



Covid-19 Health Education for Compliance in Implementing Health Protocols

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ABSTRACT

The Covid-19 pandemic has forced people to fight hard to survive and adapt to a lifestyle in the new normal era. To adapt to the new normal era, complying with health protocols is needed to reduce the transmission rate of positive cases. Thus, continuous promotive efforts must be carried out to increase awareness and healthy living behaviour in the community. This study aims to determine the effect of health education about Covid-19 on adherence to implementing health protocols. This research is pre-experimental. Sampling used the Total Sampling technique with 20 women in Trimurti Village RT.08 Kapanewon Srandakan. The instrument used is a compliance questionnaire adopted from Istikomah (2021). The analytical test used is the Wilcoxon test. These study results illustrate that most adherents to carrying out health protocols before being given health education were in the moderately obedient category, namely 17 respondents (85%). Meanwhile, most adherents to implementing health protocols for mothers after being given health counselling were in the obedient category, namely 17 respondents (85%). The results of data analysis using the Wilcoxon test show the results of Signed Ranks, namely $z \text{ count} \leq z \text{ table}$ ($109.00 \leq -3.742$), with a sig value of ≤ 0.000 . It can be concluded that health education about Covid-19 influences mothers' attitudes and compliance in implementing health protocols.

Keyword: Covid-19, Health Education, Health Protocols

1. Introduction

Corona pandemic has become an event that threatens public health in general and has attracted worldwide attention (Al-Hanawi et al., 2020). Corona has had many impacts on all societies and sectors of life. This impact is limited to the health sector and other sectors such as the economy, education, and society. The Covid-19 pandemic, which has been going on since the end of 2019, has forced people to fight hard to maintain survival. People now have to adjust their lifestyles during the pandemic, including the new normal pattern related to the discipline of the Covid-19 health protocol, which aims to suppress the transmission of the virus outbreak (Istikomah, 2021).

Based on research conducted by Istikomah (2021) showed that most community compliance in implementing the 5M health protocol was in the non-compliant category, including non-compliance in using masks 86.3%, washing hands 84.3%, maintaining distance 82.4%, avoiding crowds 92.2%, and maintaining mobilization 87.3%. Adherence to the behavior of maintaining the 5M health protocol in this new adaptation period needs to be seriously encouraged by the community so that transmission can be prevented and minimize the incidence of contracting the virus.

Non-compliance with implementing health protocols can widen the spread of Covid-19 in the community (Istikomah, 2021). *Compliance* is an attitude that will appear in someone reacting to a rule that must be carried out. Several factors can lead to non-compliance. "Lawrence Green" stated that factors and factors outside of

behaviour influence a person's or society's health. Behavioural factors are influenced by three predisposing factors: age, occupation, education, knowledge and attitudes. The second factor is an enabling factor manifested in the physical environment and distance to health facilities. The third factor is reinforcing in the form of support provided by family and community leaders (Pangesti, 2021).

The knowledge gained can also bring up an attitude of understanding and belief in their needs as individuals who must have behaviour (knowledge, attitudes and actions) to avoid disease (Al-Hanawi et al., 2020). Sufficient knowledge also significantly influences attitudes and healthy living practices during the COVID-19 era in rural communities (Fatmi et al., 2020).

Health protocol is a way that needs to be implemented to prevent the spread of Covid-19 infection cases. This needs to be done because no specific antiviral has been found that can be used as a vaccine (Gennaro et al., 2020). Measures for prevention using the 5M health protocol are washing hands or using hand sanitizers, applying a protective face mask when travelling or outside the home, maintaining a distance of 1 meter (social distancing), avoiding crowds and reducing mobility (Kemenkes RI, 2020)

Health education efforts are needed in the community, especially in the village. Promotive efforts to increase public awareness and, over time, will change behaviour which includes aspects of knowledge, attitudes and actions so that people are willing and able to behave in a healthy life that is correct (Ilmu et al., 2021). The vital role of family indeed cannot be separated from preventing the transmission of Covid-19 so that this effort can be carried out correctly when parents, especially a mother who is always at home as a driving force and giver of motivation, must be able to carry out her role correctly. One more contribution for women (Mothers) in handling the Covid-19 pandemic is carried through PKK (Welfare Empowerment Family), which is an organization aggregating society women, especially mothers (Majid, 2020).

