

Community Response to Covid-19 Handling in Namorambe District, Deli Serdang Regency

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Abstract. The spread of the Corona virus or better known as Covid-19 cannot be estimated when it will end. This condition is very concerning, including Indonesia, which has the highest death toll in Southeast Asia. This virus has also spread in North Sumatra including Deli Serdang Regency. One of the biggest challenges in mitigating Covid-19 is building public awareness about the importance of following the Covid-19 protocol in carrying out daily activities. Unfortunately, this condition is exacerbated by the low level of public awareness by ignoring health protocols during the pandemic period. It is hoped that the role of universities in educating the public can help prevent the spread of Covid-19 and increase community participation in mitigating efforts to prevent its spread. One of them is through community service activities by utilizing traditional ingredients for health drinks which are held at the Villa Mutiara Johor II Complex and its surroundings, Namorambe, Deli Serdang Regency. It conducted by giving participants a practise demo directly. All materials also were provided for each. From the quissionare, it showed that respondent still confused about Covid-19 handling, but they realized it influenced their economic households. This socialization gave an awareness how important participants to take care immunity themselves by consuming traditional herbal drink.

Keywords: Covid 19, Deli Serdang, Handling, Namorambe, Response

Abstrak. Penyebaran virus Corona atau yang lebih dikenal Covid-19 belum bisa diperkirakan kapan akan berakhir. Kondisi ini sungguh sangat memprihatikan termasuk Indonesia yang memiliki tingkat kematian korban tertinggi di kawasan Asia

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Tenggara. Virus ini juga telah telah menyebar di Sumatera Utara termasuk Kabupaten Deli Serdang. Salah satu tantangan terbesar dalam mitigasi Covid-19 adalah membangun kesadaran masyarakat tentang pentingnya mengikuti protokol Covid-19 dalam melaksanakan aktifitas sehari-hari. Sangat disayangkan kondisi ini diperparah oleh masih rendahnya kesadaran masyarakat dengan mengabaikan protokol kesehatan selama masa pandemi. Peran serta perguruan tinggi dalam mengedukasi masyarakat diharapkan dapat membantu upaya pencegahan penyebaran Covid-19 serta meningkatkan partisipasi masyarakat dalam upaya mitigasi pencegahan penyebarannya. Salah satunya adalah melalui kegiatan pengabdian pada masyarakat dengan memanfaatkan bahan-bahan tradisional untuk minuman kesehatan yang diadakan di Komplek Villa Mutiara Johor II dan sekitarnya, Kec. Namorame, Kabupaten Deli Serdang. Kegiatan ini dilakukan dengan memberikan contoh praktek langsung. Semua bahan juga diberikan kepada setiap peserta. Hasil kuisisioner menunjukkan bahwa responden masih bingung terkait penanganan covid-19, tetapi mereka menyadari tentang pengaruhnya terhadap ekonomi rumah tangga. Penyuluhan ini memberikan penyadaran tentang pentingnya menjaga imunitas dengan mengkonsumsi minuman herbal tradisional.

Kata Kunci: Covid-19, Deli Serdang, Namorambe, Penanganan, Respon

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1. Introduction

The Corona Virus pandemic or better known as Covid-19 has reached more than 39 million confirmed cases worldwide with a death rate of more than 1 million people [1]. This virus has also spread in North Sumatra including Deli Serdang Regency. There are still many people who have been neglected during this pandemic by continuing their activities outside without Covid-19 protocol. Even though local government has issued policies such as working at home, studying at home and worshipping at home. Public awareness of using masks while being outside or doing social distancing is still very low. This is a real example that we can see recently.

The use of changing terms regarded Covid-19 also sometimes confuses the public. For example, some people also do not understand the different terms ODP (People Under Monitoring), PDP (Patients Under Supervision), OTG (People Without Symptoms). Some of these terms are no longer used in the Covid-19 Handling Task Force.

One of the locations where the Covid-19 spread in North Sumatra is quite high is Deli Serdang Regency which is ranked in 2nd grade after Medan City. Deli Serdang is a strategic location because it is one of the international gateways with the Kualanamu

International Airport existence. It is feared that the low level of public awareness about Covid-19 has the potential to exacerbate the current pandemic.

