

DIVERSION TRANSPORTATION TIME INTO QUALITY TIME DURING COVID-19 PANDEMIC

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Abstract

The Covid-19 pandemic has become a major problem in the world in recent years, and has changed the way people live in many aspects. Many activities, rules, habits, and norms, that were carried out previously, turned into new habits. The impact of the Covid-19 pandemic, that is felt by people in Indonesia, comes from the Government's policies on physical and social distancing, such as limiting activities outside the home, closing school activities, and working from home. As a result, many work activities were conducted at home online rather than in the office. This condition makes employees have to adapt to the pattern of working remotely from their respective homes. This study aims to explore the activities they do with the transportation time they used previously, using a sample of several people who live in Jabodetabek and work as teachers, employees, and students. This study shows that those who do their activities from home use the time that should have been used to travel from home to work and vice versa, for more quality things, both for themselves and for their families.

Keywords: Covid-19 pandemic; work from home; work activities; transportation time.

Abstrak

Pandemi Covid-19 telah menjadi masalah besar di dunia dalam beberapa tahun terakhir, dan telah mengubah cara hidup masyarakat dalam banyak aspek. Banyak kegiatan, aturan, kebiasaan, dan norma yang dilakukan sebelumnya berubah menjadi kebiasaan-kebiasaan baru. Dampak pandemi Covid-19 yang dirasakan masyarakat di Indonesia berasal dari kebijakan Pemerintah tentang *physical* dan *social distancing*, seperti membatasi aktivitas di luar rumah, meliburkan aktivitas sekolah, dan *work from home*. Akibatnya, Banyak aktivitas kerja yang dilakukan di rumah secara *online* daripada dilakukan di kantor. Kondisi ini membuat karyawan harus beradaptasi dengan pola kerja jarak jauh dari rumah masing-masing. Studi ini bertujuan untuk mengeksplorasi kegiatan yang mereka lakukan dengan waktu transportasi yang mereka gunakan sebelumnya, dengan menggunakan sampel beberapa orang yang tinggal di Jabodetabek dan berprofesi sebagai guru, karyawan, dan mahasiswa. Studi ini menunjukkan bahwa mereka yang melakukan aktivitasnya dari rumah memanfaatkan waktu yang seharusnya digunakan untuk melakukan perjalanan dari rumah ke kantor dan sebaliknya, untuk hal-hal yang lebih berkualitas, baik untuk mereka sendiri maupun untuk keluarga mereka.

Kata-kata kunci: pandemi Covid-19; *work from home*; aktivitas kerja; waktu transportasi.

INTRODUCTION

The Covid-19 pandemic has changed the way people live in all aspects, including Working From Office (WFO) to Working From Home (WFH). WFH work pattern shows 4

things related to understanding remote work namely: (1) workplace options, which refer to saving time or physical distance, (2) part or total substitution of daily travel, (3) intensity of remote work activity that refers to the frequency and length of time, and (4) availability of communication and information technology. These 4 points indicate that WFH is a form of flexible working, which is the concept of a remote working system. WFH can affect transportation activities (Azwar and Abdurrohman, 2021). This opinion is also related to the transportation perspective that working from home actually reduces commuting, while working from the office only reduces the distance traveled.

Transportation is the movement of people or goods from one place to another using vehicles driven by humans or machines. Transportation has become a very important factor in human life because it supports daily human activities. People use transportation in daily activities for work, recreation or social activities, so that from morning to night, they are on the road to work, school, college or other purposes. During the Covid-19 pandemic, transportation activity was reduced and roads were free from congestion. This fact is supported by the results of research which states that transportation activities, in this case the use of trains, has decreased in 36% of recreational travel, 34% of education, 28% of employment, and 23% of social activities and personal vehicle fares increased by 25% for the Jabodetabek region (Azwar and Abdurrohman, 2021). Jabodetabek is an area with a large population in Indonesia and has a very high transportation movement. Due to the high activities and meetings, this area is the largest area in Indonesia affected by the Covid-19 virus. In addition, conditions during the Covid-19 pandemic contributed to lowering the purchasing power of airfare by 0.553 or 55%.

The decrease in people's activity in using transportation is due to the WFH policy, which requires everything to be done at home, has been implemented by the government since mid-March 2020 to reduce people's mobility. This is called the "Avoid Strategy", avoiding or reducing the need to travel or be outdoors. In that situation, each individual directly reduces the use of private vehicles and public transportation. There has been a change in the time previously used to drive vehicles, both public transportation and private vehicles for travel, work, education, and recreation, which has the potential to be a free time for today's society (Greenhaus et al., 2003). So what do people do to use their transportation time during the Covid-19 pandemic?

THE RESEARCH STUDY

This study aims to provide an overview of the phenomenon that people do by shifting transportation time previously used when they work from home (WFH) before the pandemic and what they gained from these new activities during the Covid-19 pandemic. Looking at the many types of activities undertaken in lieu of transportation activities, the Phenomenology is selected to be used in this study. Phenomenology is an approach that describes the meaning of several individuals' life experiences regarding a phenomenon. Phenomenology also focuses on describing what all participants experience with the phenomenon (Creswell,

2013). Five participants were involved in the study, they worked as teachers, employees, and students (see Table 1).

