

Testing the mediation effect of self-control on empathy and conformity toward individual obedience to Covid-19 health regulation

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Abstract

Various attempts have been made by the governments of various countries to deal with the pandemic. One of the measures carried out is the imposition of large-scale social restrictions and behavioral regulations that follow health procedures and protocols, including washing hands, maintaining distance, wearing masks, avoiding crowds, and staying at home. Unfortunately, there are still many individuals and communities who show non-compliance with this. It seems that people no longer take care of themselves and feel they are used to this virus. This study is intended to develop a model of the effect of conformity and empathy on adherence to health protocols with self-control as a mediator. This study including people aged between 20 to 30 years who during the COVID-19 pandemic met colleagues outside the home such as cafes, restaurants or food centers in malls or shopping centers in the Jakarta area. Data were analyzed with SEM analysis. Result showed that the model was fit with the empirical data. There was the indirect relationship between conformity and empathy with Covid-19 health protocol obedience. The implication is that information signs were needed to improve social impacts and their effects on those closest to them if these regulations are violated.

Keywords: Covid-19, Health protocol, Obedience, Self-control, Conformity

Introduction

It has been almost two years since Covid became a pandemic since it was first discovered in Wuhan in December 2019 and has spread to almost all countries in the world, including Indonesia. This virus spreads through microdroplets and droplets that are exhaled into the air even when a person talks, sneezes, and coughs (Morawska et al., 2020; Lidia Morawska & Cao, 2020; Lidia Morawska & Milton, 2020; Yan et al., 2018). Droplets will survive for some time in the air and infect other people when interacting in areas with air full of droplets through the transmission process when they touch the face (Lidia Morawska & Cao, 2020; Singhal, 2020; Doremalen, 2020). People affected by the Covid-19 virus in some cases do not show symptoms, although in general they can be seen in 3-7 days such as fever, cough, loss of smell, and shortness of breath (Cascella et al., 2020; Fadli, 2020; Kumar & Dwivedi, 2020; Nishiura et al., 2020; Subbarao & Mahanty, 2020). The spread of this virus is so fast that it is not surprising that it was reported that data as of October 26, 2021 showed as many as 243,5 million were exposed to this virus with 4,94 million people died (www.covid.go.id). Data from the Covid Handling Task Force as of October 2021 shows 4,24 million confirmed cases of the

virus and 143,270 deaths (www.covid.go.id). As a result, of course, various sectors were affected during the pandemic, especially health, economy, and education. The above proves that disease outbreaks are a serious matter that must be addressed in order to increase the body's resistance and human life expectancy.

Governments around the world continue to look for ways to deal with this virus, based on the advice of the World Health Organization or WHO regarding the prevention and handling of COVID-19, the Indonesian government has issued a regulation known as the Health Protocol which contains 3M (Washing hands, Wearing masks, and Keeping social distance).) which was then tightened to 5M (Washing hands, Wearing masks, Keeping distance, Avoiding crowds, and Reducing mobility). This policy was issued following the Large-Scale Social Restrictions which regulate various routine daily activities at work and study from home, in addition to carrying out healthy behavior at home (Andriani, 2020; Putri, 2020; Saputro et al., 2020). Although there has been a sharp decline since June 15, 2021, the development of the detected virus variants should not let us down. The government cannot run alone without the support of the community, this form of community support is by obediently enforcing new habits in their daily lives to support this virus no longer spreading (Muhyiddin, 2020; Muhyiddin & Wardhana, 2020).

