

## SOCIALIZATION OF THE PROGRAM FOR RECOVERY OF PEOPLE WITH MENTAL DISORDERS BY PUBLIC HEALTH CENTER IN LANGKAPLANCAR DISTRICT PANGANDARAN REGENCY

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### ABSTRACT

*This research is motivated by several problems including: 1) There are still frequent shackles for people with mental disorders by their families in Jadikarya Village, Langkaplancar District, Pangandaran Regency. 2) The Puskesmas has not been optimal in socializing the People with Mental Disorders program so that the public's understanding of people with mental disorders is weak. 3) Lack of public concern, this is evidenced by the apathy of society towards people with mental disorders. The design of this research, the researcher uses qualitative research which is the antithesis of quantitative research. The informants in this study consisted of 4 people, namely the Head of the Langkaplancar Health Center, Responsible for Community Health Efforts for the Development of Mental Health Services at Langkaplancar Health Center, the Head of Bangunjaya Village and the Family of Patients with Mental Disorders. The results of the study showed that the socialization of the Recovery Program for People with Mental Disorders by Langkaplancar District Health Center, Pangandaran Regency in general had been carried out but was still lacking. This is evidenced by the many people with mental disorders who roam the streets, neglected and there is still violence against people with mental disorders, many people still believe in treatment using traditional methods, and there are also families of people with mental disorders who do not want to be referred to a mental hospital, the patient's family does not accept his family members experiencing mental illness. This shows that there is still a lack of socialization of the Recovery Program for People with Mental Disorders by the Langkaplancar District Health Center.*

**Keywords:** Socialization Program; Recovery

### Introduction

Humans are social creatures which means that humans cannot live alone without interacting with other humans. Socialization is a learning

process of an individual as one of the factors that can influence the ongoing life in society (Hartomo, 2004: 130). According to Vander Zande, socialization is a process of social

interaction through how we recognize ways of thinking, feeling and behaving, so that we can participate effectively in society.

The condition of a person's mental health affects his life and his steadfastness in dealing with various life problems. Stress and depression arise when a person does not have strong mental and spiritual endurance. Weak faith also greatly affects mental and spiritual because strong faith will produce strong mental endurance in dealing with various problems. A person with a weak mentality can cause his mental health to be disturbed, one of which can cause mental disorders or what is often referred to as People With Mental Disorders.

Most people with mental disorders experience a decrease in physical health which ultimately reduces productivity both at work and in daily activities, Therefore, it is stated in law number 18 of 2014 Article 1 Paragraph (1) regarding mental health Mental health is a condition in which an individual can develop physically, mentally, spiritually, and socially so that the individual is aware of his own abilities, can cope with stress. , can work productively, and be able to contribute to the community, Ensure that all people can live in physical and spiritual prosperity and obtain health services by implementing health development. The health development goals to be achieved are the realization of the highest degree of health, mental health services for everyone and

guarantees for people with mental problems (ODMK) and People With Mental Disorders the law on mental health is intended to ensure that everyone can achieve a good quality of life and enjoy a healthy mental life free from fear, fear pressure, and other disorders that can interfere with mental health.

Public health center is a basic service that can reduce the stigma of mental disorders in the community (Greasley & Small, 2015). The recovery program for people with mental disorders by the Langkaplancar District Health Center, Pangandaran Regency, efforts to cure people with mental disorders is the responsibility of the government, local governments and communities who are responsible for creating the highest mental health and creating availability, accessibility, quality and equity of mental health efforts (Kemenhukam, RI, 2009).

The problem of mental disorders around the world has become a very serious problem. According to the Head of the Non-Communicable Diseases and Mental Health Section of the Pangandaran Health Service, in 2019 there were around 500 people experiencing mental disorders in Pangandaran and in 2020 there was a significant increase, namely 708 people experiencing mental disorders, of which 501 people experienced severe and severe conditions. 207 people with mild conditions. One of the reasons is the Covid-19 pandemic situation which has a negative impact on human life. Based

on the number of People with Mental Disorders obtained, namely from the results of data collection conducted by the Langkaplancar Health Center that the number of People with Mental Disorders in Langkaplancar Subdistrict was 31 people at the Langkaplancar Health Center with details of 19 males and 12 females ranging in age from 25 years to 50 years according to the person in charge of the Public Health Efforts at the Langkaplancar District Health Center 2021.

