



# Kuliah Kerja Nyata (KKN) during the Covid-19 Pandemic as a Form of Community Service

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## ABSTRACT

*The pandemic not only presents anxiety about health threats, but also the welfare of many employees due to layoffs. Some of small, medium and even large scale businesses were forced to go out of business. State Islamic University of North Sumatera immediately responded positively to the impact that emerged in the community due to the Covid-19 pandemic by holding Community Development Participation to online with 4 theme "Awareness and concern for the Covid-19 outbreak, Relation of religion and health properly, religious moderation and Islamic da'wah education". With the Student Creativity Program scheme KKN-DR and KKN- KS, students are expected to be able to actualize their ability to contribute to increasing productivity and even people's income by providing education on how to do activities while adhering to health protocols, sharing knowledge on how to make products that are needed to protect and increase endurance such as making masks from cloth, hand sanitizer and herbal drink. It is hoped that by sharing this knowledge, people can remain productive and even open new businesses in terms of manufacturing these products to improve their economy. The method used is in the form of an explanation of how to manufacture it along with the tools and materials needed for the product mentioned above. The process of making is uploaded to social media in the form of a video so that it can be accessed by the wider community. It is hoped that more and more people will remain enthusiastic, productive and even pursue the manufacturing business of the above products to improve their economy and open up new jobs.*

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## 1. INTRODUCTION

In the Law on Higher Education (Indonesia, 2012), it is stated that community service is an activity of the academic community in practicing and civilizing science and technology to

promote public welfare and educate the nation's life. The community service program carried out by universities (PT) is one form of the implementation of the Tridharma of Higher Education. This program is carried out in various forms, for example: community education and training, community services and action studies of Science and Technology (Science and Technology) produced by universities. The purpose of this program is to apply science and technology results for community empowerment so as to produce changes in the knowledge, skills, and attitudes of the target community groups (Noor, 2010).

Kuliah Kerja Nyata (KKN) is a form of community service activity by students with a cross-scientific and sectoral approach at certain times and areas. KKN is a lecture activity and field work which is an integration of education and teaching as well as community service by students in a pragmatic, broad dimension through an interdisciplinary, comprehensive and cross-sectoral approach. KKN is a compulsory subject in the Communication Studies study program, Faculty of Social Sciences, North Sumatra State Islamic University. The core of this KKN course is learning as well as community service. Therefore, all activities that contain learning values and community service can be recognized as KKN. These activities are carried out during the KKN period in the current semester. KKN itself generally aims to guide students to become individuals who (1) know and obey the rules; (2) creative, innovative and (3) cooperative objectives in building intellectual diversity. Based on the results that have been obtained, most students carry out activities.

Under normal circumstances or not during the current pandemic, the implementation of KKN activities usually takes between one to two months and takes place in their respective areas. Some examples of KKN activities that students can do under normal circumstances are: volunteering in areas affected by natural disasters, participating in work activities at the puskesmas, participating in Teaching and Learning Activities (KBM) at schools, introducing the creation and management of blogs or official websites, village and so on. Due to the government's appeal to keep away from crowds, UIN North Sumatra through the Institute for Research and Community Service (LP2M) conducted online KKN with the KKN-DR and KKN-KS schemes and was attended by 4,860 students from eight undergraduate study programs (S). -1. Various technical and systems are built so that students can still carry out KKN even though they are online using internet services.

During the current covid-19 pandemic, KKN activities are different from previous years. Students are limited to gathering either with their group members, let alone to go directly to the community. This is intended to prevent the spread of the Covid-19 infection which has claimed many lives. Therefore, the management and academics of the State Islamic University of North Sumatra took the policy that KKN in 2020 would still be carried out but in a different way, namely students were asked to carry out several activities so as to produce outputs in the form of videos uploaded to several social media such as YouTube, Facebook and Facebook. Instagram. In addition, students can write articles published in local and national print media. In accordance with the targeted output, namely uploading videos on social media and writing articles in print media, it is hoped that the 2020 KKN activities can run according to the health protocols that have been set by the government, namely maintaining distance or not gathering for a long time.

There are 4 themes carried by UIN North Sumatra for the 2020 Community Service Program, namely "Awareness and Concern for the Covid-19 outbreak, proper religious and health relations, Religious Moderation, and Islamic religious education and da'wah", Each student is asked to make a video or article related to the theme, for example how to comply with the health protocols set by the government to be able to remain active and productive

during the pandemic, how to make simple products such as herbal drinks so that they can be consumed to increase the body's immunity (immunity). Apart from these examples, students can also upload exercise videos to increase body immunity from attacks of various diseases.



