

# CERTIFICATE

No. 26.10.3/UN32.2/DK/2020

This is to certify that

**Agustinus Dicky Prastomo**

has participated in International Conference on Art, Design, Education and Cultural Studies (ICADECS) 2020 "New form of Art, Design, and Education to Reinforce Cultural Sustainability" Organized by Art and Design Department - Universitas Negeri Malang on October 24, Malang-Indonesia  
as a

**Presenter**

Malang, October 24, 2020

Dean of Faculty of Letter



**Prof. Utami Widiati, M.A., Ph.D.**

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13.00-14.30	<b>Parallel Session 1</b>			
	<b>Room 1</b>			
	<b>Name</b>	<b>Zoom ID</b>	<b>Title</b>	<b>Download</b>
	Tri Wahyuningtyas	Room 1.765104.Tri	BAPANG MASK'S SYMBOLIC POWER IN ATTEMPT OF BREAKING MURI'S RECORD IN MALANG DISTRICT	<a href="#">Abstract</a>
	Rieka Mustika	Room 1.353402.Rieka	REPRESENTATION OF GOSSIP CULTURE IN "TILIK" SHORT MOVIE ON YOUTUBE	<a href="#">Abstract</a>
	Agustinus Dicky Prastomo	Room 1.246845.Agustinus	The role of instructional design in recreational activities for COVID-1 9 quarantine patients in Semarang	<a href="#">Abstract</a>
	Rina Rizqi Nur'aini	Room 1.442741.Rina	DESIGN AN INTERACTIVE BOOK ON BODY SHAMING AS EDUCATION FOR ELEMENTARY SCHOOL CHILDREN	<a href="#">Abstract</a>
	Dhianika Putri Nurhepi	Room 1.752100.Dhianika	Illustrated Book About Stress Response Model and How to Cope With It	<a href="#">Abstract</a>
	Endang Setyaningsih	Room 1.587938.Endang	The Empowerment Children's Reading Book Project Contain Local Content To Promoting Blitar Native Culture Preservation	<a href="#">Abstract</a>



