



# JURNAL PENGABDIAN MASYARAKAT DALAM KESEHATAN

Vol. 3 No. 2, October 2021

Laman Jurnal: <https://e-journal.unair.ac.id/JPMK>

This is an Open Access article distribute under the terms of the [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/)



## EDUCATION ON THE MANAGEMENT OF HEALTH PROTOCOLS TO AVOID THE TRANSMISSION OF COVID-19

Reny Sulistyowati<sup>1</sup>, Fina Ratih Wira Putri Fitri Yani<sup>1</sup>, Yuyun Christyanni<sup>1</sup>, Agus Agus<sup>2</sup>, and Dedi Cahyo Nusantoro<sup>3</sup>

<sup>1</sup> Polytechnic of Health Palangka Raya, Central Kalimantan, Indonesia

<sup>2</sup> Health Laboratory Province Central Kalimantan, Indonesia

<sup>3</sup> Doris Sylvanus Hospital Palangka Raya, Central Kalimantan, Indonesia

### ARTICLE HISTORY

Received: May 18, 2021

Accepted: November 05, 2021

### CONTACT

Reny Sulistyowati

[reny\\_sulis@poltekkes-palangkaraya.ac.id](mailto:reny_sulis@poltekkes-palangkaraya.ac.id)

Polytechnic of Health Palangka Raya, Central Kalimantan, Indonesia

### ABSTRACT

**Introduction:** Since the COVID-19 pandemic that occurred in Indonesia and face-to-face learning in schools has been replaced by online methods, this does not mean that school students can be free from the transmission of the COVID-19 virus. There are still no banners, and educational activities on the prevention of the COVID-19 virus for residents of the MAN City School Palangka Raya. The purpose of this community service activity is to increase knowledge and awareness for students in carrying out health protocols, one of which is also to prepare for face-to-face learning.

**Methods:** Online Implementation of activities for 50 students of MAN City School Palangka Raya, the activity began by taking care of the administration of permits to schools, followed by the implementation of a series of activities in the form of education about COVID-19 and how to implement health protocols in the school environment following the guidelines of the Ministry of Health of the Republic of Indonesia. The method of activity is done by teaching and Q&A. Before giving pre-test material and afterward post-test.

**Results:** After being given education, the post-test score of knowledge about COVID-19 showed an increase in the average score of 13%. Participants seemed enthusiastic at the discussion session, indicated by the number of questions from participants.

**Conclusion:** Health protocol management education can increase participants' knowledge.

### KEYWORDS

COVID-19; education; MAN city school palangka raya; health Protocol

### Cite this as:

Sulistyowati, R., Yani, F. R. W. P. F., Christyanni, Y., Agus, A., Nusantoro. D. C. (2021). Education on The Management of Health Protocols to Avoid The Transmission of Covid-19. *J. Pengabdian Masyarakat dalam Kesehatan*. 3(2). 45-50. Doi: [10.20473/jpmk.v3i2.26706](https://doi.org/10.20473/jpmk.v3i2.26706)

## 1. INTRODUCTION

WHO established a public health emergency on January 30, 2020, which was followed by an increase in the number of cases and even expansion in countries in the world. There were 90,870 confirmed cases in 72 countries with a death rate of 3,112 (Case Fatality Rate/CFR 3.4%), on March 3, 2020 (Kementerian Kesehatan Republik Indonesia, 2020). On March 2, 2020, Indonesia reported its first case, which then increased and spread to all regions in

Indonesia. The Ministry of Health reported 70,736 positive confirmed cases on July 9, 2020, with a CFR of 4.8%.

Given that humans have a high level of mobility so that they can return to their activities in the COVID-19 pandemic situation by adapting to new habits that are healthier, cleaner, and more obedient, which are implemented by all components in society and empower all available resources. The role of the community in being able to break the chain of

transmission of COVID-19 (risk of contracting and transmitting) must be done by implementing health protocols.