To deal with problems regarding People with Mental Disorders, in this study, a socialization program for People with Mental Disorders was made at the Langkaplancar District Health Center. One of the role theories associated with socialization is:

According to Sutaryo (2004:27) there are other factors that support the socialization process, namely environmental factors. In addition to environmental factors, there are other factors that influence socialization including:

- a. What is socialized is a form of information provided to the community in the form of values, norms and roles.
- b. How to socialize, involve the learning process
- c. Who socializes, institutions, mass media, individuals and groups.

Based on observations made by researchers, it was found that the problem was that: "Lack of Socialization of the Recovery Program for People With Mental Disorders by

the Langkaplancar District Health Center, Pangandaran Regency" this can be proven by the following problem indicators:

1. There is still often deprivation of people with mental disorders by their families in Bangunjaya Village, Langkaplancar District, Pangandaran Regency.
2. The Puskesmas has not been optimal in socializing the People with Mental Disorders program so that the public's understanding of people with mental disorders is weak.
3. Lack of public concern, this is evidenced by the apathy of society towards people with mental disorders.

## **Literature Review**

### **1. Definition of socialization**

According to Agustin (2014), socialization is a lifelong process relating to how individuals learn the ways of life, norms, and social values contained in their groups so that they can develop into individuals who are accepted in their groups.

According to Gunawan (2012: 198), socialization is the process of delivering a message by someone to another person to inform or change attitudes, opinions, behavior either directly or indirectly.

### **2. Types of Socialization**

Socialization when associated with the process, there are types of socialization. According to Peter L Berger and Luckman (Soenarto. 1993 in

Dohiriri, et al, 2007:79) distinguish socialization into (two) types of socialization, namely:

- a. Primary socialization, the first socialization that individuals undergo as a child by learning to become members of society (family). This socialization takes place in childhood.
- b. Secondary socialization, is a process of further socialization after primary socialization that introduces individuals to certain groups in society.

### **3. Conditions for the occurrence of socialization**

Socialization is a very important system in people's lives. Based on this, socialization provides two fundamental contributions to people's lives, namely:

- a. Provide the basis or conditions for individuals to create effective participation in society.
- b. Allows the sustainability of a society because without socialization there will only be one generation so that the sustainability of the community will be greatly disrupted.

According to Sutaryo (2004:27) there are other factors that support the socialization process, namely environmental factors. In addition to environmental factors, there are other factors that influence socialization including:

- a. What is socialized is a form of information provided to the

community in the form of values, norms and roles.

- b. How to socialize, involve the learning process
- c. Who socializes, institutions, mass media, individuals and groups.

### **4. Program Definition**

The definition of the program is also contained in the Law of the Republic of Indonesia Number 25 of 2004 concerning the National Development Planning System, which states that:

Program is a policy instrument that contains one or more activities carried out by government agencies/institutions to achieve goals and objectives and obtain budget allocations<sup>10</sup> or community activities coordinated by community agencies.

According to Hasibuan (2006: 72) also revealed that the program is a type of plan that is clear and concrete because it includes targets, policies, procedures, budgets, and a predetermined implementation time.

### **5. Definition of People With Mental Disorders**

Mental disorders can be interpreted as people with mental disorders or abbreviated as are people who experience thoughts, behaviors, and feelings that are manifested in the form of a set of symptoms and/or significant behavioral changes and can cause suffering and obstacles for the person so that they cannot be productive. economically and socially (Law Number 18 of 2014).

## **Research Methods**

The research design in this case the researcher uses qualitative research which is the antithesis of quantitative research. It aims to take a deeper look at a social phenomenon, including the study of management science and public policy.

Data retrieval is carried out directly by the researcher and collected directly is referred to as primary data, while if it comes from the second hand it is called secondary source. Data is the main source of researchers to obtain accurate information from a study.

Based on this, the data sources in this study were 4 people, namely from:

1. Informants
  - a. Head of Langkaplancar Health Center: 1 person.
  - b. Person in charge of Community Health Efforts Development of Mental Health Services at Langkaplancar Health Center : 1 person.
  - c. Bangunjaya village head : 1 person
  - d. Family of people with mental disorders : 1 person

2. Supporting Documents

In the form of official documents and personal documents originating from the object of research. Data collection techniques used by researchers are: interviews and literature study.

