



DETERMINANTS OF PREVENTION OF COVID-19 IN COMMUNITIES

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ABSTRACT

The outbreak of the Covid-19 infection which is currently still spreading throughout the world has resulted. The community is making various efforts to protect themselves to avoid the Covid-19 virus which tends to attack the community respiratory tract and lungs. One effort that can be done is prevention or prevention, including hand hygiene, social distancing, using masks, and limiting mobility and staying away from crowds. This research is included in the descriptive analytic research which analyzes in the form of information or explanation related to the prevention of Covid-19. The research method with descriptive analytic analysis of univariate data with a frequency distribution of age, education, gender, occupation, income, and knowledge. This research is an analytic descriptive research in the form of a description of Covid-19 prevention. Data were obtained from questionnaires which were distributed and filled in by respondents through questionnaires as primary data. The questionnaire was not tested for validity and reliability because it only examined primary data from respondents. The number of samples is 52 people, with univariate data analysis technique. The research results obtained were that most of the respondents were aged 20-35 years as much as 42,5%. Most of the respondents were female as much as 53,8% with secondary education as much as 53,8%; Most of the respondents are self-employed as much as 26,9% and earn > UMR as much as 65,5%. Most of the respondents have high knowledge of 57,7%. The conclusion in this study is that most of them are of productive age, more female sex, more secondary education, more self-employed jobs, more income above the minimum wage, more knowledgeable respondents.

Keywords: age; covid-19; education gender; income; knowledge; occupation

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INTRODUCTION

The Covid-19 outbreak which is currently still spreading throughout the world has resulted in people making various efforts to protect themselves to avoid the Covid-19 virus which tends to attack the respiratory tract and lungs (Mukti & Ramdhani, 2020). One effort that can be done is preventive or prevention. WHO (World Health Organization) recommend ways that can be applied as an effort to carry out measures to prevent infection transmission Covid-19 includes practicing hand hygiene by washing hands using running water, soap or hand sanitizer, keeping a distance when with other people, using personal protective equipment, namely masks in the right way, and having to maintain and boost the immune system (WHO, 2020).

There are various kinds of efforts that can be made to boost the immune system, including consuming a nutritious and balanced diet, exercising, avoiding stress, improving the digestive

system or hormones, consuming health supplements and herbal/traditional medicinal ingredients (Badan POM, 2023). One effort that can be done is preventive or prevention. WHO (World Health Organization) recommends several actions to prevent the spread of Covid-19, including practicing hand hygiene, social distancing, using masks, and boosting the immune system (WHO, 2020). There are various kinds of efforts that can be made to boost the immune system, including consuming a nutritious and balanced diet, exercising, avoiding stress, improving the digestive system or hormones, consuming health supplements (Mukti & Ramdhani, 2020).

One of the prevention of Covid-19 by consuming supplements is basically needed by those who don't get enough special micronutrients from their food. If a person does not get sufficient intake of micronutrients, their body will not be healthy, including being unable to fight viruses such as Covid-19 because their immune system is not functioning properly (Louca et al., 2020). Therefore, in facing the threat of infectious diseases, people tend to consume supplements to meet their vitamin and mineral needs (Gurhan, Ongel, & Tozun, 2022). Health supplements that have a role in increasing the human body's resistance to Covid-19 because they have been researched and recommended include Vitamin C, Vitamin D, Vitamin E, Probiotics, Zinc (Zn) and Selenium (Shakoor et al., 2021). However, the thing that needs to be considered in consuming supplements is that their use must be adjusted to the needs of the body. Excessive consumption of supplements will interfere with digestion, cause diarrhea and poisoning (Antari et al., 2021).

Therefore, one of the considerations for taking supplements is that it requires knowledge of the benefits of supplements. Individuals who have better knowledge about supplements will have a tendency to choose supplements according to the conditions and benefits for the body (Alowais & Selim, 2019). Other research that supports this statement is that an increase in knowledge will lead to an increase in the number of individuals who have treatment behavior according to the rules (Mukti & Ramdhani, 2020). Notoatmodjo (2010) states that people's knowledge, attitudes, and behavior influence public health. In addition, there are other factors that can affect public health, including beliefs, values, health facilities and services, resources, community leaders, health worker services, friends, and family (Mukti & Ramdhani, 2020).