(D. G. Myers, 2012) said that if someone behaves according to the authority's instructions, it can be called obedience. Obedience is the act of carrying out the orders of someone who has a higher status in the social hierarchy. The psychological approach to compliance is characterized by situational determinants that influence it. The idea of obedience begins with Stanley Milgram who suggests that a person who is considered to have the right to issue orders to others who feel obligated to obey them. What constitutes compliance comes from five things which include rewards, coercion, expertise, references, and the power of information (Blass, 1999; Blast, 2001). In many situations, obedience is a good thing and we learn it early. This obedience can be directed to being obedient to parents, teachers, and officers (Blass, 1999; Haslam et al., 2014; Miller, 2016; Burger, 2018). Feldman (2012) and Burger (2018) further explains that compliance is in the form of changes in individual attitudes and behavior in following requests or orders from others. Miller (2016 and Blast (2001) describes obedience as a person's acceptance of orders from outside himself, while requests from outside himself or orders from this authority are usually in the form of regulations that function as a means to regulate one's lifestyle so that it runs harmoniously. A person is considered obedient if he has three dimensions of compliance, namely (a) Belief, namely the level of one's belief in the goals of existing norms and rules, (b) Accepting, namely the level of wholehearted acceptance of whatever rules and orders are determined. authority, (c) Doing (act), which is doing consciously the norms/rules that apply. When the above is met, it can be said that a person has compliance (Blass, 1999; Blast, 2001).

The situation of large-scale social restrictions issued by the Indonesian government in several waves. Since the enactment of that period, the Government of Indonesia has enforced the Law Enforcement of the COVID-19 Health Protocol as one of the efforts to prevent and overcome COVID-19. Instruction of the President of the Republic of Indonesia No. 6 of 2020 was issued with the aim of

strengthening the effectiveness of the prevention and control of COVID-19 in all regions (Gugus Covid, 2020 www.covid.go.id). Regarding efforts to prevent the spread of COVID-19 in Indonesia, the government through the Minister of Health of the Republic of Indonesia has issued regulation Number Hk.01.07/Menkes/382/2020 concerning Health Protocols for the Community in Public Places and Facilities. This step was also accompanied by socializing the 5M health protocol, namely the application of wearing masks, maintaining distance, washing hands, avoiding crowds and reducing mobility (www.kemendes.go.id, 2021).

However, to behave obediently, of course, is not easy, especially for people in big cities like DKI Jakarta. Data from the Supreme Audit Agency of the Republic of Indonesia (www.kemenkeu.go.id, 2021) shows that the number of cases of violating health protocols in Jakarta soared during the strict PSBB (Large-Scale Social Restrictions) imposed by the government. The number of violations of the COVID-19 health protocol has soared, along with the abolition of progressive fines for PSBB violators in the DKI Jakarta area and the abolition of the ban on four-wheeled vehicles with odd or even number plates entering certain roads in the DKI Jakarta area during the implementation of PSBB. Another fact is that many young people can still be seen filling cafes/restaurants, especially in areas adjacent to public facilities such as offices, malls and shopping centers, these visitors are seen sitting close together, queuing up or just chatting without regard to health protocols in keeping their distance, even in places Sitting or waiting in line have been marked to maintain a safe distance.

Then, what makes them disobedient to the rules? There are internal factors and external factors that can affect a person's compliance, where internal factors include: emotional conditions, self-adjustment, and self-control. External factors include: family, demographics (age, ethnicity, gender), regulatory policies, authority figures, peers, and punishment (Brown, 2009). In addition, the factors of personal responsibility, legitimacy of authority figures, status of authority figures, proximity of authority figures, location status, and peer support can also be predictors of compliance (Burger, 2018). This study focuses on adherence to health protocols with more emphasis on social distancing protocols. This means that everyone is encouraged to maintain a safe distance of at least 1 meter when in public places. Based on the Instruction of the Minister of Home Affairs Number 35 of 2021 August 23, 2021 concerning the Enforcement of Restrictions on Community Activities Level 4, Level 3 and Level 2 Covid-19 in the Java and Bali Regions that the opening of restaurants/cafes is a maximum of 20.00 WIB with a maximum capacity for dining at 25 %. For restaurants or cafes that violate will be subject to administrative sanctions up to the closure of the business in accordance with the provisions of the legislation. Even though there was a decrease in the level in October to month two, it did not mean that people should be careless to comply with health procedures. This is because there is a possibility that the spread will increase along with the reduction of restrictions. This research focuses on adherence to Covid-19 health procedures and the influencing factors with the model that mediates it. The factors included are conformity, empathy, and self-control.

