

# **Model Budaya Jawa dalam Pencegahan Penularan, Trauma Healing Wabah Covid 19 melalui Daring Pembelajaran Siswa SMTA (Tahun Kedua)**

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## **ABSTRACT**

The Covid-19 pandemic is still something to watch out for. Various activities that are intended to strengthen oneself both physically and psychologically are things that are continuously encouraged by the government, institutions and the community. The work from home, learning from home policies are still being implemented and continuously updated along with the development of the Covid-19 case. Thus, we intend to provide counseling for the prevention of transmission and trauma healing based on the Javanese cultural model through the use of online learning for high school students. Participants in the activity were teachers and students from high school in Yogyakarta, namely: SMA Negeri 1 Pengasih, SMK Negeri 1 Sewon Bantul, SMA Negeri 10 Yogyakarta, SMK Negeri 1 Seyegan Sleman and SMA Negeri 1 Rongkop Gunungkidul.

The material in this activity includes: 1) mindset in dealing with covid in Javanese songs, 2) playing gamelan / listening to gamelan sounds to increase immunity, and 3) healthy and refreshing empon-empon drinks. The three materials raised local wisdom in Javanese culture as a strategy to strengthen physically and psychologically in dealing with the pandemic situation which is expected to be a solution to public unrest to strengthen immunity and dispel anxiety over the development of COVID-19.

Kata Kunci: *Javanese culture, prevention, trauma healing, covid 19.*