



ANALYSIS OF SELF-AWARENESS IN BREAKING COVID-19 TRANSMISSION

Erika^{1*}, Widia Lestari¹, Yulia Irvani Dewi¹, Kalpana Paudel²

¹Faculty Maternity and Child Department, Faculty of Nursing, Universitas Riau, Jl. Pattimura, Cinta Raja, Sail, Pekanbaru, Riau 28127, Indonesia

²Institute of Medicine, Pokhara Nursing Campus, Tribhuva University, Kirtipur, Kathmandu, Nepal

*rika_hardi@yahoo.com

ABSTRACT

COVID-19 infection transmits quickly and easily from one person to another. One way to prevent the transmission of COVID-19 is by increasing self-awareness. This study was to analyze self-awareness ability to breaking the COVID-19 transmission. This was a descriptive study with 518 respondents. Data were obtained through questionnaires with 40 statements using Goleman's six indicators. The first indicator showed that 94.40% of respondents were able to recognize their feelings and could break COVID-19 transmission, the second indicator showed that 87.84% of respondents could recognize their strengths and weaknesses in preventing transmission, the third indicator showed that 88.42% possessed an independent attitude in deciding and preventing transmission, the fourth indicator showed that 86.88% of respondents could make informed decisions concerning the right ways to stop and prevent transmission, the fifth indicator stated that 87.26% were skilled in expressing their thoughts, feelings, opinions, and beliefs on transmission, and the last indicator showed that 88.22% of respondents could evaluate themselves concerning the virus transmission. Self-awareness could be raised through understanding. Nurses have responsibility in providing education to helping people be more aware of COVID-19 transmission by implementing health protocols: washing hands, wearing masks, maintaining distance, staying away from crowds, and reducing mobility.

Keywords: ability; a chain of transmission; COVID-19; self-awareness

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INTRODUCTION

At the end of December 2019, a new virus known as COVID-19 emerged in Wuhan, China, and it quickly spread to other parts of the world, including Indonesia. Due to its rapid spread, several countries have implemented various lockdown policies. COVID-19 has put the health sector in a crisis, potentially devastating social, economic, and political emergencies in society due to the daily rise in positive cases and death rates. Many people have lost their jobs and income without certainties (Posel et al., 2021). COVID- infection has significantly affected the activities in both developed and developing countries, with an adverse effect on tourism, thereby, leaving tourism sector neglected and the economy crumbling (Posel et al., 2021; ILO, 2021). Several hotels and companies have been forced to lay off their employees, leading to a rise in unemployment and the poverty rate. The pandemic's impact has been massive and has caught the world's attention.

Patients infected with COVID-19 usually develop symptoms within 2–14 days after exposure, although the majority experience it after 11–12 days. The symptoms that occur in the first week are usually mild ones, such as a fever of 38°C or higher, fatigue or weakness, cough without phlegm, joint aches, loss of appetite, and shortness of breath (Zhu et al., 2020). Other symptoms include a runny nose, difficulty breathing, headache, sore throat, discomfort in the stomach, nausea, and diarrhea (Guan et al., 2020). There are two criteria for people at risk of experiencing coronavirus infection. The first is those who have been in contact with positive patients in the last 14 days, while the second is those living in the same room or one meter

away from patients (WHO, 2020b). There can be an increase in transmission rate caused by breathing air contaminated by virus droplets, touching adulterated surfaces exposed to the coronavirus, and rubbing droplets over the eyes or nose. As a result, full self-awareness is needed to break this virus’s transmission chain. This is because someone with high awareness of the virus transmission’s dangers will comply with health protocols (Elgaputra et al., 2020). The community’s self-awareness is very important in reducing the transmission chain to others (Trisiana and Syaibani, 2020; Mulyadi, 2020). The self-awareness indicators consist of six attributes: recognizing one's feelings and behavior; identifying one's strengths and weaknesses; having an independent attitude; being able to make decisions correctly; being skilled in expressing thoughts, feelings, opinions, and beliefs; and evaluation (Goleman, 1996).

Nurses, as health workers, can educate individuals and the community because they are more aware of COVID-19’s dangers. In addition to being front-line workers, they also help communities by providing accurate information and counseling related to the virus through social media and other means of communication (Rahmadi, 2021). Based on this explanation, this study aimed to evaluate individuals’ ability to break the COVID-19 transmission chain in accordance with the six self-awareness indicators (Goleman, 1996). These include recognizing one's feelings and behavior, identifying strengths and weaknesses, possessing an independent attitude, making the right decisions, evaluating oneself, and being skilled in expressing thoughts, feelings, opinions, and beliefs. The aim of this research was to analyze self-awareness ability to breaking the COVID-19 transmission.

