



## Comic Therapy Covid-19 (CTC), Language Therapy (LT), and Cognitive Behavior Therapy (CBT)

Anas Ahmadi<sup>1</sup>; Darni<sup>1</sup>; Wulan Patria Saroinsong<sup>1</sup>; Suhartono<sup>1</sup>; Siti Ina Savira<sup>1</sup>; Nuria Reny Hariyati<sup>2</sup>

<sup>1</sup> Universitas Negeri Surabaya, Indonesia

<sup>2</sup> Akademi Farmasi Surabaya, Indonesia

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### **Abstract**

This study is a fragment of research related to the arrangement of comic therapy covid-19. The aim of this study to describe the phase of arranging comic therapy covid-19 which includes three phases, namely (1) analysis phase, (2) planning phase, and (3) design phase. This study used qualitative approach because it exposes more data naturally and descriptive. Data analysis techniques in this study are identification, classification, reduction, exposure, and verification. The results show that researcher conducted a needs analysis, material analysis, and objective analysis in the analysis phase. In the planning phase, researcher conducted budget planning for the preparation of books, planning instrument preparation, and planning future plans. At this stage, the researcher also recruited book drafting team: the creative team, the design team, the editing team, and the validation team. In the design phase, researcher compiled a draft chapter related to the book and develop a book quality standard. In compiling the book, researcher included the concepts of language therapy and cognitive behavior therapy. Through language therapy and cognitive behavior therapy, the comic therapy covid-19 is expected to provide language and psychological benefit for society.

**Keywords:** *Language Therapy; Comic; Cognitive Behavior Therapy*

### **Introduction**

Nowadays, covid-19 is a pandemic around the world. Data from WHO, to date (10 April 2020) confirmed data were 1.521.252 and 92.798 died (who.int). New corona virus (covid-19) was identified first time in China (Meng, Hua, & Bian, 2020; Torales, O'Higgins, Castaldelli-Maia, & Ventriglio, 2020) spread rapidly to many countries. In a period of less than 2 months, more than one hundred countries were affected by the virus (De Ceukelaire & Bodini, 2020). The incubation period of covid-19 ranges from 2 to 14 days (Carver & Philips, 2020) with transmitters who sometimes show no symptoms that they are infected by covid-19.

In Indonesia, the covid-19 spreading is very fast. The latest data on the spreading of covid-19, namely as follows: 4.557 confirmed, 3.7778 in threatment, 380 recovered, and 399 died (covid-1919.go.id). To minimize the spreading of covid-19 in Indonesia, the government has made various efforts, ranging from appeals to work from home, physical distancing, and study at home for sttudents. The government also provides covid-19 information facilities through the website and provides many hospitals to handle covid-19 patients. The hope is that people infected by covid-19 can be dealt with quickly so that it can reduce the spreading of covid-19.

Indonesian government made a number of breakthroughs in handling covid-19 in the research context. The government now is directing research related to the handling of covid-19 in hope that the pandemic can soon be handled well. In connection with this phenomenon, no one has studied comic therapy covid-19 associated with language therapy and cognitive behavioral therapy. In fact, comic therapy covid-19 is very important to do so that people, especially millennials, can understand covid-19 with media that are close to them. Comic is a media that is close to millennial generation. Therefore, to attract interest in reading millennials, several market segments and academic segments use comic media. In this case, the use of comic media is adjusted to the level of readability, the level of age, and also the suitability of the topic designed by the researcher. Do not let, the comics that are made are not on target so that the functions and benefits of these comics do not hit.

So far, there have been no studies on comics that have focused on covid-19 and have been linked to language therapy and cognitive behavioral therapy. Gharib's study (2020) discuss comics related to covid-19, but do not discuss the context of language therapy. Gharib clearly shows what is covid, the cause of covid, covid transmission, and also how to prevent covid. As a writer, he simply and 'flows' in describing comics related to covid-19. However, he did not mention the context of language and psychological context in the comic that he made. In fact, it is very interesting, linking comics, language, and psychology.

In connection with that, this study aims to design comic reviewed from the perspective of language therapy and cognitive behavioral therapy. This research was conducted in order to introduce the public about covid-19 through comic and reviewed from the perspective of language integrated with the study of psychology. Thus, it is hoped that the results of this study will be more comprehensive than just from one perspective. This research is limited to the designing stage because this research is divided into three categories, namely analysis phase, planning phase and design phase. In this case, the design stages are more emphasized.

## ***Literature Review***

### ***Comic***

Comic is also known as pictorial narrative, visual narration. Comics as public reading, can appear in a single issue (one edition). There are also comics published serially. Facts on the ground are often also found that one edition of a comic becomes a series and is designed to be published daily, weekly, monthly or quarterly (Meskin, 2007). It depends on the publisher in applying his policy to publish the comic.