Self-Control and Compliance with Health Protocols

Keeping Distance Self-control according to (McMullen, 1999), is a condition or condition in which a person is able to refrain from engaging in behavior that violates the rules. Self-control with crime, deviance, and risk-taking behavior. These three things are related to compliance with applicable rules or norms, when self-control is low, it will have an impact on criminal behavior, irregularities, and behavior in making decisions that are at risk of violating the rules. In reality, people often feel that they have succeeded in adjusting to social norms or expectations, but they have difficulty being consistent in maintaining self-control when goals have been achieved or rules are weakened. When the number of victims of COVID-19 appears to be very high, many people hold back and continue to prioritize health protocols, but when the numbers of COVID-19 decrease, people tend to be negligent and less able to hold back, thereby lowering the level of compliance. People who go on chronic diets tend to have less ability to control themselves, because their diets seem to have worked (Branscombe & Baron, 2017).

As for the aspect of self-control as stated by (Muir, 2014), includes behavioral control (Behavior Control), namely a person's ability to determine himself as a situation controller and his ability to modify an unpleasant situation for the better. The second aspect of cognitive control (Cognitive Control), namely a person's capacity to manage unpleasant information by assessing, interpreting, integrating cognitively to adapt and reduce pressure. Furthermore, (Averill, 1973) states that the factors that influence self-control are divided into two, namely internal and external factors, where internal factors include emotional states, cognitive abilities, personality, age, and interests. Meanwhile, external factors of self-control are the community environment and family environment.

Conformity and Self-Control

McMullen (1999) describes someone who has self-control as those who can refrain from doing something negative or breaking the rules. Self-control refers to a person's ability to control thoughts, decision-making and behavior in accordance with prevailing conditions and rules. This self-control guides a person to be able to adjust between personal desires and rights with obligations, norms and social expectations. In reality controlling oneself in the COVID-19 era is not easy, a person is often faced with the desire to fulfill personal needs so he neglects social rules and expectations. online. For adults, this makes them unable to channel their desire to socialize normally, this causes them to often look for opportunities to meet colleagues outside the home even though they are overshadowed by the fear of contracting COVID-19, but when someone wants to socialize by meeting colleagues it often makes someone keep meeting and forget to keep your distance when in public. In relation to that, humans are social creatures, their lives are bound by groups, wherever they are trying to find other people who have age, race, occupation and other similar behavior. The behavior of someone who always follows his group is described by (D. G. Myers, 2012) as conformity, where conformity can be seen from a person's tendency to behave the same as his group, so that they can unite and avoid humiliation, reproach, or even alienation.

According to the Big Indonesian Dictionary (KBBI), society is defined as a number of people in the broadest sense and bound by a culture that they consider the same. Community environment means an environment where there are a group

of individuals who have bonds with each other. According to (Averill, 1973), one of the external factors that can affect self-control is the community environment. According to (Branscombe & Baron, 2017) and (Baron & Byrne, 2008) the reason a person performs conformity behavior is to look good in front of others, which indicates that the person who conforms is a good citizen. Solomon Asch's research (Branscombe & Baron, 2017), made an experiment on conformity where there were ordinary participants and there were researchers disguised as participants. The result is that the participants behave conformist like other participants. From the experiment conducted by Solomon Asch, it can be seen that conformity is following what other people do, it could be something negative or something positive. A person usually interacts with other people or with the same social group such as age, race, occupation, and religion, and tends to follow the behavior of the group, this is called (Myers, 2012; Myers, 2015) with conformity. Conformity is seen as a person's tendency to behave the same as his group, so that they can unite and avoid humiliation, reproach, and alienation (Myers, 2012; Myers, 2015). This means that if the group wants certain values, then as members, they must be united in following them. During the COVID-19 pandemic, group values become important because group members will follow suit. If the health protocol is considered important for the group, then this attitude will be followed by the group members.

Aspects of conformity according to Sears (2005), are a) the aspect of cohesiveness which is the reason someone is interested in a group where in the aspect of cohesiveness there are two indicators namely self-adjustment and attention to the group, b) the aspect of agreement where the rules are made on the basis of mutual agreement, then the opinion of the group that has been ratified has strong pressure because it is considered to be an explicit or implicit regulation. It can be understood when a value is considered good or bad by the group, then group members will agree on one vote, one step compact to defend the value even though the value is good/bad, right/wrong. Regarding self-control, if the value of conformity is positive, it will support strengthening self-control.

