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## PROMOTION OF CLEAN AND HEALTHY LIVING HABITS PREVENT THE SPREAD OF THE COVID-19 CONTAGIOUS DISEASE IN PACAR KEMBANG VILLAGE, SURABAYA

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### ABSTRACT

**Introduction:** The increase in the spread of disease due to the Covid-19 virus is the impact of low hygiene and healthy living habits in the community. so it is necessary to provide information and training that can improve preventive behavior. The community service through providing training to house wives to have clean and healthy living habits will be able to prevent the spread of covid-19 transmission.

**Methods:** Health promotion activities for clean and healthy living habits are carried out in the form of training in the area of RW 5, Pacarkembang Village, Surabaya City. This activity was attended by 40 housewives for 3 months, There are three main activity consist of health education about clean and healthy living habits to prevent transmission of Covid 19, focus group discussions to deal on activities and continued assistance by healthy ambassadors once a week until three months. The method used in activities are lectures, discussions, simulations and demonstrations by the facilitator as well as re-demonstrations by the participants. The celan and healthy living habits is mesured by using questioner and checklist instrument before and after the training.

**Results:** Knowledge, attitudes and psychomotor of housewives in the spread of Covid-19 transmission after being given helathy living habits training for 3 months increased. Assessment is carried out by comparing the pre-test and post-test results of the training participants. After attending the training, the majority of the participants' abilities were in the high category in the knowledge aspect (90%), the attitude aspect (90%) and the psychomotor aspect (87.5%).

**Conclusion:** Increasing knowledge about Covid-19 during the training raised awareness, interest in housewives in Pacar Kembang Village, Surabaya City to try and make behaviors to prevent the spread of Covid-19 a new good and healthy habit.

### KEYWORDS

Covid-19; clean and helathy living habits; prevention of disease spread; training

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## 1. INTRODUCTION

The Corona virus or known as Covid-19 is a disease that is very easily transmitted in society. Corona virus is a new virus category that can cause human respiratory disease (WHO, 2020) Patients who are exposed will have clinical symptoms, such as fever accompanied by coughs and colds, difficulty

breathing, sore throat, until the body feels tired and lethargic (Rothan & Byrareddy, 2020). Various ways of transmission of the corona virus can be through inhalation of saliva from the patient's sneeze or cough, through touching or shaking hands, touching objects that are exposed to the saliva of other individuals who have been infected by patients who

unknowingly hold their mouth or nose without washing their hands (Han & Yang, 2020).

Pacarkembang is one of the Kelurahan in Tambaksari District, Surabaya City, which has a high population density. Population density related to the issue of clean and healthy living habits is often ignored by the community. The implementation of the clean and healthy living habits in the community which has minimal impact on the emergence of infectious diseases, including being a means of transmitting Covid-19. There are 33 Covid-19 cases in the City of Surabaya (Surabaya City Government, 2020). People in the Pacar kembang sub-district often ignore health and hygiene problems and do not understand the spread of this contagious disease. According to the results of the interview with the head of the local community group, people still need to be reminded to use face masks when leaving the house, wash their hands only when they are going to eat and drink and are still seen often gathering in the home environment

Clean and healthy living behaviors are all health behaviors that are carried out with awareness so that family members or families can help themselves in the health sector and play an active role in health activities in the community (Kemenkes RI, 2011; Maryunani, 2013). The smallest community, namely the family, is an effective part of implementing clean and healthy living habits. People in the Pacarkembang sub-district do not have sufficient knowledge, attitudes, and behaviors about the importance of a clean and healthy life, so they do not have any concern for the prevention of infectious diseases. Clean and healthy living behavior consists of several indicators that basically maintain the body's immunity which can have an impact on the condition of the body which at any time can fight all viruses and diseases in the body (BNPB, 2020).

Prevention of Covid-19 transmission to our bodies is also relatively easy to do, namely by washing your hands frequently with soap and rinsing with running

water, use a mask when you leave the house, stay away from crowds, eat balanced nutritional foods by increasing your intake of fruits and vegetables, be careful direct contact with animals, regularly exercising regularly and of course getting enough rest (Task Force for the Acceleration of Handling Covid 19, 2020). In addition, if you experience coughs, colds and shortness of breath, you must immediately go to the nearest health service facility.

Efforts to improve the ability to prevent the transmission of Covid 19 can be carried out by holding health promotion activities through training for the public about PHBS in their neighborhood. This activity was carried out to increase knowledge, attitudes and behavior to prevent Covid-19 transmission in the community of Pacara Kembang village, Surabaya City.

