

## Empowerment of Handwashing Education with Videos and Songs as a Prevention for Covid-19

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### Abstract

Currently, there are still many people who do not care about the health conditions of themselves, their families, and the environment. Unhealthy lifestyle habits that they take for granted but can have a bad impact on society. Then, the lack of public awareness and willingness of the importance of maintaining health and implementing a healthy lifestyle by getting used to washing hands with soap. The purpose of this activity is an educational action to wash hands as a measure to prevent Covid-19 infection. The method of community service activities is carried out using video media and songs followed by 20 activity participants, the majority of whom are housewives. The results obtained from this activity were changes in the habit of washing hands using soap to 100%, variations in washing hands using soap under running water were also stated by 85% of the participants, and the response of washing hands every time they touched the surface was stated by 80% of the activity participants. The habit of washing hands using soap is expected to be a behavior that is applied every day as part of the habit adaptation in the new normal period.

**Keyword: covid 19, lifestyle, soap, hand**

### Abstrak

Saat ini, masih banyak masyarakat yang kurang peduli terhadap kondisi kesehatan diri sendiri, keluarga, serta lingkungan. Kebiasaan pola hidup yang tidak sehat yang mereka anggap biasa saja padahal bisa berdampak buruk bagi masyarakat. Kemudian, kurangnya kesadaran dan kemauan masyarakat akan pentingnya menjaga kesehatan dan menerapkan pola hidup sehat dengan cara membiasakan cuci tangan pakai sabun. Tujuan kegiatan ini adalah tindakan edukasi mencuci tangan sebagai langkah pencegahan infeksi covid-19. Metode kegiatan pengabdian dilakukan dengan menggunakan media video dan lagu yang diikuti oleh 20 orang peserta kegiatan yang mayoritas adalah ibu rumah tangga. Hasil yang didapatkan dari kegiatan ini adalah perubahan data kebiasaan mencuci tangan memakai sabun menjadi 100%, variasi mencuci tangan memakai sabun di bawah air mengalir juga dinyatakan oleh 85% peserta, dan respon mencuci tangan setiap menyentuh permukaan dinyatakan oleh 80% peserta kegiatan. Kebiasaan mencuci tangan memakai sabun diharapkan menjadi perilaku yang diterapkan setiap hari sebagai bagian dari adaptasi kebiasaan pada masa new normal.

**Kata Kunci: covid 19, kebiasaan, sabun, tangan**

## 1. INTRODUCTION

Washing hands has not become a habit of Indonesian society, this is evidenced by the percentage of hand washing with soap that has not reached 50%. This data is based on the results of basic health research conducted in 2007. This is beyond the expectation that economical habits can be useful in preventing up to 100,000 thousand people from disease (Depkes RI, 2009). Indonesian society has not fully cultivated the habit of washing hands in their daily life. Washing hands with soap is considered important only after eating. The behavior of washing hands should be familiarized before and after eating so as to minimize bacterial contamination on the hands (Pauzan & Fatih, 2017).

In households, washing hands with soap is one of the indicators for assessing clean and healthy living habits, known as PHBS. Community empowerment aims to awaken, enable, and motivate people to have awareness to wash their hands with soap. Prevention of disease can be done by implementing clean and healthy living habits starting from the family level. The active role of the family is very important in implementing preventive measures against the dangers of disease (WHO, 2009). Direct or indirect contact with pathogenic germs both natural sources, surface objects and other people is often initiated by hand. The application of sanitation can be done, one of which is by washing hands with soap (Depkes, 2009; Wagner & Lanoix, 1958).

The World Health Organization states the steps for proper hand washing, including washing hands under running water by rubbing the palms of the hands with soap, then rubbing the back of the hand, between the fingers, the tips of the left and right hands, rubbing rotating the thumbs, and cleaning fingernails by rubbing them on the palms of the hands. The next stage is drying the hands (WHO, 2009).

Siantar Narumonda District based on BPS data in 2018 the population is 6,032 people consisting of 2,930 men or around 48.81 percent and 3073 women or 51.19 percent of the total Siantar Narumonda sub-district. The largest population is in Narumonda V village, namely 783 people or around 13.01 percent of the total population of Siantar Narumonda sub-district. Agent of change is needed to help the community and educate the public with useful activities amid the Covid-19 pandemic. In its implementation, education is carried out through providing useful videos for local communities including educational videos for washing hands with soap that can provide community knowledge. Washing hands is a step that can be taken to reduce the incidence of disease caused by bacteria, or microorganisms that enter the body through unwashed hands (Novelia, 2019).

