

## Implementation Of Health Protocol In Prevention Of Covid-19 In Students

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### ABSTRACT

*At the beginning of 2020 the world was shocked by the outbreak of a new virus, namely a new type of coronavirus (SARS-CoV-2) and the disease is called Coronavirus disease 2019 which is hereinafter abbreviated as Covid-19. The origin of this virus is known to come from Wuhan, China. Found in late December 2019. The Covid-19 pandemic has caused many changes in daily life. Students as a group at risk of being infected with COVID-19 with asymptomatic, have the potential to become infectious to the people around them. Therefore, this group must make appropriate efforts to prevent covid-19. This study aims to implementation of health protocols in preventing covid-19 in students of West Sulawesi. This research is a survey research with cross sectional design using a non-probability sampling design with 135 respondents. The results of the study show that health protocol efforts have begun to maintain social distance, washing hands and using masks have been done by students with the percentage of each keeping a distance of 58.5%, 93.3% who wash their hands whether it's washing hands with soap or using hand sanitizer, and the behavior of using masks is 97.8%. The results showed that the implementation of health protocols had been attempted by students but had not been maximized as a whole. There is a need for more intensive socialization and enforcement of health protocols so that 100% of students can implement strict health protocols.*

**Keywords:** *keep your distance, wash your hands, masks.*

### ABSTRAK

Awal tahun 2020 dunia dihebohkan dengan mewabahnya virus baru yaitu virus corona jenis baru (SARS-CoV-2) dan penyakit tersebut bernama Coronavirus disease 2019 yang selanjutnya disingkat Covid-19. Asal muasal virus ini diketahui berasal dari Wuhan, China. Ditemukan pada akhir Desember 2019. Pandemi Covid-19 telah menyebabkan banyak perubahan dalam kehidupan sehari-hari. Pelajar sebagai kelompok yang berisiko terinfeksi COVID-19 tanpa gejala, berpotensi menularkan kepada orang-orang di sekitarnya. Oleh karena itu, kelompok ini harus melakukan upaya pencegahan Covid-19 yang tepat. Penelitian ini bertujuan untuk penerapan protokol kesehatan dalam pencegahan covid-19 pada pelajar di Sulawesi Barat. Penelitian ini merupakan penelitian survei dengan desain cross sectional dengan desain non-probability sampling dengan jumlah responden 135 orang. Hasil penelitian menunjukkan bahwa upaya protokol kesehatan sudah mulai menjaga jarak sosial, mencuci tangan dan menggunakan masker sudah dilakukan oleh pelajar dengan prosentase masing-masing menjaga jarak 58,5%, 93,3% yang mencuci tangan baik itu tangan pakai sabun. sabun atau menggunakan hand sanitizer, dan perilaku penggunaan masker sebesar 97,8%. Hasil penelitian menunjukkan bahwa penerapan protokol kesehatan sudah diupayakan oleh mahasiswa namun belum maksimal secara keseluruhan. Perlu sosialisasi dan penegakan protokol kesehatan yang lebih intensif agar 100% mahasiswa dapat menerapkan protokol kesehatan secara ketat.

**Kata kunci:** Jaga jarak, cuci tangan, masker.

### INTRODUCTION

At the beginning of 2020 the world was shocked by the outbreak of a new virus, namely a new type of coronavirus (SARS-CoV-2) and the disease is called Coronavirus disease 2019 which is hereinafter abbreviated as Covid-19.

The origin of this virus is known to come from Wuhan, China. It was discovered at the end of December 2019. So far, it has been confirmed that 65 countries have been infected with this virus.(1)(2).

*Coronavirus Disease 2019* which is abbreviated as Covid-19 is a disease caused by Sars-CoV-2 which is transmitted between animals and humans, However, until now the source of Covid-19 transmission is still unknown. Common signs and symptoms of COVID-19 infection include symptoms of acute respiratory distress such as fever, cough and shortness of breath (3)

The results of the socio-demographic survey of the impact of Covid-19 conducted by the Central Statistics Agency (BPS) (2020) of Central Berau show that the higher age of respondents, The more obedient respondents are in behaving in accordance with the appeal (masks, washing hands, physical distancing). This is presumably because the higher the age of the respondent, the higher the level of concern about the impact of the pandemic themselves. 87% of respondents know in detail the policy, 72% of respondents have always done or regularly kept their distance in the last week. As many as 80.20% of respondents stated that they often/always wash their hands for 20 seconds with soap., 64.42% of respondents often/always use hand sanitizer. 8 out of 10 respondents often/always use masks, especially when they are outside the house (80.2%), but it also inseparable that an environment with a high population density is directly proportional to the risk of transmission and spread of the corona virus (4)(5).