Based on interviews on April 12, 2021 which were conducted with 10 residents in Sidorejo Village, in terms of knowledge about preventing Covid-19, the results obtained were 6 people stating that they only knew knowledge about Covid-19 including: understanding, benefits, and examples of supplements as an effort to prevent Covid -19, while 4 people know about the meaning, benefits, examples, and how to use supplements as an effort to prevent Covid-19. This is in accordance with previous research conducted by Mukti & Ramdhani, (2020) that in general the respondents' knowledge regarding health prevention was quite adequate. In addition, in the previous study conducted by Rusida, Ramadhani, & Akbar, (2021) stated that the level of public knowledge about supplements and herbal medicines in preventing the transmission of Covid-19 in South Banjarbaru was sufficiently knowledgeable, namely 43.5%. The results shown when viewed from an attitude perspective, obtained 5 people who support that the use of supplements can be used as an effort to prevent Covid-19, 3 people are less supportive, and 2 people have no opinion. The results shown when viewed in terms of behavior, obtained 7 people saying that using supplements without any maximum limit per day and there are those who use supplements only if they need rest. 2 people took supplements when they only had fever and runny nose and 1 person took supplements according to the pharmacist's recommendations.

This is in accordance with previous research conducted by Mukti & Ramdhani, (2020) that the behavior of respondents regarding health supplements when viewed from several parameters is quite appropriate. In a previous study conducted by Rusida, Ramadhani, & Akbar, (2021) stated that community behavior regarding the use of supplements and herbal medicines in preventing the transmission of Covid-19 in South Banjarbaru had inaccurate knowledge of 68.6%. The purpose of this study was to determine the determinants of Covid prevention.

METHOD

This research is an analytical descriptive research in the form of determinants of Covid-19 prevention. Data were obtained from questionnaires which were distributed and filled in by respondents through questionnaires as primary data. The questions in the questionnaire consist of questions covering conditions or characteristics from respondents which include the age of the respondent when researched, occupation, education, gender, and income, as well as the knowledge of the respondent in making efforts prevention of transmission of Covid-19 infection. population in this case research were all residents in Sidorejo Village, Bendosari District, Sukoharjo, Central Java, which amounted to 2535 people. While the sample used in this study was adjusted to the inclusion criteria. Sampling in this study was carried out by means of purposive sampling technique. With univariate data analysis, univariate analysis is an analysis that aims to determine the characteristics and draw conclusions from one sample group, with the help of SPSS.

RESULTS

This study aims to describe the characteristics of the research respondents, namely people who live in the Sidorejo sub-district. the research was carried out by means of a questionnaire from 1 April 2022 to 24 June 2022 with a total of 52 respondents. Characteristics of respondents based on age can be seen in the picture below:

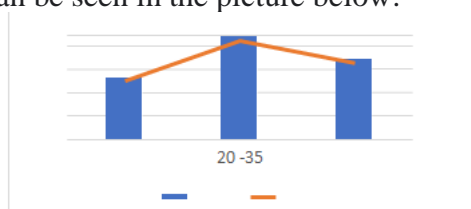


Figure 1. Frequency Distribution of Research Respondent Characteristics Based on the Age of the Sidorejo Village Community

The distribution of the frequency of respondents in the study based on age showed that the majority of respondents were in the age range of 20-35 years, namely as many as 22 respondents (42.3%), and at least <20 years old, namely respondents (25%). From the data above, it can be concluded that the most are aged 20-35 years, namely 42.3%, meaning that the respondents who filled out this questionnaire were on average between 20-35 years old and that there was a link between age and behavior for preventing Covid-19. There is an analysis of the results that states the relationship between age and Covid-19 prevention behavior could be due to the different proportions between adolescent and adult age groups with good Covid-19 prevention behavior.