Empathy and Self Control

A person's emotional state can play a role in self-control. It is known that a person's emotional state can go up and down or fluctuate according to the situation and conditions at hand. However, if someone has good emotional intelligence, then someone will be able to manage emotions regardless of the circumstances. Averill (1973) also mentions that one of the factors that influence self-control is the emotional state, where someone with emotional intelligence tends to be able to control their emotions and actions. Furthermore, Goleman (2009) explains that emotional intelligence is one of the important keys for individuals because emotional intelligence is the ability to motivate oneself and survive in the face of frustration, control impulsive impulses and delay gratification, regulate moods and maintain pressure so as not to disrupt the ability to think, empathize, and hope.

(Goleman, 2012) explains that emotional intelligence is the way a person recognizes his own feelings and those of others, is able to motivate himself, and according to Goleman empathy is a form of emotional intelligence. Empathy is a condition in which a person can feel the feelings of others so that people who are empathetic will be able to organize their behavior to suit the environment at hand.

Regarding compliance with health protocols, especially in maintaining distance, if someone has empathy, it should be easier to control themselves so they don't do something that violates them (Goleman, 2000; Goleman, 2004). Someone who empathizes has aspects, namely 1) perspective taking is the ability to understand what other people think, 2) fantasy is the ability to imaginatively imagine the feelings and actions of others, 3) empathic concern is concern for other people, others, and 4) personal distress is anxiety/anxiety over the suffering of others, and an urge to help (Davis, 2018; Davis & Humphrey, 2014).

(Daniel Goleman, 2012) further explains that empathy is formed on self-awareness where the more open to emotions, the more proficient a person will be in reading one's own feelings or emotions and the emotions of others. In line with Goleman, (Branscombe & Baron, 2017) explain that empathy is the ability to be able to experience or feel emotional states, feel sympathy for others, and be able to see other people's perspectives. Lack of empathy is related to criminality which can be seen in psychopathic criminals, rapists, and child abusers. Criminals are classified as people who have violated or disobeyed existing regulations, laws or norms (Goleman, 2012). Furthermore, teacher empathy and self-control in teaching in elementary schools stated that empathy has a significant influence on teacher self-control in teaching in elementary schools and the resulting effect is positive which means that the higher the teacher's empathy, the higher the teacher's empathy. the higher the teacher's self-control (Yufiarti et al., 2016). Furthermore, empathy is described by (Branscombe & Baron, 2017) as part of emotional intelligence, empathy is a person's ability to be able to feel emotional states, feel sympathy and be able to see the perspectives of others. Up to this point, it can be understood that internal self-control can be formed by empathy because someone who is empathetic can see from the perspective of others and feel the feelings of others, therefore someone who is empathetic is easier to control his thoughts and behavior to adjust to social expectations and is more concerned with the interests of others. other. During the COVID-19 pandemic, adherence to health protocols is not only interpreted as self-compliance, but also concern for protecting others. Based on this, this study aims to examine the model of the relationship between conformity and empathy with adherence to the Covid-19 health protocol with a mediator of self-control. Noting that until 2022 COVID-19 has not shown any signs of abating, research on compliance with health protocols, especially in maintaining distance as an effort to prevent the spread of COVID-19 with the variables that influence it, is very urgent to do. In addition to being important, the selection of variables and research settings is relatively new, so it is hoped that the results of this study can actually provide new information regarding obedient behavior to health protocols and are practically useful in preventing the spread of COVID-19.

Methods

Participant

The population of this study is individuals (male and female) aged between 20 to 30 years who during the COVID-19 pandemic met colleagues outside the home such as cafes, restaurants or food centers in malls or shopping centers in the Jakarta area. Respondents aged 20 to 30 years according to Santrock (2012) are classified as early adults, also including productive age who have many great needs to meet

face to face. The sampling technique used in this research is purposive sampling, with the data collection method using a Likert scale model.

