

PSYCHOLOGICAL DYNAMICS OF TAROT READINGS DURING THE COVID-19 PANDEMIC

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ABSTRACT

Psychological dynamics of humans is a unique thing as well as interesting to understand because it is concerned with several aspects that affect. Of course, this has some good and bad sides depending on the condition that occurs, so it causes problems in him if faced with conditions that are not good for the psychological. If this bad condition is not immediately handled properly, it will affect the mindset and attitude so as to make a new habit. The purpose of this study was to look at the psychological dynamics of humans at the beginning until the COVID-19 virus pandemic existed to date using Tarot cards. This research uses quantitative methods with data sources used are data from companies located in the field of Tarot, Journals, Articles and Related Research. The result of this study is, there are psychological changes based on certain factors or conditions at the beginning until now the COVID-19 pandemic exists, which at the beginning of the pandemic people are more likely to economic factors but at this time people are more inclined to romantic relationship factors, this makes a conclusion that economic factors will affect relationship factors in human psychology.

Keywords: *Psychological Dynamics, Tarot and Covid-19*

INTRODUCTION

In modern times humans develop differently from ancient times, of course this development will cause changes in humans, one of which changes is human psychology. Psychologically has a relationship with the mental of a person who is influenced by certain factors so that changes in every human being are faced with these factors. In the science of psychology, psychological changes are called psychological dynamics which according to [1], psychological dynamics are the processes and internal psychiatric atmosphere of individuals in facing and resolution of conflicts reflected by views or perceptions, attitudes and emotions, and behavior.

After understanding psychological science then we are confronted with ourselves or see others about the psychological state that is owned and may not be realized, so it is also necessary for experts who understand about human psychology to know the psychological state of a person is fine or may have problems that cause bad things for the health of the person or his social life and experts will provide solutions and therapies of the problem. Not infrequently humans are faced with psychological problems caused by the vast state of nature that makes many humans face the same problem, one of which is the Pandemic Virus covid-19. This problem is a serious and global thing that will disrupt and change our psychologically with forced and uncertain things that create new problems for people who contract the virus and do not contract the Covid-19 virus.

But this situation makes people move to immediately recover from psychological problems in different ways ranging from meditation, worship, sharing on social media, watching or reading funny things, to psychiatrists, consultations, even doing Tarot Reading. All this is done because of the enactment of social distancing so that solutions are needed that are adapted to psychological problems that are being experienced. In this case, psychological dynamics will be seen and become a knowledge that the Covid-19 virus changes the human psycholgyics seen in tarot card readings. That is the purpose of writing this paper, namely the psychological dynamics of Tarot readings during Covid-19 which certainly affect aspects of human life and happiness.

LITERATURE REVIEW

Psychology comes from the Greek word "Psychology" which is a combination of "psyche" which means a soul, and "logos" which means science. So etymologically, psychology is a science that discusses everything about the soul, whether the symptoms, the process of occurrence, and the background of the event.

Dynamics is the movement or power that a group of people has continuously that causes changes in the living order of the people concerned. In the philosophy of dynamics comes from the Greek word meaning "Able" or "So Strong". From this word formed the word dynamic which means "Ability" and "Strength", dynamics means the movement from meaningless to mean as humans, dynamics or human dynamics that never stop and are always in liveliness [2]. [3]explained that psychological dynamics is a force that occurs in humans that affect mental or psychological to experience development and changes in his daily behavior both in his mind, his feelings and actions [3]. The main factors of psychological change include economics, work or career, environment, and romance. These factors and conditions cause psychological changes that each person can experience more than one factor to be the reason for the psychological change of the person[4].

Quoted from psychicsophie.com, tarot gives rise to an important understanding in the present, not in the past, even in the future. When given clues in the past or potential in the future, it is only used for the purpose of understanding your current or

current life. The definition of tarot varies according to the view of tarot readers, but has similarities that tarot can be used as a means of introspection. Tarot itself for centuries has been used as a tool to embody one's intuition. Known as an ancient prophecy, a stack of tarot can be spiritually connected to your inner soul, consciousness, and spirit guides as well. It's a way to get what's inside you to the physical surface.

Tarot was first recognized in psychology through [5] As for tarot according to [6], tarot used to be a game, but over time many people who trigger methods to predict using Tarot cards. And according to tarot reader indonesia who makes tarot as a means of self-introspection and self-healing, [7, 8]states that people know tarot with different perspectives and do not escape with predictions, but he said that Tarot can be used in the world of health where the results of cards will make suggestions, passion, introspection, and even psychological.

The steps of tarot reading are diverse but the basis as described by [6, 8] :

1. Must have a clear question of context and content. "There is no divination without question" The question is mandatory!
2. Shuffle the cards while focusing the mind on the question and the person being read.
3. Divide the cards into several stacks, it is up to how many, then put them back.
4. Withdraw the required number of cards, usually using 3 cards for simple questions.
5. From the 3 cards, observe the image visually, then connect with the context of the question.
6. After thinking for a moment, immediately give the interpretation of the card.

RESEARCH METHOD

Research is a process that is systematically organized including data collection and analysis of data / information with the aim to increase knowledge about phenomena of concern or that are being observed. This research data is data obtained through the registration of client Ray Counseling and Reading owned by Ananda Ramartha who in the client registration form will write questions that describe their psychological. Of course, the data that we can not interfere with client privacy because it remains supervised by Ananda Ramartha Counseling and Reading by only providing data on the date and question section only in the period October 2019 to October 2021[8].

