

Social Cohesion and Adaptation to New Habits of Housewives During Post Covid-19 Pandemic

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Abstract

The Covid-19 pandemic that occurred, which began in 2019, had an impact on many things, including government policy. The implementation of policies during the pandemic aims to be able to adapt to various new habits in many activities and aspects of daily life. This research aims to discuss the adaptation of new habits for housewives after the Covid-19 pandemic and social cohesion and the role of housewives in the post-pandemic family. The research method used is a qualitative method with a literature review approach. The research results show changes in the habits of housewives during the pandemic and post-pandemic. Social cohesion related to the role of housewives in the post-pandemic era is the development of 4 competencies, namely 1) critical thinking and problem solving; 2) creativity and innovation; 3) collaboration, and; 4) Communication. Housewives must carry out their role by adapting comprehensively. Collaborate with other family members to jointly adapt new habits. The role of housewives after the pandemic has changed, in this case related to ways of thinking, ways of communicating, ways of working together, ways of collaborating in various aspects of life including aspects of education, health of family members and social interactions. Where during the pandemic, children went to school online, not face to face and teaching and learning activities were carried out at home with the help of smartphones and the internet. Meanwhile, in the post-pandemic period, the policy of restricting leaving the house has been stopped and now children must come to school face-to-face or offline. Apart from that, housewives also have a role in supporting new habits related to health aspects after the pandemic, namely advising their children to keep their distance from friends, wear masks, always wash their hands with soap. Based on the research results, it was also found that there were several changes experienced by housewives, for example their involvement in their children's learning process, where housewives are now more active in using social media to communicate with teachers at school. For example, enter the WhatsApp group to get various information related to their children's school activities. Another finding that can also be explained regarding the social cohesion of housewives is the increasing number of housewives who actively interact in various online communities. Where the community basically aims to share or share any information they are interested in, for example about cooking, about parenting or child care, about hobbies, about how to maintain health and others. Therefore, it can be concluded that the social cohesion that occurs among housewives in the post-pandemic era is an increase in interest in using technology to increase their knowledge and social relations online.

Keywords: Social cohesion, Housewife, Post-Pandemic.

Introduction

The Covid-19 pandemic situation has brought many changes to society almost all over the world. One of the changes that is occurring is that people are increasingly concerned about their health and personal and environmental cleanliness, the impact of which can be seen in the closest environment, namely the family, especially those around us. One of the smallest unions that has a family head and

within it there are several people who gather and depend on each other is called a family (Azizah, 2020) . The Covid 19 pandemic, which occurred from 2019 to 2021, influenced many government policies, especially health protocol policies so that people can continue to carry out activities, fulfill their daily needs and maintain health by implementing Adaptation to New Habits.

We have passed the year 2020, with many new things, new lessons, new lifestyles

and living arrangements (Sakti et al., 2021) There are things that are not easy to do, not only for society in general (Ilpaj & Nurwati, 2020) In the new normal era, every human being is required to be able to utilize digital technology to support various activities. The habit of washing hands, washing food ingredients/equipment, cleaning oneself and the environment has become a new lifestyle (Irawan et al., 2020) The closeness of family members is one of the positive impacts of this pandemic (Solekha, 2022) . Meanwhile, various virtual activities (virtual reality, virtual concerts, etc.) are social connection activities other than social media that are starting to be carried out and will still continue in the new normal after the pandemic.

The rapid and widespread outbreak of the Covid-19 pandemic spread throughout the world and is still ongoing, greatly affecting the economy of society and life in all countries (Hayat et al., 2021). The COVID-19 outbreak caused by the SARS-CoV-2 corona virus has caused a situation and uncertain conditions (panic) (Elizabeth, 2021a) During the Covid-19 pandemic, food security, resilience and the order of social life require more serious attention (Elizabeth, 2021b) . Various technical, social and economic efforts to overcome the Covid-19 pandemic must also be supported by socio-economic strengthening of all levels of society. (Santoso & Santosa, 2020) By strengthening social cohesion and solidarity, every citizen will have awareness, concern and trust, both in the government and between communities, to support the success of government programs in overcoming various difficulties during the Covid-19 pandemic (Ulum & Anggainsi, 2020) . The decline in global Covid-19 cases since early February 2022 has more or less improved the world's normal status.

