

## THE IMPORTANCE OF SOCIALIZATION TO THE PUBLIC ABOUT HEALTH PROTOCOLS IN THE ERA OF THE COVID-19 PANDEMIC

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### ABSTRACT

The background of this research is that researchers, as students, want to contribute directly to the community to reduce the spread of Covid-19 in Indonesia. We contribute by distributing masks now to the community and socializing using posters on social media. The aim of this study was to determine their level of awareness and compliance with the established health protocol. The method used is a questionnaire data collection technique using google form with the population of East Java and a sample of people we can reach on the questionnaire and students with an average age of 19 years from several universities. The result based on the questionnaire shows that most people agree with the health protocol. They believe that they can immediately start an everyday life with the health protocol as before. However, based on the questionnaire data, some people still do not comply with the overall Health protocol.

**Keywords:** Health protocol; Covid-19; communicate; virus; spread.



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### INTRODUCTION

Covid-19 is a disease caused by the coronavirus which has become a pandemic in all countries, especially Indonesia. The covid-19 disease can be prevented, among others, by public knowledge and compliance in efforts to prevent Covid-19 disease. This research was conducted using a descriptive quantitative survey with a cross-sectional study approach. Public knowledge with compliance as an effort to prevent the Covid-19 disease. Suggestions should provide education about knowledge of preventing and avoiding the risk of Covid-19 disease (Sari & Atiqoh, 2020).

In 2020, Covid-19 was declared a global pandemic. Coronavirus began to spread over the world about that period. Furthermore, this is a novel experience for everyone on the planet. Everyone was curious and astonished by the news in digital media, which occasionally contradicted the facts. The government must also abandon any governmental measures to protect the community from the Covid-19 attack, which had only a minor impact at first. However, due to a lack of medical equipment and hospital space, the virus continues

to mutate into other viruses, resulting in many victims who have died as a result of the Covid-19 epidemic.

The Coronavirus causes Covid-19, an infectious illness. The human body, particularly the respiratory system, can be severely harmed by Covid-19. In our lives, the Covid-19 pandemic has been going on for more than two years. The COVID-19 epidemic has produced a mixed bag of benefits and drawbacks for us. In June 2021, the number of Covid-19 cases in Indonesia grew dramatically.

The covid-19 pandemic affects all levels of society and many aspects of life, including education, health, economics, and social services. The Covid-19 epidemic has had a significant impact on several industries. Before the Covid-19 pandemic, people could freely engage in commercial and educational activities and communicate with a wide range of people. However, everything is modest at the moment; we cannot openly converse with others or take out activities in a public setting.

The impact of Covid-19, which has damaged many parties and cost many lives, has compelled the government to respond quickly and find a suitable remedy amid the present pandemic. In this pandemic era, making decisions is difficult because one Indonesia's viewpoint differs from the next. The administration has also imposed some restrictions on the lockdown. However, it turns out that this law violates the rights of persons who can only work in public.

In this epidemic era, the government has also created a health protocol, a compilation of instructions regarding how we should conduct or carry out activities. The health regimen includes guidelines for wearing masks, talking with individuals at a safe distance, preserving hygiene, and limiting non-essential activities outside the home.

However, there are still many people who refuse to follow the Health routine. Many people in the Covid-19 community have varied viewpoints on the game. Some people still do not think that COVID-19 is a dangerous and malignant disease, while others have realized the necessity of following a health regimen in preventing COVID-19 from spreading.

It is difficult for us to stop Covid-19 from spreading in Indonesia since people are still not following the Health regimen. How can we limit the number of people who have died as a result of Covid-19? There are still others who are skeptical of Covid-19. Even though Indonesians are incredibly vulnerable to Covid-19, some of them refuse to use masks. It is a challenge for us to bring different perspectives on Covid to the community.

As students, we can channel our perspectives by emphasizing the significance of following the Health protocol in this pandemic era, providing community direction,

explaining what Covid-19 is, and demonstrating that the Covid-19 epidemic has claimed many lives. We may also distribute masks to individuals who cannot buy masks or do not understand the need to use masks in the pandemic age, snatched by Covid-19 through social media or directly to the community.

We, as students, think that by socializing, we will be able to decrease the spread of Covid-19 in Indonesia. People can feel safe participating in outdoor activities if the Health protocol is implemented in many circles of society. Furthermore, once everyone has followed the Health regimen, we will assist in reducing the spread of Covid-19 in Indonesia.

1. What is the definition of the Covid-19 pandemic?
2. How is the government trying to contain the spread of Covid-19?
3. What is the content and definition of the health protocol made by the government?
4. How do we as students deal with people who have not obeyed the health protocol?

## **METHODS**

The method used in this study is a mixture of qualitative and quantitative. Both methods are considered very appropriate and can support this research so that the resulting data is accurate. The definition of quantitative research methods is research that collects data, describes the results, and interprets the data obtained by involving numbers or statistical calculations. The data collection technique we use is to distribute questionnaires by using google forms to obtain data from several respondents about their compliance with health protocols during the pandemic and to find out their level of awareness of the health protocols that the government has implemented.