The Covid-19 pandemic has caused many changes in daily life. Infection causes the body to become feverish, so it requires additional energy and nutrients. Therefore, maintaining a healthy diet is very important during the Covid-19 pandemic. Although there is no food or dietary supplement that can prevent Covid-19 infection, Maintaining a

healthy diet, balanced nutrition is very important in improving a good immune system during the Covid-19 pandemic, we must improve the immune system which is the body's defense force against bacteria, viruses and disease-causing organisms that we may touch, consume and breathe every day. Increasing endurance is one of the keys to not contracting the Covid-19 virus(6). The government has made prevention efforts starting from the issuance of the Minister of Health Regulation Number 9 of 2020 which imposes large-scale social restrictions (7). An analysis of the literature review stated that Covid was more common at the age of 15 years and over in the early stages, since then no special prevention and control efforts have been carried out, young adults generally suffer from milder symptoms and furthermore, large numbers can be asymptomatic but are still contagious. (8)(9)

Students as a group at risk for being infected with COVID-19 with asymptomatic / asymptomatic, has the potential to be infectious to the people around him. Therefore, this group must take proper precautions against COVID-19. Therefore, this study wanted to know the behavior of implementing health protocols for West Sulawesi students during the covid-19 pandemic outbreak..

## **RESEARCH METHODS**

This research is using a non-probability sampling design to get as many participation responses as possible within 2 weeks of conducting the survey. The population in this study were all students in West Sulawesi Province. The sample in this study were students in West Sulawesi Province who were obtained using the accidental sampling method

totaling 135 people at West Sulawesi. The instrument used in this research is an online questionnaire using google form. Data analysis was carried out to see a description of the

behavior of preventing COVID-19 through the health protocol of keeping a distance, washing hands and wearing masks using SPSS.

## RESULTS AND DISCUSSION

The results showed that there were 135 students from three universities who filled out this questionnaire. The characteristics of the respondents are as follows:

**Table 1.** Distribution of Respondents by University Origin and Gender

University Origin	Gender				Total	
	man		woman		n	%
	n	%	n	%		
Health Polytechnic Ministry of Health Mamuju	4	50	109	85,8	113	83,7
University West Sulawesi	2	25	11	8,7	13	9,6
Tomakaka University	2	25	5	3,9	7	5,2
Stikes Bina Bangsa Majene	0	0,0	2	1,6	2	1,5
Total						
	8	100	127	100	135	100

Source: primary data

Table 1 shows that most of the respondents in this study came from the Health Polytechnic of the Ministry of Health Mamuju (83,7%), where the highest number of respondents by gender is female (94,1%)

**Table 2.** Health protocols before the covid-19 pandemic

Social distancing behaviour	n	%
Always	6	4,4
Sometimes	58	43
Never	71	52,6
Washing hands behaviour		
Only use water	32	23,7
Use water and soap	99	73,3
Use handsanitizer	3	2,2
Not waging hands	1	0,7
Using mask behaviour		
Always	18	13,3
Sometimes	86	63,7
Never	31	23,0

Source: primary data

**Tabel 3.** 2 Health protocols after the covid-19 pandemic

Social distancing behavior	n	%
Don't leave the hous	11	8,1

Going out of the house for shopping, worship, but not as often	68	50,4
Doing activities as usual (without keeping your distance)	3	2,2
Keep doing activities outside the house by keeping your distance	53	39,3
Washing hands behaviour		
Use water and soap	126	93,3
Use handsanitizer	9	6,7
Using mask behaviour		
Always	128	94,8
Sometimes	6	4,4
Never	1	0,7
Perilaku penggunaan masker ketika keluar rumah		
Yes	132	97,8
No	3	2,2
Jenis Masker yang digunakan selama pandemi		
Medical mask	65	48,1
Cloth mask	70	51,9