People in various parts of the world never imagined that they would face a condition that would have a huge impact on various aspects of life. Where most social activities and interactions inevitably have to be done virtually. The Covid-19 pandemic has encouraged various new habits that go beyond what people previously used to do. There are many activities that we used to do freely, but during the Covid-19 pandemic they could no longer be done. Society inevitably has to be able to adapt to various new habits which are

then normalized into new ways of living life. This shows that the Covid-19 pandemic has changed the way people live and interact. After the Covid-19 pandemic, it is a time when society has to adapt to various new ways of living so that it can survive and continue to learn, think positively and adapt to the social changes that are occurring. Facing these various changes is certainly not easy. Social cohesion is needed so that society can survive and carry out its social functions normally.

Social cohesion is briefly explained as the aspect that unites society so that they can continue to carry out social life together based on strong values, goals and beliefs as a basis for mutual trust and as a form of support for each other. Social Cohesion is a social relationship. There are various concepts of social cohesion which vary greatly depending on time, culture, etc. Etymologically, cohesion is the ability of a group to unite, and social cohesion is the result of individual and institutional relationships. Social cohesion is built because there is equality in meeting needs which gives rise to interaction (Agung et al., 2018) . Social cohesion is the beginning and important consequence of successful collective action. Social cohesion mediates group formation, productivity and maintenance (Agung et al., 2018)

Changes that usually occur gradually can no longer be expected. Change has occurred, Covid-19 is already in this world. Like it or not, we are forced to accept and accelerate the process of change. Basically we are faced with pressure, and usually because of pressure, humans are more successful. One thing that is the key to changing habits, namely changing the mindset, which also means changing the paradigm. This change must be accompanied by basic abilities such as: solving complex problems, thinking critically, creatively, the ability to manage people, coordinating with other people or teamwork, having emotional intelligence, having the ability to assess and make decisions, being service oriented or prioritizing service, have negotiation skills, and cognitive flexibility.

This research will specifically describe how housewives adapt to the new normal life which is all about technology and digitalization and find out how housewives adapt to new habits in managing their

households. It is hoped that the research can contribute to the changes that occur in families, especially in the role of housewives in this post-pandemic period.

Literature Review

Social Cohesion

In the social sciences, the term social cohesion refers to a model of balance (equilibrium) in order to achieve a level of social stability. The description of intergroup and interethnic social cohesion in Pelly's (1993) view is basically a continuum from the lowest to the highest in aspects that reflect the occurrence of harmony, namely aspects of cooperation, accommodation, acculturation and assimilation. The existence of cooperation between new groups is the seed of achieving social cohesion, although this is more bound by the existence of interdependence in interests. In the context of this research, this cooperation is based on the emergence of individual group awareness. ethnic groups in the name of their cultural values in the form of local wisdom. Some definitions of social cohesion include the following:

- a. Social harmonization is a condition of human life in the elements of closeness, responsibility, unity and balance so as to enable the continuation of life and development of citizens in society.
- b. Social harmonization is a pattern of relationships between members of a community that is able to provide inner and outer satisfaction for the members of that community.
- c. Social harmonization is dynamic harmonious living together which is characterized by cooperation, accommodation, acculturation and/or assimilation.
- d. Social harmonization is a situation and interaction relationship that accommodates differences between various groups in society so that it does not give rise to open conflict. Based on this definition, it can be understood that social cohesion reflects a state of integration which is characterized by integration, harmony and tends to show cooperation in mutual adaptation, assimilation and accommodation. Another thing is that in social harmonization there

is interaction or reciprocal relationships in social processes (Anriani et al., 2018).

Adaptation to New Habits

Adaptation to New Habits is a government program to prevent the spread of the Covid-19 virus from becoming more widespread in Indonesia. The Indonesian government has made its best efforts to reduce the impact of the corona pandemic, all efforts have been made, including the PSBB policy which limits community activities. The government has launched a "New Normal" policy as a form of effort to restore people's living conditions after implementing large-scale social restrictions (PSBB).

New normal is a term that is usually used when entering new conditions, new habits after escaping/not being able to escape from an epidemic or conditions where we have to be able to adapt to new habits, new behavior in limiting ourselves to prevent contracting the virus. New normal is an effort to return people's lives to normal with new adaptations, new habits as an effort to save people's lives and keep the country able to carry out its functions. The new normal is implemented with full awareness that the epidemic is still around us. For this reason, all public activities are permitted provided that the health protocols that have been established are used. New normal policies are still combined with protection programs and community safety networks for residents in need and without reducing the focus on providing health services for handling Covid-19 victims (Rohmah, 2021).