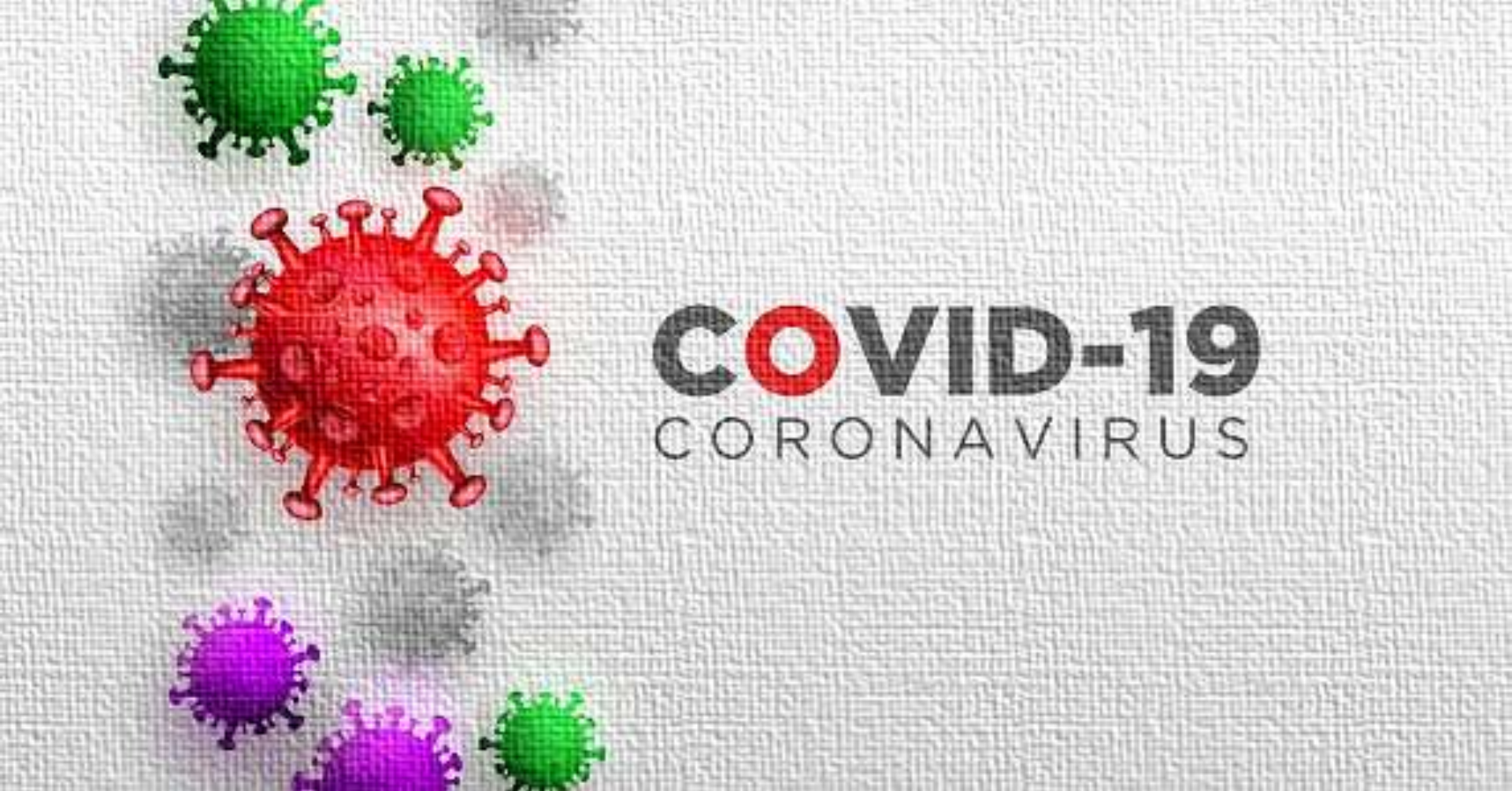
# THE ROLE OF INSTRUCTIONAL DESIGN FOR COVID19 QUARANTINE PATIENTS IN SEMARANG

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Education, and Cultural Studies (2<sup>nd</sup> ICADECS)  
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Art and Design Department, Faculty of Letters, Universitas Negeri Malang





# COVID-19

## CORONAVIRUS

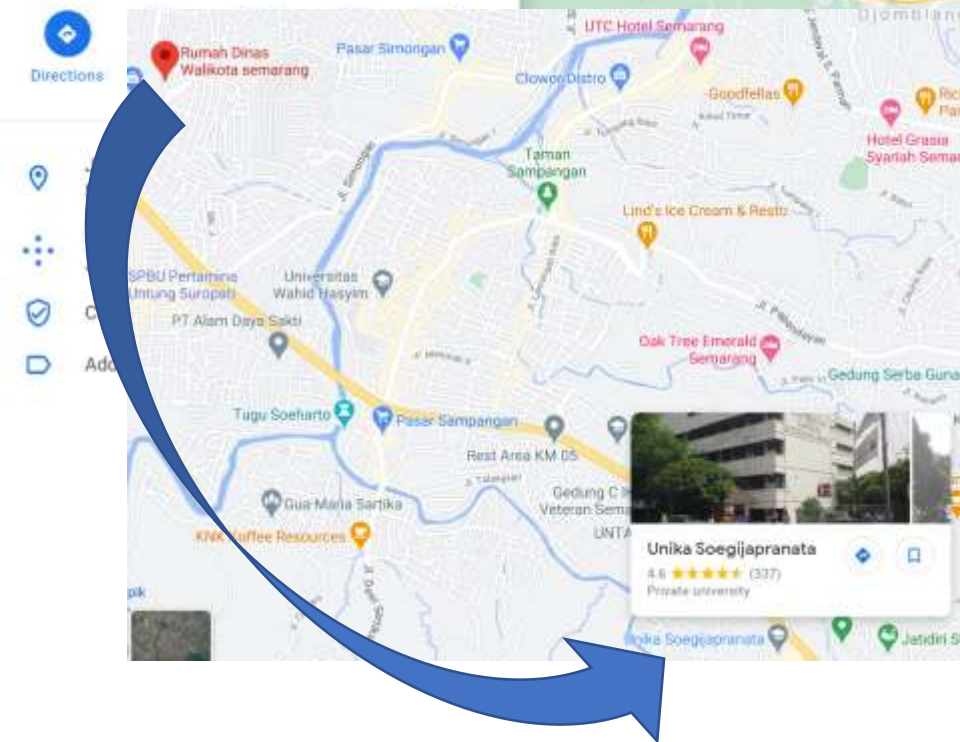
In 2020, as the Covid19 has spread around the world, everyone of us dealing with a pandemic situation. The situation is become much more complicated, unusual, **anxious**, alert, and difficult for people, **causing death** and **paralyzing the economy**

