

Theater and Actor Training Processes as a Means of Education in the Pandemic

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Abstract. Corona is not known when the incubation period ends, even at the end a new variant emerged from the adaptation of these bacteria to the environment. The period of activity restriction is carried out to prevent the transmission and re-spread of the coronavirus. The status of the pandemic has not yet shown a bright spot towards its normal state. Victims fall with symptoms that are still palpable to this day, the effectiveness of the use of vaccines is competing with the rapid adaptation of the virus. However, when viewed randomly, corona will attack anyone who has a weak immune system. Anxiety and feeling threatened make people experience extreme anxiety. Anxiety and suspicion of people around them make people depressed. Depression and feeling uncomfortable is one of the contributors to the decline in the body's immunity in humans. The body exercise method as a detox, vocal exercise as psychological therapy, and concentration as a self-calming medium are tools that can be used as a process of increasing body immunity. How can drama training tutorial media patterns function as an increase in body immunity? A qualitative descriptive approach with data collection from multi disciplines will be used as a tool to analyze it. An actor's capital is his body, mind and vocals, there is a side that is rarely touched by the benefits of this process in both physical and mental health. Under conditions of stress and depression, humans will find it difficult to produce endorphins in their bodies because there is no communication stimulus in their bodies. In acting training, the body becomes a detoxifier and vocal exercises lighten the burden of one's mind, while concentration becomes a meditative medium in calming oneself. Therefore, the method of acting training needs to be introduced as a medium towards physical and psychological health in order to increase body immunity. Data obtained from interviews, literature, and analysis are adjusted to the object of research. Triangulation of sources and techniques is used to maintain the degree of data actualization and data validity.

Key words: theater; drama; immunity; psychoneuroimmunology.

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INTRODUCTION

The spread of the corona virus which was finally declared a pandemic. Regulations were issued to prevent the spread of the virus seriously. But that doesn't mean it's without consequences. Social restrictions force people to be able to adjust and adapt to this situation.

The period of adjustment from the effects of social restrictions that have been implemented has more or less built the community in difficult conditions. Stress and depression, feeling threatened, and anxious in their own environment. The abundance of information about this situation that is read, seen and heard is increasingly making the public nervous. Because in today's era a lot of news that appears is not based on competent sources in their fields. Such a situation makes people feel depressed and feelings of discomfort, pressure, anxiety lead to depression.

Depression is recognized or not to be one of the causes of decreased immunity internally.

The main objective of this research is to find a media formula to increase body immunity through drama that can be done independently. For community assistance which has not been done so far. The results of the research are audio-visual media uploaded on YouTube, in the form

of body exercises, vocal exercises and meditation or concentration. Thus, the community can carry out *self-limited disease* or heal themselves by preventing it.

Assistance to the community is important to educate the public through the media considering the pandemic situation which makes it impossible to do it face--face or face--face toto According to Borg, as quoted in Sugiono, research and development is "What is research and development? It is a process used to validate educational products." develop Research and development is a process/method used to validate and develop products. In the description, it states "by product we mean not only such things as textbooks, instructional films, and computer software, but also methods, such as drug education programs or staff development programs. The product referred to here is not only in the form of materials such as textbooks, films for learning, and computer software, but also methods such as teaching methods, and programs such as educational programs to overcome the disease of children who drink alcohol and development programs. staff. (Sugiono, 2019,28). Brog also states that research and development is how researchers develop existing ones by means of validation. Developing existing products can mean updating existing products, to

be more effective and efficient.

Drama has several etymological meanings in his book (Autar, 2008) The word "drama" comes from the word *Draomai* (verb: dran) in Greek, and according to Professor Alfvn B. Drama comes from the verb *dran* which means to apply ("to do".) or to act ("to act"). In the pattern of actor training before the training begins, physical, sociological, psychological analysis is also carried out. The analysis is used as an approach to the characters to be played. Physiological elements are carried out by doing different body exercises with sports, because the needs of physical exercise are not the same as sports even though the two things can be said to be similar. Psychology is analyzed to approach the characteristics of the characters being played. From some of these things, the application of physical training through physical exercise includes breathing, gymnastics, psychology, training applications through vocal, breathing, and meditation.

