



UNIVERSITAS KATOLIK  
PARAHYANGAN

*Baktising Hyang Mrih Guna Santyaya Bhakti*

# TRIUMPH THE UNCERTAINTY

Orator

**Dr. Istiharini**



Dies Natalis ke-66  
Fakultas Ekonomi  
Universitas Katolik Parahyangan  
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# Triumph the Uncertainty

Dr. Istiharini

First of all, what is the meaning of the words from the title? Based on the Oxford English Dictionary, triumph means a great victory or achievement; achieve a victory; be successful. Uncertainty means the state of being uncertain, something that is uncertain or that causes one to feel uncertain. What is the background of this title?

This all starts at the end of 2019, precisely in mid December 2019 in Wuhan, China, cases of pneumonia with unknown cause began to appear. After performing evaluations of patients with the disease, a new type 2 of Coronavirus (SARS-CoV-2), was discovered and resulting a new coronavirus disease which linked to respiratory, hepatic, enteric and neurological health issue. The World Health Organization (WHO) declared a COVID-19 pandemic, on March 11, 2020. Brazil had the first recorded death on March 17, 2020, the day on which 596 new deaths were confirmed in the world (Roser et al, 2020). The threat of COVID-19 is revealed not only by the numbers of people infected and deaths, but mainly by the number of susceptible people in the population who may become infected and the rate at which this occurs. SARS-CoV-2 is a new virus to which the human population has no immunity. The transmission occurs mainly through droplets and aerosols when the person talks, coughs or sneezes.

Although many experts have made predictions about the end of the Covid-19 pandemic, in fact, until now, the Covid-19 pandemic has not reached the end point, yet. The "new normal" life is only a discourse since the Corona virus is still rampant until now. Several countries that have declared that they are Corona virus-free has rediscovered new cases of Corona virus in their countries. This situation made us aware, the Covid-19 virus still exists.

The public is faced with uncertainty about the end of the Covid-19 pandemic. The Covid-19 pandemic situation has increased uncertainty in various situations, in terms of economy, work, finance, relationships and of course our physical and mental health. Whereas in general we want to be guaranteed a safe situation.

Security is the basic essence of life. The sense of security that we have will enable us to control our lives, including seeking prosperity in the life we live. Fear and uncertainty can make a person experienced stress, anxiety and helplessness in the direction of life that has been planned. Experienced vagueness will drain our emotions and trapped us in endless thoughts. "What if ..." as well as bad and negative thoughts about what might happen tomorrow. An endless tiring thought.

Even though we are often unaware of it, uncertainty is an inescapable natural part of life. Almost nothing in our lives is certain. There is a quote about uncertainty, "There is always one certainty : The Uncertainty". The Covid-19 pandemic situation has further exacerbated this situation. Without the Covid-19 pandemic, uncertainty exists. Even though we have the means to control, we do not have absolute power to control everything that happens to us. But with this pandemic, uncertainty is increasing.

The COVID-19 pandemic has led to a dramatic loss of human life worldwide and presents an unprecedented challenge to public health, food systems and the world of work (Sanderson et al, 2020). The economic and social disruption caused by the pandemic is devastating: tens

millions of people are at risk of falling into extreme poverty, while the number of undernourished people, currently estimated at nearly 690 million, could increase by up to 132 million by the end of the year.