For information, Japan has been declared a country that has succeeded in reducing the number of COVID-19 patients without strict policies (CNN, 2020), this is the result of the government's efforts to implement three main pillars as a major strategy to reduce the spread of COVID-19, namely: (1) early detection and rapid response to deployment clusters; (2) optimization of intensive care facilities, especially for those who are in poor/critical condition; and (3) modification of community behavior. The implementation of these three main pillars is closely related and has implications for each other (Budianto, 2020). In the third pillar, the implementation of community behavior modification by optimizing the existing and running contagious disease prevention campaign in Japanese society, includes hand washing movements with soap, socialization of cough etiquette, and the use of masks when sick. The basic idea of this campaign is to prevent the healthy from becoming sick, and prevent transmission from the sick to the healthy. The Japanese government has also implemented a new campaign in the context of tackling COVID-19, namely, Avoid 3 Situations"" known as 3 Situations or 3-C referring to places and situations that are at high risk of COVID-19 transmission: (1) Closed spaces (closed spaces with poor air circulation), (2) Crowded places (crowds of people), and (3) Close-contact settings (physical contact and conversation at close range) (Budianto, 2020). The Ministry of Health of the Republic of Indonesia has also issued several guidelines on health protocols that must be taken to avoid the transmission of COVID-19 as well as many media collections that can be downloaded for anyone via the [promkes.kemkes.go.id](https://promkes.kemkes.go.id) website.

Even though the government has been aggressively providing information on how to prevent transmission of the COVID-19 virus to break

the chain of transmission, the reality on the ground is that public compliance has not been optimal in implementing health protocols (Yurianto, 2020). This is shown by data on the addition of COVID-19 cases that occur every day. Likewise, what happened in Palangka Raya City, there are still many people who do not wear masks or are in crowded places without keeping their distance. One of the things that dominate is young people who gather in public places such as in cafes or food stalls. 3M's efforts to wear masks, maintain distance and wash their hands (Kemenkes RI, 2020) proclaimed by the government are still not fully obeyed by the community.

The MAN School of Palangka Raya City is strategically located on the main road of Palangka Raya to Sampit. From our observations at the MAN school in Palangka Raya City, there are no banners, and handwashing is only available at the entrance area to the school administration room and in the school toilets and educational activities about the prevention of the COVID-19 virus for residents of MAN School Palangka Raya City have never been implemented. During the pandemic, learning is carried out online, considering that online learning is one of the alternatives that can be done in the pandemic (Sadikin & Hamidah, 2020). Students sometimes still need to go to school to take care of some academic needs such as collecting assignments during online learning.

The purpose of this service activity is to invite students to be obedient and disciplined in implementing health protocols to avoid transmission of COVID-19 and can even remind their closest people, such as family, friends, and neighbors about the importance of implementing health protocols in the current era of the COVID-19 pandemic.

## 2. MATERIAL AND METHODS

The target of community service activities is 50 students of the MAN City School Palangka Raya, using the zoom meeting application and carried out for one

day. First, the team takes care of the application letter for the implementation of the activities of the school to the Principal; after getting the answer, the team immediately coordinates with the public relations section of the school and is advised to form a Whatsapp group containing the organizing team of the activities and the participants.

The tools and materials used were leaflets and the delivery of material using a PowerPoint presentation. The activity steps are the first stage, starting with introducing the community service team to all participants and then followed by giving a pre-test with the google form application, to find out the extent of participants' knowledge about COVID-19, which includes understanding, modes of transmission, and methods of prevention. Participants are allowed to answer for 15 minutes; the second stage is providing material on the management of health protocols to avoid transmission of the COVID-19 virus. The material was given for 45 minutes; The third stage was carried out by discussion and question and answer from the material that had been presented. At the end of the question and answer session, the author also asks several participants to repeat the material that has been submitted; The fourth stage was giving post-tests to the participants. Participants were given time to answer the post-test questions for 15 minutes.

**3. RESULTS**

The participants who took part in the activity were 50 people, consisting of 4 (8%) male students and 46 (92%) female students. The characteristics of students who participate in community service activities based on gender can be seen in Figure 1. On the day of the predetermined activity began by providing explanations to the students about the purpose of the implementation of the activities, introducing a team of implementing activities consisting of several lecturers from Poltekkes Palangka Raya, several students of the nursing department, a staff of the health laboratory Province