For phenomenological studies, open interviews are most appropriate because the interviewer captures the phenomenon. In studying phenomena, it is important that each participant will be exposed to the same stimuli to capture the essence of an event. Each participant was given an open-ended question to find out their experience while undergoing the WFH period and interviewed by one research assistant as presented in Table 1. Interviews were conducted face-to-face and online for an average of 210 minutes per participant. The examination is also carried out after the results of the interview are examined by the main researcher. The results of the interview are then made in the form of an interview transcription. Once transcription is made, open-coding, and Axial-coding are performed. Open coding is done to categorize themes and sub-themes while Axial-coding is done for storytelling.

Table 1 Participants

Initial	Age	Sex	Job	Residence
JH	33	Female	Teacher	Tangerang
IH	39	Female	Teacher	Bekasi
S	43	Female	Teacher	Bekasi
S	45	Male	Employee	Tangerang
IA	21	Male	Student	Bogor

RESULTS

Diversion Transportation Time

The 5 participants had different feelings when they experienced a transfer of transportation time. JH feels that he has a self-claim to do continuous learning to master technology, in addition to having extra time just to rest, socialize, and have "me time". IH says that the time that used to travel for work is now used to go to the market buying something to cook before her children start learning online at home. S claimed to be happy with the transfer of transportation time because it has approximately 1.5 hours to clean the house and can be with his children and facilitated by gadgets. S feels that his time is now becoming more productive when he does some activities at home. He found it difficult to divert transportation time because it was inflexible and limited to holding activities as before, such as seminars, campus events, and public activities.

The Meaning of Transferring Transportation Time to Quality Time

The theme that emerged in the participants' interview results was how they interpreted their transportation time into quality time such as being with their families and making self-improvement during WFH. There are several activities that appear as a substitute for transportation time diversion, namely activities with family, working at home, working from the office, gardening activities in the yard of the house, starting an online

buying and selling business, doing self-improvement activities through online training, following community activities of writers tidying up the house and activities that are “me time”.

Activities with Family

As a mother, participants felt it was important to do activities with their families during WFH. JH stated during WFH he was closer to his family, more time to gather with his family, friends and neighbors and invite them to play to tourist attractions that can be visited. IH stressed that he could eat and watch television with his family. S stated that she could be with her children like helping to study online at home. He stated that during WFH he could help his mother and take care of his brother at home.

Homework or Chores

Activities that can be done, in addition to being together with family, is doing tasks at home. IH states that she can accompany her children to study online and do homework such as cooking, washing, ironing and going to the market. S stated that during WFH, she was able to perform her duties and roles as a mother. S states that he does physical work at home such as sweeping, cleaning the workplace, mopping, fixing chairs, taking care of motorcycles, filling air, repairing batteries, and others. Another meaning that arises is to learn or perform classwork from IA.

Working from Office

IH stated that she also worked on the WFO schedule as scheduled, on Fridays, but she went to school almost every day because of the limited internet quota for working on creating materials and sharing materials, creating a list of students using Google Class Room (GCR), sometimes online learning using Google Meet. S stated that he got additional assignments from school so that it became a perceived workload. S states that the form of WFO he does when there is an external job title assignment.

Gardening Activities

JH and S feel they have more free time to do additional activities at home. With activities that make it fresh, including gardening, planting vegetable trees in the yard and some flower trees. Caring for plants becomes an alternative activity to fill time in times of pandemic.

Start An Online Business

The amount of time available as a transfer of transportation time is used to start an online buying and selling business. JH stated that he can take care of his business at home during WFH i.e. washing and delivering eggs. This activity provides positive value for the improvement of the family economy. The use of time is very creative and increases income and expands relationships with people in various places.

Take Online Training

Circumstances that do not allow to conduct an association, utilized by AI to follow online training. This training varies, ranging from the nature of enriching knowledge about the course, as well as other things that are new knowledge for AI. Some discussions about course assignments and campus student activities are also conducted with remote meetings.

Follow A New Community

To fill time at home during the WFH period, AI as a student also participates in community activities that are done remotely. The activity was in the form of being a committee of training events and seminars. Some work closely with campus organizations and educational figures and even artists who can inspire the community. Doing this activity becomes an activity that greatly adds insight and social skills.

Me Time

The participants expressed “me time” differently from one to another. JH feels that with WFH, it can learn about using technology. S feels happy with WFH because she can be with her children and do her role or duties as a mother. He, as a student, felt that by studying online, he could sleep longer, hang out with friends and watch Netflix dramas.

DISCUSSION

The diversion of transportation time to workers and students has different impacts from each other. In general, the feelings experienced depend on each individual. The demand to work at home means doing office work, doing some other work, and doing activities with family all done at home while the Covid-19 pandemic is still ongoing. This situation directly requires them to adapt to new levels in the era of the Covid-19 pandemic (Mungkasa, 2020).

