vegetables and fruit every day, doing physical activity every day and not smoking inside the house or in the environmental area. Clean and healthy living behavior, the body will be very difficult to be infected by various dangerous disease agents such as COVID-19 or other diseases, because a healthy body has a strong defense (immunity) and is easy to heal itself. This can be applied by the community in changing a healthier lifestyle to anticipate exposure to the virus. The limitation of this research is that it only explores how preparedness is in the community and does not get out of the context of COVID-19.

CONCLUSION
It can be concluded that self-protection is very necessary to overcome the impact on health and as a preventive effort that can be done by the community in the form of consuming drinks based on local culture and vitamin supplements as well as with clean and healthy living behavior. For further researchers, it is hoped that they can develop in finding updates in self-protection carried out by the community.

CONFLICT OF INTEREST
The authors declare that there is no competing interest regarding the manuscript.

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ETHIC APPROVAL
Researchers consider ethical principles of confidentiality, autonomy, and consent. In addition, this study received ethical approval from the Ethics Commission of the Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Yogyakarta with No. 276/EC-KEPK FKIK UMY/X/2020.

AUTHOR CONTRIBUTION
Conceptualization, A.W.S.B. and I.B.; methodology, A.W.S.B and A.A.; writing–original draft preparation, A.W.S.B.; writing – review and editing, I.B; supervision, A.W.S.B and A.A. All authors have read and agreed to the published version of the manuscript.

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