

## MUSICIANS' COPING STRATEGIES AMID THE COVID-19 PANDEMIC

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### *Abstract*

*The emergence of the COVID-19 pandemic added to the problems and obstacles faced by musicians. Enforcement of a policy of limiting activities makes all musicians becomes hampered. Problem such as job loss faced by musicians can cause stress. Applying the right coping strategies can help musicians make adjustments and avoid prolonged stress. This research aims to find out what coping strategies are used by the musicians lost amid the COVID-19 pandemic and what factors influence the choice of coping strategy by using qualitative methods phenomenological approach. Data collection using semi-structured interviews. Respondents in this study were 5 musicians who lost their jobs in the middle the COVID-19 pandemic and experiencing problems or obstacles at work as musicians due to the COVID-19 pandemic. The results show that the strategy method coping used by respondents consist of distraction, problem solving, and support seeking. The choice of coping strategy methods in this study is influenced by desire yourself, hobbies and abilities, as well as family and friendship environment. Impact that arises after carrying out coping strategies is to feel calm and happy and the economic situation is getting better as seen from the income of the respondents which increases.*

**Keywords:** Coping Strategies, COVID-19 Pandemic, Musician, Work

### 1. INTRODUCTION

In 2020 the whole world is experiencing problems caused by the Corona Virus Disease 2019 COVID-19 Pandemic. On March 31, 2020, President Jokowi held a Press Conference, with the aim of announcing to the public the policies he had chosen to respond to COVID-19 as a global pandemic that the Indonesian people are currently facing (Ristyawati, 2020). At the press conference, President Jokowi issued a statement that the Large-Scale Social Restrictions (also known as PSBB) policy was the policy chosen in response to a health emergency.

This decree on large-scale social restrictions (PSBB) raises another problem. A number of people's activities and mobility in carrying out their routines were disrupted, which had a major impact on almost all aspects of life, especially the health, social, economic and political aspects (Oey-Gardiner & Abdullah, 2021).

Some of the businesses driven by the tourism sector in Bali include travel agency activities, transportation, hotels, restaurants and restaurants, regional arts and culture, the folk craft industry, as well as entertainment and recreation venues (Utama & SE, 2015). Apart from these sectors, there are other sectors that have also been affected by the pandemic, namely the arts sector. The arts sector consists of several art workers who have experienced the impact of Covid-19, one of which is a musician.

According to the Big Indonesian Dictionary, a musician (hereinafter referred to as KBBI) is a person who creates, directs or performs music; composer or musician. During the COVID-19 pandemic, many domestic and foreign music events were affected by the

COVID-19 pandemic, one of which was the Hammersonic Festival. The state of decline and even job loss experienced by musicians can cause musicians to experience stress.

The stressful conditions experienced by individuals can have a negative impact on the individual itself. According to Andari et al. (2017), “individuals can experience stress due to the instability of social, economic conditions, poverty, and unemployment”. The stress they experience has the potential to cause the individual to be oriented to do bad things, including suicide. As reported by an online news platform in Indonesia, a young man with the initials KP was found to have committed suicide in his rented house in the Tangerang area on Saturday, May 16 2020 (Kompas, 2021). The young man committed suicide due to the stress of losing his job, because the convection where the victim worked was no longer operating for the COVID-19 pandemic. In addition, the vocalist of the metal band Deadsquad admits to using cannabis because of stress due to not having a stage during the COVID-19 pandemic (CNN Indonesia, 2021).

Judging from the problems that have been described, researchers feel the need to conduct research related to coping strategies for musicians in the midst of the COVID-19 pandemic in the hope that researchers will be able to provide an overview to the public about the concept of coping strategies for musicians in the midst of the COVID-19 pandemic.

## **2. LITERATURE REVIEW**

### **2.1. Coping Strategy**

According to Noviyanti (2012) state that “coping is a cognitive and behavioral effort to deal with specific demands that are external and internal, where capacity is considered to exceed the resources possessed by the individual”.

Skinner & Zimmer-Gembeck (2016) suggest that “there are three coping strategies that are often used by adolescents to early adulthood, namely problem solving, support seeking, and distraction”.

### **2.2. Musician**

Musicians in the Big Indonesian Dictionary (KBBI) are defined as people who create, lead, or perform music; composer or musician. Anggoro (2020) states that in work, there are two types of musicians, namely:

- 1) Full-time musicians are musicians who make music their main occupation. In general, full-time musicians really depend on music for their lives.
- 2) Part-time musicians are musicians who do not make music their main occupation and do not depend on music for their living.

### **2.3. COVID-19 Pandemic**

A pandemic is a disease outbreak that spreads very quickly to people and occurs in almost all regions of the world, covers a very wide range, and crosses international boundaries (Masrul et al., 2020). Corona viruses are a large family of viruses that cause disease in humans and animals (Basith, 2020). In humans, it usually causes respiratory tract infections, ranging from the common cold to serious diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). A new type of coronavirus that was discovered in humans since an extraordinary incident appeared in Wuhan China, in December 2019, was later named Severe Acute Respiratory

Syndrome Coronavirus 2 (SARS-COV2), and caused Coronavirus Disease-2019 (COVID-19).

