Conference Paper

Adapting to the New Normal During the COVID-19 Pandemic Through Creating a Children's Song With a Health Theme

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Abstract

Health promotion activities are crucial amid the COVID-19 pandemic. Health promotion can be carried out through various methods, one of which is through musical activities. Musical activities may trigger a community's awareness of the government's programs related to minimizing the spread of COVID-19. The spread of COVID-19 reminds us that healthy behavior should be internalized as early as possible. The use of children's songs as a medium of health education serves to promote healthy and clean-living behavior. Song creation for school-aged children could be an educational model to maintain personal and environmental health. In this study, data were collected through a literature review and observations of health-related issues for children. The song was created by determining the listener (i.e. children), the theme for adaptation to the new normal era (healthy behaviors), and the structure (AA, AB with simple variation of ABA, AAB); making the lyrics, a simple melody, and the song title; and writing in notation and socializing. The result of the study was a children's song with a health theme, specifically related to healthy behaviors for adapting to the new normal, which can serve as a medium of health education for children.

Keywords: health education, song creation, children's song, adaptation to new normal

1. Introduction

Health promotion activities are crucial amid the COVID-19 pandemic. The important actors in health promotion is not only the medical workers, but also the society itself. Indonesian government organizes some community health movement programs to improve the community's health. Some of them are Gerakan Masyarakat Hidup Sehat (People's Healthy Life Movement), Perilaku Hidup Bersih dan Sehat (Clean and Healthy Lifestyle), which can only obtain their purposes with a support from health promotion activities. Health promotion can be carried out through various methods, one of them is
through musical activities to support the health promotion. Musical activities, in certain
degree, may trigger community’s awareness of the government’s program related to
minimizing the spread of COVID-19.

Health education in school, especially for children, serves as a strategic measure
to promote community health since it is quite effective to enhance the community’s
awareness of clean and healthy lifestyle. School-age is the best period to educate and
teach about clean and healthy living behavior. By developing clean and healthy behavior,
i.e., habit of handwashing with soap to prevent disease, including COVID-19, school can
be a safe and healthy environment for learning process. One of the health promotions
concepts that is highly encouraged during COVID-19 pandemic is handwashing with
soap.

Child song creation in the present study is necessary to educate school-aged children
to implement clean and healthy lifestyle by washing hand with soap, especially during
COVID-19 pandemic. [1] in their work argue that the pattern of music, lyric, melody, and
actor may describe and characterize a child pop song that represents traditional values.

The present study aimed to provide steps of creating child song with health education
theme and to find out the factors affecting the creation of child song. This study primarily
aimed to create a musical activity, especially child song with health education during the
COVID-19 pandemic. It was done considering that every child’s musical potential could
be developed to introduce the importance of health and handwashing to children. The
present study is an attempt to find out an appropriate child song creation, especially
those promoting health education values. I expected that both educators and children
could write or conceptualize a child song to deliver health education during COVID-19
pandemic, especially with hand washing themes.

2. Role of Music As a Media

My previous study on Child song prosody in Music Education [2] had mapped the basic
prosody that should exist in child songwriting process. Prosody in child song is important
and helpful to create child song with health education.

Music, in this case is child song, serves as a means to help children development. This
is in line with the argument that music, for children, may develop children’s appreciation
skill, where they are given opportunities to listen and experience a good music. Music
and education is inseparable [3], In music education activities, children learn to sing,
read, listen, play, create, and move to create a music with aesthetic values. They
begin with feeling, knowing, understanding, and representing knowledge in the form of musical play or song.

In music education [4] partial learning technique is implemented to understand certain parts that supports the whole part. Besides, Bandura’s modeling is also applied. With direct modeling, children see and imitate, while using symbolic modeling, teachers’ modeling is done in the form of gesture. In this method, children are partially taught to imitate and try to feel [4].