***The new problems***




## Identifikasi permasalahan

1. Selain problem kesehatan fisik yang terkait dengan covid19 yaitu system pernapasan (juga system lain bawaan dalam tubuh) yang dapat mengakibatkan kematian meski telah dirawat di RS,
2. Terganggunya kegiatan social ekonomi (protokol kesehatan dalam aktivitas apapun, resesi, kemiskinan, criminal)
3. muncul pula gangguan kesehatan mental karena pikiran dan perasaan di saat harus dikarantina (Status ODP/PDP banyak mendapat stigma negatif di masyarakat), kemudian depresi dan bahkan bisa mengakibatkan kematian
4. aktivitas membosankan di karantina dapat menyebabkan tambahan gangguan kesehatan mental yang tidak bisa disepelekan,
5. menurunnya motivasi diri internal dan semangat hidup dengan kekuatiran dan pikirn negate saat karantina



15km – health protocols issues during covid19

# hypothesis

**ANXIOUS**: a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.  Negative thinking

Simple truth: if we change our thought in our mind, we can change our perception.

(the mind is primary cause of illness in the world today) 

leads to suffering, to depression and to the death.

   
anxious-recreational-death-joy and happiness

Perlu ada intervensi dari luar untuk membantu dan memberi kontribusi signifikan terhadap kondisi tersebut.

Dimasa pandemi , seorang desainer komunikasi visual sering mendapatkan pertanyaan reflektif dan praktis apa, dimana, bagaimana, mengapa seorang desainer disaat pandemi? Apa yang bisa dan sedang dilakukan? Sesuai hak dan kewajiban tridharma, tidak hanya mengajar online, melakukan riset desain, tetapi juga bisa melakukan community service yang memiliki dampak manfaat langsung yang bisa dirasakan oleh target khalayak yang dituju. Terlebih saat pandemi, varian permasalahan terkait pandemic covid menjadi melimpah, dan desainer komunikasi visual merupakan salah satu agen problem solver atau agen pemecah masalah atas fokus ke arah masalah tertentu seperti merancang sebuah desain instruksional yang menghibur untuk kehidupan yang lebih baik dan bermanfaat.