The transfer of transportation time interpreted by the community in this case workers who work as both WFH and WFO; and students who study online, impact quality time such as family time and improve their quality. Workers should know exactly the number of work schemes, including working freely and working remotely (telecommuting), in addition to working full-time and temporary work. In addition, working freely is defined as workers working differently from conventional working hours so that workers can balance their work and life. Working remotely (from home and/or other locations outside the office) is a flexible work arrangement that allows working away from the office all or part of the time.

Literature categorizes flexible working as office work practices (office-based) and flexible location (flexi-place), or flexi-time, and flexible location (flexi-place. It is also found that flexibility in schedule control, as flexible work options, can include contingent work, contract work and on-time staff. Flexible working time is a system of work arrangements that gives employees more freedom to set their own hours. Flexi Time is widely used by

global scale companies that find it difficult to synchronize working time due to different time zones in some countries. Flexi Time holds the principle that whatever hours employees enter, as long as the work is completed and the time used meets the number of hours agreed in the employment agreement.

Of the many things that are the effect of shifting transportation time is the availability of additional time that can be utilized by the community to improve self-quality and better communication with family. The condition of the balance between work and family can improve an individual's performance, which is currently interpreted as work-family balance. Family work balance is the extent to which an individual's effectiveness and satisfaction in work and family roles correspond to an individual's life priorities. Many studies show that individuals who devote relatively little time to work and family experience a high quality of life regardless of how they distribute time for two roles between work and family. Conversely, for individuals who devote a lot of time to work and family, those who spend more time with family than work experience the highest quality of life, followed by balanced individuals, and ultimately by those who spend more time working than family. Therefore, balanced individuals are better off than those who have unbalanced jobs but not as good as those who have unbalanced families. In addition, the Covid-19 lockout has increased the domestic workload of British women and led to uncontrollable role conflicts. Remote work has contributed to bottlenecks in women's roles and role conflicts and posed severe challenges to role differentiation. It was also found that lockouts have facilitated the rediscovery of family values and closeness, which is associated with reduced juvenile delinquency and lower crime rates due to lockout.

Since pandemic conditions do not have a bad impact on our lives, it is necessary to consider the utilization of so much time at home. Somethings to consider when working from home include set a break time, create a priority scale, stay connected with family and friends, maintaining physical health, and balance between family and work portion.

Set A Break Time

Managing time off is the key to balancing work and personal life. If people do not get enough rest, their concentration can be disrupted and their productivity will decrease as a result. It's even possible to experience emotional stress due to lack of time off. The existence that almost takes a day at home definitely makes us do many different activities. It is necessary to take regular breaks and do well.

Create A Priority Scale

It is important to compile a list of which priorities work should be given and which can be completed later. This will help the mind to be more focused, so that the task can be completed without passing the deadline. In addition, multitasking that will trigger stress and interfere with personal health should be avoided.

Stay Connected with Family and Friends

People should avoid limiting themselves in their room or working unnecessarily. Hanging out with friends and family will give them positive energy that will gradually help them get out of the stress. Of course, health protocols should still be applied.

Maintaining Physical Health

It is recommended that people take time to exercise at least 3 times a week. Eating nutritious foods, such as vegetables and fruits, will also help the body stay healthy. In addition, the frequency of playing gadgets needs to be reduced, and, if necessary, additional supplements are advice to be taken. Another way that can be done to maintain work productivity is to tidy up the workstation or desk at home. This will make it more convenient to move in a limited place.

Balance between Family and Work Portion

Covid-19 has fundamentally changed the way people live and work around the world. The world woke up to the reality of a new pneumonia known as Covid-19 in 2019. These lifestyle changes create both positive and negative possibilities that must be handled wisely. The role of the family becomes very large in this situation. More time is devoted at home, making most people enjoy togetherness and use it to the fullest. The incredible closeness of fellow family members, helping each other and caring becomes a new atmosphere that is quite comfortable. The quality of relationships with families and the problems that occur in them became a hot topic during this pandemic. Behind the negative things caused by the Covid-19 pandemic, there are still many positive things that we can use for a better life.

CONCLUSIONS AND RECOMMENDATION

Since the pandemic hit, the need to work from home, do physical distancing, and struggle with the same routine has indirectly affected our work-family balance. The many demands of work that must be completed sometimes force some people to lose their balance between the world of work and personal life, especially family. However, with the Work From Home policy, one can more easily divide his role in addition to work but also be able to run his personal life without burden.

During this pandemic, people have the advantage of working from home, i.e. they can work casually and comfortably, no longer rush to the office every morning and lose energy due to fatigue on the road due to congestion. However, workplace attendance is sometimes still needed, especially to discuss strategic matters, coordinate intensively and establish relationships with superiors and coworkers.

In this study, interviews were conducted in the consumer environment of transportation users. There is an opportunity for further researchers to dig deeper into the diversion of transportation time in the environment of transportation managers.

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