
STRATEGIES OF ADAPTATION OF CAMEROONIAN AND INDONESIAN FAMILIES IN CORONA VIRUS TIME

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ABSTRACT: *This paper has a novelty to analyze Indonesian and Cameroon family's daily habits and strategies of adaptation to boost the immune system during Coronavirus. To analyze the issue, this paper is using qualitative method, with 3 (three) theories: the concept of the immune system, theory of family and policy from Jacobsen, and theory of Decolonization from Ginio&Schler. The concept of immune system is to describe how human body needs to improve the daily habits to boosting the immune system, especially during this deadly Pandemic Covid-19. The theory of family and policy from Jacobsen is to analyze the daily habits and political system applied in Indonesia and Cameroon family, consciously or not. Then the theory of Decolonization from Ginio&Scheler is used to analyze the academic reason why this paper is combining those two countries as example of family daily habits from Asia and Africa. This paper is hoping to be an eye-opener for families across Asia and Africa, as non-industrialized countries, to always maintain good daily habits, that are already inherited from generation to generation, to combat Pandemic Covid-19 or the next viruses.*

KEYWORDS: immune system, Covid-19, Coronavirus, Indonesia, Cameroon, family and policy, decolonization

INTRODUCTION

Based on the data of 12 October 2020, there are 21160 confirmed cases of Covid-19 in Cameroon and 420 Confirmed deaths. Cameroon has its first case in 6 March 2020, from a French national who arrived in the capital of Yaounde 24 February 2020⁵.

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⁵ Source: https://en.wikipedia.org/wiki/2020_coronavirus_pandemic_in_Cameroon

On 10 April 2020, the government took 7 additional measures to stop the spread of COVID-19 in Cameroon. These measures take effect from Monday, 13 April 2020⁶:

- Measure 1: Wearing a mask in all areas open to the public;
- Measure 2: Local production of drugs, screening tests, protective masks and hydro-alcoholic gels;
- Measure 3: Establishment of specialized COVID-19 treatment centers in all regional capitals;
- Measure 4: Intensification of the screening campaign with the collaboration of the Center Pasteur;
- Measure 5: Intensification of the awareness campaign in urban and rural areas in both official languages;
- Measure 6: Continuation of activities essential to the economy in strict compliance with the directives of March 17, 2020;
- Measure 7: Sanction

On April 15 2020, following the claims of the Human Rights Commission of the Cameroon Bar Association, President Paul Biya announced the release of certain prisoners in connection with Covid-19⁷.

Cameroon consolidated its spot as Central Africa's most impacted nation doubling its coronavirus tally in fifteen days and going past the 1,000 mark. In early April, the country's infection stood at 509. It has reached 1,017 as of April 18 according to records by the John Hopkins University tracking site. There are 117 recoveries with 22 deaths⁸.

Cameroon is the most impacted country across Central Africa. Only DR Congo have passed the 10000 mark in the region with 10868. Gabon 8835, Equatorial Guinea 5062, Congo Republic 5118, Central African Republic 4853 and Chad 1304

There are about 15 Covid-19 testing centres in eight of Cameroon's 10 semi-autonomous regions, according to the Ministry of Public Health (MINSANTE). Meanwhile, a toll-free number has been established for the public to mobilise rescue teams. Kah Walla, president of the opposition Cameroon People's Party (CPP), called its response "late, weak, incomplete and poorly executed", alleging delays with closing the borders and expanding large-scale deployment of vital equipment such as test kits, masks and ventilators⁹.

While in Indonesia, Indonesia cases of Covid-19 is worse than Cameroon because Indonesia is big country of 5 islands with 34 provinces, there are 336 716 cases of Covid-19, 258 519 people recovered and 11 935 people died in October 2020. Indonesia is the most infected country in ASEAN, but Indonesian government policy against Covid-19 is still questioned, because the culture of bureaucracy, the failed political communication, and the dynamic of self-mutation of the virus itself across provinces are quite fast.

⁶ Idem.

⁷ Idem.

⁸ Source: <https://www.africanews.com/2020/04/24/cameroon-records-203-new-cases-as-covid-19-tally-hits-509/>.

⁹ Source: <https://www.aljazeera.com/news/2020/04/masks-bans-questions-cameroon-covid-19-response-200422134140013.html>.