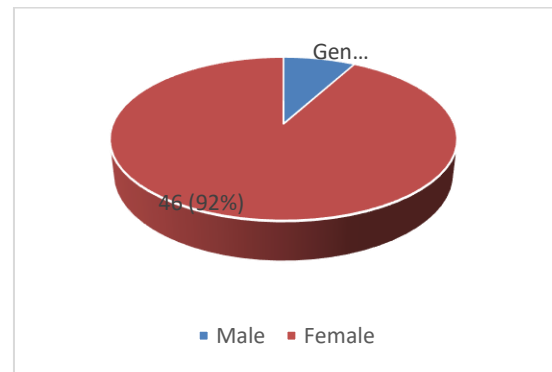


Figure 1. Student Characteristics Based on Gender

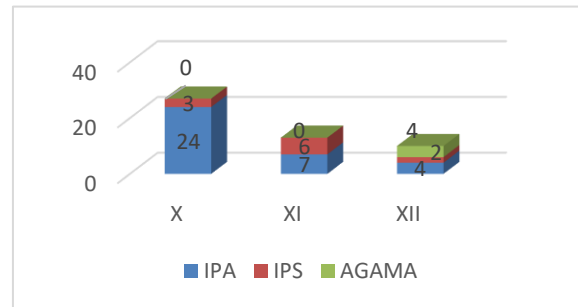


Figure 2. Student Characteristics by Class and Department

of Central Kalimantan and staff of dr. Doris Sylvanus Palangka Raya. Furthermore, a pre-test was conducted by giving questionnaires to participants to explore knowledge about COVID-19 (including understanding, etiology, complications, supporting examination, treatment, management. Health protocols include 3M actions, namely wearing a mask, maintaining distance, and washing hands) using the Google Form app. Activities continued with the provision of health education materials about COVID-19 and management of COVID-19 health protocol. The next activity is a discussion and Q&A session. Participants seemed enthusiastic at the discussion session, indicated by the number of questions from participants. The last event is an evaluation session doing a post-test with a questionnaire, with the application google form.

The characteristics of students who took part in community service activities from class X were 27 people, with details of 24 science majors and three social studies majors. There are 13 students in class XI consisting of 7 people majoring in science and social studies with six people and ten people in XII

Table 1. Student Knowledge Score

Value	Pre Test	Post Test	N
Mean	65	78	
Lowest	20	50	50
Highest	90	100	50

class, namely four people from the Science department, two people majoring in Social Sciences and four people majoring in Religion; and can be seen in Figure 2.

The following are the results of the pre and post-test evaluation, which can be seen in table 1. The average value during the pre-test is 65 with the lowest value being 20 and the highest value being 90. The post-test average score is 78 with the lowest score being 50 and the highest score being 100. So it can be concluded that there is an increase in the value of knowledge between the time of pre-test and post-test by 13%. The most wrong questions are regarding the meaning of COVID-19 and how to carry out physical distancing. This is following the research results of the Research Team from the Ministry of Health Research and Development of the Republic of Indonesia in 2020, with a rapid survey method on 19,654 respondents spread across 34 provinces in Indonesia which was conducted from March 31, 2020, to April 5, 2020, with the research title "Study Appeals to Stay Distance and Clean Living Behavior During the Covid-19 Pandemic", respondents obtained knowledge based on distance care, most of whom answered they did not know (from the 26-45 year age group). Likewise, the respondent's perception of the importance of maintaining distance, most respondents answered that it was very insignificant. It shows the low level of public knowledge about health protocols regarding the importance of maintaining distance to avoid transmission of the COVID-19 virus.

The material is delivered using the lecture and question and answer method using the zoom meeting application, following a study that states that distance learning encourages the emergence of social distancing behavior and minimizes the emergence of

student crowds so that it is considered to reduce the potential for the spread of Covid-19 in the college environment.

#### 4. DISCUSSION

The activity was carried out on September 26, 2020. Determination of the location was based on the results of a survey conducted by the community service team at the school and the determination of students who would participate in the activity in coordination with the public relation department and homeroom teachers. The results of the discussion between the community service team and the public relations division determined that students who will take part in community service activities are class XII students, and some of them are involved as Palang Merah Remaja (PMR) members in schools so they can help disseminate information obtained to their juniors. All students participated in the activity from the beginning to the end of the action. During the question and answer session, all the participants seemed enthusiastic to ask questions about the material given.

The process of transmission of coronavirus is swift, and this is because many viruses, such as coronavirus, transmission from animals to humans is part of pathogenesis. Coronavirus transmission has the same principle as SARS-CoV-2 transmission by sharing 96% of the same ribonucleic acid (Xu et al., 2020). Just as pathogens in other respiratory systems, such as flu and rhinovirus, transmission occurs through droplets from coughing and sneezing, and aerosol rations can also occur, especially in enclosed spaces. Sars-CoV-2 outbreak in China from the results of the study showed that there was close contact between individuals. It should be noted that pre- and asymptomatic individuals contribute up to 80% of Covid-19 infections. Distribution is actually limited to family members, health workers, and other close contacts (Napoli., 2021). Given that there is no cure for the virus, so the behavior to obediently implement health protocols is a significant effort that

can prevent individuals from transmitting the coronavirus (Kemenkes, 2020). However, many people are still not compliant, and even a study found there are still students who do not comply with health protocols caused by one of them because of a lack of knowledge about COVID-19 (Fadhilah & Dwatra, 2021).