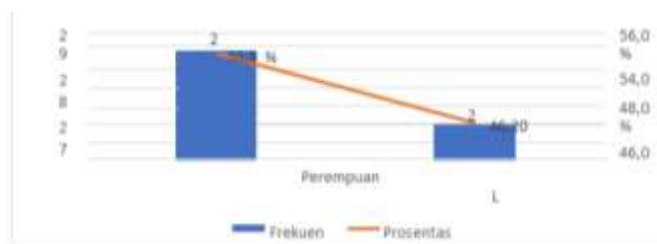


Figure 2. Frequency Distribution of Characteristics of Research Respondents Based on the gender of the people of Sidorejo Village

The results of the analysis showed that the majority were female as many as 28 respondents (53.8%), while 24 respondents (46.2%) were male. The results state the conclusion that the female sex is more more than the male sex, this result can also be seen that the larger number of women is possible because women tend to be better at preventing Covid-19 when compared to men.

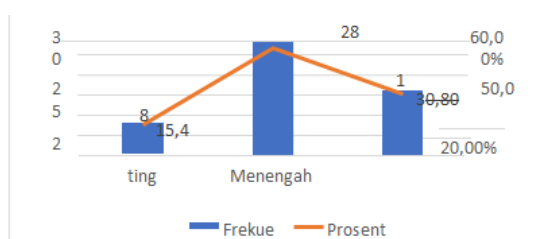


Figure 3. Frequency Distribution of Research Respondents Characteristics Based on the education level of the Sidorejo Village community

The frequency distribution of respondents showed that most of them had secondary education, 28 respondents (53.8%), and at least 8 respondents with higher education (15.4%). The results of the research analysis in the table above it can be seen that the majority of respondents have the last education in high school. These characteristics are assessed by level analysis education can provide a relationship or link with Covid-19 prevention behavior.

Frequency Distribution of Respondent Characteristics Based on job level

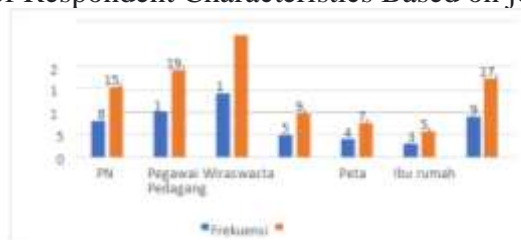


Figure 4. Frequency Distribution of Research Respondents Characteristics Based on work in the Sidorejo urban village community

The table above shows that the majority of respondents are self-employed, namely 14 respondents (26.9%), while the minority are housewives (5.7%). This characteristic is analyzed on the grounds that certain types of work provide the possibility of influencing Covid19 prevention behavior.

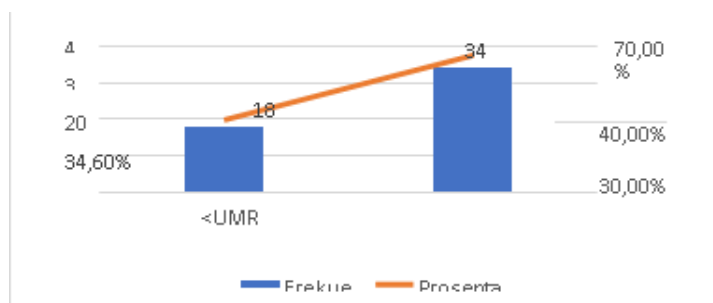


Figure 5. Frequency Distribution of Characteristics of Research Respondents Based on the income of the people of Sidorejo Village

The frequency distribution of respondents showed that most of them had income > UMR as many as 34 respondents (65.4%), and at least 18 respondents (34.6%) had income <UMR. Conducted by (Budilaksana, 2021) test results in people with an income of more than the UMR show that 63.6% comply with the health protocol and 36.4% are quite compliant with the health protocol. This characteristic is included in the test because it is possible that family income or a person has an influence on adherence to the implementation of health protocols in Indonesia public.