METHOD

This The current research was a descriptive study, and data were obtained by distributing questionnaires in Riau. These questionnaires contained 40 statements on respondents’ ability to break the COVID-19 transmission chain using Goleman’s six indicators: 1) ability to recognize one's feelings and behavior; 2) ability to recognize or identify one’s strengths and weaknesses; 3) ability to have an independent attitude; 4) ability to make the right decisions; 5) ability to express thoughts, feelings, opinions, and beliefs; 6) ability to self-evaluate. The sample consisted of respondents ranging from adolescents to pre-elderly who were considered competent in filling out online questionnaires using Google Forms. These questionnaires were distributed through WhatsApp groups. This study used the incidental sampling technique, and a total of 518 respondents participated in this research by completing the questionnaire.

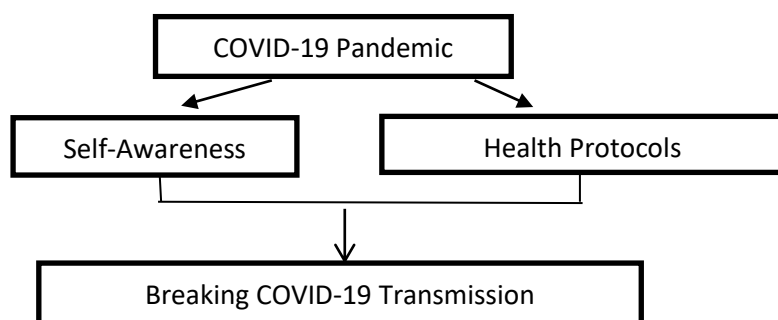


Figure 1. Self-awareness in breaking COVID-19 transmission

RESULT

Table 1.
Respondents’ characteristics based on age (n=518)

Age	f	%
Adolescent (19-25 years old)	276	53.3
Adult (26-45 years old)	121	26.4
Pre-elderly (46-59 years old)	105	20.3

Table 2.
Respondents' characteristics based on Gender (n=518)

Gender	f	%
Female	308	59.5
Male	210	40.5

Table 3.
Respondent Characteristics Based on Occupation (n=518)

Job	f	%
Occupation	165	31.8
Housewife	102	19.7
Student	226	43.6
No job	25	4.8

Table 4.
Distribution of respondents based on self-awareness indicators (n=518)

Self-Awareness Indicators	Description			
	Appropriate		Inappropriate	
	f	%	f	%
Ability to recognize one's feelings and behavior	489	94.4	29	5.6
Ability to recognize or identify one's strengths and weaknesses	455	87.8	63	12.2
Have an independent attitude	458	88.4	60	1.6
Ability to make the right decisions	449	86.7	69	13.3
Skilled in expressing thoughts, feelings, opinions, and beliefs	452	87.3	66	12.7
Self-evaluation ability	457	88.2	61	11.8

DISCUSSION

COVID-19 cases have caused many casualties in Indonesia. Based on government data, the number of deaths due to COVID-19 in Indonesia as of October 2021 reached 187,905 people. Of these, 159,109 deaths were COVID-19 positive patients, while 28,796 deaths were probable cases (WHO, 2022). From the respondents' characteristics in this research, the majority of respondents were aged between 15-25 years or in the adolescent age range. Most of them were students who did not have jobs. Adolescents are easily exposed to information because they have access to internet services. According to Vermont and Teguh Yudo Wicaksono, the largest proportion of COVID-19 patients in Indonesia ranged from 50-59 years of age (20.9% of the total positive cases) with age variations between provinces (Vermonte and Wicaksono, 2020). A similar result was also found in many countries around the world. This age range consisted of the pre-elderly who had experienced various biological, psychological, social, and spiritual changes, as well as increased vulnerability to health problems (Gomes, 2020; WHO, 2020a).

In terms of gender, males are more at risk than females. Data from the COVID-19 Task Force noted that, until July 14, 2021, the proportion of male and female patients who died from the virus in Indonesia was 54.6% and 45.4%, respectively (Karyono and Wicaksana, 2020). The rate of male deaths was higher due to a metabolic pathway highly correlated with male patients' immune response toward the virus. Experts have stated that male patients are more likely than female patients to have elevated kynurenic acid levels, a product of amino acid metabolism. Those with severe COVID-19 cases have a high ratio of kynurenic acid to kynurenine-a byproduct of the amino acid L-tryptophan used to make the nutrient niacin (Satria, Tutupoho, and Chalidyanto, 2020; Komnas Perempuan, 2020). According to Peckham et al. (2020), there is currently no difference in the proportion of male and female COVID-19 patients. However, male patients had almost three times probability to receive intensive care (OR = 2.84; 95% CI = 2.06, 3.92) and a higher probability of death (OR = 1.39; 95% CI = 1.31, 1.47) compared to females (Peckham et al. 2020). The increase in affected males happened also because they carried out more activities outside the home in addition to

inadequate compliance in maintaining health protocols. Data were mostly collected from students by distributing questionnaires to several WhatsApp groups.