Method

In accordance with the problem the author posed, the author used qualitative research methods. This is a research and understanding process based on a methodology that investigates a social phenomenon and human problem. The research approach used is a literature review. The data sources used are secondary data from journals and previous research, official government websites, books and other relevant sources. Data was collected using library and documentation methods. Where the researcher

acts as the main actor in collecting and processing data. The analysis technique used is the analysis technique from Miles and Huberman where the researcher will collect relevant data, then categorize it, and draw conclusions.

Result and Discussion

Adaptation of New Habits for Housewives Post Covid-19 Pandemic

The Covid-19 pandemic is a momentum that has caused various changes (social, economic and cultural order) for society, which has also made major changes and created uncertainty, as well as harmony in social life which has resulted in continued social cohesion and solidarity in the face of a condition that is difficult and problematic to be able to handle together. The values and norms that produce social cohesion and solidarity must substantively include the values of honesty, fulfillment of duties, and willingness to help each other (Elizabeth, 2021b).

During the Covid-19 pandemic, there was a risk of uncertainty and shock experienced by society which required new habits in accordance with President Joko Widodo's direction regarding the adaptation of new habits, especially in the implementation of health protocols, namely: discipline in wearing masks, maintaining a safe distance, frequent washing hands, avoiding crowds and increasing community immunity, are new habits that must be implemented by every individual in all their daily activities (Ministry of Health of the Republic of Indonesia, 2020) The COVID-19 pandemic has had an impact on the lives of society and the country, the social, economic and educational sectors other. Therefore, the government needs to take steps to strengthen the state order so that people can continue their lives in the midst of the pandemic safely. One of these steps is to continue physical activity safely without having to give up fighting the Covid-19 pandemic on a daily basis by continuing to implement health protocols in a disciplined and optimal manner, as follows: (1) Using a mask, (2) Maintaining a safe distance, (3) Washing hands with soap, (4) Healthy Eating Patterns ((RI Ministry of Health, 2020)

The implementation of Adaptation to New Habits or what is called adaptation to new habits has been implemented by the government since July 2020. The implementation of adaptation to new habits has begun to be socialized by the government both through television, social media and information centers to various institutions and direct outreach to the government. local area to continue implementing adaptation to new habits in the living environment which ultimately relates to families who are the core center of implementing adaptation to new habits during the Covid 19 pandemic. Thinking back to a family, it is certain that what comes to mind is a father , a housewife and the presence of children and the harmony and warmth that exists within a family. The parts that exist in a situation are the main factors that form the basis of the formation of a family. The scope of the family is one of the most important things in a person's change before entering the surrounding community. A family is of course the basic core where a child goes through the process of socializing before finally entering the community environment, various moral and cultural values will grow within it in the child's development (Azizah, 2020).

The housewife's role in a family is very large, namely as a protector and educator for her children. This is something we sometimes don't realize, and it is hoped that through this seminar women will realize their role and be able to implement it in real life. The role of women, especially during the Covid-19 pandemic, is very large, starting from taking care of household work, caring for children, buying household necessities to reminding them to always live healthy, reminding them to worship and pray and reminding them to think and behave positively (Restiati, 2022) . Even during the pandemic, a housewife received an additional task, namely teaching her children who were still studying online from home (Rahayu et al., 2021) . After the Covid-19 pandemic entered Indonesia, in mid-March 2020, to reduce the number of Covid 19 sufferers, the provincial and regional governments produced policies in the world of education, namely temporarily eliminating face-to-face learning and replacing it with

online learning at both school and college levels (Pujilestari, 2020) . Children are required to study online and not meet directly with teachers and friends as was usually done before the Covid-19 pandemic occurred.