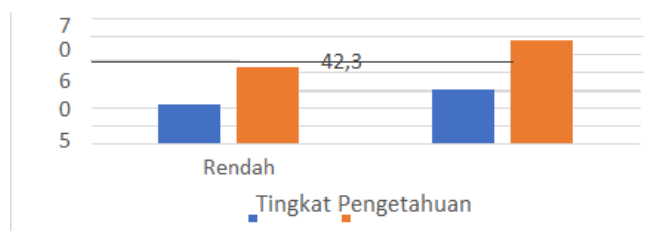


Figure 6. Community Frequency Distribution Based on the level of knowledge of prevention supplements Covid-19 Sidorejo Village

The majority of respondents' level of knowledge about preventing covid-19 shows the majority of respondents 30 respondents (57.7%) have a high level of knowledge, while a minority of respondents have a low level of knowledge, namely as many as 22 respondents (42.3%).

DISCUSSION

Age can be a factor that is always related or influences one's activities. With increasing age can also occur increased productivity decline, one of the reasons is because physical skills will decrease with age, but this is different from the experience and maturity of the soul. Most of the respondents are in the productive age category, which causes good knowledge. At productive age, there will be an increase in one's performance and physical skills. But if a person's age is old, there will be a decrease in productivity and performance (Dlamini, Suknunan, & Bhana, 2022).

People with the female gender have more time to read or discuss with their environment regarding the prevention of Covid-19 (Wulandari et al., 2020). However Wulandari et al., (2020) also stated that there were other results found that were related to the prevention of Covid-19, namely gender and public knowledge. Based on the research results, it can be concluded that people with the female gender tend to have better knowledge about the prevention of Covid-19 when compared to male, in his conclusion stated that gender had a significant relationship with knowledge of Covid-19 prevention with a p value = 0.000. According to BPS, women tend to be better at implementing Covid-19 prevention than men.

Most of the educated respondents are in the middle category. This affects the knowledge acquired by the community. Education about the transmission of Covid-19 is not only obtained from formal education but from his own experience and the social environment according to (ECLAC-UNESCO, 2020). In line with research from Suharmanto, (2020) respondents with good prevention of Covid-19 transmission were mostly people with high school education (83,0%), while those with poor prevention of Covid-19 transmission were mostly people with junior high school education (77,3%). Analysis with Chi-Square gets a value of $p = 0.000$, which means there is a relationship between education and the prevention of Covid-19 transmission. The analysis also obtained a value of $p = 0.000$, which means that there is a relationship between education and the prevention of Covid-19 transmission. Increasing knowledge through health education is an activity of conveying health messages to other people with the aim that these other people gain better knowledge about health to improve their health status.

A person's education level will affect knowledge, if the education level is good, behavior will also be good according to research by Zhong et al., (2020). According to the results of Lenny Gannikaa's research, Erika Emnina Sembiring concluded that there was a relationship between education level and behavior to prevent Covid-19 in the people of North Sulawesi (Juradi, Arman, & Jafar, 2021). Based on the job characteristics of the most respondents, it was found that 55% of the respondents were self-employed respondents who had responsibilities at work and work had a direct significant influence on the prevention of Covid-19.

There are more people with good knowledge of preventing the transmission of Covid-19 (80.7%), while the prevention of transmission of Covid-19 that is not good is mostly people with poor knowledge (40.7%). Analysis with Chi-Square gets a value of $p = 0.000$, which means there is a relationship between knowledge and prevention of Covid-19 transmission. The analysis obtained a value of $p = 0.000$, which means there is a relationship between knowledge and prevention of Covid-19 transmission. Meanwhile, according to Purnamasari & Raharyani (2020) that the level of knowledge is related to behavior in carrying out the prevention of Covid-19 knowledge can be done by sharing information written on posters containing appeals and there is a decrease in productivity and performance.

CONCLUSION

From the results of the above study it can be concluded that: 1) Most of the respondents aged 20-35 years were 42,5%; 2) Some of the respondents were female as much as 53,8%; 3) Most of the respondents have secondary education as much as 53,8%; 4) Most of the respondents are self-employed as much as 26,9%, 5) Most of the respondents have income > UMR as much as 65,5%; 6) Most of the respondents have high knowledge of 57,7%.

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