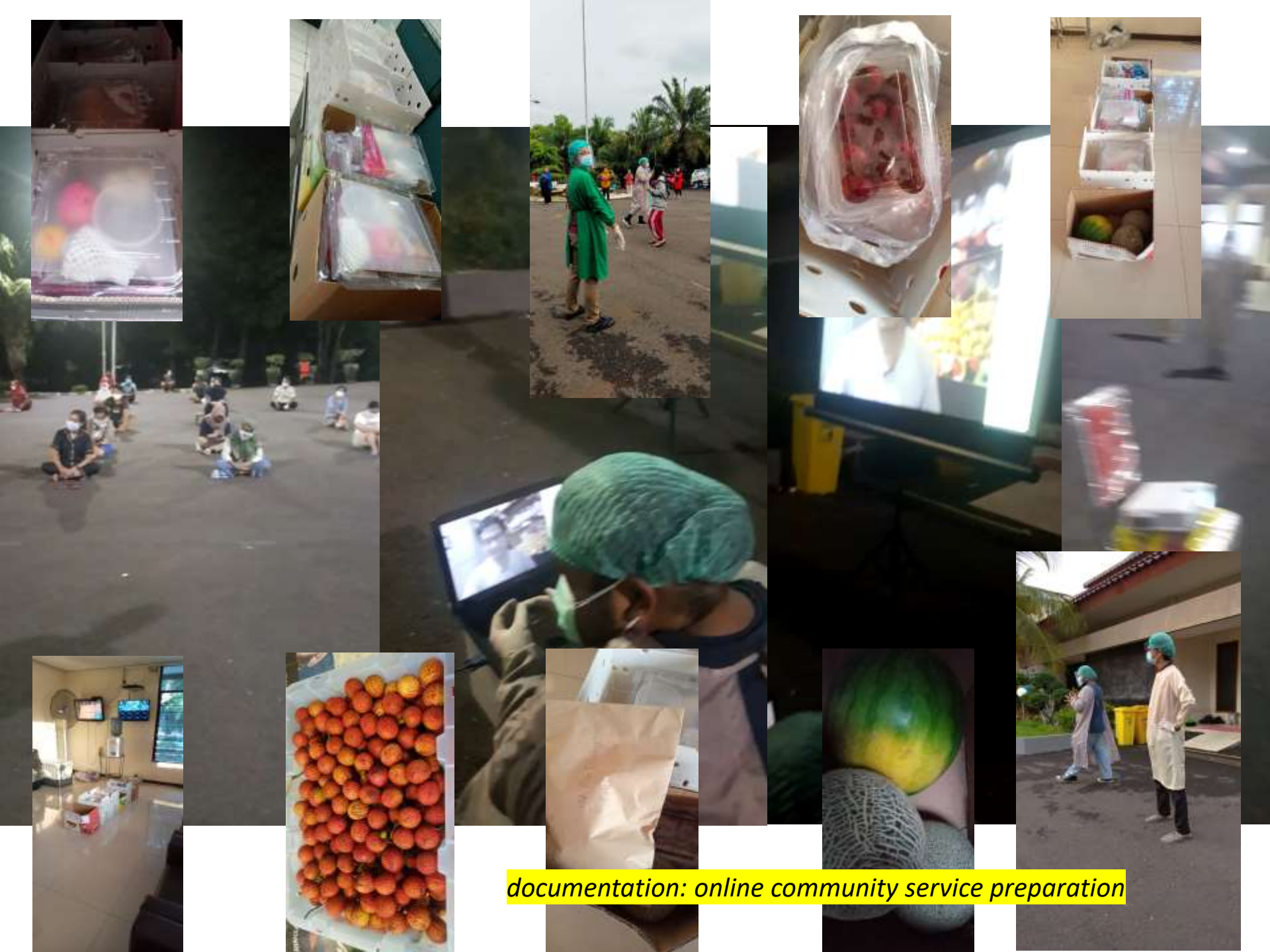


# introduction



*documentation: offline community service preparation*



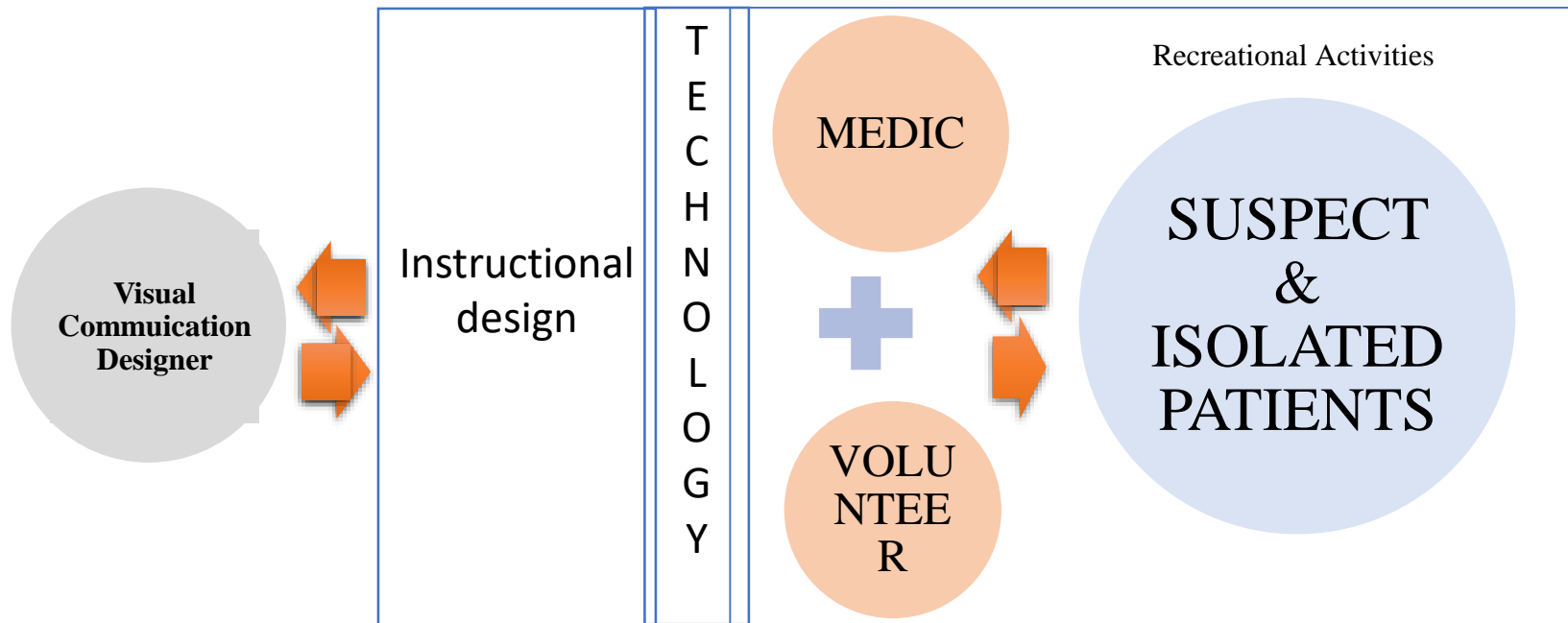


*documentation: online community service preparation*

# method

creating instructional design  
through interaction with others:

Strict Health protocols



Interaction that will change behaviour



# What is instructional design?

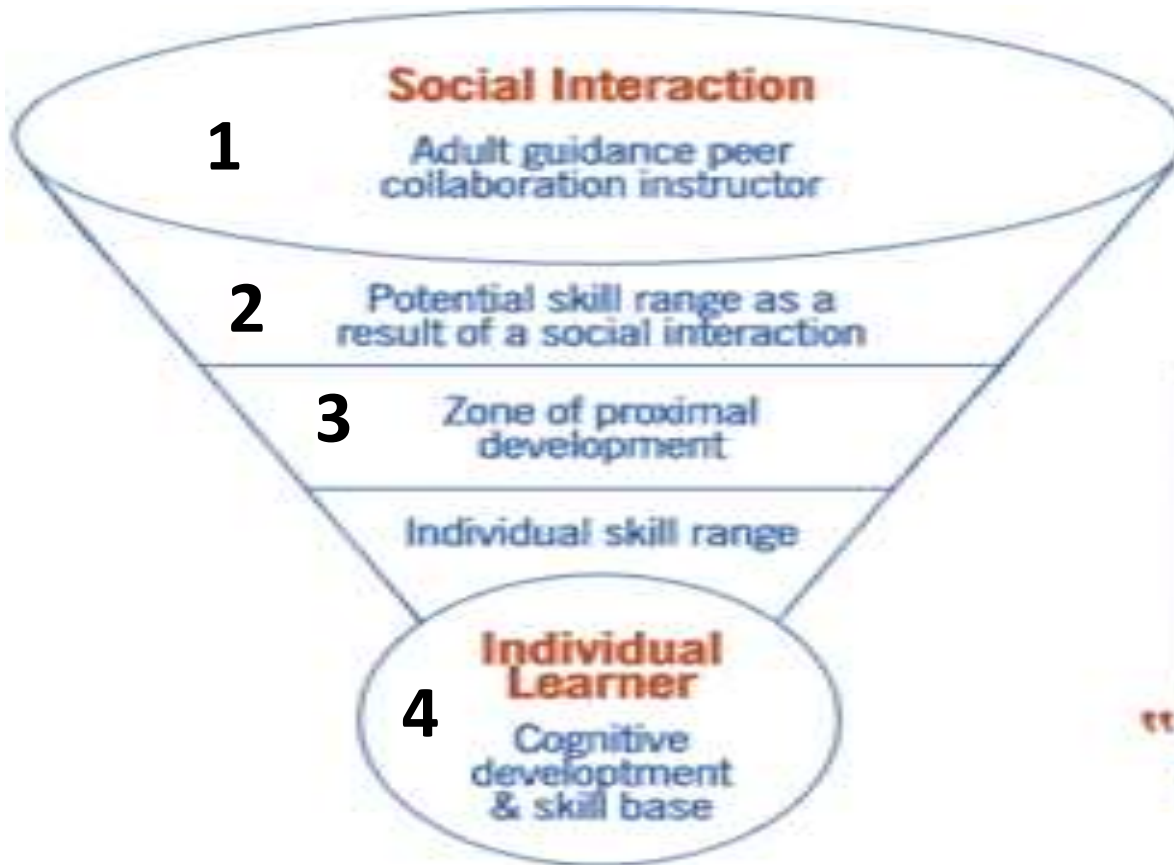
Studies on the instructional design revealed that the primary elements include:

- *the way we think about design by showing how integral it is to our daily lives.*
- *The reflection of design in our daily lives is functional and aesthetically pleasing.*
- *The function of instructional design is needed more than just ordinary information or identification.*
- *Multiple approaches, stages and strategies utilized to conduct participation and social construction.*

Papanek, 1973; Cunningham, 1996; Frascara, 2004; Hezket, 2005;

# 4 stages instructional process

Vygotsky: “cognition construction through social context” → instructor is a partner to achieve optimum potential.



“ Learning is cognitive development through social interaction ”