Source: primary data

The results showed that the behavior of keeping the distance of respondents for those who really did not leave the house was 8.1% while for respondents who left the house for certain business it was 50.5%. This shows that efforts to prevent the spread of COVID-19 through health protocols to keep half of the respondents have implemented it well, despite the reality on the ground there are still respondents who stay out of the house like before the covid-19 pandemic occurred, but they admit that when they do this they try to keep their distance (39.3%), It is undeniable that everyone has their own life demands that inevitably cause them to stay out of the house. The results of the study also explain that there are still 2.2% of respondents who do their daily habits at all without keeping their distance. However, if you look at the percentage of respondents' distance habits before the pandemic, it can be seen that there is a fairly large percentage difference from the habit of never keeping their distance before the emergence of a pandemic which requires respondents to keep their distance..

Respondents' hand washing behavior during the covid-19 pandemic was washing hands with water using soap by 93.3% and using hand sanitizer as much as 6.7%. If you look at the habit of washing hands before and after the pandemic, it can be seen that respondents made changes in behavior with a fairly large percentage of changes. The behavior of using masks by respondents shows that almost all respondents use masks when leaving the house (94.8%).

The main transmission routes of the COVID-19 virus are through breathing and contact. Respiratory droplets from coughing or

sneezing of an infected person. Everyone who is in close contact with a symptomatic person is at risk for infection (10). Behavioral practices have proven to be so important to crisis control during a pandemic that everyone should stay home, work from home and do distance learning to prevent the spread of the virus(11)(12). One of the results of a study conducted in India regarding the behavior and precautions of COVID-19 is that almost all students agree that they consider it very important to take measures to prevent the spread of COVID-19 in their community and feel that social distancing is an important step to prevent the spread of COVID-19. Considering the situation in India, lockdown is considered a good strategy. Forty-two percent of students suggested alternative measures to prevent the spread of COVID-19 in the community.(13). The results of other studies show that during a pandemic, students tend to show more distance behavior than those who are not much bigger (80,4%)(14). The results of other research also explain that most students keep their distance in preventing the transmission of covid-19, This action is recognized to protect oneself and others so as not to transmit and be infected by Covid-19(15). In addition to the efforts made by each individual student, of course, previous efforts have been made, namely online learning.

This online learning is one of the efforts made in the application of social distancing by the system even though it allows the emergence of boredom in students(16)

The next health protocol effort is hand washing behavior. Currently, the transmission of COVID-19 can occur anywhere,

Therefore, especially students who always carry out various activities, it is natural to make the habit of washing their hands and using soap.

In everyday life sometimes, many students wash their hands but are not consistent with using soap. The results showed that students' hand washing behavior began to show a good category. (16). The results of other studies related to student compliance with the health protocol for washing hands were 137 the number of answers chosen by students regarding the difficulty of washing hands properly (use soap, at least 20 seconds, running water) and often especially before and after doing activities (17)

The last health protocol discussed in this study is the behavior of using masks. This protocol is a direct prevention effort to avoid droplets from one person to another. This protocol shows that the changes in human life after the Covid pandemic are very real and can be seen directly, nowadays we see people wearing masks everywhere, a student is no exception, because one of the requirements to enter the campus area is to wear a mask. The results of other studies also show that this protocol is well fulfilled, 94% showed student compliance in using masks (18). The results of other studies that were also conducted on students showed that 68.8% of respondents showed adherence to the use of masks (19).

Basically, prevention efforts carried out by someone cannot be separated from knowledge, attitudes and beliefs. Students as educated people certainly have strong knowledge that the implementation of strict health protocols certainly greatly affects the prevention of Covid-19 transmission, but it cannot be separated that everything is returned to the attitude and belief of each individual to want to apply the health protocol (20).

## CONCLUSION

The results of the study indicate that the implementation of health protocols has been attempted by students but has not been maximized as a whole. Because to immediately attend the COVID-19 pandemic, it is necessary to have individual characteristics that fully comply with health protocols

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