The government's ability to reach the lowest strata of society is also very limited in terms of both the number of human resources and source of funds. It is hoped that the role of universities in educating the public can help prevent the spread of Covid-19 through community service activities (PKM). Therefore, the PKM program for lecturers to serve is carried out with the aim of providing counseling about Covid and how to use local resources to make health drinks in order to build a healthy and aware family of Covid-19. The reason for this choice is availability for health drink that can be found easily in daily and affordable price such as lemon and lemongrass.

2. Method

This Community Service was held at the Villa Mutiara Johor 2 Complex, Deli Tua Village, Namorambe District, Deli Serdang. This service area is bordered with Medan johor sub-district which is involved in the Covid-19 red zone in Medan City. The data sources come from primary and secondary data. Primary data comes from respondents who attended community service events. This paper also uses secondary data derived from the Covid-19 Task Force report data of North Sumatra Province and Deli Serdang Regency.

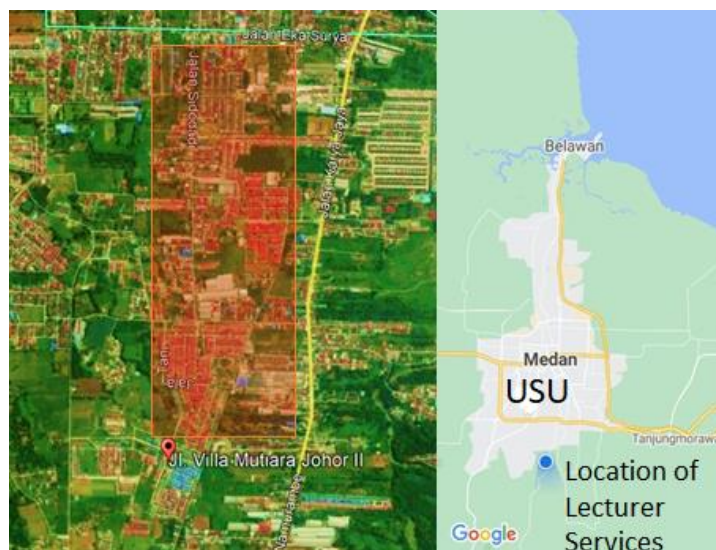


Figure 1. Location of lecturer's community service 2020

The data was collected purposively on residents who were invited to participate in counseling activities and training in making healthy drinks. They come from residents of the Villa Mutiara Johor II complex, Deli Tua Village, Namorambe and residents of Sidodadi, Deli Tua District, Deli Serdang Regency. Data collection techniques were

carried out by conducting interviews with respondents using a questionnaire. The data analysis for this case study was made descriptively qualitative, as stated [2].

3. Results and Discussion

3.1 Covid-19 Distribution

North Sumatra Province was in 6th place with 11,861 cases (3.3%), under DKI Jakarta, East Java, West Java, Central Java and South Sulawesi based on national data on October 17, 2020. Data from the Provincial Covid-19 Task Force also shows the number of Covid-19 cases continues to increase even though it's accompanied by the number of recovered patients. Deli Serdang Regency is the second highest area affected by Covid-19 after Medan City. Complete data on the spread of Covid-19 in Deli Serdang is presented in Table 1.

From the overall data obtained, there are only 2 districts out of 33 regencies / cities in North Sumatra where the spread of COVID-19 is not found at all, namely Pakpak Bharat Regency and West Nias Regency. In Deli Serdang Regency, out of 34 sub-districts, there are 5 districts exposed to Covid-19 which are quite severe, namely Bandar Khalifah (10.43%), Kenangan (9.43%), Patumbak (7.89%), Mulyorejo (7.31%) and Tanjung Morawa (6.74%). Meanwhile, Deli Tua was in the 8th place (5.81%), while Namorambe entered the 10th place (4.41%). Overall Deli Serdang the number of deaths reached 3.48%, hospitalized (53.51%), and recovered (40.47%). The high number of covid in Deli Serdang and many places shows how important cooperation among parties to handle [3].

