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Strategy In Building Skills Entrepreneurial Senior High School Students In Surabaya

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Abstrak

Tujuan dari terapi tawa ini adalah untuk meningkatkan tingkat kebahagiaan para target terapi yaitu Kabag dan Kasubbag Unesa. Jumlah sasaran untuk terapi tawa adalah 51 orang. Peningkatan skala kebahagiaan diasumsikan berdampak pada peningkatan imunitas tubuh, sehingga terapi tawa ini dapat menjadi salah satu upaya pencegahan serangan Covid-19 yang sedang menjadi pandemi. Metode pelaksanaan kegiatan: (1) penyusunan instrumen angket skala kebahagiaan, (2) penyusunan video lucu, dan (3) pelaksanaan terapi tawa. Rancangan pelaksanaan kegiatan mengadopsi paradigma penelitian One-Group Pretest-Posttest Design. Analisis data perubahan skala kebahagiaan menggunakan teknik analisis statistik non parametrik Wilcoxon dan dibantu dengan SPSS. Hasil yang dicapai: (1) Instrumen Kuesioner Skala Kebahagiaan telah berhasil dibuat, yang dikemas dalam bentuk google-form, (2) 15 video lucu yang memenuhi kriteria tidak kontra-edukasi dan bebas dari unsur kekerasan, SARA, dan Pornografi yang dikumpulkan di flashdisk dan di Google Drive, dan (3) kegiatan terapi tawa berdampak positif terhadap skala kebahagiaan Kasubag Unesa, terjadi peningkatan yang signifikan.

Kata Kunci: terapi tawa, skala kebahagiaan

Abstract

The purpose of this laughter therapy is to increase the level of happiness of the therapy targets, namely Heads of Division and Head of Sub Division of Unesa. The number of targets for laughter therapy was 51 people. Increasing the scale of happiness is assumed to have an impact on increasing the body's immunity, so this laughter therapy can be an effort to prevent the Covid-19 attack which is currently pandemic. Methods of implementing the activity: (1) preparation of a happiness scale questionnaire instrument, (2) preparation of funny videos, and (3) implementing laughter therapy. The design of the activity implementation adopted the research paradigm of the One-Group Pretest-Posttest Design. The data analysis of changes in the happiness scale used Wilcoxon's non-parametric statistical analysis techniques and was assisted by SPSS. The results achieved: (1) the Happiness Scale Questionnaire Instrument has been successfully created, which is packaged in the form of a google-form, (2) 15 funny videos that meet the criteria are not contra-educational and free from elements of violence, SARA, and pornography) which are collected on flash drives and on Google Drive, and (3) laughter therapy activities have a positive impact on the happiness scale of the Head of Sub-Section of Unesa, there was a significant increase.

Keywords: laughter therapy, happiness scale

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INTRODUCTION

The 2019 Corona Virus Disease (Covid-19) pandemic in Indonesia has yet to show signs of ending. In late November and early December 2020, the main-stream media informed that there was an increase in the number of cases infected with Covid-19. It is a condition that all levels of society need to be aware of, including the campus community. Campus is an institution in which there are offices that organize various academic and non-academic affairs. During the Covid-19 Pandemic, the learning process could be carried out fully online while office work still had to be carried out offline. Supporting staffs as the perpetrator of the work, including the Head of Section and Head of Sub-Division, still has to enter the office so that physical interactions between individuals in the office still occur. Physical interactions between individuals can be one of the causes of Covid-19 transmission. Offices can become a cluster for the spread of Covid-19. For this reason, it is necessary to think about efforts to protect the Heads of Division and Head of Sub Division of Unesa. Heads of Division and Head of Sub Division are key individuals for the sustainability of office activities. Heads of Division and Head of Sub Division have the highest probability to interact with other supporting staffs. The form of protection efforts for the Head of Division and Head of Sub-Division is expected to have two impacts, namely an internal impact and an external impact (induction to residents in their offices).