Instrument

There are 5 scales based on theory, namely: for the compliance variable, it is measured using a compliance scale based on (Blass, 1999) theory, which consists of aspects of Belief, accept and act. The self-control variable was measured by a self-control scale that was referred to from (Averill, 1973) theory, consisting of the dimensions of cognitive control, behavior control and decision-making. The empathy variable is measured using the Empathy scale which is based on (Davis, 2018), which consists of aspects of perspective taking, fantasy, empathic concern, personal distress. The conformity variable was measured using a conformity scale based on the theory of Sears (2005), consisting of aspects of cohesiveness and agreement.

Data

Data were collected on four scales were presented in the *google form* program and carried out online for approximately two month until October 12, 2021. From the data entered, 224 respondents can process it.

Study design

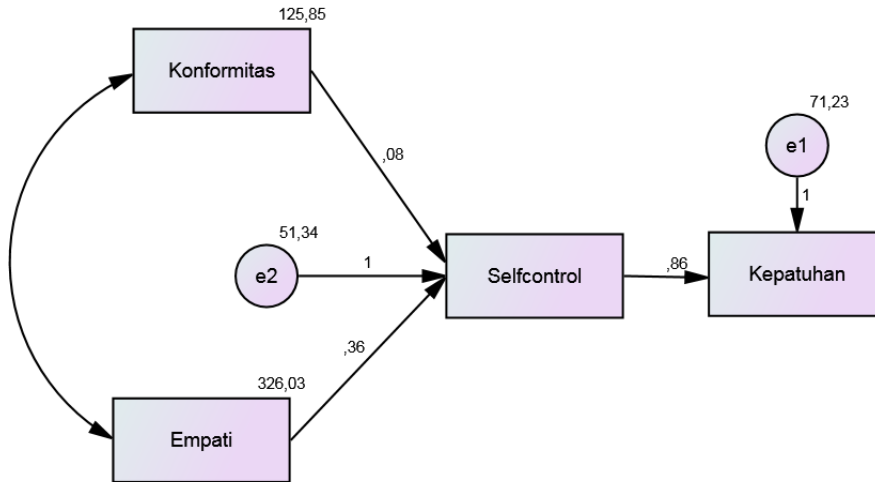
Prior to factor analysis, bivariate correlations for each independent variable (IV) and dependent variable (DV) were calculated to determine the relationship between Conformity, Empathy, Self-control and Individual compliance to health protocol. Following that, a full structural equation modelling (SEM) involving all variables was performed that allows for the examination of the mediation effect of independent variables on Individual's compliance through a Self-control variable pathway. The analyses were conducted using SPSS version 16 and SPSS AMOS version 25. The Chi-square test of model fit was computed for all models tested. To evaluate the goodness-of-fit statistic we used other indices standards including Comparative Fit Index (CFI), Tucker Lewis Index (TLI) near or above .95 and a Root Mean Square Error of Approximation (RMSEA) of near or below .06 (Hu & Bentler, 1999).

Results

A Structural Equation Model (SEM) was developed based on the proposed hypotheses. The model tested consists of two exogenous variables (Conformity and Empathy), single mediation variable (Self-control) and one endogenous variable of Compliance on Covid-19 health protocol. To test the hypotheses, a condition among variables, in which the mediation pathway of both Conformity and Empathy to Compliance through Self-control, were tested.

A full SEM model testing was aimed to evaluate the goodness-of-fit indices. The process including iterating numerous of proposed models that tested until the model achieved its optimal modification indices standard. Figure 1 below presents the final structural model. This model provides pathways of direct relation between Conformity and Empathy factors on Compliance through Self-control variable. Based on a structure equation modelling analysis using a maximum likelihood approach, the best fit model was achieved ($\chi^2 (df) = 3.360 (2)$; CFI = .99; TLI = .99; AGFI = .96; RMSEA = .05).

Figure 1. Structural equation model of the Conformity, Empathy, Self-control and Compliance



As can be seen from Figure 1 above, the direct effect of all Conformity and Empathy to Compliance through Self-control was fit with the data. This result indicates that together conformity and empathy predicted self-control which later influence the way people adhere to Covid-19 health protocol. In details, compare to conformity, empathy has a larger factor loading to self-control which lead to compliance. In other words, people who developed empathy has most likely to possess self-control when it comes to compliance to Covid-19 health protocol. This finding indicates that respondents with a higher tendency of self-control, which was built upon their sense of empathy and conformity may have a closer link to compliance of Covid-19 health protocol. Overall, the model analysed supports the key predictions of the self-control hypothesis, as potential mediation variable connecting between conformity and empathy toward one’s compliance to Covid-19 health protocol.