Pratt (2009) shows that comics cannot be separated from narratives and that they are contained in comics. If related to the context of language, comics are visualized languages. As for the literary context, comics can be related to the comic context and symbolism contained therein. Therefore, comics also have a genre of children, adolescents, and adults. However, there are also many other categorizations of genres, for example: educative comics, sci-fi comics, strip comics, comic magazines, and comic books.

## ***Language Therapy (LT)***

In the context of learning, especially language learning cannot be separated from psychology (Ahmadi, 2015, 2017a, 2017b, 2019, 2020; Ahmadi, Darni, Hariyati, 2019; Ahmadi, Sodiq, Setiawan, Pratiwi, & Hariyati, 2019). Therefore, language learning is greatly helped by the study of psychology used in relation to the context of mental processes and behavior. Language studies that use psychology (in the context of language) are psycholinguistic and sociolinguistic studies. Currently, it is starting the trend of language studies that use psychological aids in relation to language therapy, for example those used in learning for children with special needs (Klecan-Aker, Green, & Flahive, 1995). Of course, this is a new breakthrough in interdisciplinary studies that try to answer the complexity of the problems of life today.

Language therapy is a relatively new study. Its emergence during the second world war (Enderby & Emerson, 1996). This study arises in relation to the problem of language communication in the pragmatic domain (Adams, Baxendale, Llyord, & Aldred (2005). In its implementation, some research on LT focused on children and adolescents (Tykkyläinen, 2009; Baxter, 2009). Brookes, Bianchi, Rashid, & Hay, 2009; Lederer, 2002), through game media or pleasant communication situations, through language therapy it is hoped that a teacher / instructor can communicate optimally with his audience (Boyle, McCartney, Forbes, & O'Hare, 2007) Adapting the views of Boyle, McCartney, Forbes, & O'Hare (2007) relating to golden rules in therapy, namely explaining, pleasing, correcting mistakes, making easy or hard, making changes in activities, understanding, and conducting therapy sessions to get a response.

## ***Cognitive Behavior Therapy (CBT)***

Cognitive Behavior Therapy (CBT) is a part of behavioral psychology (O'Donohue & Fisher, 2012). As a discipline in psychology, CBT leads to changes in one's cognitive orientation, providing information processing, changing one's way of thinking, and observing one's behavior (Rasmussen, 2005). In this context, researcher who point to CBT do rely more on how the process of giving treatments and the process of changing the mental processes and client behavior. Even so, each CBT psychologist has each criterion that is flexibly carried out in dealing with a psychological problem. But, still, the psychologist is still in the corridor of research that can be accounted for ontologically, axiologically, and epistemologically.

Currently, CBT is widely used in various studies, one of which is language study. In this context, language is inseparable from CBT (Schofield, Ponzini, & Becker, 2020) because both are inseparable from cognition in the realm of linguistics and psychology. Through the integration of CBT and other disciplines, it is expected that research results can be more optimal and more awake in terms of their degree of reliability because of the use an interdisciplinary approach.

## ***Methodology***

The method used in this research is qualitative. Therefore, in this study more data are used descriptively described and generated from the interpretations (Creswell & Guetterman, 2019). In this case, the interpretation made by researcher is more directed to language and psychology. From the context of language, more directed to language therapy and from the context of psychology more directed to CBT. In the context of comic design, this research is more directed to the views of Fenrich (1997) relating to analysis, planning, design, development, implementation, and evaluation/revision. However, this article only reaches the design stage.

Data analysis techniques in this study adapted the views raised by Miles, Huberman & Saldana (2020) in qualitative research, namely by stages (1) identification, (2) classification, (3) reduction, (4) exposure and (5) verification. In data analysis techniques, researcher conducted triangulation so that the results of comic design related to language and psychology could be justified in scientific.

## ***Results and Discussion***

This stage of the study adapted the views of Fenrich (1997), but focused more on three main points: (1) analysis, (2) planning, and (3) design. However, researcher made it flexible and provided additions or reductions adjusted only for the needs. Therefore, in these phases do not fully follow the views of Fenrich, just adapt. More specifically, the phases of the research are described in the following segmentations.

### ***Analysis Phase***

The analysis phase is the initial stage of research. At this stage, the researcher conducts an analysis related to the following.