The failed political communication between the Indonesian President, Minister of Health, Head of National Agency of Disaster Management (*BNPB/Badan Nasional Penanggulangan Bencana*), and Government Spokesperson for Covid-19¹⁰ are hardly understood, because they speak the same issue but with different responds, for example the importance of masks, lockdown thing, number of mortality rate, etc. This failed political communication makes Indonesian public got confused and somehow anger.

The uncertainty of government policy to cover everyday lives of Cameroon and Indonesian families during pandemic Covid-19, that make Cameroon and Indonesian families survive by their own ways, are worth it to be written from academic angle, so that the other decolonized countries can think that they are not alone and perhaps facing the challenges and the same problem.

This paper is not just talking about Coronavirus, but also the perspective of how both governments can cover people's economy in difficult time, as well as this paper will show Cameroon and Indonesia as two reflective decolonized countries that have daily good habits inherited, to boost the immune system, unconsciously or not.

METHOD

This paper is using qualitative method, with 3 (three) theories: the concept of the immune system, theory of family and policy from Jacobsen, and theory of Decolonization from Ginio&Schler.

Immune System

The Coronavirus pushed families to increase sense of safety for them to better adapt to the pandemic. Traditional recipes of all kinds resurfaced and were consumed according to their popularization. In Cameroon we have mixtures of various plants to drink, infusions and other enemas. Dr. Jean de Dieu Tuyishime, M.Sc. in the article of How To Maintain Immunity System (January 2013), said that Immunity System is:

“It is a set of cells which, at the level of the organism, ensures the fight against common infections (like colds) as well as long fights (like cancer). Health and immunity are intimately linked: taking care of your health on a daily basis improves your immunity, and vice versa. Symptoms of weak immune systems are: persistent fatigue, increased susceptibility to infections (frequent colds, urinary tract infections, herpes outbreaks, etc.), and wounds that take time to heal or heal”¹¹.

Based on Rumelhard research (1990, p.23), Breaking away from an overly simple if not naive anatomy, the concept of system understood as an articulation between functions of

¹⁰ Source: <https://www.thejakartapost.com/news/2020/03/23/indonesias-latest-covid-19-figures.html>.

¹¹ Original words: *C'est un ensemble de cellules qui, au niveau de l'organisme, assure la lutte contre les infections courantes (comme le rhume) ainsi que les longs combats (comme le cancer). La santé et l'immunité sont intimement liées : prendre soin de sa santé au quotidien permet d'améliorer son immunité, et vice-versa. Les symptômes d'une faiblesse immunitaire sont : une fatigue persistante, une sensibilité accrue aux infections (des rhumes fréquents, des infections urinaires, des éruptions d'herpès, etc.), et des blessures qui prennent du temps à guérir ou à cicatriser.*

detection of molecular information, processing of information and integration of contradictory information, then of choice of an effector mechanism of rejection or facilitation, makes it possible to break away from an aim and an anthropomorphism which are all too evident. It allows telephony to be expressed, but without purpose. Any immune event is no longer isolated. It takes birth in a structure which preexists and which has its own functioning¹².

While based on research of Ibrahim&El-Sayed (2016, p.470) said that Effective nutritional interventions in the immune system may find value not only in therapeutic applications, but also in the prophylactic treatment of subjects at risk of immunoincompetence because of illness or prior to immunosuppressive drugs and surgical regimens. Thus dietitians should encourage the intake of a variety of nutrients to promote proper balance among all nutrients. For consumers who are not deficient in one or more nutrients but nevertheless are intent on using supplements, products that provide multiple nutrients such as multivitamin and multimineral without supplying excess amounts should be encouraged. Some nutraceuticals are beneficial for the immune system. Far more research into nutrient-nutrient interactions and immune function particularly in human subjects is needed. At this time, the best dietary advice to enhance immune function in healthy people is to ensure variety, balance and moderation of the nutrients.

Family and Policy

Based on research of Jacobsen, et al. (2004, p.1) said that all public policies rest on an implicit view of human nature. Laws designed to change behaviour, for example, are based on a belief that incentives affect decisions. Policies related to the family are based upon ideas about why families exist and how they should be structured. Similarly, policies related to sexual equality assume something about the human nature of males and females. The disciplines explored in this paper each provide a different perspective on the family and offer different insights about why and how people behave the way they do. Other fields, such as political science and religion also have theories of the family.