Mediation model

Tabel Direct Effect and Indirect Effect Test

Direct effects

		Estimate	Std. Error	z-value	p	95% Confidence Interval	
						Lower	Upper
Conformity	→ Obedience	-0.002	0.005	-0.404	0.686	-0.011	0.007
Empathy	→ Obedience	0.007	0.004	1.840	0.066	-4.463e-4	0.014

Note. Delta method standard errors, normal theory confidence intervals, ML estimator.

Indirect effects

		Estimate	Std. Error	z-value	p	95% Confidence Interval	
						Lower	Upper
Conformity	→ Selfcontrol → Obedience	0.065	0.038	1.718	0.086	-0.009	0.138
Empathy	→ Selfcontrol → Obedience	0.280	0.037	7.640	< .001	0.208	0.352

Note. Delta method standard errors, normal theory confidence intervals, ML estimator.

As showed on the above direct effects table, both conformity (95%CI [-.011 - .00]) and empathy (95%CI [-.46 - .01]) did not directly associate to compliance. In the other hand, Indirect effect table output indicates that only the empathy path through self-control to compliance that leads to significant ($p < .001$) fit to model (95%CI [.20 - .35]). It means that proposed mediation hypothesis is significantly confirmed.

Discussion

Understanding what drives people to obey the rules is important in social life and policy making, including in this case the rules for complying with health protocols. This study aimed to examine the model of conformity and empathy in influencing adherence to health protocols mediated by self-regulation. The results of the path analysis show that the tested model fits the empirical data. This means that conformity and empathy can affect compliance through self-regulation. In addition, it was found that conformity and empathy had a direct effect on compliance with a greater effect on empathy. In the indirect effect test, it was found that only empathy had a significant effect. This shows that the ups and downs of compliance are influenced by conformity and empathy through self-control, the magnitude of the empathy felt by individuals in presenting compliance with the protocol will be more visible. Increased self-control will direct individuals to organize and regulate their behavior through becoming more focused in the form of self-regulation. Self-regulation is a broad word that refers to the dynamic process of deciding on a desirable end state (i.e., a goal) and then taking steps to achieve it while keeping track of progress. Self-regulation is the process of directing one's behavior toward a desired outcome. Specific desired behaviors (e.g., physical activity), thoughts or attitudes (e.g., compassion), or emotional states can all be specified as end states or goals (e.g., being content). As a result, self-regulation encompasses not only the regulation of conduct but also the regulation of ideas and emotions. Self-regulation can be viewed of as an umbrella phrase that encompasses a wide range of goal-related actions, including determining which goal to pursue, planning how to achieve it, putting these plans into action, protecting goals from competing concerns, and occasionally even achieving goals. So that self-regulation will be an effort to avoid disobedience manifests in the form of positive self-control. Self-control is about inhibiting strong impulses. Self-control refers to all means of resolving conflicts between competing goals (including, but not limited to, inhibition), whereas self-regulation can be conflict-free, refers to the broader process of steering one's behavior toward a desired end state, and includes setting goals, monitoring goal progress, and acting in accordance with goals.

This finding is in line with the general theory of crime which states that people with low self-control are more likely to be delinquent when they face an opportunity for a violation because they cannot consider the potential long-term effects of their behavior (e.g., fines and being affected by Covid-19). According to this theory, most crimes are committed without planning or preparation. In their original work, self-regulation was the main predictor of delinquency. However, this theory only identifies one mechanism that influences violations (Nielsen, 2017, 2019). What the offenders do is basically short-term pleasure, but harm. Therefore,

strong legal legitimacy is needed so that people can regulate their behavior that is relevant to the rules. This can be attributed to the tendency of people to obey the rules and organize themselves to always follow the truth. What the community needs is an effort to prevent the emergence of such abusive behavior. When people don't find it, self-regulation will be hampered due to unclear information (Bottoms & Tankebe, 2013; Jackson et al., 2012; Mesko & Tankebe, 2015).