### **3. RESEARCH METHODS**

#### **3.1. Research Type**

This study uses a qualitative method with a phenomenological approach. The phenomenological approach is used because it emphasizes the subjective aspects of human behavior, hence through this approach one can understand how musicians' coping strategies are described in the midst of the COVID-19 pandemic.

#### **3.2. Respondents**

Respondents in this study were 5 musicians who were experiencing a decline and even lost their jobs amid the COVID-19 pandemic. The search for respondents was carried out by distributing Google forms using purposive sampling.

#### **3.3. Data Collection Technique**

The data collection process in this study was carried out using direct interview techniques and online interviews, field notes to obtain data in accordance with the research objectives. Online interviews were conducted via video conferencing, voice messages, and text messages. The questions asked in this research interview were open-ended and in-depth questions. Field notes in this study consisted of descriptive notes containing descriptions of the atmosphere, conversations, and expressions of the respondents obtained from interviews and observations.

#### **3.4. Data Analysis Technique**

Data analysis in this study was carried out using three major steps, namely open coding, axial coding, and selective coding (Corbin & Strauss, 1990). This technique was chosen because it can help build a good theory, help reduce bias and assumptions, and provide a basis for producing a theory that approaches the reality it represents (Corbin & Strauss, 1990).

### **4. RESULTS AND DISCUSSION**

Based on the results of the data analysis that has been carried out, there are 6 findings that emerged in this study related to the experiences of musicians amid the COVID-19 pandemic. The 6 findings in this study are as follows:

#### **4.1. Musician's Life before the Pandemic**

Before the COVID-19 pandemic occurred, the five respondents' work as musicians was very good and smooth. This is because before the pandemic, many domestic and international tourists came to Bali to hold weddings so that the five respondents who worked as wedding singers, especially at the wedding ceremony, had many jobs.

#### **4.2. COVID-19 Pandemic**

The COVID-19 pandemic has had a profound impact on people's lives. Simultaneously with the establishment of the COVID-19 pandemic in Indonesia, the government also implemented several rules and policies with the aim of preventing and minimizing the death and positive rate of COVID-19. One form of regulation imposed by the government is the limitation of activities by the community. Restrictions on activities carried out in the community have an impact on several sectors, including the tourism sector.

#### **4.3. Problems Experienced**

Based on the results of the analysis that has been carried out, the problems experienced by respondents due to the pandemic are divided into 2, namely economic and psychological problems. The economic problems experienced by respondents were having no income and difficulty meeting their needs, while the psychological problems experienced were stress, difficulty sleeping, depression, and even wanting to commit suicide.

#### **4.4. Coping Strategy**

Based on the results of the analysis that has been carried out, it was found that the respondents in this study carried out more than one action and strategy to reduce and overcome problems that occurred due to the pandemic. The first form of coping strategy carried out by respondents was distraction. The forms of diversion carried out by respondents in this study were by carrying out other activities such as gardening, playing social media, positive affirmations, self-talk, and giving thanks and praying.

The second form of strategy used by respondents in this study is problem solving. The forms of business that the respondents did were by switching professions. In this study, respondents switched to different professions, such as becoming vocal teachers, cake sellers, donut sellers, opening virtual video editor services, as well as photo and video documentation of various events. Apart from switching professions, other efforts made are using existing savings as well as possible and changing lifestyles to be more economical.

The third form of strategy used by respondents in this study is support seeking. Efforts made by respondents in seeking support are by sharing, telling stories, and asking for help from people whom respondents consider close, such as family, friends, and other people.

#### **4.5. Factors Influencing Coping Strategies**

There are several factors that influence respondents' decisions in choosing and implementing coping strategies, including: internal and external factors. Internal factors consist of the respondent's self-concept, self-desire, as well as the hobbies and abilities that the respondent has. While external factors consist of other people such as circumstances and support from family, friends, and others.

#### **4.6. Impact After Coping**

After the respondent made various efforts to reduce and even overcome the problems experienced, there were several impacts experienced by the respondent.

As for some of the impacts that respondents experienced after carrying out several coping strategies, the economic situation improved as seen from increased income and

being able to meet daily needs. In addition to the economic impact, the psychological impact experienced by the respondents in this study also improved as seen from the feelings of calm, pleasure, stress relief, and better sleep that the respondents experienced.

## 5. CONCLUSION

Based on the results and discussion of this study, it can be concluded several things as follows:

- 1) The problems faced by musicians amid the COVID-19 pandemic are economic and psychological problems that affect the lives of respondents. In economic problems, the problems experienced are the lack of income and being unable to meet needs. In psychological problems, the problems experienced are sadness, stress, and depression.
- 2) The form of coping strategies used by respondents to deal with problems consisted of distraction, namely doing other activities, positive affirmations, and giving thanks and praying; problem solving, namely switching professions, living frugally, and making loans; support seeking, namely seeking social support such as telling stories and asking for help from family and friends.
- 3) The choice of coping strategy methods used by respondents in dealing with problems is influenced by influencing factors. Factors that influence are self-desire, hobbies and abilities, family, and friends.
- 4) Doing coping strategies has a positive effect on musicians. The condition of musicians after carrying out coping strategies is to have income, be able to meet needs, and have feelings of calm and pleasure.

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