One of the efforts to protect yourself from disease, including the Covid-19 attack, is to increase the body's immunity, at least to keep it in good condition (Margaretha, 2020). One way to increase at least to maintain body immunity in good condition can be done through a psychosocial approach. Psychosocial services can take the form of creating a "happy" or happy state which is assumed to increase immunity. Why choose psychosocial services? Corona virus attacks individuals who have weak immune systems. Increasing body immunity can be done by avoiding stress and one way is by laughing (Sari, 2020). Laughter is the best medicine (Adams & McGuire, 2017).

Furthermore, Sari in iNews.id, Monday (30/3/2020) reported the results of her study that laughter therapy can be done by watching funny films. Sari wrote the following recommendation "laugh by watching funny videos on social media" (<https://www.inews.id/lifestyle/health/Prevent-virus-corona-di-indonesia-4-hal-tak-terduga-ini-increase-immunity-body>). The same opinion can be read on the Help Guide page that the point is "more laughter can increase individual immunity." By laughing, stress hormones are reduced, increasing infection-fighting antibodies and strengthening the body's resistance to disease (<https://sumut.idntimes.com/health/fitness/nenazakiah-1/keb-Habit-sedampang-yang-bisa-Increase-Power-Body-resistance-to-regional-disease-North-Sumatra/> full). Wening (2019) also informed the results of research which concluded that watching funny films can increase IgA, an antibody that plays an important role in immune function. (<https://bobo.grid.id/read/081830492/tertawa-bisa-menakan-kekkes-tubuh-apa-benefits-other-ya?page=all>). Yuki et.al (2018) in their research concluded that laughter can reduce stress and increase cell activity. Exposure to stimuli of humor and laughter has a positive impact on the immune system. Desinta & Ramdhani (2013) recommend the use of laughter therapy based on the results of their research which concludes that laughter therapy is successful in reducing stress levels.

Based on the research findings above, laughter therapy has been carried out to Heads of Division and Head of Sub Division of Unesa. The purpose of laughter therapy is to increase the level of happiness of the Heads of Division and Head of Sub Division of Unesa. If it is assumed that a person's immunity is maintained when he / she is happy, then the aim of laughter therapy is applied to the Heads of Division and Head of Sub Division of Unesa to increase their immunity. With good body immunity, the Heads of Division and Head of Sub Division are internally protected from the Covid-19 attack. We hope that the Heads of Division and Head of Sub Division of Unesa can disseminate this laughter therapy to other residents in their offices.

METHOD

The method of carrying out the assessment of laughter therapy activities includes the following stages: (1) preparation of a happiness scale questionnaire, including: exploration-adaptation-formulation-packaging in google-form, (2) preparation of funny videos, including: exploration-collection-filtration I-Filtration 2-packing into flash drives, and (3) implementing laughter therapy. The number of targets for laughter therapy was 51 people. The design of the implementation of laughter therapy activities adopts the research paradigm of the One-Group Pretest-Posttest Design (Cook & Campbell, 1979). The team of therapists provides treatments by presenting 15 funny videos. Before and after watching funny videos, a happiness scale was measured using a questionnaire. The data analysis of changes in the happiness scale used the Wilcoxon non-parametric statistical analysis technique (Siegel, 1956) and was assisted by SPSS.

RESULT AND DISCUSSION

The Results of Happiness Scale Questionnaire Preparation

The happiness scale questionnaire instrument preparation has been carried out through the exploration-adaptation-packaging-formulation stages in the form of google-form. The Happiness Scale Questionnaire instrument is then packaged in a google-form form which can be seen at the link: <https://bit.ly/33UWtdfAngketSkalaKebagia>. This closed questionnaire consists of 20 questions that must be responded to by the target therapy with seven choices that represent a description of the respondent's condition on the content contained in each questionnaire item. The following items are presented in question number 15 to provide an overview to readers.

15. Do you fall easily when what you do doesn't go according to plan?

	1	2	3	4	5	6	7	
Very Easy								Very Difficult

If the respondent chooses (ticks) number 1, then the respondent's level of happiness is declared very low. Conversely, if the respondent chooses (ticks) the number 7, then the respondent's level of happiness is declared very high. Each respondent has seven answer choices for each question item which then represents the quantification of the perceived happiness scale attribute. The individual happiness scale is represented quantitatively by the accumulation of the happiness score of the 20 answered questions.