Three types of psychological theory are highly relevant to pandemic situations and explain the way people behave when faced with disease threats and with requirements or suggestions for changing their behavior. The common-sense model of self-regulation (CS-SRM); (2) The common-sense model of self-regulation (CS-SRM); and (3) Social Cognitive Therapy (SCT) (Den Daas et al., 2021). The first model, CS-RM, is how an individual represents a potential disease threat, in this case, COVID-19 and has previously been applied to predict psychological responses to Influenza A, H1N1. CS-SRM identifies cognitive and emotional representations of the disease and proposes that these representations influence its behavioral responses to it. The cognitive representations CS-SRM determine are beliefs about the identity of the disease (e.g., labels, symptoms), the personal consequences of the disease, the timing including duration and fluctuations, whether and how the disease can be cured or controlled by the individual or with medical care and what causes the disease. Individual behavior is influenced by how much knowledge they have. It can be done by providing public health education, and risk evaluation is critical to support preventive, control, diagnosis and management measures (Safrizal, ZA; Son, DI; Sofyan, 2020).

The knowledge possessed by a person is one of the important factors so that individuals can behave in a healthy life, as stated by (Notoadmodjo, 2010) namely education, knowledge, good attitudes from themselves and others, and the environment around them, can cause an impact of good or bad behavior and create an attitude towards changes in one's

behaviors. So the provision of health education about health protocol management is crucial so that students' knowledge is increased, especially about COVID-19 and how to prevent transmission. With the increase in learning, it is expected that students can avoid the transmission of the virus. Rapid survey of 19,654 respondents spread across 34 provinces in Indonesia conducted from March 31, 2020, to April 05, 2020, by Balitbangkes, public knowledge of health protocols is still low, one of which most of them considers that maintaining distance to avoid transmission of the COVID-19 virus is very unimportant (Balitbangkes Kemenkes RI, 2020).

Following the results of the activities carried out by Azizah et al., (2020), an increase in knowledge about PHBS after being given counseling. Similarly, the health care results of the health care implemented by (Puspitaningsih et al., 2020) healthcare measures on the implementation of health protocols for prevention and control of COVID-19 in the Kemlagi Market Area can increase knowledge and understanding of the Implementation of Health Protocols. So it can be concluded that health education activities are one of the health promotion measures that can increase knowledge.

## 5. CONCLUSION

The implementation of health protocols is essential in the current era of the COVID-19 pandemic. The community plays a vital role in breaking the chain of transmission of COVID-19 so that clusters do not appear in locations/places of movement of people and where many people gather. Humans have high mobility so that to be able to return to their activities in the current COVID-19 pandemic situation, it is hoped that they can adapt to new habits that are healthier, cleaner, and more obedient, implemented by all components of society and empower all existing resources. School students as part of the community are expected to be able to participate in breaking the chain of transmission of COVID-19 (the risk of contracting and transmitting it) by implementing

disciplined health protocols, including known as 3M, which is always using a mask, washing hands frequently with soap and maintaining a distance. In addition, it is also essential to avoid three situations or known as 3-C, namely Closed spaces, namely closed spaces with poor air circulation, Crowded places, namely crowds with many people; and Close-contact settings, namely physical contact and conversations at close range.