Table 1. The spread of Covid-19 in Deli Serdang Regency

No	District	Suspect	Hospitalized	Death	Recovery	Total	Percentage (%)	Rank
1	Bandar Baru	0	4	1	2	7	0.25	29
2	Tuntungan	1	52	2	36	91	3.26	13
3	Galang	10	15	2	13	40	1.43	19
4	Karang Anyer	2	11	1	7	21	0.75	24
5	Gunung Tinggi	0	54	3	48	105	3.76	12
6	Labuhan Deli	0	41	3	34	78	2.80	14
7	Mulyorejo	3	102	7	92	204	7.31	4
8	Bandar Khalifah	3	160	8	120	291	10.43	1
9	Batang Kuis	3	34	3	17	57	2.04	15
10	Namo Rambe	3	62	5	53	123	4.41	10
11	Pagar Jati	1	21	4	16	42	1.51	18
12	Dalu X	0	63	5	46	114	4.09	11
13	Sei Mencirim	0	98	4	67	169	6.06	7
14	Tanjung Rejo	3	107	4	72	186	6.67	6
15	Kota Datar	0	16	0	16	32	1.15	22
16	Pematang Johar	0	12	1	9	22	0.79	23
17	Hamparan Perak	0	30	3	20	53	1.90	16
18	Tiga Juhar	0	2	0	0	2	0.07	32
19	Biru-Biru	0	22	1	12	35	1.25	20
20	Talun Kenas	2	5	1	2	10	0.36	27

21 Pantai Labu	1	6	1	4	12	0.43	26
22 Aras Kabu	3	17	1	13	34	1.22	21
23 Deli Tua	1	87	8	66	162	5.81	8
24 Lubuk Pakam	12	76	2	57	147	5.27	9
25 Kutalimbaru	0	4	0	4	8	0.29	28
26 Sei Semayang	0	27	1	21	49	1.76	17
27 Sibolangit	0	2	0	2	4	0.14	31
28 Pagar Merbau	0	8	0	5	13	0.47	25
29 Tanjung Morawa	18	96	5	69	188	6.74	5
30 Petumbukan	0	0	0	0	0	0.00	34
31 Gunung Meriah	0	1	0	1	2	0.07	32
32 Patumbak	1	115	11	93	220	7.89	3
33 Kenangan	4	140	10	109	263	9.43	2
34 Bangun Purba	0	3	0	3	6	0.22	30
Total	71	1493	97	1129	2790	100.00	
Percentage	2.54	53.51	3.48	40.47	100.00		

Source: The results of processed real time data of the Covid-19 Deli Serdang Task Force, 17/10/2020

3.2 Respondent Characteristic

Participants who attended this counseling activity are limited to only 20 people by implementing the Covid-19 protocol such as wearing masks and maintaining social distancing during the activity. Participants on average were housewives with the most age range between 41-50 years (30%). Most of them are residents of the VMJ2 complex with their own house status, while 10% of Sidodadi residents with rental houses. From the income side, 45% did not have their own income or only depend on their husbands, but they generally did not mention the figures.

Many families outside the complex still earned below 2 million rupiah. These groups came from local community and mostly have several generation for years and they live like in a cluster family groups. They are among those who are quite affected by pandemic because they mostly work in the informal sector [4]-[6]. The characteristics of the respondent participants are presented in Table 2.

Table 2. Characteristics of outreach and training targets

No	Characteristic	Number	Percentage (%)
1.	Age		
	20-30 years old	4	20
	31-40 years old	3	15
	41-50 years old	6	30
	51-60 years old	5	25
	> 60 years old	3	15
2	House property		
	Self ownership	18	90
	Rent	2	10
3	Income of household per month		
	≤ 1 milion	1	5
	1-1,99 milion	7	35
	2-3,99 milion	1	5

4-4,99 milion	1	5
≥ 5 milion	1	5
Not mention	9	45

3.3 Public Views on Covid-19 and Its Handling

The public is sufficient to feel the impact of the Covid-19 pandemic. As many as 85% of respondents stated that they were very affected economically by the Covid-19 pandemic. People whose income is below 2 million per month are quite heavy to bear the economic burden. Moreover, the covid pandemic also had an impact on the economic crisis [7]. In addition, there are 20% of respondents who do not have health insurance.