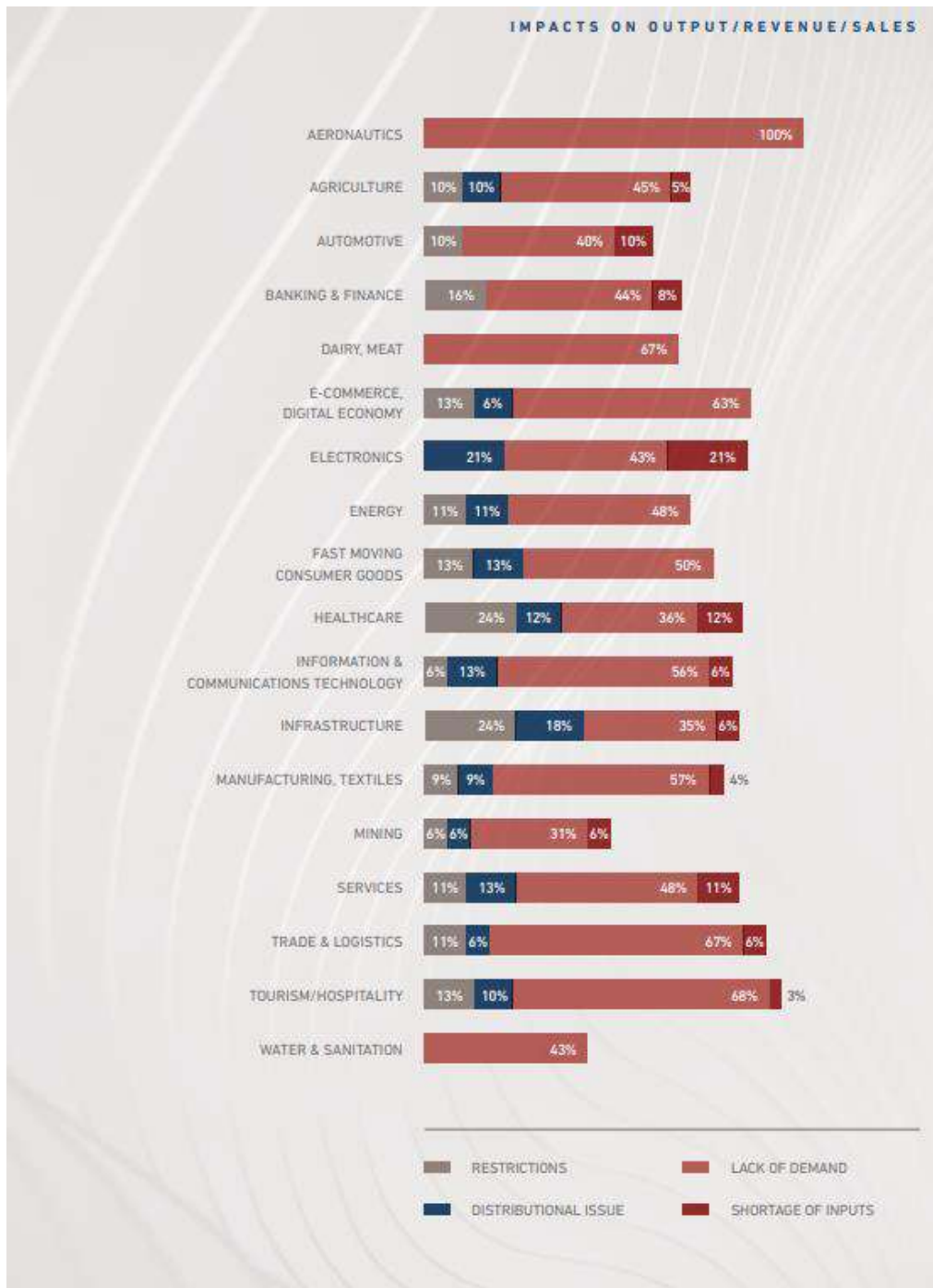
Millions of enterprises face an existential threat. Nearly half of the world's global workforce are at risk of losing their livelihoods. Informal economy workers are particularly vulnerable considering that the majority lack of social protection and access to quality health care and have lost access to productive assets. Without the means to earn an income during lockdowns, many are unable to feed themselves and their families. For most, no income means no food, or, at best, less food and less nutritious food.

Border closures, trade restrictions and confinement measures have been preventing farmers from accessing markets, including for buying inputs and selling their product, and also agricultural workers from harvesting crops, generates disruption of domestic and international food supply chains and reducing access to healthy, safe and diverse diets. The pandemic has decimated jobs and placed millions of livelihoods at risk. As breadwinners lose jobs, fall ill and die, the food security and nutrition of millions of women and men are under threat, with those in low-income countries, particularly the most marginalized populations, which include small-scale farmers and indigenous peoples, be the hardest hit.