## 2. MATERIAL AND METHODS

The implementation of health promotion to the community in the area of RW 5, Pacarkembang Village, Surabaya City is carried out by providing health promotion in the form of clean and healthy living habits training. This activity was attended by 40 housewives in RW 5, Pacarkembang Village, Tambaksari District, Surabaya City. Overall, as in figures 1,2 and 3, the activities were carried out for 3 months, namely providing material on July 15, 2020, focus group discussion explored obstacles that were encountered and deal the activity on August 15, 2020 and on September 1, 2020, healthy ambassadors were formed as volunteers in each local community group to assist and monitor the sustainability of clean and healthy living habits implementation and health status related to the spread of Covid 19 transmission. The material provided was about the importance of clean and healthy living habits in households to prevent transmission of Covid 19, conduct FGDs related to obstacles encountered in implementing clean and healthy living habits to prevent infectious disease Covid 19, as well as evaluating the habituation

of the implementation of clean and healthy living habits to prevent infectious disease Covid 19. During the activities the facilitator and participants comply with health protocols to prevent Covid 19 transmission. Before entering the room, you must wash your hands with the facilities provided, check your body temperature with a thermometer, always use a mask and be faceshiled, maintain a sitting distance of at least 1.5 meters and do not crowd each other. The methods used in the activity were lectures, discussions, simulations and demonstrations by facilitators as well as redemonstrations by participants. Behavior is determined by knowledge, attitudes, beliefs and traditions and can be provided through training (Notoatmodjo, 2012).

**3. RESULTS**

The implementation of providing training on clean and healthy living habits to housewives in the area of RW 5, Pacarkembang Village, Surabaya City was attended by 40 housewives.

Based on Table 1, it can be explained that the most housewives who take part in training activities are aged 45-49 years with the latest education level being

Table 1 Characteristics of clean and healthy living habits training participants in the RW 5 area of Pacarkembang Village in July - September 2020 (n=40)

Characteristics		f	%
Age	30 – 34 years old	1	0,25
	35 – 39 years old	4	10
	40 – 44 years old	10	25
	45- 49 years old	15	37,5
	>50 years old	10	25
Education level	Junior High School	5	12,5
	Senior High School	30	75
	Collage	5	12,5

Table 2. Behavior to prevent the spread of Covid -19 housewives before and after being given clean and healthy living habits training in the RW 5 area of Pacarkembang Village in July - September 2020 (n=40)

Aspect	Category	Pre		Post	
		f	%	f	%
Knowledge	High	2	5	36	90
	Average	3	7,5	4	10
	Low	35	87,5	0	100
Attitude	High	2	5	36	90
	Average	3	7,5	4	10
	Low	35	87,5	0	100
Psychomotor	High	2	5	35	87,5
	Average	2	5	5	12,5
	Low	36	90	0	0



Figure 1. Activities of giving material 1 by the 1<sup>st</sup> speaker



Figure 2. Activity of giving material 2 by the second speaker

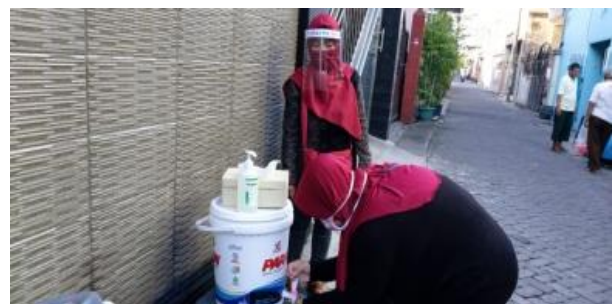


Figure 3. Clean and healthy habit training assistance activities to prevent the spread of Covid 19

at the high school level. Based on the data in table 2 it can be explained that there is an increase in the knowledge, attitudes and psychomotor of housewives in the spread of Covid-19 transmission after being given PHBS training for 3 months. conducted by comparing the pre-test and post-test results of the training participants.

**4. DISCUSSION**

Health behavior in the family and family members is influenced by behavioral factors and external environmental factors that interact with each other and are known as background factors (predisposing), supporting factors and driving factors (Porter, 2015). Behavior is determined by knowledge, attitudes, beliefs and traditions and can be provided through training (Notoatmodjo, 2012). Through clean and

healthy living habits training for housewives, it is hoped that it can be a driving factor for making changes in the behavior of caring for the community in preventing the spread of COVID-19.

Clean and healthy living habits training teaches important knowledge to shape the psychomotor or real behavior of a housewife. Mothers as an important component in the family will foster clean and healthy living habits for other family members. Good and correct knowledge of mothers about PHBS forms a mutual concern in the family to prevent transmission of Covid 19.

The process that is carried out by housewives from receiving knowledge to being able to behave properly in preventing the spread of Covid 19 includes 5 stages (Bruin & Bennet, 2020). Awareness stage (awareness) where housewives are aware in the sense of knowing beforehand about the Covid 19 stimulus or problem that occurs in the community. The interest stage, where housewives begin to be interested in stimulus in the form of efforts to prevent the spread of Covid 19 for families. The evaluation stage, which is weighing the good or bad of the stimulus received. The trial phase, where housewives have tried new behaviors and adaptations to prevent the spread of Covid 19. Housewives have behaved in accordance with knowledge, awareness and attitude to always implement clean and healthy living habits in order to prevent transmission of Covid 19.

The training time for 3 months is sufficient to give time to gradually absorb the knowledge given, practice it in everyday life and develop new habits that are good and useful. The limitation in this activity is the implementation monitoring stage which must always be monitored, however due to the limited number of volunteers, monitoring activities are scheduled so that participants will know that their activities will be monitored. However, it has been agreed with the head of the community group to always remind the residents periodically

## 5. CONCLUSION

Clean and healthy living habits training can improve behavior to prevent the spread of Covid 19 in housewives in Pacarkembang, Surabaya City. Increasing knowledge about Covid 19 during the training raises awareness, interest in trying and making behavior to prevent the spread of Covid 19 as a new good and healthy habit.

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