A truly multidisciplinary approach to policy analysis is rare. Policy analyses conducted by a practitioner of one discipline are seldom informed by other disciplines—each discipline typically proceeds as if no other existed or could be useful. Analyses of the same policy issue, but derived from different disciplines, use different premises, data and methods of analysis to arrive at quite different conclusions, not only about the nature of the problem, but also about the preferred policies and their effects. Policy debate in these circumstances can become acrimonious (*loc.cit*).

Decolonization

Based on research of Ginio&Schler p.2,3: The conceptualization of decolonization as a process culminating in the formation of independent nation-states has resulted in a convergence between nationalist histories and the histories of decolonization. Thus, histories of

¹² Original words: *En rupture avec une anatomie trop simple sinon naïve, le concept de système entendu comme articulation entre des fonctions de détection d'une information moléculaire, de traitement de l'information et d'intégration d'informations contradictoires, puis de choix d'un mécanisme effecteur de rejet ou de facilitation, permet de rompre avec une finalité et un anthropomorphisme trop évidents. Il permet d'exprimer une téléonomie, mais sans finalité. Tout événement immunitaire n'est plus isolé. Il prend naissance dans une structure qui préexiste et qui a un fonctionnement propre.*

decolonization largely adhere to the teleological trajectories of histories of westernized elites as the spearheads of nationalist struggles to overthrow colonial rule. Even in those instances when this narrative has been expanded to include the contributions of working classes and peasants in the history of nation-building in colonial settings, the effort to uncover historical roots to new nation-states has blinded us from gaining alternative perspectives on what decolonization signified and engendered for everyday Asians and Africans. Experiences of decolonization were and remain as varied as colonial experiences themselves, and any formulation of decolonization as a process or ideology must acknowledge a diversity of cultures, viewpoints and strategies.

Analysis

First of all, Cameroon and Indonesia have the same challenges in the pandemic Covid-19. Cameroon is the most impacted country across Central Africa and Indonesia is the most infected area in ASEAN. As mentioned on the Introduction, both governments are still indecisive on lockdown policy. Perhaps there are financial aids from governments, but it is so limited, so Cameroon and Indonesia families mostly survive by their own efforts.

Prof. Sanel Halilbegovic, economic expert from Bosnia-Herzegovina on Zoom virtual class in 16 April 2020 said that Flattening the curve it depends on the situation and thinking the role of government quickly respond on existed businesses are reflected on the same level for the crises. Each nation needs the support, workforce, and good workers.

Cameroon and Indonesia need those support, especially in Agriculture and Technology sectors, not just in medical things. Agriculture and Technology are the unfinished business of decolonized countries like Cameroon or Indonesia because those sectors are part of daily local economy. Cameroon and Indonesia families are familiar with the use of Internet for example and now are trying to plant their own vegetables at the backyard of their home, because nobody knows until when the Pandemic of Covid-19 will end.

As stated on theory of Decolonization from Ginio&Schler, Cameroon and Indonesia are viewed as three world order. Despite of the big roles of the both countries in the Continent in Asia and Africa, Asia-Africa are remained as the decolonized heritage countries, with some problems from some colonized countries left behind, for example poverty, low education, corruption, feudalism mentality, bad bureaucracy, military domination, and debt-trap policy.