Figure 1. Briefing on KKN DR and KKN-KS UIN North Sumatra Medan

By uploading the video to several social media, the wider community can access it and benefit from the video. It can be said that students share their knowledge with the community, which for the author can be called as part of activities in community service. From a number of videos uploaded by students to several social media as part of the Real Work Lecture Program (KKN), in this study the author will discuss 3 things that students do, namely:

1. How to use the correct mask.
2. How to wash hands properly and correctly.
3. Make herbal drinks.

Activities in making videos on how to use masks correctly, how to wash hands properly and correctly and make herbal drinks are activities carried out by Group 62.

## 2. RESEARCH METHODE

In accordance with the Introduction sub-chapter above, in this section, the author will discuss the methods of how to wear masks properly and correctly, how to wash hands properly and properly, and make herbal drinks. Apart from the method, the author will briefly discuss each section, for example regarding the manufacture of herbal drinks, about how to wear masks and wash hands properly and correctly. This is because in the Introduction chapter, the author describes a discussion of KKN in general. The following will discuss the method of making products carried out by the 62 group. According to Bintaro R (199:64), "The notion of a village is a geographical manifestation caused by social, political, and cultural elements contained in the relationship and mutual influence with other regions".

### How to Wear a Good and Correct Mask

The use of masks during the pandemic is highly recommended, especially for those who are sick (fever/cough/sneezing) or those who are caring for sick people. In KKN activities carried out by group 62, they explained how to use masks properly and correctly, for this reason the author will explain a little.

Here's a guide on how to use the right mask:

1. Before putting on the mask, wash your hands with soap and running water (at least 20 seconds) or if not available, use hand sanitizer (at least 60% alcohol).

2. Put the mask on to cover the mouth and nose and make sure there are no gaps between the face and the mask.
3. Avoid touching the mask during use; if touched, wash hands with soap and running water for at least 20 seconds or if not available, hand sanitizer (at least 60% alcohol)
4. Replace the wet or damp mask with a new mask. Medical masks should only be used once. Cloth masks can be used repeatedly.
5. To remove the mask: remove it from behind. Do not touch the front of the mask; For single-use masks, throw them away immediately in a closed trash can or plastic bag. For cloth masks, wash immediately with detergent. To install a new mask, follow the first point. The mistakes that are often made in the use of masks are as follows:
  - a. Too loose If it is too loose, the mask cannot protect effectively against exposure to viruses that can enter through the gaps. Your mask should be the right size for your face, i.e. not too tight and not too loose.
  - b. Forgot to cover the nose or only cover the mouth Another mistake is to wear a mask low enough, so that it only covers the mouth area. Installation like this still poses a risk of disease transmission because the nose is not covered. The nose is one part that must always be covered by a mask. Moreover, the SARS-CoV-2 virus is known to attack the respiratory tract and can be spread through the air.
  - c. The mask only covers the tip of the nose. However, the mask also does not work effectively if it is only attached to the tip of the nose or not to the base. The reason is, such an installation can create a larger gap to let air, including viruses, in and out through the top of the mask.
  - d. Taking off and holding the mask You should not take off the mask for a moment while still in a public place. It may feel stifling, but if removed, there is a possibility of contamination of the mouth or face with germs that have adhered to the mask.
  - e. Draping the mask around the neck Draping the mask around the neck can increase the risk of contamination. Because, there could be a virus that sticks to the neck and Ana can be infected when wearing the mask again.
  - f. Masks are not cleaned properly It should be noted, if you decide to reuse a mask that is removed for a moment, make sure the mask is not contaminated. The CDC also reminds to wash cloth masks by washing. Make sure your mask is clean every day. When you see a dirty or damaged mask, dispose of it in a safe manner.

### **How to Wash your hands properly and correctly**

Similar to wearing a mask, proper and proper hand washing is very necessary in stopping the spread of the corona virus which is a concern for many people, including in Indonesia. WHO recommends basic protective measures against the coronavirus. The recommended first step is not to wear a mask, but to wash your hands as often as possible. This step is recommended because washing your hands regularly and thoroughly will kill any viruses that may be on your hands. Hand washing is an easy and safe step to protect themselves from the COVID-19 coronavirus, but not many know how to wash their hands properly.

The following is the WHO recommended hand washing procedure.

1. Wet hands with water.
2. Pour enough soap on your hands to cover all surfaces of your hands.
3. Rub the palm of one hand against the palm of the other.
4. Rub the back of the hand and between the fingers
5. Rub the back of the fingers into the palm of the hand with the fingers interlocked

6. Grasp and wash the thumb in a circular position.
7. Rub the fingertips into the palm of the hand so that the nail is exposed to soap.
8. Rub soapy hands with running water.
9. Dry your hands with a disposable cloth.