Table 3 shows that most respondents, both male, and female, recognize their feelings and behavior in breaking the COVID-19 transmission chain. More than 80% could identify their strengths and weaknesses; had independent attitudes; were able to make the right decisions; were skilled in expressing their thoughts, feelings, opinions, and beliefs; and could evaluate themselves. The virus that causes COVID-19 still mutates with the evolution of the Delta variant (Mishra et al., 2021; Kupferschmidt and Wadman, 2021). This new variant is known to spread more quickly than the previous variant. The Delta variant, or B.1.617.2, was a mutated virus and was first reported in India in December 2020 (Essa et al., 2021; Alexandar et al., 2021). It has been identified in more than 74 countries, including Indonesia. In addition to the Delta variant, there are several others, namely Alpha, Beta, Gamma, and Lambda. Some of the Delta variant symptoms include fever, runny nose, headache, sore throat, cough, shortness of breath, fatigue, anosmia, muscle aches, and indigestion (Alexandar et al. 2021; Iacobucci, 2021). The SARS-CoV-2 virus that causes the Delta variant is known to be more easily and quickly transmitted than other variants (Alexandar et al. 2021; Dougherty et al. 2021) at a transmission rate of 40% the Alpha variant. The exact cause of the Delta transmission is not yet known. According to previous studies, the variant's proteins blend quickly with human cells and easily defeat the immune system. The Alpha variant can replicate or multiply quicker than ordinary coronaviruses (Thiruvengadam et al., 2021).

In addition to the factors associated with the new variant, its rapid transmission is the consequence of individuals' lack of compliance with health protocols and inability to take care of themselves, their families, and the environment (Carlucci et al., 2020; Jahangiry et al., 2020; Haerawati Idris et al., 2021). Considering this, to assess individuals' ability to prevent COVID-19 transmission, this study analyzed six self-awareness indicators. The first indicator results showed that 94.40% of respondents were able to recognize the virus's symptoms, such as cough, runny nose, sore throat, and fever. This enabled them to easily determine their feelings and behavior towards the transmission chain. The second indicator showed that 87.84% of respondents could recognize their strengths and weaknesses concerning stopping transmission, while the third indicated that 88.42% possessed independent attitudes in deciding and preventing transmission. The fourth indicator showed that 86.88% of respondents could make informed decisions concerning the right ways to stop and prevent transmission. Similarly, the fifth indicator showed that 87.26% of participants were skilled in expressing their thoughts, feelings, opinions, and beliefs on transmission. The sixth indicator showed that 88.22% of respondents could evaluate themselves concerning the virus transmission.

The emergence of Covid-19 as one of the pandemics that threatens human life is clear evidence of a shift in the pattern of threats at that time, but people still feel that this threat does not have a large scale, meaning that many people are still unaware that the Covid-19 outbreak is a threat to the sustainability of people's lives (Jahangiry et al., 2020; Haerawati Idris et al., 2021). COVID-19 is still in existence, with transmission cases increasing daily. The threat of Covid-19 cannot be faced with conventional weapons, but from the obedience of the community to government policies. Due to this, individuals must control themselves, as well as care for and be aware of their safety and their families' safety. This can be done by adhering to the five health protocols (5M), namely washing hands, wearing masks, maintaining distance, staying away from crowds, reducing mobility, Avoid Direct Contact: Avoid direct contact with others, especially those who have symptoms of Covid-19, maintain mental health to manage stress and anxiety that may arise during the pandemic, and also build healthy habits: Build healthy habits such as regular exercise, eating nutritious food, and

getting enough sleep. In addition to administering vaccines to increase immunity and prevent new mutations, these five health protocols will reduce the increase in COVID-19-related cases (Sangkham, 2020; Dadras et al., 2021).

CONCLUSION

There are several types of individual awareness in preventing the transmission of Covid 19 (WHO, 2020b), namely 1) preventive awareness by using masks when leaving the house or in public places, washing hands with soap and water for at least 20 seconds, using hand sanitizer if there is no water and soap, maintaining a distance of at least 1 meter from other people and avoiding physical contact such as shaking hands or hugging; 2) health awareness by monitoring the health condition and symptoms of Covid-19, conducting PCR or antigen tests if you have symptoms, following isolation protocols if positive for Covid-19, eating nutritious food and drinking enough water and exercising regularly to increase immunity; 3) Social awareness by informing others about the importance of Covid-19 prevention, following government appeals and regulations, respecting the rights of others to maintain health, avoiding stigma against Covid-19 sufferers, and participating in Covid-19 prevention activities in the community; 4) Mental Awareness by manage stress and anxiety, build confidence in preventing transmission, develop patience and empathy, increase knowledge about Covid-19, and build social support with family and friends. This study revealed that most of the respondents had self-awareness of COVID-19 transmission risks. In regards to the six Goleman indicators, more than 80% of respondents stated that they were aware of how to break COVID-19 transmission chain. Respondents were compliant with maintaining health protocols as part of the effort to reduce COVID-19 cases significantly.

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