Funny Videos Used for Laughter Therapy

Within 2 months, the team of therapists has managed to collect 128 funny videos from social networks. Each video is given a serial number for easy administration purposes only, not a number that represents any attribute including the level of cuteness. The administrative number for each video is intended to help the assessor to show a certain number of videos that should be reduced, because it would be counterproductive if all funny videos that were collected had to be watched by all therapy targets. The team of therapists tried to reduce gradually. The first reduction stage takes 20% of the total videos that have been collected, namely 25 videos.

The reduction from 128 videos to 25 videos is based on two criteria, namely the level of humor and the duration of time. Three reviewers were asked to choose a video that was felt to contain elements of general humor (predicted to be funny by various viewers' backgrounds and had a time duration that was not too long to anticipate viewer boredom (therapeutic targets). To 25 funny

videos and not boring, the second stage was reduced. The second stage reduction determined 15 videos from 25 funny and not boring videos. The second stage reduction focused more on the filtration of the elements of counter-education, racial intolerance, violence (sadism), and pornography. The second reduction was also carried out by three assessors. Funny videos filtered from the elements as just mentioned, based on the level of understanding among the three assessors. The results of the video assessment based on elements of counter-education, racism, violence (sadism), and pornography can be seen on google drive with the link: <http://tiny.cc/Videolucu>.

Target Level of Happiness Before and After Laughter Therapy by Watching Funny Videos

The impact of laughter therapy that has been carried out which is expressed as a change in the level of target happiness (Heads of Division and Head of Sub Division of Unesa) is descriptively presented in Figure 1.

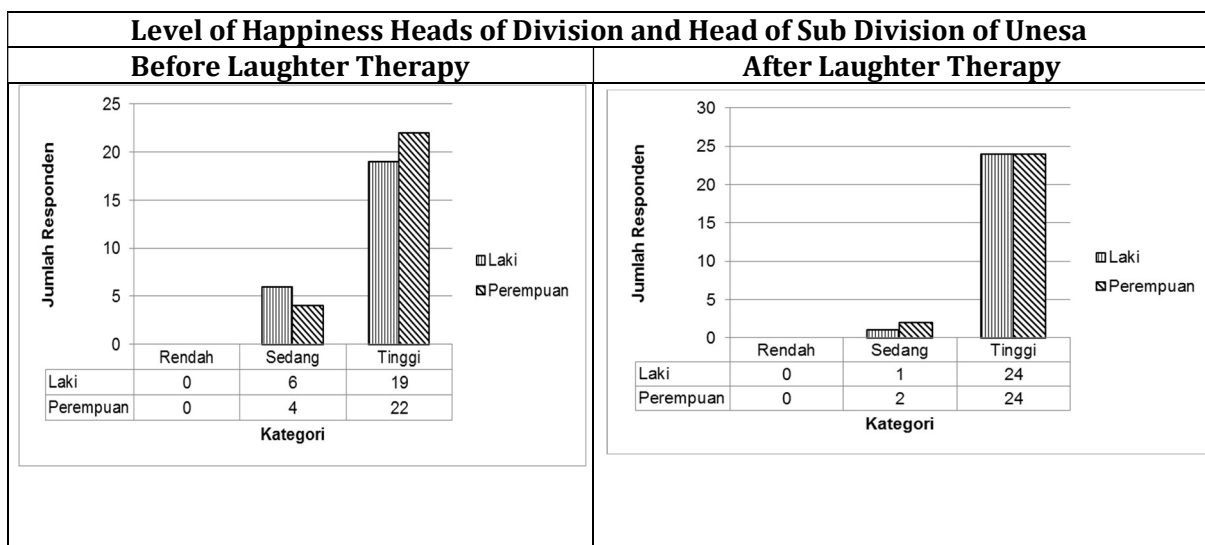


Figure 1 Histogram of Target Happiness Scale Before and After Laughter Therapy

The histogram above shows the happiness scale of the Heads of Division and Head of Sub Division, both before and after laughter therapy, which are in the medium and high categories. This data shows that the majority of the Heads of Division and Head of Sub Division of Unesa have a high happiness category, there are 10 people in the medium category, and no individual has a low happiness scale. Videos of happy expressions from the four Heads of Division and Head of Sub Division during laughter therapy can be seen on google drive with the link: <http://tiny.cc/Respondenterlucu>.