2.1. Background

2.1.1. Describing Child song creation

In this study, child song refers to children songs with health education theme. An artwork made of combination of music and lyric. The song lyrics focused on handwashing with soap to prevent spread of COVID-19.

The element that should be taken into consideration is: a) melody in child’s vocal range; b) melody that is easy to sing and memorize, c) proper lyric; d) triggering child’s expression and imagination.

2.1.2. Health Education Program

Creating child song about health education is one of the parts to deliver positive messages to maintain health through hand wash and implement clean and healthy lifestyle. This is important and the key factor as a preventive attempt and to cut the spread of COVID-19.

2.1.3. Stages in writing process

The important element in creating children song includes melody, harmony, tempo, notation, motive variation, and theme. The pattern of child song creation is generally as follow: Lyric, harmony, tempo, use note blocks, melodic form, developing motive.
2.2. Children Song

School-aged children and community education play important role in socializing healthy living behavior, especially during the COVID-19 pandemic. Accordingly, strategies and innovations are necessary to educate the community, which could be carried out through writing children songs with health education theme for school-aged children. Today, it is difficult to find songs for school-aged children, thus sometimes teachers only change the lyric of the existing songs to make a health theme song. To make children more aware of clean and healthy behavior, writing children song is important and urgent to promote healthy living behavior to them amid this pandemic.

The creation of child song by considering children’s developmental stage is shown in the following table:

| No | Song Aspects                             | Indicator                                                                 |
|----|------------------------------------------|---------------------------------------------------------------------------|
| 1. | Suitability between theme and lyrics     | Suitability among song title, theme and topic                             |
|    |                                          | Suitability among song lyrnic, theme and topic                           |
|    |                                          | Suitability among song title, background, and purposes.                  |
|    |                                          | Suitability among song lyrnic, background and purposes.                  |
| 2. | Song musicality                          | Suitability between the melody and children characteristics              |
|    |                                          | Suitability between the melody and characteristics of school-aged children|
|    |                                          | Suitability between the melody and children's vocal range                |
| 3. | Score arrangement                        | Suitability between score and musical determination                      |
|    |                                          | Suitability between song writing and audio                               |

2.3. Song Creation

1. Exploring theme

A focus-group discussion was conducted with several music practitioner, educator, and parents to find out the important thing children should do related to COVID-19 pandemic. This discussion is important to gain messages to be put into the song lyric. The topic of health and clean and healthy living behavior, and the theme was about handwashing.

Handwashing is important factor to prevent the infection since this simple activity is effective to prevent infections, create a safe environment. If our hand is dirty, wash it
with soap or antiseptic in running water. If it is not look dirty, use alcohol-based hand sanitizers.

2. Lyric making

The lyric that shows clean and healthy behavior by handwashing

(1) Ayo kawan
Cucilahtangan
Cuci, cuci, cucilahtangan (2X)
(2) Tangankanan
Tangankiri
Harus slaludicuci
(3) Dengan air
Dengansabun
Tangankubersih

In this song, the words “cuci” and “cucilah” (wash) are repeated to make it easier to remember. Some keywords are “cuci” (wash), tangan (hand), air (water), soap (sabun), and bersih (clean).

3. Determining the structure

A simple structure of AB with part A is repeated and followed by part B.

4. Making simple melody

The majority of the melody in this song was steps and few skips.

5. Making Song Title

The title of the song is “CuciTangan”, an easily memorable phrase showing a message of handwashing.

References

[1] Permana, C. S., & Sigit, R. (2017). Model penciptaan karya lagu anak populer yang berangkat dari nilai tradisi. Jurnal Pendidikan dan Kajian Seni, 2(2).
[2] Tyasrinestu, F. (2019). Prosodi lagu anak dalam musik pendidikan. LPPM ISI.
[3] Fletcher, P. (1991). Education and music. Oxford University Press.
[4] Hoffer, C. (2017). Introduction to music education. Waveland Press.
Figure 1: scores Cucilah Tangan