## 6. REFERENCES

- Azizah, N., Rohmah, J., Mushlih, M., & Kusumawardani, P. A. (2020). Phbs Santri Dan Aplikasi Uks Pondok Pesantren Al-Hamdaniyah Buduran Siwalan Panji Sidaorjo. *Jurnal Pengabdian Masyarakat Dalam Kesehatan*, 2(1), 22. <https://doi.org/10.20473/jpmk.v2i1.19583>
- Balitbangkes Kemenkes RI. (2020). Studi Kepatuhan Masyarakat terhadap Himbauan Jaga Jarak dan Perilaku Hidup Bersih selama Pandemi Covid-19. *Kemenkes RI*, 14-19. [http://humanitarianresponse.inffo/sites/www.humanitarianresponse.info/documents/files/paparan\\_hasil\\_survey\\_kepatuhan\\_15042020.pdf](http://humanitarianresponse.inffo/sites/www.humanitarianresponse.info/documents/files/paparan_hasil_survey_kepatuhan_15042020.pdf)
- Budianto, F. (2020). Tiga Pilar Utama Penanganan Covid-19 di Jepang. In *Center for Area Studies Indonesian Institute of Science (P2W-LIPI)*. <http://psdr.lipi.go.id/news-and-events/opinions/tiga-pilar-utama-penanganan-covid-19-di-jepang-edisi-khusus-covid-19-bagian-4.html>
- CNN, I. (2020). *Jepang Berhasil Tekan Corona Tanpa Kebijakan Ketat*. CNN Indonesia. <https://www.cnnindonesia.com/internasional/20200526075133-113-506867/jepang-berhasil-tekan-corona-tanpa-kebijakan-ketat>
- Den Daas, C., Hubbard, G., Johnston, M., & Dixon, Di. (2021). Protocol of the COVID-19 Health and Adherence Research in Scotland (CHARIS) study: Understanding changes in adherence to transmission-reducing behaviours, mental and general health, in repeated cross-sectional representative survey of the Scottish population. *BMJ Open*, 11(2), 1-8. <https://doi.org/10.1136/bmjopen-2020-044135>
- Fadhilah, H., & Dwatra, F. D. (2021). Studi Deskriptif Mengenai Kepatuhan Mahasiswa Universitas Negeri Padang yang Berdomisili di Kota Padang terhadap Protokol Kesehatan di Situasi Pandemi COVID-19. *Jurnal Pendidikan Tambusai*, 5(2), 3191-3197.
- Kemenkes, R. (2020). *Protokol Kesehatan Bagi Masyarakat di Tempat dan Fasilitas Umum Dalam Rangka Pencegahan dan Pengendalian Corona. Virus Disease 2019*. [http://hukor.kemkes.go.id/uploads/produk\\_hukum/KMK\\_No\\_HK\\_01\\_07-MENKES-382-2020\\_ttg\\_Protokol\\_Kesehatan\\_Bagi\\_Masyarakat\\_d\\_i\\_Tempat\\_dan\\_Fasilitas\\_Umum\\_Dalam\\_Rangka\\_Pencegahan\\_COVID-19.pdf](http://hukor.kemkes.go.id/uploads/produk_hukum/KMK_No_HK_01_07-MENKES-382-2020_ttg_Protokol_Kesehatan_Bagi_Masyarakat_d_i_Tempat_dan_Fasilitas_Umum_Dalam_Rangka_Pencegahan_COVID-19.pdf)
- Kemenkes RI. (2020). *Pedoman Pencegahan dan Pengendalian Coronavirus Disease (COVID-19) Revisi ke Lima, per 27 Maret 2020*.
- Kementerian Kesehatan Republik Indonesia. (2020). *Pedoman Pencegahan dan Pengendalian Coronavirus Disease (COVID-19) tanggal 10 April 2020*.
- Napoli, M. C. M. R. A. C. S. C. D. R. Di. (2021). *Features, Evaluation, and Treatment of Coronavirus - StatPearls - NCBI Bookshelf*. <https://www.ncbi.nlm.nih.gov/books/NBK554776/>
- Notoadmodjo, S. (2010). *Metode Penelitian Kesehatan*. PT Rineka Cipta.
- Puspitaningsih, D., Rachmah, S., Tinggi, S., Kesehatan, I., Mojokerto, M., & Kesehatan, P. (2020). Peningkatan Pengetahuan Dan Kesadaran Masyarakat Dalam Penerapan Protokol Kesehatan 3M Di Wilayah Pasar Kemlagi. *Jurnal Abdimakes*, 1(1), 39-46.
- Sadikin, A., & Hamidah, A. (2020). Pembelajaran Daring di Tengah Wabah Covid-19. *Biodik*, 6(2), 109-119. <https://doi.org/10.22437/bio.v6i2.9759>
- Safrizal, ZA; Putra, DI; Sofyan, S. B. (2020). *Pedoman Umum Menghadapi Pandemi COVID 19 Bagi Pemerintah Daerah: Pencegahan, PEngendalian, Diagnosis dan Manajemen*.
- Xu, J., Ma, X. P., Bai, L., Wang, M., Deng, W., & Ning, N. (2020). A systematic review of etiology, epidemiology, clinical manifestations, image findings, and medication of 2019 Corona Virus Disease-19 in Wuhan, China. *Medicine*, 99(42), e22688. <https://doi.org/10.1097/MD.00000000000022688>
- Yurianto. (2020). *Kepatuhan Masyarakat Terhadap Protokol Kesehatan Belum Optimal*. <https://www.kemkes.go.id/article/view/20062200002/kepatuhan-masyarakat-terhadap-protokol-kesehatan-belum-optimal.html>