The question is, is the scale of happiness after laughter therapy has increased compared to before therapy? To answer this question, the team of therapists has conducted statistical tests using the Wilcoxon non-parametric inferential analysis (Wilcoxon Signed Ranks Test) assisted with SPSS software. The Statistics test yields an Asymp. Sig. (2-tailed) 0,000. This means that the happiness scale of the Heads of Division and Head of Sub Division has increased significantly after watching a funny video. This condition is expected to have a psychological impact on maintaining body immunity.

Based on the results of data analysis both descriptive and inferential, it can be concluded that laughter therapy with the aim of maintaining the immunity of the Unesa residents, especially the Head and Head of Subdivision by providing funny shows has been achieved. The happiness scale

of the Heads of Division and Head of Sub Division has increased significantly after watching funny videos.

Social engineering (social psychology) that has been carried out by a team of therapists has been shown to be able to increase the therapist's target level of happiness. If the assumptions applied by the therapist are valid, then the laughter therapy has succeeded in maintaining the immunity system of the Heads of Division and Head of Sub Division of Unesa by avoiding stress. Statistical analysis has proven that the chances of developing stressful conditions in therapy targets can be avoided by watching funny videos, the targets experience a significant increase in their happiness scale. When the therapeutic target gives an assessment that the majority of the videos that are watched are funny and make them entertained, then it is proven by increasing the happiness scale, it can be assumed that it has an impact on increasing body immunity. The target community for therapy are Unesa residents who have the potential to disseminate this social engineering to a wider audience because the Heads of Division and Head of Sub Division of Unesa have a number of subordinates. It is hoped that efforts to protect the Covid-19 attack through maintaining body immunity can be expanded.

The number of Covid-19 cases has recently increased again. This shows that society has not been able to implement a new life order. Indonesian society has not yet passed the crucial point or peak of the pandemic. Discussions to answer the question "When will the Covid-19 Pandemic end," have yet to produce a definite answer. To respond to a situation like this, one of the keys is to maintain body immunity while praying to God the Owner of Life so that you don't get Covid-19.

Laughter therapy activities that have been carried out have succeeded in scientifically proving that providing funny shows through videos can increase the joy of each individual. A number of studies reinforce the proposition that an individual's level of excitement correlates with a person's immunity level. The Heads of Division and Head of Sub Division of Unesa are human resources supporting the efforts to improve the quality of the Institution carried out by the leadership of the University with the academic community. The quality of life for human resources in the health dimension is the responsibility of the Unesa leadership. Unesa leaders must revitalize programs that lead to the happiness of their citizens. Innovative programs to improve the happiness of Unesa residents need to be developed. This is a follow-up plan proposed to the Institute leadership based on the findings of the laughter therapy assessment activities that have been carried out.

CONCLUSIONS

Based on the results of data analysis both descriptive and inferential, it can be concluded that laughter therapy with the aim of maintaining the immunity of the Unesa residents, especially the Head and Head of Subdivision by providing funny shows has been achieved. The happiness scale of the Heads of Division and Head of Sub Division has increased significantly after watching funny videos.

Based on the above conclusions, a recommendation is put forward like the following. The laughter therapy implementation team is supported by universities or institutions to build internet-based networks (Internet of Things), which can be started with the development of Google Drive and its content that can be accessed by Heads of Division and Head of Sub Division, and other parties. The content referred to is funny videos and selected funny stories that can be accessed easily using a laptop or cellphone during spare time from busy routine work. Thus, facilities for pursuing happiness are freely available and easily accessible.

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