The psychological process is actually a stage towards physical balance in the form of behavior. Because nerve manipulation and endocrine function can affect the body's immunity. Immunity can actually be grown naturally through the influence of the nerves of the brain as a controller of the body, human feelings will affect their behavior and stimuli obtained from outside make the body reject the arrival of foreign creatures outside the body. Immunity can be achieved if there is a balance between physical and psychological. The body is an important element in perceiving all human behavior. The body can be an idea, a thought, a feeling, a desire.

METHOD

Research Goal

The study uses an approach to *Research and development to describe* the process of making educational media that will be distributed to social media youtube. With the making of acting training tutorials, it is hoped that the wider community can independently use it to increase body immunity. Nowadays, maintaining the body's immunity is very important when the covid virus makes a pandemic situation and we don't know when it will end. The analysis is adapted to multi-disciplines to get maximum results.

Sources of data in this study can be in the form of words and actions or written sources from several sources tailored to the needs. from various studies. According to Loflan in Maleong, the

main data source in qualitative research is in the form of words and actions, the rest is additional data such as documents and others (Moleong, 2005). Data is obtained from literature and online interviews with competent sources in their fields. Data about covid was obtained through news sources on social media and several online seminars conducted by several media. The relationship between the corona bacteria and its causes was obtained through various interviews with the nurse resource person at Dr. Sutomo Wahida Hospital aged 48 years, the data obtained is that the infected covid patients are usually between 30-65 years old and already have a history of illness. Covid patients have low immunity because they have been attacked by previous diseases. The covid virus attacks the lungs as the main tool in pumping blood to all organs of the body. Patients will get worse if the lungs are attacked and immunity decreases, so that bacteria enter the whole body through blood that is pumped to all organs of the body. From several psychology journals, it is stated that the immune system or body immunity is closely related to a person's psychological condition. Anxiety and anxiety will reduce the body's immunity, related to the respiratory system which regulates the regularity of blood hemoglobin products in the body. Hemoglobin is what produces the body's defense against foreign objects or foreign creatures that are not needed by the body (Nugroho, 2020). Therefore, patients exposed to COVID usually require blood plasma donors from recovered patients. The heart is the main source of blood circulation throughout the body which is pumped through the lungs. So that respiratory stability becomes important to maintain body stability. In theater science there are the most basic capitals, namely the body, vocals, and intellect. In addition, to shape the character to be played requires hard vocal training, the body for stamina, and calm in playing (Rendra, 1990).

Sample and Data Collection

There are two types of data collection techniques in this study, namely in the documentation data collection technique, which functions as data, and documentation the inform of recording as a result of the analysis. Documentation can be obtained from various performance activities and processes carried out by theater performers. Then tested independently and analyzed according to research needs. The data obtained are classified into several parts to

be selected and sorted according to their function for body immunity. In addition, documentation obtained from several news sources as analysis material. Recording is done to make products according to the research objectives. First, the recording process goes through a needs analysis to increase the body's immunity. Disciplines related to immunity are psikoneuroimunologi, a psychology that deals with the body's resistance. From the analysis between actor training science, then it is analyzed and designed a scenario for making tutorial media for actor training methods including body exercise, vocal exercise and concentration.

Researchers also use this method to obtain data both medically (nursing frontline nurses in the Corona case at Sutomo Hospital), also with several victims infected via Whatsapp. In addition, interviews were also conducted with media experts who are competent in their fields. Because the product is also a recorded tutorial design, the resource person is a theater lecturer at the Yogyakarta Institute of the Arts. This becomes important because apart from the recording technique, the content must be interesting.

Literature study is carried out in addition to searching for data but also to process data. Library data is not only based on literature, but also from cyberspace, the use of virtual libraries is because this research has little possibility of direct observation to affected areas. The library is used as a foothold in analyzing the data and facts obtained, so that they can produce findings that can be accounted for. Literacy libraries, virtual libraries, and several journals were used as field analysis tools.

In order for the data obtained to be accurate, the researcher took the following steps to validate the data by (1). Collecting data both in literature and virtual. (2). Observation in the field through several resource persons in the

field. (3). Literacy discussion with experts. (Hidajad, 2020)

Analyzing of Data

From the data obtained, it was analyzed and designed several steps to make tutorials to increase immunity through actor training. The actor was chosen because it contains elements of human health, both psychological health and physical health. So it can be drawn from a common thread that mental health or mental health is very influential on the body's resistance or immunity of the human body.