Public awareness of maintaining personal health so as not to contract the disease and to protect as soon as possible from disease among the community is still low, and health education needs to be given (Wulandini, Fitri, & Ilham, 2021). This study aims to determine the effect of health education about Covid-19 on adherence to implementing health protocols.

2. Method

This quantitative study uses a Pre-Experiment design with a one-group pre-posttest design approach. The population of this research were PKK mothers in Trimurti Kapanewon Srandakan Village. This study used total sampling, and the number of samples was 20 mothers.

This research was carried out by providing health education which was carried out utilizing presentations as much as 1x 90 minutes, and continued counselling with FGD (Focus Group Discussion), which was carried out for 60 minutes using leaflets. Meanwhile, a compliance attitude questionnaire was adopted from Istikomah (2021) to measure compliance attitudes. This questionnaire has been tested for validity with a value of 0.361 and reliability with a value of 0.830. This questionnaire uses a Likert scale of 15 questions with four answers: always, often, sometimes, and never. Then the score is added up and calculated using the % index formula. The score calculation results are interpreted as follows: Compliant: 76%-100%, Moderately compliant: 51-75%, Less compliant: 26%-50%, Non-compliant: 0%-25% with ordinal data scale. Data analysis in this study used the Wilcoxon Test.

This research has been subjected to ethical tests at KEPK STIKes Surya Global with issuance no. 4.04/KEPK/SSG/IV/2022.

3. Result and Discussion

Twenty respondents participated in this study. The results of the descriptive characteristics of the respondents can be shown in the following table:

Table 1. Distribution of respondents' characteristics (n=20)

Characteristics	Frequency	Percentage (%)
Age		
Late adulthood (35-44 years)	9	45
Elderly (45-64 years)	11	55

Characteristics	Frequency	Percentage (%)
Occupation		
Not Working	8	40
Working	12	60
Education		
Elementary school	5	25
Junior high school	4	20
Senior high school	7	35
University	4	20
Total	20	100

Regarding age, 11 respondents (55%) are in late adulthood (35-44 years). Twelve respondents (60%) are working. Seven respondents (35%) are senior high-school graduates.

All respondents in this study were women with various education levels, and the majority of respondents' last education was high school. Conversely, the lower a person's education, the more inhibited the development of a person's attitude towards newly introduced values (Nursalam, 2015). In practice, adherence to implementing health protocols is only defined as behaviour suggested by relevant health workers for the implementation of the Covid-19 protocol, and there are still many who do not comply due to various factors, including lack of knowledge (Samidah, et. al, 2021).

Compliance in implementing health protocols for PKK mothers in Trimurti Village, RT. 08 Kapanewon Srandakan District is divided into four scores: obedient, moderately obedient, less obedient, and disobedient. Compliance in carrying out health protocols for PKK mothers before being given health education can be seen in Table 2 below:

Table 2. Compliance attitude in carrying out health protocols for PKK mothers before being given health education (n=20)

Category	Frequency (f)	Percentage (%)
Obedient,	3	15
Moderately obedient	17	85
Less obedient	0	0
Disobedient	0	0
Total	20	100

Table 2 above shows compliance attitude in carrying out health protocols for PKK mothers before being given Health Counseling in Trimurti Village, RT. 08 Kapanewon Srandakan District Most of them are quite obedient, namely 17 respondents (85%).

This research was conducted on 20 respondents by providing health education about Covid-19 to PKK mothers and then measuring their compliance attitude in implementing health protocols before and after providing this health education. Based on the research that has been done, the results show that in the level of compliance in carrying out health protocols for PKK mothers before health education is carried out, the majority are in the moderately compliant category, namely, 17 respondents (85%) and only three respondents (15%) are included in the compliant category.