## **Results and Discussion**

### **1. Socialization of the Recovery Program for People with Mental**

### **Disorders by the Langkaplancar District Health Center, Pangandaran Regency**

In this study, the basis of the problem is the socialization of the recovery program for people with mental disorders by the Langkaplancar District Health Center, Pangandaran Regency, therefore to find out the socialization of the recovery program for people with mental disorders by the Langkaplancar District Health Center, Pangandaran Regency, the author conducted observations and interviews to obtain relevant information. according to the needs of this research.

The theory used to analyze the problems in this study the author uses the theory of socialization according to Sutaryo (2004:27) there are other factors that support the socialization process, namely environmental factors. In addition to environmental factors, there are other factors that influence socialization including:

- a. What is socialized is a form of information provided to the community in the form of values, norms and roles.
- b. How to socialize, involve the learning process
- c. Who socializes, institutions, mass media, individuals and groups.

To find out the socialization of the recovery program for people with mental disorders by the Langkaplancar District Health Center, Pangandaran Regency, the researchers then conducted a discussion by outlining the indicators. It can be seen that the results

of research in the field in the form of interviews conducted to each informant can be presented in the following description:

## **2. What is socialized**

- a. The existence of a recovery program for people with mental disorders (ODGJ) at the Langkaplancar Health Center

In the surrounding environment, not a few people in the recovery treatment of People with Mental Disorders are still using traditional methods, and there are also those who do not want to be referred to mental hospitals, even though in this era, treatment in the recovery of People with Mental Disorders it must be accompanied by medical treatment such as health centers and hospitals. However, in the Langkalir area, almost all communities involve the medical community for the treatment of people with mental disorders. Usually patients with Mental Disorders routinely check and take drugs to the Puskesmas. If the patient with Mental Disorders (ODGJ) is in severe condition, the Puskesmas usually advises the family to refer to a large hospital, but if the patient's condition is in moderate condition, it is usually handled by the Puskesmas and always consults the relevant doctor.

The results of observations showed that the response to the recovery program for People with Mental Disorders at the Langkaplir Health Center was very good, starting from services, giving drugs, referrals to hospitals and controlling the homes of

people with Mental Disorders. This is included in the specific objectives of the program for the recovery of people with mental disorders, namely the realization of a community that contributes pro-actively to various community-based mental health efforts that are comprehensive and based on human rights.

Although it has been very good, the puskesmas also continues to improve services in order to provide the best, especially to patients with Mental Disorders who are in the Langkalir area. socialized, is a form of information provided to the community in the form of values, norms and roles.

The obstacle to the recovery program for People With Mental Disorders at the Langkaplir Health Center is the problem of cost. However, with these obstacles, the Langkaplancar Health Center continues to deal with these obstacles and continues to strive in order to minimize any obstacles that may occur in the future. What can be done is by giving directions to make BPJS cards and providing socialization related to the handling of patients with Mental Disorders which is very good. But apart from that, other efforts that can be made by the team are also continuously carried out to help the community and the patient's family in handling patients with Mental Disorders.

- b. Providing Education to Families of Patients with Mental Disorders

The results of the observations show that there is a way to provide

education to the families of people with mental disorders by providing socialization and direction as well as gentle affection related to patients with mental disorders whose emotions are unstable but it is also possible that there are patients who do not want to take drugs continuously and cause the patient's family to prefer to take traditional medicine. Therefore, the puskesmas team also always improves and improves services as well as handling patients with Mental Disorders as well as possible. This is included in the general goal of program socialization, namely Education to families or assistance to regarding mental health.

Barriers in providing education to the families of People with Mental Disorders are regarding the problem of treatment that still uses traditional methods and the community still considers patients with Mental Disorders to be trivial so that the socialization carried out by the medical party is considered unimportant. However, the puskesmas team also continues to intensively carry out socialization both offline and online so that the community and patient's families understand about the problem and handling of patients with Mental Disorders. The form of information provided to the community in the form of values, norms and roles. This is in accordance with what has been done by the puskesmas regarding education to patients with mental disorders.

The efforts to overcome obstacles in providing education to the families of people with mental disorders are by providing socialization on how to deal with patients with mental disorders and visiting the homes of people with mental disorders to provide directions on how to treat people with mental disorders. People With Mental Disorders .

c. There is public understanding in dealing with People with Mental Disorders

Observation results show that regarding the understanding of socialization activities, only a few people really want to know about the recovery of People With Mental Disorders, especially the patient's family, while most people still think that socialization about People with Mental Disorders is not important for them. So that the occurrence of shackles often occurs and does not know how to reduce emotions when the patient's emotions are unstable, therefore the puskesmas also continues to improve services and socialization so that people understand more about the handling of People With Mental Disorders. This is included in the general goal of socializing the recovery program for people with disorders.