In the Context of Accelerating Handling of Covid-19. Large-Scale Social Restrictions (PSBB) is one type of health quarantine implementation in the region, apart from home quarantine and hospital quarantine. The aim of PSBB is to prevent the widespread spread of disease between people in a certain area (Permadi & Sudirga, 2020) . At a minimum, activity restrictions include school and workplace closures, restrictions on religious activities, and restrictions on activities in public places or facilities (Hasrul, 2020) . As a result, many economies have declined very drastically, such as the transportation, culinary, hotel sectors and especially in the lower middle class, their daily needs are not being met (Murniati, 2022) . Meanwhile, Learning From Home (BDR) activities were officially issued through the Circular Letter of the Minister of Education and Culture Number 36962/MPK.A/HK/2020 concerning online learning and working from home in the context of preventing the spread of Corona Virus Disease (COVID-19).

This policy forces teachers and students to continue working and studying from home from PAUD to tertiary level (Khairat & Junaidi, 2022)

However, after the post-pandemic period, school activities returned to normal as before the pandemic. Where school activities are carried out face to face, this means that housewife will return to habits such as taking their children to school and providing for their children's needs while they are at school, for example supplies, a change of clothes and so on. However, because it is still post-pandemic, housewife must also pay attention to their children's health, namely by continuing to provide masks and hand sanitizer for their children to use at school.

As a housewife, there are several things you must do to ensure the health of all family members, especially in the post-pandemic period which is not yet completely over, including regularly carrying out or reminding all family members to carry out health checks, inviting all family members to exercise diligently and providing nutritious food. and ensure they get enough rest. Several studies that have been carried out regarding the role of housewife during the Covid-19 pandemic can be seen in table 1 below:

Table 1. Previous research related to the role of housewives During the Covid-19 Pandemic

No	Title and Author	Objective	Research result
1	The Dual Role of Balinese Women during the Covid-19 Pandemic (Darmayanti & Budarsa, 2021)	The aim is to explain the dual role of women, especially wives of tourism workers, as economic supporters of the family during the pandemic and its implications.	The results of the study show that this group of Balinese women plays a very important role in efforts to strengthen the family's economy during the pandemic. They provided a solution to the family's economic problems during the pandemic by opening a food stall to cover their family's economic needs. Their activities in the public sphere are carried out without abandoning their obligations in the domestic sphere. This condition makes the wives of tourism workers play a dual role which places them as a subaltern group.

2	Analysis of the Role of Women in Increasing Economic Resilience during the Covid-19 Pandemic (Agustin & Solikin, 2022)	To describe and analyze the important role that women can play to increase economic resilience in the Covid-19 pandemic situation	The results of this research show that the important role that women can play in increasing economic resilience during the pandemic is by seeking additional income, managing household finances, and carrying out other activities to share their role as women without abandoning their main duties. Support from the family is really needed by women to increase economic resilience during the COVID-19 pandemic.
3	The Role of Women during the Covid 19 Pandemic from a Socialist Feminism Perspective (Andini et al., 2022)	To analyze the role of women during the Covid 19 pandemic with an approach using the theory of socialist feminism.	Women have a big role during the Covid 19 pandemic, both in the family and economic sectors. Women are active and responsive in responding to difficulties in the family. Moreover, socialist feminism emphasizes that women can direct family members in basic roles in the family so that harmonization in cooperation is formed.
4	The Role Of Women In The Family To Protect And Fulfill Children's Rights During The Covid-19 Pandemic (Afrizal dkk., 2020)	To describe the Role Of Women In The Family To Protect And Fulfill Children's Rights During The Covid-19 Pandemic.	The role of women in the family is very important because women are the center of everything related to the household, starting from managing family finances, educating children and providing learning assistance for them. It cannot be denied that the current uncertain conditions make everything difficult in the household. , both economically, health and fulfillment of children's rights.
5	The Role of Parents in Educating Children in the Middle of The Covid-19 Pandemic (Ekayanti & Puspawati, 2020)	To explain the role of parents in educating children in the middle of covid-19 pandemic.	The role of a mother is very necessary, because the mother is able to act as a teacher at home, act as a facilitator, act as a motivator, and as a director. And the advantage of learning activities from home is that parents are able to pay attention to their children's growth and development in the learning process