AmCham and ERIA (Economic Research Institute for ASEAN and East Asia) created a rapid survey in April 2020 to understand the evolving needs of US companies in Indonesia. Five months later, the two institutions joined forces again to implement a similar survey providing a more in-depth investigation of how foreign companies in ASEAN have been responding to COVID-19 and what plans they have moved forward. Twenty-four chambers and business organizations representing foreign companies were involved in the implementation of this survey. 264 firms with operations in ASEAN responded to 26 questions about the impact of COVID-19 on their business operations.

Almost all firms experienced a negative impact due to the pandemic (Fig.1), with impacts on output, revenue, and/or sales across all countries of operation. The Dairy and Meat sector was hit the hardest with 100% reporting some degree of negative impact. This is followed by Electronics and Healthcare. The Trade and Logistics sector is the least negatively impacted (50%) with 28% of firms experiencing some positive impact. 75% of firms experienced a significant reduction in output/revenue/sales. That reduction was due mostly to lack of demand. 72% of firms experienced supply chain interruptions.

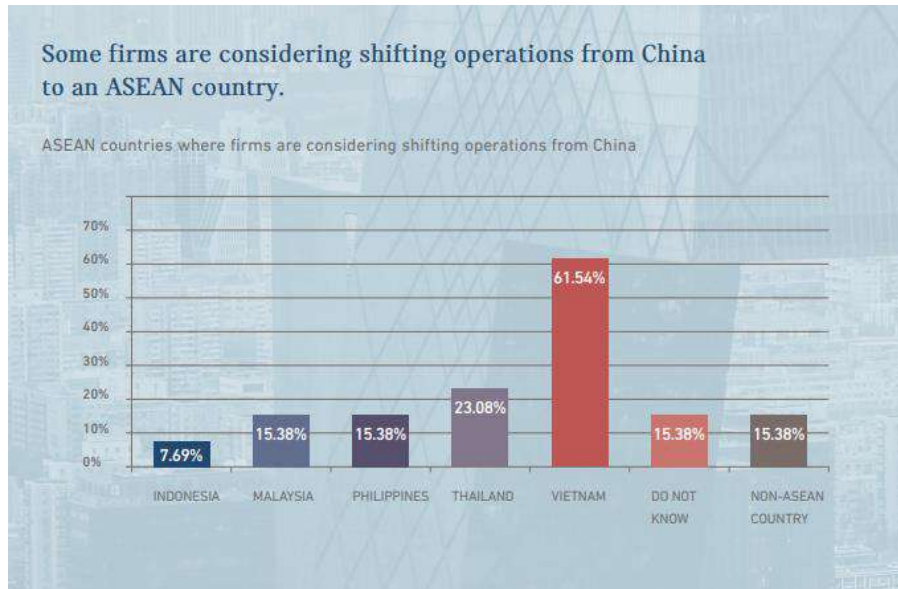
Fig.1 The Impact of Covid-19 on Foreign Firms in ASEAN



Source: AmCham & Eria Survey, 2020

Measures have taken in response to this, included the introduction of remote working, hiring freezes, and reductions in the number of employees. Up to 43% of firms already have or are considering reducing operations or production and up to 27% may reshore operations. Up to 48% may move operations from China to another country (Fig.2).

Fig.2 Firms that are considering shifting operations from China to an ASEAN country



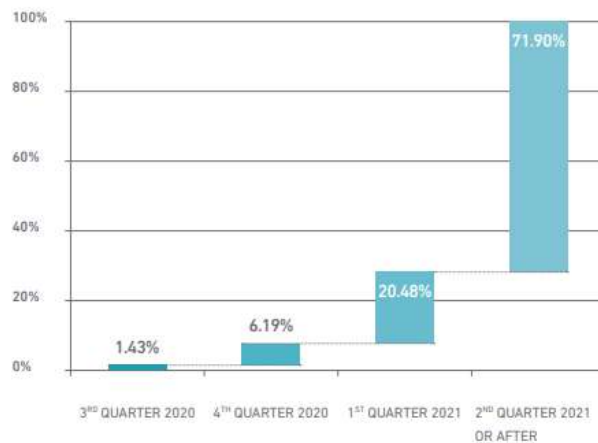
Source: AmCham & Eria Survey,2020

Most companies anticipate that business activities will stabilize in the 'new normal' in Q2 2021 or later (Fig.3) 51% think it will be better in 2 years, 42% think it will be the same, 7 % think it will be worse. Certain innovations such as increased video conferencing and working from home are expected to become permanent.