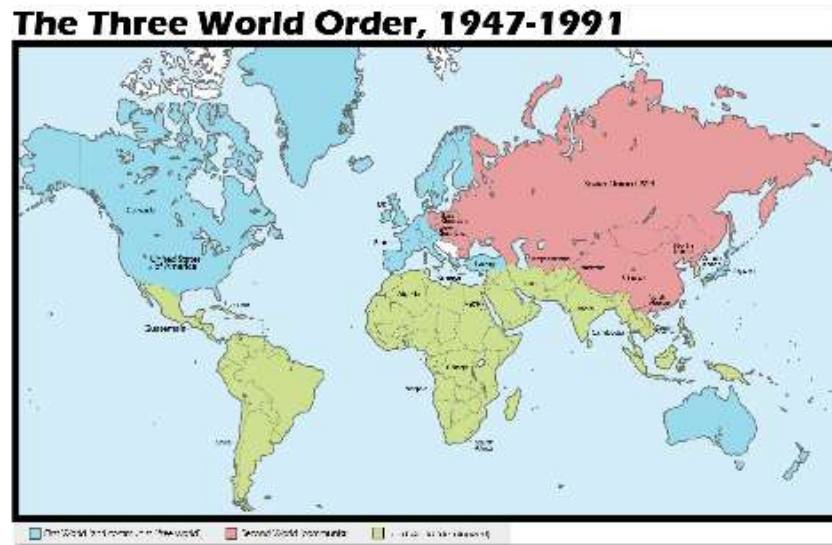


Figure 1. The Three World Order (Source: Sonali Judari for the California History-Social Science Project. Copyright © 2013, The Regents of the University of California)

This is not generalization, but when talking about Cameroon, we talk about Africa. Based on research of Sylwester (2005, p.100), Africa's long-run development problems where political factors could explain many of the disappointing outcomes. Instead, they describe what occurred at decolonization and so can help us better understand general effects from this type of political transformation. There was no decrease in growth relative to the alternative of remaining a colony. The reason why decolonizers exhibited lower growth than did those not concurrently undergoing a political change is that decolonizers grew slower than did nascent countries. These results provide evidence against the claim that this type of political transition caused lower growth than experienced previously. There is no evidence of transitional costs and previously independent countries grew faster than did the existing colonies. Whether or not a region is independent or controlled by an external power appear important for growth outcomes. This finding holds implications for the empirical growth literature as controlling for political status (colony or country) appears to be important when undertaking Barro-type growth regressions.

Also from the research of Shaw&Colombijn (2009, p.811), the final article by Gerry van Klinken turns our focus to social and economic processes experienced by postcolonial societies and the making of a hegemonic group. The fact that this group has a distinctive geographic location in postcolonial national space will be of interest to geographers. In van Klinken's study, the term "Middle Indonesia" refers to the lower-middle classes who constitute around 37% of the population and are the dominant group in small towns and intermediate-sized cities. Combining insights from both historical sociology and urban geography, he shows how colonial state expansion and provincial town growth went hand in hand and continued after independence to produce "middle Indonesia," an intermediate strata between the urban élites in the mega-cities and the poor, who usually attract little scholarly attention. Made up primarily of the self-employed and local government officials, this class has come to wield great influence over a vast area of the Indonesian economy. In an underresourced economy, the local bureaucracy has many specific ties with local society and uses them to keep control over available resources and opportunities, thereby effectively preventing free market access and the acceleration of economic growth. Decolonization formed a watershed in the 20th-

century history of Middle Indonesia because after its emergence the number of civil servants sharply increased.

With those rooted problems, Cameroon and Indonesia families could survive from the Pandemic of Covid-19 by their own efforts. There is no need to wait on government programs. Both countries already have good daily habits inherited to pass through this storm, for example in Agriculture and Technology, as well as to maintain immune system. Based on research of Syah (2019, p.3) there are several ways to remain healthy such as:

- Nutrition

When a lot of age, a combination of vegetables and not much for the health and development of the body. Some vegetables and fruit contain a nutrient that is caused by white cells and infection for the bacteria. The food also protects children from chronic disease, such as heartburn and cancer as adults. Only the green, green, orange, strawberry, and brady can be just the same. For a snack, you can do yogurt, fruity salads, or gadgets (*loc.cit.*).

Both Cameroon and Indonesia have natural resources. Camerron with 25 million habitants have agricultural and oil products, while Indonesia with 250 million habitants also have agricultural products.

- Sleep time

For adults needed at minimum 7 hours of sleep, while for children around 8-9 hours a day.

- Hygienic

Cameroon and Indonesia are Asia-Africa countries that sometimes have the air pollution, because infrastructures process, but during the time of Coronavirus, both countries can have pollution reduced.

- Doing sports

There is no specific data to say that Cameroon and Indonesia families love doing sports, but based on both author's observation, #StayAtHome campaign can give risk to have obesity or diabetes, because we eat a lot at home and cannot doing sports outdoor. Nevertheless, this is our challenging time to be figured out by Cameroon and Indonesia families to do more sports at home to also reduce the risk of obesity or diabetes.

- Avoid smokes

As pollution reduced, Cameroon and Indonesia families while going out just for groceries buying, can breath more fresh air, there is no smokes around.