Ray Counseling and Reading is an entrepreneur in counseling services and tarot readers owned by Ananda Ramatha and has 3 workers as tarot readers including Ananda Ramartha and 2 people as an administration. Internal data on psychological conditions from client Ray Counseling and Reading shows that within 3 years described as table below:

Table 1

Data on the Client's Psychological Condition

Years	Client Psychological Condition					Total	Total Client
	Economic	Career	Romance	Family	Health		
2019	1	6	20	2	0	29	26
2020	146	240	218	74	187	825	439
2021	67	88	304	22	48	529	334

In 2019, Ray Counseling and Reading clients experienced a decline can be seen in the table of at least clients who signed up. With speculation from the results of the data obtained that the psychological state in that year is considered not to need help in the problem of psychological condition or can still be faced alone. But Asmara is still the highest psychological condition seen 20 clients who experience this problem, economy only 1, job / career 6, family / social 2 and health / personal 0. So it is seen from 26 clients only 20 people who experience the condition of Asmara as the highest psychological condition and health or personal problems 0 in that year, of course these 26 clients do not only have 1 problem of psychological conditions only and are divided with other psychological problems.

Table 2

Client Registrants of 2020

Number of applicants in 2020			
January	10	July	24
February	7	August	33
March	13	September	50
April	39	October	92
May	29	November	47
June	32	December	63
TOTAL			439

In 2020, total clients for a year increased compared to 2019, where 439 people not only experienced 1 psychological condition. With total psychological condition problems reached 825 which states that out of 439 clients have more than 1 psychological problem even up to 4 psychological problems per person. But psychological conditions in 2020 show that work and career become the highest psychological conditions that reach 240 conditions, followed by romance problems amounting to 218 conditions, then health or personal 187 conditions, and the economy 146 conditions, and the lowest is family or social as many as 74 conditions only. It is noted that in April is the beginning of the increase in clients to register in one month reaching 39 applicants and the peak is in October in one month reaching 92 registrants.

Table 3

Client Registrants of 2021

Number of applicants in 2021			
January	41	June	24
February	56	July	21
March	42	August	16
April	38	September	19
May	45	October	32
TOTAL			334

In 2021 the number of clients who signed up decreased by 23% from 2020 due to data from 2021 to October. Seen in February became the highest number of applicants up to 56 people and in August became the lowest, which is as many as 16

registrants. But if we look at the client's Psychological Condition table, there is a change in conditions where in 2020 it is dominated by the psychological condition of Work and Career with 240 conditions, while in 2021 experienced changes where psychological Asmara became the highest with the number reaching 304 conditions followed, work and career as many as 88 conditions, then there was the economy with 67 conditions, followed by health and personal 48 conditions, and the lowest psychological conditions were located in family and social which only 22 conditions. From these results it is seen that just having 4 psychological conditions can affect other conditions, almost the same as the year before it but there is a reduction in terms of the number of registrants.

It is very clear the main cause is due to COVID-19. On March 8, 2020 WHO declared COVID-19 as a pandemic and the spread of the virus that has entered Indonesia on May 10, 2020 with the number of people who have been infected as many as 14,032[9]The existence of this pandemic resulted in an increase in the number of Ray Counseling and Reading applicants. In April 2020 there were 39 applicants and continued to increase in the following month during 2020. The highest increase occurred in October 2020 which reached 92 registrants.

From the data obtained, the employment or career conditions of clients become the main psychological point they are disturbed after COVID-19 hit. From the data verbally said one admin Ray Counseling and Reading stated that clients suffered many setbacks in their careers seen from the questions they asked plus the influence of their romantic, economic, health and family conditions. Clearly this statement can be seen because the number of applicants in 2020 reached 439 people with a total psychological condition of 825 conditions dominated by work and career conditions that reached 240.

According to [10], soul life has three levels of consciousness, namely conscious, preconscious, and unconscious. Until the 1920s, the theory of psychiatric conflict involved only all three elements. It wasn't long in 1923 that Freud introduced three other structural models: ice watershed, watershed Ich, and Das Ueber Ich. Freud argued that personality is a system consisting of 3 elements, namely watershed Es, watershed Ich, and das Ueber Ich (in English expressed by the Id, the Ego, and the Super Ego), which each have its own origin, aspects, functions, principles of operation, and equipment. Freud stated that the ego defense mechanism is a complicated mechanism and many kinds. Then anxiety is an important variable of almost all personality theories. Anxiety arises when people are not ready to face threats.

➤ Realistic anxiety.

It is afraid of the real dangers that exist in the outside world.

➤ Neureotis anxiety.

Fear of punishment that will be received when he is not necessarily guilty.

➤ Moral anxiety.

This anxiety arises when people violate moral law standards.

CONCLUSIONS AND IMPLICATIONS

Based on the results of the discussion in this study, it can be concluded that, from psychological changes based on certain factors or conditions at the beginning until now pandemics exist, which at the beginning of the pandemic people are more likely to be constrained by economic factors but at this time everyone is more likely to work / career factors, romance, family / social, health / personal, This makes a conclusion that the psychological factors of a person who had only one obstacle such as economics will affect other factors in the human psyche. Of the many causes, one of

them is due to the influence of the COVID-19 Pandemic which requires humans to limit activities or activities that were previously carried out routinely.

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