Compliance is the level that shows a person's behaviour in obeying or following procedures from health workers so that non-compliance will cause an increased risk of health problems or a person's situation. Compliance with health protocols, especially in post-pandemic conditions with Covid-19, must always be applied daily to prevent an increase in positive cases to reduce the risk of existing health problems. Based on this study's results, most of the respondents' compliance was in the moderate category before being given health education. Hence, health education is one of the interventions that can be given to increase adherence in carrying out health protocols through various media such as brochures, leaflets, and online communication through websites, social media, community, and forums (Niman, 2017). Compliance attitude in carrying out health protocols for PKK mothers after being given health education can be seen in Table 3 below:

Table 3. Compliance attitude in carrying out health protocols for PKK mothers after being given health education (n=20)

Category	Frequency (f)	Percentage (%)
Obedient,	3	15
Moderately obedient	17	85
Less obedient	0	0
Disobedient	0	0
Total	20	100

The table above shows the compliance attitude in implementing health protocols for PKK mothers after receiving Health Counseling in Trimurti Village, RT. 08 Kapanewon Srandakan District Most are obedient, namely 17 respondents (85%).

The results of the study regarding the level of compliance attitude in carrying out health protocols for PKK mothers after health education was carried out, the majority were in the obedient category, namely 17 respondents (85%). This study's results align with research conducted by Ardiani, et al (2021), entitled "Effectiveness of Health Education on the Implementation of the COVID-19 Health Protocol". Previously only three people (10.00%) were in good behaviour. After receiving health education, the amount increased to 27 people with good behaviour (90.00%). Health education must be given to change the behaviour of individuals, families and communities to achieve a healthy life behaviour, of course, with health education media that is easier to understand (Setyowati, 2019).

Health education is not just a process of providing health education materials but an effort to change the behaviour of individuals, groups and communities to increase compliance (Samidah et al., 2021). Compliance is when an individual's behaviour is commensurate with a health practitioner's recommended actions, advice, or information from other sources. The high motivation of the community to implement health protocols during the Covid-19 pandemic is in line with the high level of education, knowledge, and attitudes of respondents in implementing health protocols (Pangesti, 2021).

The Effect of Covid-19 Health Education on Compliance Attitude with the Health Protocol for PKK Mothers in Trimurti Village, RT. 08 Kapanewon Srandakan District was carried out using the Wilcoxon Test. The results of the Wilcoxon test analysis can be seen in Table 4 below:

Table 4 Effect of Health Education about Covid-19 on compliance in carrying out health protocols for PKK mothers in Trimurti Village Kapanewon Srandakan District (n=20)

	Post test - Pre test
Z	-3.742 ^b
Asymp. Sig. (2-tailed)	.000

- a. Wilcoxon Signed Ranks Test
- b. Based on negative ranks

Table 4 shows that Wilcoxon Signed Ranks statistical test, namely $Z_{count} \leq Z_{table}$ ($109.00 \leq -3.742$), the asymptotic sig (2-tailed) value for the two-way test is 0.000 because $sig \leq 0.000$, this indicates that H_0 is rejected and H_a accepted. So it can be concluded that Health Education about Covid-19 influences adherence to carrying out health protocols for PKK mothers in Trimurti Village, RT. 08 Kapanewon Srandakan District.

Based on the results of the Wilcoxon Signed Ranks statistical test, namely $Z_{count} \leq Z_{table}$ ($109.00 \leq -3.742$), with a sig value of ≤ 0.000 , which means H_a is accepted so that means there is an effect of health education about Covid-19 on attitudes in implementing health protocols for PKK mothers. Providing health education about Covid-19, especially in implementing the 5M Health protocol (Wearing masks, Washing hands, Keeping a distance, Staying away from Crowds, and Reducing mobility), uses the lecture method with media in the form of PowerPoint and leaflets. A study states that knowledge about disease is considered a

fundamental source of information for health education activities. Knowledge about the causes and sources of disease transmission can increase public awareness of the spread of infectious diseases and preventive measures to slow transmission (Al-Hanawi et al., 2020). Health education through counseling or education can maintain health status and prevent disease (Retnasari, et al.,2019).

4. Conclusion

Based on the study's results, it can be concluded that health education about Covid-19 influences mothers' compliance with implementing health protocols in Trimurti Village Srandakan Bantul.

Recommendations are given to cadres or local health workers to regularly provide the latest health information and education related to Covid-19 and continuously to increase people's compliance and adaptation to Covid-19 in the new normal era.

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Conflict of Interest

This research was conducted independently, and there was no conflict of interest in it.

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