6	Multi Role of Career Women During The Covid-19 Pandemic (Handayani, 2020)	This research aims to analyze the multi-roles of career women during the Covid-19 pandemic. The problem in this research is the role of career women in carrying out their activities apart from being career women, housewives, and also as teachers in accompanying children to learn online.	The results showed that the informants found it difficult during the covid-19 pandemic with an additional role as a co-teacher for children who were studying at home. There is difficulty in dividing time because the child's studying hours are the same as the mother's work hours.
7	The Role of Parents in Accompanying Children Using Social Media in the Middle of the Covid-19 Pandemic (Zahara dkk., 2021)	To analyze the role of parents in accompanying children using social media in the middle of the covid-19 pandemic	To anticipate a greater impact of the pandemic, the government is campaigning for the public to do more activities at home to break the chain of spread of the corona virus. This situation forces all forms of activities such as work and education to be carried out at home. Children spend more time at home and are increasingly using gadgets with social media in them as a means of learning, communicating with friends and eliminating boredom. The use of social media in the midst of this pandemic certainly has positive and negative impacts on children who use social media. Therefore, assistance provided by parents is very necessary to minimize the negative impacts that may occur when children access social media in the midst of the Covid-19 pandemic.
8	The Role of Bali Mother in Distance Learning During the Covid-19 Pandemic (Widhiasih, 2020)	This research aims to describe the role of Mrs. Bali in distance learning during the Covid-19 pandemic.	The research results show that Bali women plays a role not only as a parent and preserver of Balinese culture, but also as a teacher, study friend, facilitator, IT technician, reminder, observer and photographer. In carrying out her role in distance learning during the Covid-19 pandemic, Bali women faced various obstacles and was able

			to take the initiative in dealing with the obstacles she faced.
9	The Role of Parents in Supporting Learning Activities at Home during the Pandemic (Lilawati, 2020)	The study carried out had the aim of describing the role of parents carried out to support learning activities in early childhood education at RA Team Cendekia Surabaya.	The research results show that (1) the role of parents in implementing learning at home during the pandemic in educating children includes mentoring and as a motivator. (2) the impact of parents' role on learning during the pandemic at RA Team Scholar Surabaya, parents facilitate the involvement of learning activities in early childhood education at RA Team Cendekia Surabaya
10	The Role Of Parents As Teacher Partners In Online Learning During The Covid-19 Pandemic (Sutini, 2021)	The aim of this study is to examine in depth the role of parents during online learning using literature study.	Parents, as the people closest to their children, have a very important role as teacher's partners during the learning process, including as a motivator and student companion. In addition, parents also play a role as a facilitator who prepares everything the child needs to take part in online learning, and as a teacher who accompanies the learning process at home.

Based on the results of several studies above, it can be seen that women, in this case housewives, have a very important role when the Covid-19 pandemic occurs. This role is related to the economy, as a breadwinner for family needs to maintain family harmony.

Social Cohesion and the Role of Housewives During Post- Covid 19 Pandemic

a) Changes in behavior

In the post-Covid-19 pandemic period, there have been many changes in aspects of life, in this case the role of housewives. A role is a set of expected behaviors according to a given social position. In this case, the role in

question is the role of the housewife which has changed in terms of the period before the pandemic, during the pandemic and after the pandemic. What is meant by position or status is an individual's position in society, for example status as wife/husband or child. A role is a condition that is expected to be carried out by the owner of the role. The father's role in the household is to earn a living and protect the family as members of the community where they live. Meanwhile, the housewife's role is to take care of the household, children, and also sometimes help her husband earn a living to support his family's life (Putri & Lestari, 2016) . In some cases, there is nothing significant about the role of housewives in the post-pandemic era. housewife remain caregivers and educators of

their children at home, carrying out daily activities such as taking children to school, making lunch, picking them up from school, cleaning the house, cooking and providing food at home, washing clothes and so on. However, of course there is a change in behavior that is seen, namely that housewife now have to be familiar with and are forced to adapt to various children's learning activities carried out using technology.

From the aspect of social cohesion, housewife act as members of society who carry out their proper roles both for their own family and for the environment. Housewife communicate with members of the community around their house, communicate with the teacher and for housewives who also work outside the home, communicate with their co-workers. The social role carried out by housewives in the post-pandemic period is certainly easier than the role of housewife during the pandemic. Where housewife not only pay attention to the family's daily needs but also pay attention to aspects of cleanliness and health of their family members to avoid Covid-19.