Fig.3 Curent Sentiment about Business Stabilization

**Most believe it will take at least a year for business to stabilize.**

How long do you expect before business activities stabilize in the 'new normal'?



Source: AmCham & Eria Survey,2020

One respectable academics from Indonesia, said that if we want to deal with this uncertainty period of time, caused by the pandemic, we should be : (1) inovative, (2) future oriented, (3) have a growing mindset, and we have to be an (4) agile learner (Teece et al, 1997). He combine The Change Management and The Dynamic Capabilities Theory.

The pandemic has disrupted the ability to satisfy primal human needs in almost all areas to an alarming extent (Brooks et al. 2020). Much of the population is worried about meeting their most basic needs for example, paying rent, buying food as a result of economic hardship like unemployment as well as an increasing scarcity of resources, food, cleaning products, and personal protective equipment such as masks. People are living in a chronic state of fear of contracting the virus.

Socially distancing and disconnecting rather than affiliating has increased loneliness and decreased social support, particularly in elderly and disabled populations and those with underlying health conditions. People have been removed from the sources of activity that allow them to feel esteem, status, and pleasure, for example work, graduation ceremonies, weddings, and engaging in sporting activities. The impact upon dating and finding a mate is profound in an era of remaining six feet from others and fearing any close contact may lead to transmission of the virus. Finally, for those who are parents, the stress of this role is enormous, for example, home schooling, explaining the pandemic to young children, and certainly the idea that children will flourish in the present environment seems implausible. The artificial substitutes for social connection such as online video events often exacerbate, rather than relieve, the feeling of disconnection.

With this doubtful, fear and uncertaint, when will this end ... how could you be innovative, future oriented, etc? The answer of this questions is, "We have to be HAPPY\*". Happy is an abbreviation, (1) H for Healthy, (2) A for Acceptance, (3) P for Proactive, (4) P for Protection and (5) Y for Your dreams.

The first word is H for HEALTHY. In the face of so many changes and uncertainties, natural reactions arise, such as unconditioned and conditioned fear and chronic anxiety itself, which, to a certain extent, provide care and prevention, but which can reach unbearable or even dysfunctional or pathological levels. In this scenario, social isolation leads several risks to mental health. Isolation has been an adopted strategy which aims to mitigate the spread of the virus and was readily adopted at other critical times. However, it is also known that the longer we are isolated, the greater the risks of suffering from psychiatric illnesses. For that reason, we have to be HEALTHY. Healthy soul, Healthy mind, Healthy body.

Fig.4 Constituents of Tri-Unity: Soul, Mann and Body

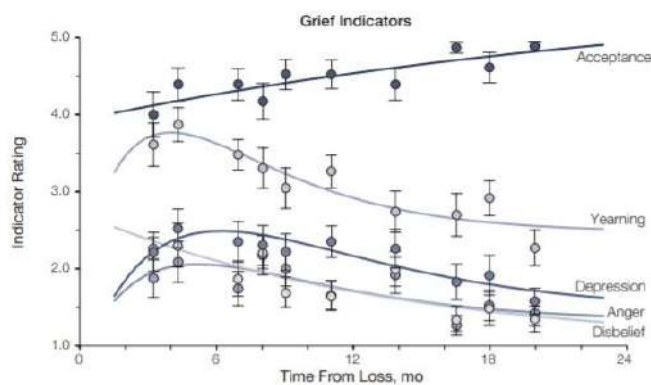


Source: Rai et al., Soul and Mind as Functional Control in the Management of Human Body, 2019

First, we have to get closer to the Almighty, GOD. Pray more often, talk to Him. Spiritually healthy. Second , we have to avoid toxic information that will affects our mind and emotion. Some people try to exploring new hobbies, planting, watching online movies in Netflix, meditation, yoga, all things that makes psychologically happy. Third, you have to do exercises. You have to do sports. Again, Healthy soul, Healthy mind, Healthy body. You have to balanced your life.