The handling of Covid-19 is still not resolved (70%). People also still lack health drinks (55%). However, the community has an awareness of using masks (75%) and the habit of washing hands (90%). Complete interview results can be seen in Table 3.

Table 3. Public views on Covid-19 in Deli Serdang

Element	Frekuensi	Percentage (%)
The influence of Covid on the economy		
Not very influential	0	0.00
Not influential	1	4.90
Little	2	9.80
Very influential	17	85.00
Insurance Ownership		
BPJS	16	80.00
Nothing	4	20.00
Government effort in handling Covid-19		
Very imperceptible	11	55.00
Not enough	9	45.00
Good	0	0.00
Very good	0	0.00
The level of satisfaction in handling Covid		
Very unsatisfied	3	15.00
Unsatisfied	3	15.00
Satisfied	14	70.00
Very Satisfied	0	0.00
Habit of drinking health drinks		
Yes	9	45.00
No	11	55.00
Danger level Covid-19		
Understand	14	80.00
Not really understand	6	20.00
Mask habit out of the house		
Always	15	75.00
Sometime	5	25.00
Habit of washing hand		
More frequent	18	90.00
Not really frequent	2	10.00

Public awareness of Covid-19 is really important in early step to prevent the spread of Covid-19. Comparing to research by [8], in relation to two aspects of the Covid-19 outbreak, the respondents had a negative attitude. Firstly 78.6% respondents having to always maintain a distance of 1.5 m when in crowds, and secondly 79.1% respondents not being able to exercise or eat healthy food regularly. Fortunately, they still have good knowledge and attitude regarding the Covid-19 pandemic.

3.4. Healthy family through traditional beverage processing

Community counseling was also provided in the form of demonstrations of making healthy drinks made from traditional medicinal plants. The activity was carried out in collaboration with the beverage maker from Rumah Belajar Hidup. The main ingredient of this drink is lemon (*Citrus limon*). Lemon is one of the ingredients naturally containing high vitamin C [9]. The materials and materials used in the demonstration are presented in Table 4.

In addition to getting counseling on how to make family health drinks, each participant who attended was also given materials that could be made in their respective homes. The community's response to this activity was very positive and according to them the counseling materials provided were very applicable. From this activity, it hopes they will apply their knowledge in producing healthy drink in their daily to prevent their family from covid-19. In the other hand, they also can practice for selling purposes and generating their income since some of them lose it during pandemic. It's also relevant to government programs that provide microcredit to help community businesses during the pandemic.

Table 4. Material for the production of family healthy drinks

No	Drinking Name	Material
1	Lemon syrup	Lemon (<i>Citrus limon</i>), white sugar
2	lemongras drink	Lemon (<i>Citrus limon</i>), lemongrass (<i>Cymbopogon citratus</i>), white sugar, water
3	Extracted lemon	Lemon (<i>Citrus limon</i>)
4	Honey Lime	Lime (<i>Citrus aurantifolia</i>), hot water, honey, salt
5	Ginger Tea	Ginger (<i>Zingiber officinale</i>), brown sugar, Spices: cinnamom bark (<i>Cinnamomum verum</i>), Star anise (<i>Illicium verum</i>), pepper (<i>Piper nigrum</i>), nutmeg (<i>Myristica fragrans</i>), cloves (<i>Syzygium aromaticum</i>), cardamom (<i>Amomum compactum</i>), air



Figure 2. Health drink ingredients and training participants

4. Conclusions

Efforts to handle Covid-19 in Namorambe and Deli Tua Districts require socialization efforts and concrete actions to help the community, especially those with low incomes. The risk of vulnerability to Covid-19, not only concerns awareness aspect but also demands economic incentives for people who are directly affected. The handling of Covid-19 that has been running is still not satisfied according to the expectations of the community. The extension of making healthy drink hopefully could encourage community in utilizing traditional manner to strengthen family health during pandemic.

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