Lev Vygotsky

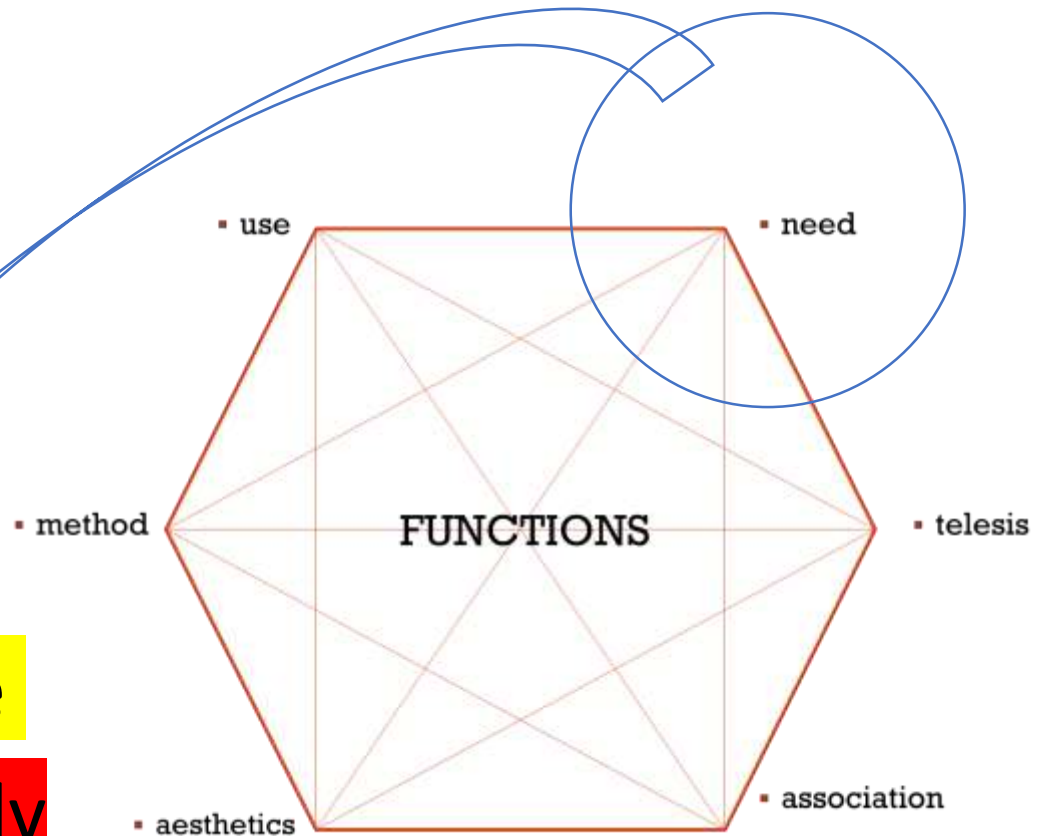
## Main Reference:

Duffy, T.M. & Cunningham, D.J. (1996). Constructivism: Implications for the design and delivery of instruction. In D. Jonassen (Ed.), Handbook of research on educational communications and technology (1st ed., pp. 1-31). New York, NY: Routledge/Taylor & Francis Group.



# The role of instructional design:

an instructional design is made through tutorial video to entertain and provide **positive** activities step by step for the patients' need **safely**



Papanek: design function for the real world

with joy and happiness >>>

recreational activities : avoiding anxiety, bad emotion, negative thinking, depression

# result









# conclusion

a feeling of great pleasure and happiness.

The designer could create a distance between the medical team, volunteers, and the patients through online communication technology. The instructional design could bring blessings to others **with joy and happiness** by following the tutorials and support medical teams who work in the field who are working at high risk with strict health protocols.





# answering the hypothesis

What you believe creates your life on the inside and the outside. The POCEBO Effect is when you have a very positive thought that something can HEAL you. It was the THOUGHT that healed you.

There is negative thinking  
And it is called NOCEBO Effect. And in the same power that **positive thinking can heal you**, negative thinking can kill you

So, if we were growing up and programmed with stronger beliefs we would be more powerful than we are now





# THANK YOU

MAY OUR LORD BLESS US IN THE NEXT JOURNEY



Template  
program for  
quarantine house  
in small village is  
needed

# Virtual documentation



Recording

## DATA COLLECTION TECHNIQUE

5W + 1H  
ANALYSIS

### DATA ANALYSIS PROCESS

- Data Reduction
- Simplification
- Conclusion

### Image Aspect

Observation and recording supports visualization of works.

### Maker Aspect

Involving parties other than the designer himself.

### Audience Aspect

The level of need and interest of the target audience.

Room 1.2468...

andreas syah ...

Room 1.752100...

Room 1.353402... Swastika Dhesti...

ENDANG SET...



Recording

# FINAL DESIGN

Bright colors combination:  
Representation of positif environment

Dark colors combination:  
representation of negative  
energy



Good to overcome  
Stress, depression,  
negative feelings.

Differentiate  
by content page.



Stop Video

Participants 10

Chat

Share Screen

Record

Reactions

Leave



# SUPPORTING MEDIA



A vertical stack of video thumbnails from a Zoom meeting. The thumbnails show different participants, including a man with glasses, a woman, and a woman in a hijab. The text 'Room 1.752100.Dhianika' and 'Room 1.765104....' is visible on the thumbnails.