Discussions with experts are an attempt to obtain as much data information as possible according to their field. So that this research can be guaranteed the validity of the data and analyze it according to scientific rules. This discussion was carried out in addition to getting information as well as exploring the effectiveness of the media as an open educational material for the wider community through youtube. The fields of experts involved are media experts and actor material experts in verifying the data that has been compiled. Data analysis is carried out simultaneously with data collection obtained through several sources, and the data obtained is refined along with data reduction and data verification.

RESULTS AND DISCUSSION

In development research, the first step that must be carried out is the devin stage or steps to be able to find out the requirements. - learning requirements or specifications that can be taken from the research that is appointed. The priority in this research is to provide education with recording-based tutorial media which will later be disseminated through social media. The choice of the audio-visual tutorial is expected to be more real and easy to understand so that anyone who sees it will be able to practice it immediately. In order to produce media optimally, as a means or educational media, it has special requirements in producing it. Auditively, the quality of the sound produced must be as optimal as possible, clear, varied, and have a calming background image considering that the purpose of this study is to produce educational media to increase body immunity.

The second factor is the picture, the picture is a concrete guide to provide a tutorial on the stages of the process that must be done. Images must also vary in terms of both the *angle* and the transition of the images presented. Auditive image compatibility is very necessary so that the educational function can be conveyed properly. The selection of human resources is important to produce communicative educational media products. There are several forms that will be produced, namely narration, pictures, and written text as an emphasis on the material presented. This is to facilitate the understanding of the audience in doing the tutorial in it. The main material in the form of product packaging contains tutorials on increasing body immunity through acting training patterns, elements of training in the form of body exercise, vocal and

breathing exercises ending with concentration. The pattern of acting training was chosen because in acting the human body and psychology are the main material.

The next step is to design the product. The first product design is to assess media effectiveness, namely content *YouTube* and conduct several trials with themes that lead to Covid-19 education. The first title From the title of Unesa World Theater Day Against Corona <https://www.youtube.com/watch?v=xVe4I2hjUcg&t=37s> this content was watched by around 300 people. Then youtube with the link <https://www.youtube.com/watch?v=ojNZxxjOdHo&t=133s> which contains the corona phenomenon wrapped in monologue media watched by 325 contains an explanation of the feeling of happiness to fight corona. Furthermore, the creation of education to overcome the anxiety felt especially by artists with the title be yourself <https://www.youtube.com/watch?v=TlpKHiNYnU&t=22s> which was watched by 466 viewers. After the monologue media is tested, then the pantomime media is at the link <https://www.youtube.com/watch?v=GPDcGggTaMw&t=33s> which contains information about how to live healthy during the pandemic was watched by 620 visitors. The next stage in the cultural adjustment period with the arrival of restrictions is launching a simple film at the

link

<https://www.youtube.com/watch?v=r6YA1JaQods&t=35s> with the title If Love Don't Come Home, contains an explanation to take care of each other by not holding a homecoming. It was carried out with a semi-comedy genre visited by 961 viewers.

The research was carried out by collecting comments and the number of viewers of the uploaded content, in addition to attracting visitors to *YouTube* content, it also provided entertainment as well as education through theatrical performances. From some of the comments on the youtube link and the increase in content visitors, it can be concluded that people really need education that is not theoretical but more on education through entertainment media. People are reluctant to read information in the form of words or speech. Because this type of education adds to feelings of stress and anxiety.

The current case during a pandemic, the complexity of the conflict has surfaced. Social restrictions change habits, economically, politically, and socially to change. A new culture that immediately forced people to adapt. Social

media has become a more prominent window of information, entertainment, and education than before. Therefore, the choice of education with social media is the choice for this research. Cultural changes make people feel anxious and depressed in the context of adjustment. Social interaction is limited, the economy is disrupted, freedom is changed because of regulations that require people to obey for massive prevention. Along with that, the community stutters in adjusting and is nervous, of course, becomes depressed. The body's immunity is determined by three things, namely the health of the body, the health of the mind, and peace. In the science of psychoneuroimmunology, it is stated that the body's immunity is a harmonious unit of physiology and psychology. Corona from observations and interviews it is known that it attacks the respiratory system in humans starting from excessive body heat because there is a resistance between the immunity in the body and the corona bacteria. Body heat will increase, along with bacteria entering the blood circulation area. The center of human blood circulation is located in the lungs and heart. Shortness of breath is the symptom next produced by white blood and bacteria that die when a viral attack occurs, and it continues so that the patient usually has difficulty breathing or is similar to a heart attack (Wahida, interview, 16 May 2020). Patients who are susceptible because they usually already have congenital diseases related to breathing or heart, high blood pressure, lungs, or diabetes. Because actually there is already a wound or hole for the corona bacteria to enter the bloodstream. Elderly humans are also vulnerable to being attacked or infected by this virus, because at the age of 45 years and over, some of the body's functions become reduced.