The new pattern of life carried out by society at large in the family, community, work environment using new rules and new patterns of life that are different from before is called *New Normal*. (Herdiana & Nurul, 2020) This is done to minimize transmission of the Covid-19 virus. With this new normal, it is hoped that people will be more protective and safe from Covid-19. In Indonesia itself, the name new normal is "Adaptation to New Habits" to make it easier to understand. This is done so that people can continue to work and carry out activities according to health protocols during the adaptation to new habits period during the Covid-19 pandemic.

b) Adaptability

Housewives as a component of society inevitably have to think about how to carry out their functions and roles in new ways. Housewives must start with greater persistence and creativity in order to be able to carry out various activities following the relevant changes that occur. Housewives must be able to increase their competence in carrying out various functions and roles in the post-Covid-19 pandemic period. Several competencies that housewives must have in facing new habits after the Covid-19 pandemic include:

1. Critical Thinking and Problem Solving

Housewives must be able to understand the problems they are experiencing and develop new perspectives to carry out their functions and roles as members of society. Housewives must be able to obtain information and choose information that is important and useful for their families, especially in this digital era. One of them is information about how to implement new habits related to health. The new way of life implemented by the community aims to protect the community from disease, in this case Covid-19. As explained, adapting new habits includes the habit of washing hands with soap, wearing a mask when outside the home, maintaining distance from other people when outside the home, getting enough rest and consuming nutritious food. During the adaptation to new habits era that was implemented in Indonesia, as quoted from research by Putri & Lestari (2016), there were many changes, especially in the culture implemented by families and society. For example, when there is a wedding reception, you must follow the health protocols that have been determined. Likewise with the housewife's role as a parent, although basically there is no significant change in the role of housewife before the pandemic, during the pandemic and after the pandemic.

2. Creativity and Innovation

Housewives are required to be able to develop new ideas, be open and responsive to new points of view because old ways can no longer be applied. One of them is that housewives must be able to increase their knowledge and creativity in using various technological media as a form of fundamental change that is felt by everyone. Housewives need creativity and innovation to be able to adapt and carry out their roles harmoniously in the post-pandemic era. This means that housewife continue to carry out their role as a housewife as they should and carry out various activities that are commonplace before, during and after the pandemic by using various new technologies such as using WhatsApp social media to communicate and share information with other housewives, with other housewives. teachers of their children at school, with relevant communities that can empower the role of housewives.

3. Collaboration

Housewives are required to be able to collaborate, collaborate with other people productively. Able to adapt to various roles and responsibilities and be able to position oneself to get through various difficult times after the Covid-19 pandemic. Housewives can increase cooperation from the smallest elements of society, namely within their families. Housewife can carry out various household tasks in collaboration with her husband and children. The participation of all family members will of course also help housewife in carrying out their role as housewives better, especially during the post-Covid-19 pandemic. The forms/kinds of activities carried out by each housewife are relative, starting from taking care of her husband, taking care of children, cleaning the house, cooking and other general activities carried out in the morning like housewives (Khairat & Junaidi, 2022) A family with existing units In it, it becomes a social system that is interdependent and interacts with each other. The role structure within the family must operate in accordance with their respective roles. The various family functions that will be formed are affective, socialization, reproduction, economic functions and physical functions. In research conducted by Azizah (2020) it is explained that a structure in the family, both in various phases of different conditions before A adaptation to new habits and when adaptation to new habits was implemented, did not change because of the functional relationship between father and housewife as people. Parents continue to play an important role in the family, especially in instilling health campaigns in the fight against Covid-19 in their families with various efforts being made so that family members can join in the fight against the touch of Covid-19 which is currently still ongoing. The father's function as head of the family in a family remains a responsible position in maintaining the health of his children. The function of a father in earning a living is still carried out even though many families are experiencing conditions where the head of the family experiences layoffs in his company as a result of Covid 19. The role of a housewife remains to take care of her children, carry out her obligations as a parent and take care of her husband and children. Nothing has

changed. The role of children continues to carry out their role as psychosocial in accordance with the physical level and behavior exposed to them by their parents. (Azizah, 2020).

However, the results of this research are inversely proportional to research conducted by Miyarso (2017) which discussed family culture and children's language skills. It can be said that family culture can change along with changes made to each family member in their environment. This research on cultural structure and culture in families in adaptation to new habits era in the Bandung City family environment can be an illustration that cultural patterns can change but the structure in the family does not change in any situation.