First, researcher conducted needs analysis related to the society. Actually, in this context, the researcher must identify related to the curriculum. However, since this research is more in the context of composing comic that is not only specific to students, researcher more directed at analyzing the needs. Needs analysis in this case is related to the facts found in society today. Based on the results of a survey conducted by researcher, comics found in the community do indeed have something to do with covid-19. The survey was conducted by researcher through internet searches, especially those related to (1) journals that discuss comic and covid-19, (2) books that discuss comic and covid-19, (3) popular articles that discuss comic and covid-19, and (4) comic themed about covid-19. However, these comics are still very rare. This indicates that comics that are related to covid-19 are indeed still beginning to appear so that very few make the comics. In addition, in relation to comics associated with language therapy and psychology (cognitive behavior psychology) is very minimal or even not yet existed.

Second, researcher conducted material analysis related to the preparation of comic therapy covid-19. Analyzing this material is done to recognize and understand comics that have emerged in relation to covid-19. The comic is reviewed in depth in relation to the material contained in it. In this case, the material analysis is done so that later the compilation of comic books conducted by researcher is not reduplication of comics that have been written / made by researcher before. In addition, this is done to make improvements, additions, and / or reductions in the context of understanding the material for comic.

Third, the researcher analyzed the behavior and character related to the share to be addressed in the compilation of comic therapy covid-19. This is done so that in the preparation of the book the researcher is not mistaken in determining the audience. If it is done properly, it will be more relevant and optimal.

Fourth, researcher conducted an objective analysis. In this case, the researcher conducted an analysis relating to the purpose of arranging the comic whether it is in accordance with what will be implemented or not. For this reason, in a deeper stage, the researcher conducts an analysis relating to outcomes. Through this stage, researcher are expected to not only understand, recognize, criticize, revise, but also be able to read the impact going forward regarding the preparation of the comic therapy covid-19.

The phases were carried out by researcher in succession. If the phases to the end are deemed to be less than optimal, the researcher conducts a review, checks and re-checks. This was done so that the stages went well. Not only that, through the stages carried out in sequence and discrete will make the results of the analysis phase more optimal and comprehensive.

### ***Planning Phase***

The planning phase is an important phase in the arranging of comic therapy covid-19 because in this phase everything related to planning, instruments, and also the formation of a team is very urgent. Thus, in this phase, researcher focus on three main things, as follows.

First, planning related to the budget of research conducted in the preparation of the comic therapy covid-19. This is very much needed by the researcher so that the researcher does not have obstacles in the process of compiling the comic, especially obstacles related to funding problems. Acknowledged or not, several cases occurred, the research work was not completed because the preparation of the budget was not well compiled. In this context, researcher prepared a budget using time lines, ranging from operational costs for the preparation of books, publishing, and printing to operational costs related to the fees of the book drafting team. Thus, it is hoped that, through careful planning related to the budget, the results of the compilation of comic therapy books will be more optimal and will not be stopped halfway.

Second, plan/arrange instruments for the validation of the comic therapy covid-19 book. The preparation of instruments for books is very important because they are very useful for improving and improving the quality of books. The instrument was made by taking into account three criteria: (1) design, (2) content, and (3) language. These three instruments are standard categories in terms of book preparation. For this reason, in the context of the preparation of this book, all three are used. The following instruments are related to language context and psychological context.

**Table 1 Language Therapy context questions**

Question	Kind of question	Type of answer
After reading comic therapy covid-19, did you get information about covid-19?	Multiple choice	Yes or no
Does the language used in comic therapy covid-19 give you a sense of comfort, calm, and relax?	Short answer	3-5 sentences
Does comic therapy covid-19 relate to language and also psychology?	Short answer	3-5 sentences
Does comic therapy covid-19 have a psychological impact on you?	Short answer	3-5 sentences
Does comic therapy covid-19 have an impact on your behavior change?	Short answer	3-5 sentences

**Table 2 Question for Comic Therapy Covid-19 based on the CBT**

Aspect	Value	Question
Activated	Questions relating to audiences' understanding of covid-19	<ol style="list-style-type: none"> <li>1. After reading covid-19 comic therapy, do you understand what covid-19 is?</li> <li>2. What are the things that make you worry about covid-19?</li> </ol>
Belief	Questions about Audiences' confidence in their current condition	<ol style="list-style-type: none"> <li>1. What things do you believe about covid-19?</li> <li>2. Are you sure that covid-19 is dangerous?</li> <li>3. What percentage do you believe on a scale of 0-100?</li> </ol>
Consequences	Questions about the consequences that occur as a result of A and B such as physical and mental conditions experienced at this time	<ol style="list-style-type: none"> <li>1. How do you feel right now during the Pandemic?</li> <li>2. What is your current physical condition in a pandemic?</li> </ol>
Dispute	Rational questions related to 'A' or things that make the audience worried.	<ol style="list-style-type: none"> <li>1. What things have been done to reduce anxiety, stress, anger, or sadness about the current condition of the pandemic?</li> <li>2. Are what you do effective to reduce negative emotions related to covid-19?</li> <li>3. Anything that will be done to reduce anxiety, stress, anger, or sadness about the current condition of the pandemic?</li> <li>4. What are the benefits for you to do that?</li> <li>5. What percentage do you think is effective for what you have done?</li> </ol>

Third, predict future challenges related to the obstacles that will be encountered by researcher when conducting the compilation of comic therapy covid-19. This is done so that researcher can read the challenges and opportunities in the future. Thus, when in the process of compiling comic therapy covid-19, researcher find obstacles, problems, or challenges will not be confused because they already have a mature calculation in relation to future predictions. It is also an anticipation of research so that in the future research results will have high benefits for the society.