## 2. METHODS

Community service activities include collaborating with local cadres to transfer the correct knowledge of washing hands using soap, counseling, guiding, and practicing how to wash 6 steps using soap, using video media in conducting education, explaining the benefits of washing hands with soap. The implementation of the activity is described as follows:

1. Survey Stage  
At the survey stage, it was carried out by discussing activities with the village head of Narumonda V.
2. Extension stage  
Extension activities were carried out by preparing 6-step hand washing instructions and accompanied by a song for the correct hand washing steps



Fig.1. Counseling on washing hands with soap online

3. Simulation Stage

Simulate washing hands with soap in 6 steps using video

Fig. 2. Wash Hands With Soap in 6 Steps



4. The red-demonstration stage

Encourage residents to demonstrate how to wash their hands with soap in 6 correct steps



Fig. 3. Handwashing Redemonstration

5. Handover of service products to the Head of Narumonda Sub-District and the Village Head of Narumonda V.

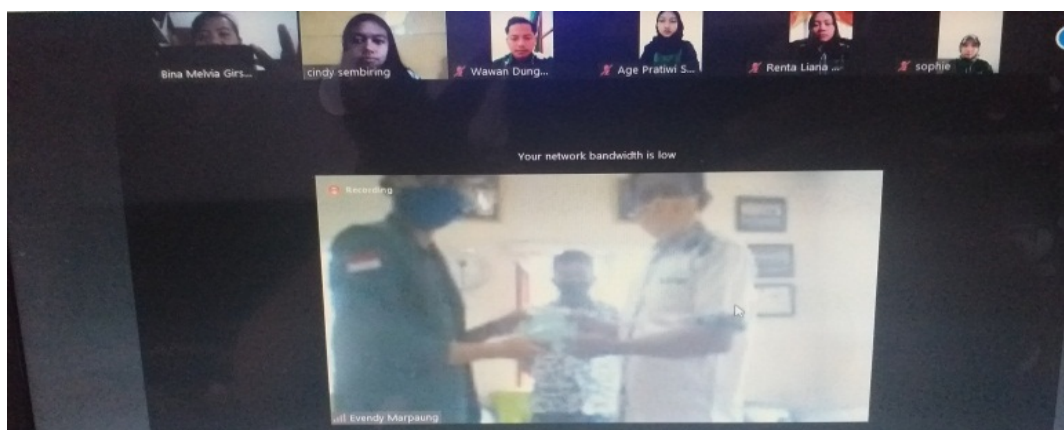


Fig.4. Product Handover

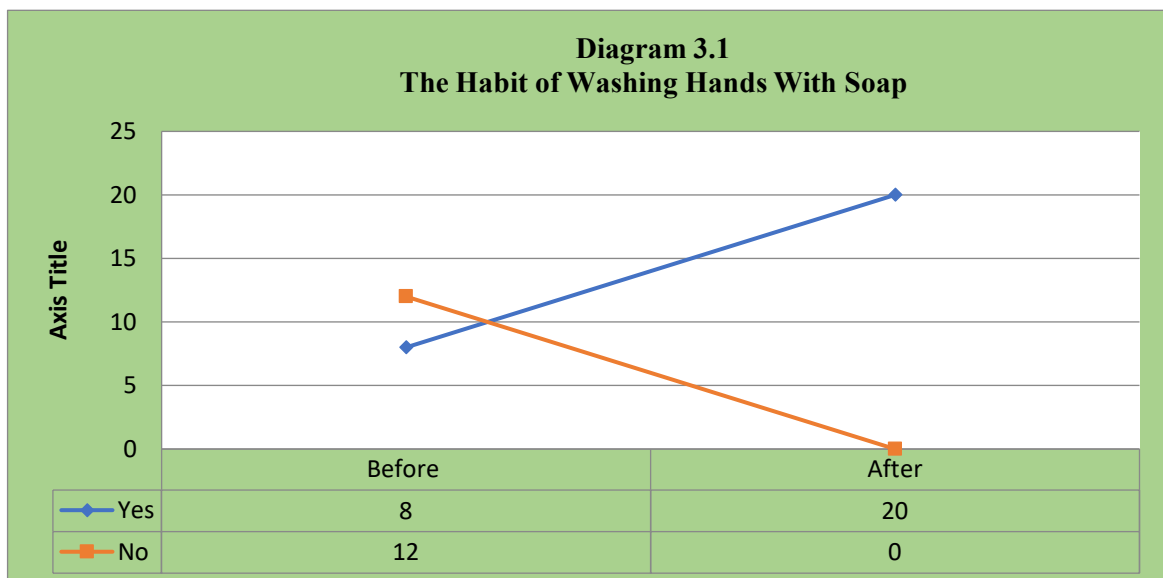
### 3. RESULT AND DISCUSSION

In this service activity, the distribution of demographic data of participants in community service activities is attached to the table below:

Table 3.1  
 Distribution of Participants in Community Service Demographic Data Frequency (N = 20)

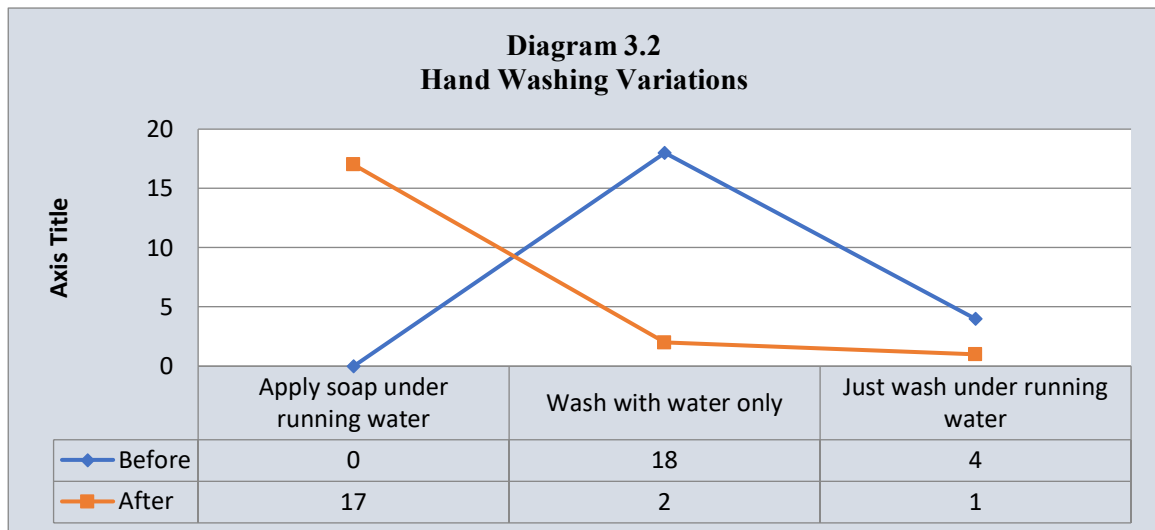
Komponen Data	Frequency	Persentation ( %)
<b>Profession</b>		
Employees	2	10
entrepreneur	3	15
Civil servants	0	0
Housewife (IRT)	15	75
<b>Level of education</b>		
Graduated from elementary school	4	20
Graduated from junior high school	1	5
Graduated from high school	15	75
Completed PT	0	0

Based on the table above, the majority of participants in community service activities are housewives (75%), with the highest level of education having graduated from high school (75%). This shows the enthusiasm of the mother very much to increase knowledge about how to wash hands properly. Before the counseling and redemonstrations were carried out, the results were (40%) or as many as 8 people washed their hands using soap. Counseling was delivered with videos and songs, and the results increased that all activity participants stated that they had to wash their hands with soap. This is presented in the data diagram 3.1 below.



Diseases such as diarrhea, intestinal worms, infections of the respiratory tract can occur due to contamination of germs from the hands. The purpose of washing hands with soap is to clean dirt, microorganisms. The best action as a preventive measure is to wash hands with soap under running water (Kamarudin, 2009). In the implementation of this community service activity using audiovisual media which contains methods and steps to do hand washing properly. The skills in carrying out the hand washing steps are displayed so that they are easier to understand and redemonstrate. Persuasive actions to encourage people to change their behavior to wash their hands with soap can be better conveyed through audiovisual media (Setiawati, 2009).