The place that we make the population is East Java, while the sample is people with various backgrounds that we can reach considering that health protocols must be adhered to by all ages.

Meanwhile, the definition of qualitative research method is research without statistical tools or specific calculation methods but instead emphasizes the use of words or sentences. Objects used as research materials are humans, institutions, or interactions between the two and emphasize the observation of social phenomena. In terms of data collection, we use literature studies to support the information we obtain and provide answers to problems that cannot be answered using quantitative methods. Before choosing literature to be used as study material, the author selects digests and sees its relevance to current conditions.

To support our research, we strengthened the data by conducting interviews to find out their perspective regarding health protocols in the new normal. Interviews were conducted

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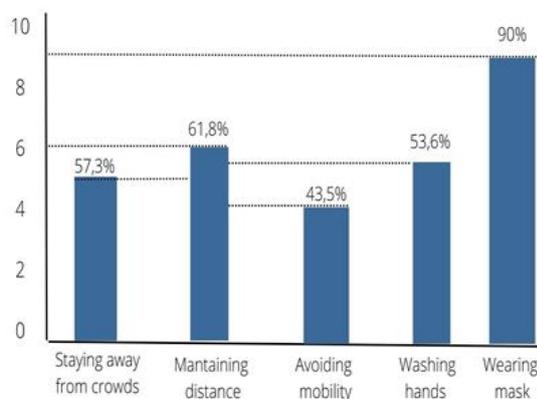
with several people to represent our research sample with sources who are 19 years old on average from various universities, such as Medan State University, Airlangga University, Brawijaya University, and POLTEKKES. We include 4 questions that are still related to health protocols during a pandemic. The questions we ask are:

1. How is your condition in the new normal?
2. What is your response to the health protocol that has been implemented?
3. Are you still adhering to the health protocol during the new normal?
4. What protocols have you violated?

## **RESULT AND DISCUSSION**

### **RESULT**

We got a total of 110 respondents with an age range of 17 to 41 years by distributing google forms to people with various backgrounds, considering that health protocols, especially wearing masks, washing hands, reducing mobility, maintaining distance, and staying away from crowds must be monitored. obey all ages because all people have the potential to be exposed to covid-19. As a result, most of them still adhere to the health protocol.



The table above provides an overview of the condition of the community, knowing the level of public awareness, new behaviors carried out during the adaptation period, and representing respondent compliance and awareness of the importance of implementing health protocols. 90% of them always use masks. This shows the strict use of masks and is supported by orderly patrols using masks. Based on the questionnaire data obtained, 53.6% of the 107 community respondents did not fully follow the seven steps of washing hands properly using soap in running water. This is because people's knowledge is still lacking about washing hands properly.

But in terms of reducing mobility, they have not done it strictly because they feel bored at home. This is shown by the table data, which is 43.5% the least compared to other health protocols. As many as 61.8% of respondents prefer to keep their distance for the sake of themselves and those closest to them for fear of contracting the Covid-19 virus. From the table data, avoiding crowds is 57.3%. This is tightened by government regulations that always remind health protocols.

Most of the sources have the same answers to the questions we have asked. They believe that when the new normal condition is getting better, they dare to do activities outside the home but still adhere to the health protocol. The health protocol that has been implemented by the government has been very good because it is following WHO standards, but its implementation is still lacking because public awareness of it is also still lacking.

## **DISCUSSION**

The Covid-19 pandemic can be said to be a phenomenon discussed by many people because of its arrival, which has dramatically changed and suddenly stopped various kinds of activities in the world. As the general public, we should be aware of the current pandemic, the emergence of diseases caused by covid 19. This disease indeed occurs regardless of who he is and where he is because it's simultaneously spread everywhere.

Covid-19 is an infectious disease that appears due to the coronavirus. Still, it is not sure whether the exact cause of the emergence of this disease is due to the many opinions of people based on the different symptoms of each person who has been exposed to the covid-19 virus. Many people say that this disease is transmitted from human to human who often carries out activities with the highest risk of falling to medical personnel who have to make direct physical contact with patients who are exposed to COVID-19.

Various reports emerged, mainly the statement that the coronavirus is generally found in animals. Although this virus is only found in animals, humans can also easily be exposed to this virus if exposed, and the spread will move quickly if they experience close physical contact. Generally, the result of the Covid-19 virus is an infection that interferes with breathing ranging from acute, accompanied by fever, cough, or shortness of breath that is quite severe and requires oxygen assistance to intense medical aid. People who have been exposed to the COVID-19 virus will generally experience an incubation period of five to six days with the most extended incubation phase, which is fourteen days, starting from exposure or contracting the virus, initial symptoms to the healing process.