In addition, in this phase the researcher recruited teams that would compile comic therapy covid-19. The teams must be solid and have integrity in teamwork and collaboration. In arranging of comic therapy covid-19, there would be the planning team for the arranging of comic therapy covid-19. First, this team was a creative team that raised creative ideas in terms of composing comic therapy covid-19. The team would work together in composing comic therapy covid-19 narratives. Second, the editorial team, a team that edited material that had been created by the creative team. They would edit the language

and also the content contained in comic therapy covid-19. Third, the design team. The team that made designs for comic therapy covid-19. The team would consult and coordinate with the creative team in making the designs. Discussions and coordination between the creative team and the design team were very necessary so that later there would be comic illustrations that are not relevant to the narration and language created by the creative team. All of these teams coordinate and were accountable to the team leader. In this case, the team leader was the main person in charge of providing performance indicators. Thus, the team formed would work in accordance with the guidelines set by the team leader. To consolidate the course of comic therapy covid-19 preparation, the team leader was assisted by the core team. This core team had a function in terms of providing input conceptually or technically the preparation of comic therapy covid-19.

### ***Design Phase***

The design phase is the design phase of comic therapy covid-19 preparation. This design is very much needed in order to strengthen the compilation of comic therapy covid-19 especially those related to instruments and also material developed in comic therapy covid-19. In this phase, the researcher designs the following things.

First, design chapters in the comic therapy covid-19. In designing the chapters, researcher also designates characters that relate to characters in comic therapy covid-19. For designing the chapters, it must be adjusted to the budget that was made in the planning phase. Do not let every chapter that is designed in the comic therapy covid-19 exceed the predetermined budget because it will result in an incomplete completion of the comic therapy covid-19. In designing, researcher and teams also consult to comic expert so that the comic therapy covid-19 can be maximized. In preparing comic therapy covid-19, researcher designed 40 pages and there were 12 chapters that appeared in the comic. For cover design, adapted to the topic raised, namely covid-19. Therefore, in the preparation of comic therapy covid-19 cover, researcher brought up images related to covid-19.

Second, design standard for the therapy covid-19. The design is associated with the context of language therapy and cognitive behavior therapy. In addition, the design is related to quality standard, quality, and also related to the readability level of the comic therapy covid-19 audiences. For the main focus it is more directed to standards relating to language and psychology because the comic therapy covid-19 is a comic that is reviewed from a language and psychology perspective. Design in the context of language is associated with language therapy which in this case refers to the instrument made by the researcher. Likewise with therapeutic cognitive behavior, researcher also made designs that lead to instruments that had been made. Instruments related to language therapy and cognitive behavior therapy using Google forms.

### ***Obstacles***

The obstacles experienced by researcher in preparing comic therapy covid-19, starting from the analysis phase, planning phase, to the design phase, are as follows.

First, researcher still found it difficult to come up with ideas that combine comics, language and psychology. To find the forms and characters of comics, language and psychology was indeed not easy. This obstacle was indeed a major obstacle because to the best of researcher' knowledge, books that discuss comics, languages, and psychology are very rare. Of course, this is a challenge for the teams.

Secondly, the current covid-19 pandemic is making research activities disturbed. It made meetings with the researcher's teams difficult even if they were not allowed to because they had to work from home. Nevertheless, the researcher's teams tried to complete each phase by coordinating through online. However, this coordination cannot be as optimal as when conducting real meetings.

Third, it is time. Preparing comic therapy covid-19, time became influential because in composing the comic was very different from ordinary books (textbooks). This caused the phase in the progress to be somewhat hampered. Plus, the chapters in the comic book were rather long so it would take a long time to finish the book.

## Conclusion

The arranging of comic therapy covid-19 in this study only covers three phases namely, the analysis phase, the planning phase, and the design phase. These phases are the first phase in the preparation of comic therapy covid-19. Researcher experienced obstacles in terms of discussion and the process of going to implementation because there was currently a covid-19 pandemic. Suggestions for future researcher, for the phases can not be adapted and adjusted to the research context. Thus, researcher find it easier to do the stages in the arranging of the comic.

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