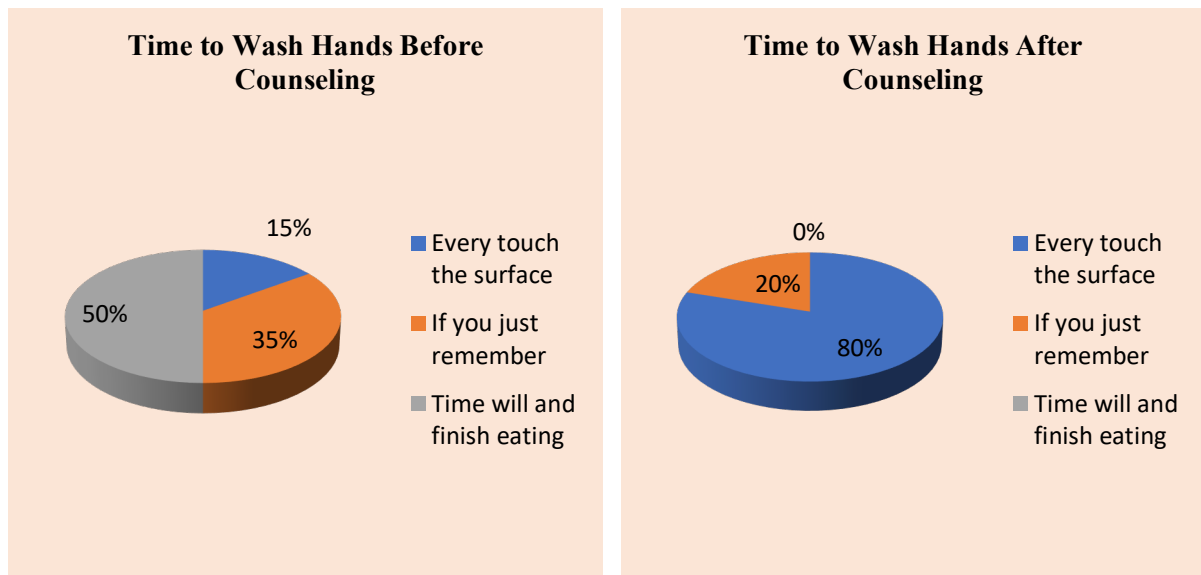
In this community service activity, a survey was also carried out regarding the variation in the habit of washing hands that has been implemented by the activity participants. This shows the results that most of the participants stated that they wash their hands only by washing water (90%) and can be seen in diagram 3.2 below. Based on the education provided through videos and songs, participants gave a better response by stating that they wash their hands with soap under running water (85%), although there are still some participants whose responses are not appropriate, it is expected that the cadre leader, the head of the environment, and the participants who already understand the importance of washing hands properly becomes a reforming agent for new behavior adaptation by washing hands properly.



The steps for washing hands using sabun are influenced by several factors. The factors put forward by Lawrence Green include perceptions, attitudes, knowledge, beliefs, and values held by a person or those grouped in predisposing factors, other factors including examples of roles in supervision, active role of cadres in society, Community and religious figures also play a role in inviting the community to wash their hands with soap, the next factor that is no less important is the result of behavior change, and support for infrastructure, training, policies and resources in the community to support changes in the behavior of washing hands with use. soap. Gibson and Ivancevich stated that there are factors that can influence hand washing behavior (Gibson, 2009), including a person's psychological condition, individual factors, and organization (Yanti and Warsito, 2013). According to Purwanti, 2015 psychological factors are intended to change their behavior (Purwanti, 2015).

In this activity, community service activity participants also gave responses regarding when to wash their hands. The responses given vary based on the choice of answers given. The majority answered only when they ate and finished eating with a percentage of 50% can be seen in diagram 3.3 below.

**Diagram 3.3**  
**Hand Washing Response Time Before and After Counseling**



During this period of adapting to new habits today, the government recommends washing hands frequently. This is called for as a preventive measure for the Covid-19 infection. Education through television, printed media such as banners and newspapers, as well as the application of hand washing before entering public areas and offices are protocols that must be adhered to during the new adaptation period during the Covid-19 pandemic.

A fairly easy and effective way to prevent infectious diseases can be done by washing your hands with soap. The habit of washing hands is often considered not an important thing by our society. This can be caused by a lack of reasonableness and public knowledge about the importance of washing hands using the correct soap (Sari, 2011). Pneumonia can be prevented by up to 50% by washing your hands with soap. Several diseases such as worms, diarrhea, and respiratory infections can be prevented by the application of washing hands with soap (Depkes RI, 2010). Health promotion through videos by demonstrating the steps to wash hands with soap properly can be used as a guide that accelerates the change in the behavior of washing hands using soap as one of the protocol steps that must be followed to prevent Covid-19 infection. Adaptation of new behaviors by washing hands must be started from a family habit, and become a daily behavior that can be done independently, at home, as well as in schools, workplaces, public facilities, and the environment around the house.

#### 4. CONCLUSION

The activity of washing hands using video and song media is educational fun and can be easily remembered audiovisually. Increased understanding and being able to independently redress hand washing activities are the goals of this community service activity. This is evidenced by the increased response in washing hands with soap, various techniques of washing hands with soap under running water, and washing hands as often as possible every time they touch the surface area which is part of new behavioral adaptation as a preventive measure for Covid-19 infection.

## 5. ACKNOWLEDGMENTS

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