Adaptation to new habits in the family instilled by the housewife, one of which is positive emotions due to togetherness, joy and growing together in the process of increasing discipline between families from the implementation of adaptation to new habits, so that the discipline pattern will continue because it has applied from the start of the family as the central center in protecting the family's resilience from the Covid 19 virus. Improvements in technology in the IMR (Adaptation to New Habits) era make the family environment more up to date in technology because this change makes every member of society gain technological knowledge because everything is technology-based, so that sharing information and updating each other through information technology regarding the various spreads of Covid 19 information, and the latest information is the most important thing at the moment, starting from online learning, online meetings and so on. Carrying out normal activities with changes in behavior that occur and implementing health protocols recommended by the government to prevent transmission of Covid 19 to other people is the main key to success in dealing with the Covid 19 pandemic, especially for families.

In research conducted by Junaidi et al (2021) it is explained that there is a need for socialization in various places to support housewives in carrying out their role as caregivers and educators of their children. This research also proves that the implementation of socialization on adaptation to new habits

can provide results and benefits in this case for the women of PKK RW 06, Gembor Village, Tangerang, which is the location of the research (Azizah, 2020) . Cohesion is a condition of strong unity, there is cooperation or cohesiveness, but there are nuances of group fanaticism. Regarding the role of housewives, the social cohesion that housewives build in the post-pandemic period is working together with other family members to maintain health and implement behavior to adapt to new habits. Collaboration will make it easier for a group to achieve its goals, as well as housewives who act as caregivers, educators and caretakers of their children.

4. Communication

Housewives are also required to be able to communicate and use various information related to their roles as wives, housewives and members of society. During the Covid-19 pandemic, housewives inevitably use technological media more often, including cellphones and social media such as WhatsApp to communicate. This research shows that there have been changes in the habits of housewives during the pandemic and post-pandemic, for example regarding children's education. Where during the pandemic, children went to school online, not face to face and teaching and learning activities were carried out at home with the help of *smartphones* and the internet. Meanwhile, in the post-pandemic period, the policy of restricting leaving the house has been stopped and now children must come to school face-to-face or offline. Apart from that, housewives also have a role in supporting new habits related to health aspects after the pandemic, namely advising their children to keep their distance from friends, wear masks, always wash their hands with soap. Based on the research results, it was also found that there were several changes experienced by housewives, for example their involvement in their children's learning process, where housewives are now more active in using social media to communicate with teachers at school. For example, enter the WhatsApp group to get various information related to their children's school activities. In the pre-pandemic period, this activity was still very rarely done because housewives could still meet face to face with teachers at school, but after the pandemic, like it or not,

communication with the school had to be done with the help of technology, in this case the use of social media. Another finding that can also be explained regarding the social cohesion of housewives is the increasing number of housewives who actively interact in various online communities. Where the community basically aims to share or share any information they are interested in, for example about cooking, about parenting or child care, about hobbies, about how to maintain health and others.

Based on the description above, it can be seen that from the social cohesion aspect of the role of housewives in the post-pandemic period, various changes have been experienced, including increasing 4 elements of competence, namely 1) critical thinking and problem solving; 2) creativity and innovation; 3) collaboration, and; 4) Communication. The housewife remains the educator, caregiver, protector in the family. The housewife's role is expected to remain harmonious both within the family and within the social environment. However, there is still a need for socialization for housewives to increase their knowledge regarding various adaptations to new habits to maintain the health and harmony of their families.

Conclusion

Based on the research results and discussion, the conclusion that can be drawn is that social cohesion related to the role of housewives in the post-pandemic era is the development of 4 competencies, namely 1) critical thinking and problem solving; 2) creativity and innovation; 3) collaboration, and; 4) Communication. Housewives must carry out their role by adapting comprehensively. Collaborate with other family members to jointly adapt new habits. The role of housewives after the pandemic has changed, in this case related to ways of thinking, ways of communicating, ways of working together, ways of collaborating in various aspects of life including aspects of education, health of family members and social interactions. Apart from that, housewives also have a role in supporting new habits after the pandemic, namely advising their children to keep their distance from friends, wear masks, always wash their hands

with soap. Meanwhile, from the aspect of social cohesion, the role of housewives in the post-pandemic period has also seen significant changes, where housewives have become more active in their roles as educators, caregivers and protectors of their children with the help of communication technology. Especially in the post-pandemic era, housewives are expected to be more aware of the importance of the health of their family members by paying attention to policies for adapting to new habits.

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