Barriers to society in dealing with People with Mental Disorders are fear, frequent shackles for people with mental disorders and it is still difficult for the patient's family to handle when patients with Mental Disorders are relapsing. while most people still think

that socialization about People With Mental Disorders is not important for them. With these obstacles, the puskesmas is always alert and quick to visit the patient's house, the puskesmas also always monitors the condition and development of patients with Mental Disorders on a regular basis. This is included in the general goal of program socialization, namely home visits.

Efforts to overcome barriers to public understanding in dealing with People with Mental Disorders are intensively conducting socialization and coordinating both with the puskesmas and with local officials so that there is no longer a lack of public understanding in the first treatment when the patient is experiencing a relapse or when the patient's emotions are low, unstable and no more deprivation of people with mental disorders.

### **3. How to Socialize**

#### **a. The existence of community participation in the socialization of the recovery program for People With Mental Disorders**

The observation results show that community participation in the socialization of the recovery program for People with Mental Disorders is still in the poor category. Most people still have an apathetic nature or are indifferent to people with mental disorders and also the patient's family does not want to come during socialization because they feel ashamed / inferior because their family members have mental health disorders, related to People With Mental Disorders. This is

included in the general goal of socializing the recovery program for people with mental disorders, namely socializing mental health issues to the community.

The community's obstacle in implementing the socialization of the People with Mental Disorders recovery program is the lack of participation in the socialization of People with Mental Disorders conducted by the puskesmas. This is because the patient's family feels embarrassed when a family member has a mental illness. However, the puskesmas does not just give up, for the sake of recovering people with mental disorders the puskesmas continues to intensively carry out socialization.

As for efforts to overcome community barriers in the implementation of the Socialization of the Recovery Program for People with Mental Disorders, namely the existence of obstacles in community participation, therefore the Puskesmas must continue to provide education to the community and continue to invite the community to participate in socialization. To achieve the general goal of socializing the recovery program for people with mental disorders, namely Improving the quality of life for people with mental disorders.

#### **b. Community Enthusiasm Is Necessary For People With Mental Disorders**

The results of the observations show that the enthusiasm of the Langkaplir community members is quite good even though there are still

some who are still difficult to get together. This is included in the special purpose of the socialization of the recovery program for people with mental disorders, namely the realization of a community that contributes pro-actively to health efforts. a comprehensive and human rights-based community-based spirit.

Barriers to Community Enthusiasm for People With Mental Disorders are the lack of enthusiasm and participation in the socialization of People with Mental Disorders conducted by the puskesmas. However, the puskesmas did not just give up, for the sake of recovering people with mental disorders the puskesmas continued to intensively carry out socialization. The puskesmas also gave directions that mental illness was not a disgrace and could be cured even though it was not 100% recovered as before.

As for efforts to overcome Community Enthusiasm for People With Mental Disorders, namely by providing education to the community by giving directions to the community that is a disease that can be cured and continuing to invite the community to participate in socialization.

c. There is a referral of patients with Mental Disorders for rehabilitation

The results of the observations show that there is a referral for patients with Mental Disorders. For those in the severe category, it is usually recommended to be referred to a large hospital because if the recovery process

is carried out at the Puskesmas, the tools and doctors are still limited. However, the problem with this referral is the problem of recovery costs which are considered expensive, so a BPJS card is needed to reduce costs. This is included in the general goal of socializing the recovery program for people with mental disorders, namely Assistance to People with Mental Disorders to access health services.

Barriers to referring patients with Mental Disorders for rehabilitation are being afraid of the large costs that must be incurred, not having a BPJS card and having family worries of People with Mental Disorders asking for help for handling People with Mental Disorders.

Efforts to overcome barriers to referring patients with Mental Disorders for rehabilitation are by making a BPJS card or requesting a Certificate of Incapacity. This effort is expected to reduce the cost of recovering people with mental disorders.

#### **4. Who socializes**

a. The existence of institutional collaboration to treat People with Mental Disorders

The results of the observations show that there is already institutional collaboration to deal with People with Mental Disorders. This collaboration is carried out with local institutions and officials and can be seen in the socialization carried out. This is included in the specific objectives of the socialization of the recovery program for people with mental disorders, namely the realization of a community

that contributes pro-actively to a comprehensive and human rights-based community-based mental health effort.