If under certain conditions, there is no water and soap or cannot use water and soap to clean hands, another solution is to use hand sanitizer. The Centers for Disease Control and Prevention (CDC) recommends using a hand sanitizer that is based on at least 60 percent alcohol. Although it can help reduce the number of germs on your hands quickly, hand sanitizers cannot eliminate all types of germs, and are not as effective as washing your hands. Hand sanitizer also cannot remove dirt and oil on hands. How to use hand sanitizer is quite easy. After applying the gel on your hands, rub the surfaces of your hands, fingers, and between your fingers until your hands dry.

### **Making Herbal Drinks**

One way to increase our immune system during the current pandemic is to consume herbal medicines. Besides being able to increase endurance, herbal drinks can also recover the body from certain diseases, including Covid-19. This has been proven directly by the KKN-DR 62 group by making herbal drinks made from lemongrass and brown sugar.

The ingredients needed are lemongrass, basil, brown sugar, kaffir lime, the following is the manufacturing process:

1. Cut the lemongrass, into several pieces
2. Put the lemongrass into the blender
3. When finished, boil the water and add the lemongrass that has been blended
4. Cut the brown sugar into small pieces
5. After the water boils, add the brown sugar.
6. Stir until the brown sugar is no longer visible
7. When finished add basil and kaffir lime
8. Drinks are ready to be served

Individually, besides being able to strengthen the body's immunity, the herbal drinks made by this group of 62 have their respective benefits, along with other benefits:

1. Healthy digestive tract. Adding musk lime in the drink is believed to help the digestive system to work more optimally. The acid content in oranges can also help saliva to digest food better.
2. Lose weight. Some nutritionists often advise people who are on a diet to drink this tea because one of the benefits of lemongrass and kaffir lime is believed to control appetite. Kasturi orange is even able to increase metabolism so that your body can burn fat faster.
3. Healthy skin. Kasturi orange juice is also rich in vitamin C and other antioxidants that the skin needs to maintain its youth. You can feel the benefits of lemongrass and kaffir lime if you consume them regularly.
4. Stabilize blood pressure. The benefits of lemongrass and other musk oranges are that they can stabilize blood pressure and keep the heart rate normal. However, men who have heart problems should be careful in consuming lemongrass tea because it is feared that it will reduce heart rate significantly.

### **3. RESULT AND ANALYSIS**

The writing of this research is based on all the activities carried out by group 62 students while participating in the 2020 Real Work From Home Lecture (KKN DR). As described in the

previous sub-chapter, the activities carried out by students can be divided into individual activities and individual activities. group. Activities per individual are making videos and articles according to the majors of each theme and activities per sub-group making videos according to the theme of KKN DR, namely there are 4 sub-themes. From a number of these activities, a number of objectives were formed that could increase public awareness of the Covid-19 outbreak. In addition, products made by students, such as herbal drinks, can improve health and endurance for the community in the midst of this pandemic.

Although in this activity it is forbidden to enter directly into the community (as is normal), the policy still allows students to meet the community in a limited number. It is recommended to carry out activities in the environment where students live while still paying attention to and obeying health protocols. The following table describes the realization of student activities which contains information about the products produced, the place and schedule of manufacture.

The following will explain the impact and benefits of each activity carried out by students. In general, the positive impact of student activities in participating in the 2020 KKN-DR UIN North Sumatra Medan is that it can make people more concerned about the Covid-19 outbreak, then they can make business opportunities to increase income by making herbal drinks. The materials needed to make it are also simple and easy to obtain. although it has not been tested in the laboratory but when tested those who drink it feel fresh in the throat. In terms of benefits, it is very good to explain how to use masks, and wash hands properly and properly and make herbal drinks very useful for the community, especially during the COVID-19 pandemic to protect themselves from exposure to the corona virus and increase endurance.

#### 4. CONCLUSION

The conclusions of the KKN-DR UIN North Sumatra 2020 activities are as follows:

1. The implementation of the KKN-DR provides an opportunity for students to be able to share their knowledge with the wider community in terms of making products that can be useful for body protection during the covid-19 pandemic.
2. KKN-DR activities can make a wider contribution to the community in terms of increasing the income of small and medium enterprises by pursuing a business field to produce products that are needed by the community both in Indonesia and throughout the world today, such as masks, and herbal drink. This is in accordance with the program set by LP2M UIN North Sumatra, which is carried out with an online scheme.
3. In accordance with the 2020 KKN-DR theme, overall it can be concluded that this activity has a contribution to increase community productivity in the midst of COVID-19.

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