The government, as one of the holders of power in the country, of course, also makes various efforts and efforts to reduce the spread of covid-19. Multiple efforts have been made, starting from small businesses starting from oneself to other significant actions that are expected to produce good results in accordance with hopes and efforts made by the government and the people who do so that the rate of spread will decrease day by day.

Efforts that can be made from oneself that are continuously expressed and reminded by the government are to continue to apply the health protocols that have been created. Of course, the application must be carried out by the entire community so that all the general public follows the regulations or efforts that are being built by the government to reduce the spread of cases. Furthermore, the government also carried out large-scale social restrictions, or many people called PSBB.

This Large-Scale Social Restriction is intended as a limitation between residents who are suspected of being infected with the coronavirus because currently there are still many people who are not aware of the early symptoms of being exposed to the virus, therefore according to the government, this PSBB will have quite a lot of impact if implemented correctly, in small examples. The only thing is that there are holidays for school activities which usually have to be done in person, many employees have to work from home, even religious activities which are typically carried out in person must also be carried out at home or online in order to suppress the high number of cases of COVID-19.

Quarantine is also part of the government's efforts to tackle the spread of COVID-19. The government, of course, emphasizes that in making a decision to quarantine, it must be firm. Quarantine here is also intended as a limitation of activities or separation between someone who is being exposed to the virus even though his condition has not yet shown 100% of the symptoms in general. Quarantine here can be carried out by people who are currently exposed or people who have just returned from overseas activities, which of course, have to do a check and quarantine period until they really prove that they are COVID-19 negative. The government issued this quarantine policy specifically, both the policies carried out for individuals, families, hospitals, or regions.

Judging from the regulations contained in the health quarantine law, isolation means that people who are sick do not mix with people whose body condition is healthy when in public facilities, especially like they are in health services, they must be separated both in the use of treatment rooms and treatment. There is another term besides quarantine, namely the activity of doing self-isolation which is aimed at the general public who experience

symptoms of COVID without experiencing symptoms like people in general who are exposed.

Various forms of efforts being made by the government that are often underestimated by many people are health protocols which are actually very easy to do, but there is very little awareness to continue doing these activities. A health protocol is defined as a rule made by the government by cooperating with the ministry of health with the aim of regulating the progress and development of activities during the COVID-19 pandemic.

The health protocol starts with small things such as getting used to washing hands for approximately twenty seconds which is done several times a day, especially if you want to eat, have used, or touched public facilities or others. Then there is also maintaining a distance between each other at least one meter to avoid if the person in front or behind us is in an unhealthy condition, especially when in a very packed crowd, it is highly recommended to keep a distance. Reducing mobility with the outside community if you don't have a very urgent need, it's better to choose to stay at home so you won't be exposed to a virus that is very quickly affected by other people.

Therefore, of course, we all know the importance of health protocols in the midst of the lack of public awareness of the general public is to provide education. People often misunderstand the meaning of the New Normal, which is being discussed widely. People respond to it as everyday life as before without Covid 19 even though the importance of New Normal is more intended to be a new life order where our lives are now running. Together with the Covid-19 virus.

As students who have a role as agents of change, of course, we can make changes by helping provide education on the importance of health protocols in the midst of a pandemic like today. After schooling, of course, the community slowly learned how to overcome the pandemic starting from themselves such as washing hands using soap correctly and adequately, keeping a distance from crowds, maintaining body hygiene, avoiding touching your face when your hands are dirty, wearing a mask when traveling to avoid being exposed to bacteria. Which goes into the mouth. This education is an effective method in an effort to increase public knowledge of the importance of health protocols.

One of the health protocols in the midst of the corona pandemic is the use of masks when traveling. According to the results of the study, using covers that are good, correct, and in accordance with the provisions produces good news where cases of covid-19 can be controlled slowly. In addition, it is also necessary to be aware of the importance of changing masks after traveling and replacing covers that have been used for a long time. The use of

bodies that are long enough is not recommended and can lead to the emergence of other diseases because people are still minimally aware of the importance of changing masks after traveling. Therefore, it is essential to replace the cover once a day to keep it effective at filtering impurities that enter the breath.

## **CONCLUSION**

Based on the data obtained, most people have implemented several health protocols such as; wear a mask, keeping your distance, and staying away from crowds. A total of 53.6% of participants only washed their hands once and did not bring hand sanitizer when traveling as a form of personal protection. And as much as 43.5% do not reduce mobility because they feel bored at home. The results of the questionnaire show that the community has not implemented health protocols properly. Most people do not follow the protocol for maintaining hand hygiene because they do not know the seven steps of washing hands properly. However, it is necessary to understand the factors that cause people not to implement health protocols properly. So further research is needed to determine these factors. In general, it appears that the implementation of health protocols needs to be strengthened through education about the performance of health protocols to reduce the spread of the coronavirus. Increase knowledge and foster consistent awareness to the public to change the mindset in implementing health protocols for the common good.

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