The obstacle in institutional collaboration to handle People with Mental Disorders is that institutional cooperation has not been able to run fully due to limited community activities caused by the Covid-19 outbreak so that the socialization of People With Mental Disorders to the community is also hampered. However, there are many efforts that the health center has made to overcome these obstacles in order to convey education for People with Mental Disorders to the community.

Efforts to overcome obstacles in institutional collaboration to treat People with Mental Disorders are by providing advice to the puskesmas and continuing to coordinate both with the puskesmas, the community and with local officials.

b. There is collaboration between institutions in the Puskesmas Langkaplancar District, Pangandaran Regency

Observation results show that. It can be seen that there are many collaborations with the hospital for the treatment of people with severe mental disorders. But there are still families who have patients with mental disorders who do not want their families to be referred to a mental hospital.

Barriers to collaboration between institutions in the Puskesmas environment are the problem of cost and not having a BPJS card and limited

activities which have caused many activities to be delayed, especially to socialize the recovery program for people with mental disorders by the puskesmas.

As for efforts to overcome obstacles in collaboration between institutions within the Puskesmas, namely by making a BPJS card first or requesting a Certificate of Incapacity to the village, continuing to coordinate with the puskesmas to continue to socialize, this socialization can be done online, namely through the media. social.

c. The existence of data collection on people with mental disorders by the Puskesmas Langkaplancar District, Pangandaran Regency

The observation results show that there has been data collection carried out by the Puskesmas, namely through the results of screening which are filled in by visitors who come and there are reports from both the family and from the local authorities, but even though screening has been carried out for every visitor who comes there are still some who do not. fill out the form honestly and do not admit that they have patients with mental disorders. This is included in the general objective of the socialization of the recovery program for people with mental disorders, namely the establishment of a system for providing services to people with mental disorders from several relevant stakeholders.

Barriers to data collection on People with Mental Disorders carried

out by the Puskesmas are that there are still many families who cover up the existence of People with Mental Disorders and the patient's family does not accept that their family members have mental illness, making it difficult for the puskesmas in data collection and handling of People with Mental Disorders.

The efforts to overcome obstacles in collecting data on People With Mental Disorders carried out by the Puskesmas are coordinating with local officials to provide understanding to the patient's family about People with Mental Disorders.

### **Conclusion**

Based on the results of research on the Socialization of the Recovery Program for People With Mental Disorders by Public Health Center In Langkaplancar District, Pangandaran Regency, it can be concluded that:

In general, the socialization of the Recovery Program for People with Mental Disorders Public Health Center In Langkaplancar District, Pangandaran Regency has been carried out but is still lacking. This is evidenced by the many people with mental disorders who roam the streets, neglected and there is still frequent violence against people with mental disorders, many people still believe in treatment using traditional methods, and there are also families of people with mental disorders. souls who do not want to be referred to a mental hospital, the patient's family does not accept his family members experiencing

mental illness. This shows that there is still a lack of socialization of the Recovery Program for People with Mental Disorders by the Langkaplancar District Health Center.

In terms of the theory used for this research, most of it has been carried out by the puskesmas but the puskesmas is still lacking in socializing the recovery program for people with mental disorders. However, the Puskesmas in socializing People With Mental Disorders continues to try to give their best in order to achieve common goals.

Obstacles faced in the Socialization of the Recovery Program for People with Mental Disorders by the Langkaplancar District Health Center, Pangandaran Regency in terms of the theory used for research, namely what is socialized, how to socialize, who is socializing. hampered. As for these obstacles, such as the patient's family not having enough funds for the recovery of People with Mental Disorders, the patient's family still trusting the treatment of psychotherapy, the patient's family does not accept and cover their family members who are affected by mental illness, Lack of support from the family of People with Disorders Mental Health, treatment of People with Mental Disorders is not accompanied by medical parties, lack of coordination with local authorities, and the discontinuation of Patients with Mental Disorders in taking drugs.

Efforts were made to overcome the Barriers faced in the Socialization of the Recovery Program for People With

Mental Disorders by the Langkaplancar District Health Center, Pangandaran Regency. The Langkaplir Health Center is giving advice to the families of people with mental disorders to make BPJS cards or requesting a Certificate of Incapacity from the village to reduce the cost of recovering people with mental disorders, providing education to the patient's family that the treatment of people with mental disorders Mental Disorders must be accompanied by medical parties, coordinate with local officials to provide understanding or education to families of People with Mental Disorders and continue to monitor patients with Mental Disorders to take medication.

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