- Health check

Based on research of Tchouaffe (2015, p.150), the root causes of Cameroonian social malaise, the effects of an inept decolonization that have left Cameroonians marked with myriad cultural insecurities. Modernity in contemporary Cameroon has suffered from dictatorship with rigid social structures and corruption, a regime that has sacrificed the development of a real indigenous culture in favour of mimicking the colonial one. By enforcing a European model of development and a sense of conformity, local wisdom has all but disappeared, so that health check is not priority in Cameroonian family agenda.

Checking the health is not priority neither for Indonesian families. For some civil servants, they are given Covid-19 rapid test for free, but we must figure out for those who aren't. If Cameroon and Indonesia families have family saving, then this can be used for Covid-19 rapid test.

Then Cameroon and Indonesian intellectuals and scholars can give recommendations for governments to prepare national budget for health check, for example by quoting Japanese government who gives Covid-19 rapid test for free daily in the routes and from door to door.

Added from Verena Van Fleet, PhD, associate professor at Northwestern Health Sciences University there are several ways to remain healthy such as:

- Eat Well

Cameroon and Indonesian mothers have family recipes for the children to remain healthy. For example in Cameroon we have Fufu corn and njama njama (garden huckle berry leaves), Brochettes, known locally as soya (a kind of barbecued kebab made from chicken, beef, or goat), Sangah (a mixture of maize, cassava leaf, and palm nut juice), Mbanga soup and kwacoco, Eru and water fufu.

In Indonesia we have a lot of vegetables as well as meats for example Rendang (spicy meat), chicken soup, Sate (chicken in sticks), Gado-Gado (mixed of vegetables), Bakso (meatballs), and also Jamu (traditional drink from ginger to boost immune system). Remember to eat well based on nutrition to boost immune system as stated on the theory.

- Stress management

Just like doing sports daily, stress management is daily routine in Cameroon and Indonesian families, for example working or studying in fun way, by taking some rests, listening to music, watching good movies, or calling our bestfriends to get ourselves always motivated during this difficult time. Mental health is number one. Cameroon (Christians) and Indonesian (Moslems) families are also religious people, so Praying is the best key to do stress management.

- Hydration

Water is part of our body, so drinking is so important. Up to 60% of the human adult body is water. According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%¹³.

Authors believe that Cameroon and Indonesian families are no need to wait government programs on how to boost immune system, but they can do those steps consistently daily at home. Based on research of Calder (2013, p.305), a well functioning immune system is key to providing good defence against pathogenic organisms and to providing tolerance to non-threatening organisms, to food components and to self. The immune system works by providing an exclusion barrier, by identifying and eliminating pathogens and by identifying and tolerating non-threatening sources of antigens, and by maintaining a memory of immunological encounters¹⁴. On the next page there is table of deep academic knowledge about boosting the immune system.

¹³ Source: https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=0#qt-science_center_objects.

¹⁴ The immune system is complex involving many different cell types distributed throughout the body and many different chemical mediators some of which are involved directly in defence while others have a regulatory role. Babies are born with an immature immune system that fully develops in the first few years of life. This immune maturation requires the presence of specific immune factors and exposure to antigens from food and from micro-organisms. Immune competence can decline with ageing. This process is termed immunosenescence. The sub-optimal immune competence that occurs early and late in life increases susceptibility to infection. Undernutrition impairs immune defences at all stages of the life cycle, although infants and the elderly may be more vulnerable, making an individual more susceptible to infection. However, the immune response to an infection can itself impair nutritional status and alter body composition. Practically

Table 1. Comparison of conceptual ideas in boosting and immunology (McEwan et al., 2008, p.12)

Boosting	Immune System
Weak Learner/Basis	B-Clone with β -subset receptor
Strong Learner	Immune repertoire
Weighted majority to increase confidence and reduce variance	System-wide coherent responses via cell correspondence
Reweighting data to increase accuracy and reduce bias	Feedback between antigen presentation and antibody production
Regularisation to manage representation complexity	Competitive exclusion over available T-Help to focus the repertoire
Stage-wise fitting	Parallel metadynamics
Decision surface e.g. $y \in \{+1, -1\}$	Competing complementary responses

By preparing Cameroon and Indonesian families to boost immune system to combat the Coronavirus, we must also remember the elder people because they are vulnerable people to be infected. The proportion of elderly (60 and over) remains low at around 5%. In 2011, the number of elderly is estimated at 1,015,979 people¹⁵.