This can be seen in the conformity behavior displayed by the subject which is closely related to information and clarity of rules. In this context, conformity or conformity behavior can have a good or bad effect depending on the environment or group, where in this study it seems that the respondent's environment supports adherence to the health protocol and keeps the distance and the respondent can also control himself to comply. This may be due to the increasingly stringent regulations made by the government, namely PPKM (implementation of restrictions on community activities) Level 2, especially on the islands of Java and Bali, where Jakarta is where the researchers conducted the research. The Tebet area is also located in the middle of the city with lots of CCTV and fairly tight security, so it is likely that individuals who pass through the South Jakarta are moved to comply with health protocols. At this point the effect of preventive factors becomes important for people with low self-control as suggested by the general theory of crime. In connection with this, (Scholer et al., 2018) suggests that self-control is needed in the presence of a conflict between abstract motives, distal motives and concrete, proximal motives. In a pandemic situation, the biggest motivation for individual violators is the fulfillment of concrete daily needs. Therefore states that self-control can go up and down in different situations (Scholer et al., 2018). Self-control is a means of attaining goals, which can be socially desirable or undesirable. In certain situations, self-control can sometimes increase dangerous behavior. Personal needs and values become more relevant to pursuing than obeying rules. In certain cases, self-control actually increases aggression. Self-control needs to be equipped with self-instruments by setting aside the desire to hurt others by obeying or disobeying other people's requests (appears in conformity behavior) or unwillingness to hurt others (appears in empathy ; Denson et al., 2012; Finkel et al., 2009).

Empathy can also mean knowing that decision-making and mental processes are influenced by a variety of variables. The decisions we make now are influenced by our past experiences. Understanding this allows a person to empathize with people who, on occasion, make irrational actions in response to an issue to which most people would answer with an obvious solution. Broken families, childhood trauma, poor parenting, and a variety of other variables can all have an impact on the brain connections that a person utilizes to make future decisions. Everyone is born with the potential to feel empathy. Empathy is defined as the ability to understand the emotional experiences of others, and its definition is taken from the way emotions are defined. Having empathy allows us to connect with and aid others, but it may have evolved for a selfish reason: to use people as a "social antenna" to identify danger. From an evolutionary standpoint, having a mental model of another person's intent is crucial: the presence of an intrusion, for example, may be fatal, thus growing sensitivity to other people's signals could save

your life. While sympathy and compassion are similar to empathy, there are significant variances between the two. Compassion and sympathy are frequently regarded to be more passive connections, but empathy is more of an active endeavour to comprehend another person. Empathy permits people to form social bonds with one another. People can respond correctly in social circumstances if they comprehend what others are thinking and experiencing. Social relationships are vital for both physical and psychological well-being, according to research. Empathizing with others aids in the development of emotional self-control. Emotional regulation is crucial because it allows you to manage your emotions without being overwhelmed, even when you are under a lot of stress. Empathy encourages people to help others. When you feel empathy for other people, you are more inclined to engage in helpful activities, and other people are more willing to help you when they feel empathy for you.

Conclusion

This study resulted in the finding that the model of the mediating effect of self-control in the relationship between the effects of conformity and empathy on the compliance of the Covid-19 health protocol was fit with the empirical data. In addition, there was no direct relationship between conformity and empathy with Covid-19 health protocol compliance. However, the indirect relationship of conformity and empathy with Covid-19 health protocol compliance shows the effectiveness of self-control mediation.

However, this research has limitations. First, the research was conducted only involving psychosocial variables. In a situation of long pandemic pressure, one of the reasons people flock and leave their homes is the economic impact and saturation. In addition, this study does not predict the increase and revocation of PPKM so it cannot predict behavior after PPKM ends.

The implication is that the rules that are instructed to be obeyed by the community need to be strengthened with information signs related to social impacts and their effects on those closest to them if these regulations are violated. This is necessary so that shame and empathy can appear in individual behavior to regulate themselves in a positive direction.

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