The absence of assistance to the community, as well as the absence of a definite explanation about the symptoms of the COVID-19 virus on the body have created panic in itself. Panic in society causes weak community resilience, both physical, mental and food security. Anxiety and weakened resilience in society are also supported by unfiltered news media, so that people often swallow it raw, moreover social media has become common and has become one of the fastest and widest sources of information. The news of deaths, increasing patients, and loneliness due to the pandemic is nothing to balance. Because the news or information circulating is not all done by people who are competent in their fields. That's why we need a

balancing media or education so that people can be calmer in dealing with the current pandemic situation.

To produce good product validity, it is necessary to have validators in their respective fields. The important material to be validated is media validation and material validation. In addition to discussing it with experts to get data and evaluation. The validity of the material in the form of body exercise, vocal processing and concentration. While the validity of the media includes audio and image recording.

Content Feasibility Test

The concept of realizing theater videos and theater training in enhancing immunity:

1. Image enrichment is needed to reduce boredom when a lot of time is needed.
2. The language of delivery, both in the form of text and narration, uses familiar language so that it is easily understood and educative.
3. Variations in the combination of pictures and narration are reinforced with text in pictures to summarize the description.
4. Pictures are supported by narration
5. Narrative is done communicatively
6. Because the media is intended for the general public, the method that must be done does not have to be detailed.
7. The correlation between training elements is prioritized which contains elements of increasing body immunity.

From these inputs and the results of the evaluation above, revisions were made to several items, both pictures and narratives. Re-take the image is done by taking into account the viewer's side. Angel and dramatic variations are taken into account so as not to cause boredom.

Image Feasibility Test

The media created is an educational medium that is witnessed in a mass and open manner. Is a series of images and sounds to translate scientific language is a vehicle transfer from word to image language. So that the hope can provide suggestions for the audience to be able to do it voluntarily and usefully. Video media is a series of images arranged systematically to produce communicative media. The advantages of audio-visual media can translate the abstract into real language. Therefore, the power of recording, editing is something that is very important so that it can be enjoyed, done, and understood by all elements of society. There are several notes from

the field of media experts, namely:

1. Editing requires smoother
2. transitions Transition variations are important to create dramatic even though the form is an explanation.
3. Noise is avoided as much as possible
4. Image variations in the form of angels are enriched.

From the evaluation notes above, a story board was made as a guide for the sequence of actor training patterns, so that it was systematic and useful. The use of a microphone is important for the narrator to clarify the verbal information carried out. The editing tools were updated using a computer because the laptop had certain limitations.

After the evaluation, the team then held a discussion for steps to improve the media. Because a lot of material that will be carried out, such as the initial plan for the warm-up step, has been done by making media in the form of a show, then the training tutorial is made in the last order. The process is divided into four parts, each part is named a series because each series of material is different starting from heating, body exercise, vocal exercise and the last one is concentration in the form of meditation. following link: <https://drive.google.com/file/d/16vuOSkzxOj6y9mua9B79x1YHV4CNCK5/view?usp=drivesdk>.

CONCLUSION

From the results of the analysis and the resulting products, it can be concluded that drama or theater has an element of mass education in communicating something and even educating the audience. Both in the form of the show which includes the content and message that is tucked away in every appearance. As a means of effective social interaction because of its wide reach when using social media that is neatly arranged. The advantage is that it provokes curiosity and follows even more. Performances are the result of a process in which there is an element of players, in the final season the actor training process is presented in four series as products in this research. People do not like information in the form of narrative or reading. Therefore, a form of performance that is flexible in its form can be more communicative. Because news that comes from social media is more threatening and causes anxiety so that it lowers the body's immunity. Education in the form of theater is more effective and real, apart from being real, it can be watched and heard, as well as

various forms that can be more relevant and communicative. Thus reducing the feeling of stress, boredom and even depression.

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