Even before the time of Coronavirus, Economic and social crisis already affecting the country for more than a decade has worsened the problems of the elderly. In fact, the elderly are faced many problems : poverty, isolation, and especially the difficulties of access to health care, and now elder people is facing Coronavirus threat (*op.cit.*).

Based on research of High (2001, p.33), the elderly population is at special risk for malnutrition that may lead to an increased risk of infection. Reversible causes of malnutrition, such as depression, dental disorders, and medication-induced anorexia, are common in elderly individuals, and they are underrecognized and undertreated. Given the diversity of data and the lack of appropriately powered studies to detect clinical end points, specific recommendations are problematic at this time. However, the majority of data suggest that a multivitamin or trace mineral supplement taken daily is beneficial for the prevention of infection and may reduce antibiotic use in healthy, free-living elderly adults. The supplement provided should include zinc (20 mg/day of elemental zinc or its equivalent) and selenium (100 mg/day), with additional vitamin E, to achieve a daily dosage of 200 mg/day. Specific micronutrient (e.g., vitamin B₁₂)–replacement therapy makes sense and should be provided

for patients with documented deficiencies, but data regarding protective efficacy specifically addressing infection are lacking. Some selected elderly adults may benefit from nutritional strategies (e.g., elderly adults with frequently recurring UTIs are likely to benefit from drinking

all forms of immunity are affected by protein–energy malnutrition, but non-specific defences and cell-mediated immunity are most severely affected. Micronutrient deficiencies impair immune function.

¹⁵ Source: <https://paa2015.princeton.edu/papers/151809>.

cranberry juice every day). This strategy may be particularly beneficial in LTCFs as a means of reducing unnecessary anti-biotic use in older adults. Commercially available nutritional supplements may be of benefit in older adults convalescing from serious infectious illnesses; specific data exist for daily consumption of a calorically dense supplement (i.e., Ensure) in older adults recovering from pneumonia.

Other family habits that Cameroon and Indonesia families have been doing since their first cases of Coronavirus is: Wash hands 40 seconds, use masks while going out, do physical distancing 2 meters each person, and avoid shake hands. As the same decolonized countries and as the same most infected country in each continent, Cameroon and Indonesia families have been doing so much sacrifices and efforts to flatten the curve.

For example in this Islamic Ramadhan time, Indonesian families obey with government order to not to go back home on their villages. Cameroon families are doing the same sacrifices by not going to the churches. They only have virtual Mass on Television or Youtube. Cameroon and Indonesian families are also friendly society that will shake hands, even for the first friend we meet, but we can't do it anymore now. All those sacrifices must be appreciated.

As stated on the theory of Family and Policy by Jacobsen, Policies related to the family are based upon ideas about why families exist and how they should be structured. It means that all policies related to Coronavirus, must be based on the observation on the field, not from ideal things or academically correct theories that we thought it will work. Central government must think about risk management, economy scenario, political stability and other things needed other than Health issue.

Then from the experiences of Cameroon and Indonesia families, local governments must have reliable and valid data of the cases, as well as the needs of families, then what else from local wisdom or local culture can maintain good daily habits on flatten the curve, not just global campaign #StayAtHome, but also unique campaign that coming from the family

In author's family for example, our family members are becoming talented chef, gamers, painter, and gardener now. This can be somehow brilliant idea to develop a national policy to provide new emerging economy in Agriculture and Technology sectors.

CONCLUSION

As the third-world country, Cameroon and Indonesia have the remaining social and political problems that led the families to survive by their own efforts to pass through this difficult pandemic Covid-19 time. There is no such academic belief that this Coronavirus will be vanished on June 2020, so Cameroon and Indonesians families have been doing daily good habits to adapt and boost immune system. Both countries have already policies or traditional belief to maintain good health. Besides, as the most infected country in each Continent, Cameroon and Indonesian families are already having so much sacrifices and efforts to flatten the curve.

While at the side of governments, Agriculture and Technology are two sectors that must be concerned seriously, because Cameroon and Indonesia families are already familiar with those sectors, which are more useful than other new emerging economy in the post-2020.

Agriculture is part of Cameroon and Indonesia economy nowadays, while Technology is the central need during Coronavirus time, because everybody work and study from home.

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