The second word is A for ACCEPTANCE. Kubler-Ross Theory describes a 5-stage response of grief: denial-dissociation-isolation, anger, bar-gaining, depression, and acceptance. According to Maciejewski,Zhang and Block (2009), after 6 months people can accept griefs, as presented in Fig.5. It's been almost a year since the pandemic strikes, so we have to accept it, or else if we are still grieving, than we are still on the shell. We have to move forward. We have to get out from the shell. This pandemic is not over yet. We have to live with it. Accept it and live with it.

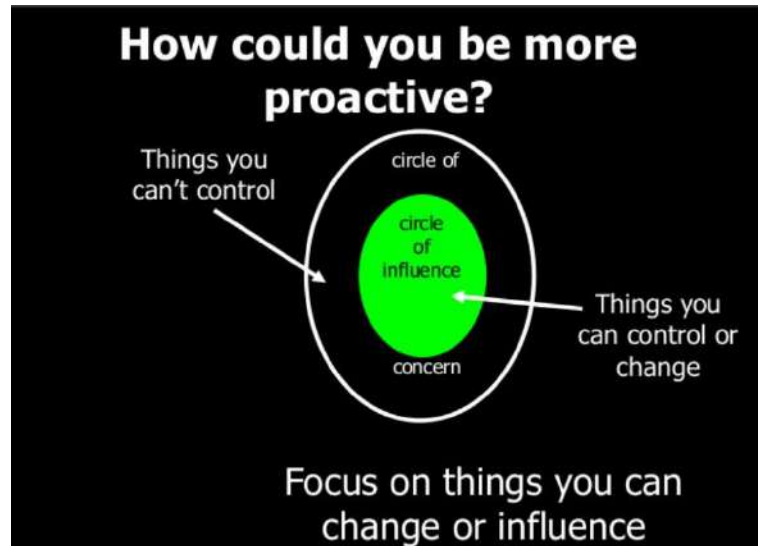
Fig.5 Empirical and Rescaled Models for Grief Indicators as Functions of Time



Source: Maciejewski,P.K, Zhang, B., Block, S.D, et al. , (2009).

The third word is P for PROACTIVE. It is the first habit in the 7th Habit of Highly Effective People according to Stephen Covey ( ). Proactive means the ability to control one's environment, rather than control the other. Proactive is more than taking initiative. When you are proactive, you make a choice about how you react to the things that happen to your life. You might get shaken up or mad, remains calm and don't explode. There are things that you can control, but if there are things that you cannot control so beat it. Focus on things that you can control.

Fig.6 Focus on Things You can Change



Source: <https://www.slideshare.net/PiyushSharma145/7-habits-of-highly-effective-people-by-stephen-covey>

The fourth word is P for PROTECTION. There are many formulas for protection in the era of COVID. Like wearing mask, wash your hands, maintain a certain distance with others, get vaccinated. Whatever it is, just obey and do it. It's part of a strategic management, how to avoid being contaminated with covid.

Fig.7 Protection from COVID



Source: [cnnindonesia.com](http://cnnindonesia.com)



Y is the last word. It's for YOUR DREAM. Draw on skills you have used in the past that have helped you manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak. In times of COVID-19, besides the preservation of life, one of the challenges is, therefore, the behavioural reorganisation, seeking to transform the consequences of the pandemic into opportunities. This is your time, nobody will judge you, take your opportunities to fulfill all of your dreams without any hesitation. Live UP your dreams.

As Dr. Stephen Covey said, "Paradigms are powerful because they create the lens through which we see the world...If you want small changes in your life, work on your attitude. But if you want big and primary changes, work on your paradigm." We are all in this uncertain situation, it is uncomfortable, but to triumph this uncertainty work on our paradigm. Triumph this uncertainty with HAPPY\*. If you are HAPPY\*, it will spread, it is contagious. As J.Paul Getty said, " Without the element of uncertainty, the bringing off of even, the greatest business triumph would be dull, routine and eminently unsatisfying." So, do not be afraid of uncertainty, do not be afraid of this pandemic, again, change your paradigm...triumph the uncertainty with HAPPY\*.

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