

Online Education of Clean and Healthy Living Behavior (PHBS) in Overcoming the Spread of SARS COV-2 Virus for Gandul Cinere Village Health Cadre

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Abstract

Gandul Cinere village is located bordered by South Jakarta. Jakarta has a fairly high number of SARS-COV 2 positive patients. The Indonesian Government has determined that Indonesia is entering the New Normal era in June 2020. Many people in the community do not care about health protocols in the New Normal era and consider that the Covid-19 pandemic is no longer a threat. Our goals are (1) increasing PHBS knowledge and awareness of health cadres to implement PHBS and to teach the community in everyday life in the New Normal era, and (2) decreasing incidence of Covid-19 related illness in Gandul Cinere Village. Therefore, a continuous understanding of health protocols is needed. PHBS is part of the health protocol that must be run in this New Normal era. Continued knowledge provision is required in order to prevent the transmission of Covid-19, especially in the Gandul Village area, Cinere, which borders the red zone area of Covid-19. Health cadres who are the vanguard need assistance and guidance in understanding and applying PHBS in everyday life. The methods used were online counseling, online discussion, online mentoring, and pre-/post-test implementation. The result showed increased knowledge about Clean and Healthy Living Behavior after given counseling and discussion with the respondent.

Keywords: *clean and healthy living behavior; online education; SARS Cov-2 Virus*

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Introduction

Covid-19 cases was still on the rise in Daerah Khusus Ibu kota Jakarta (DKI Jakarta). It was started by the presence of Covid-19 patients first detected in Indonesia, precisely in the Depok area (Kompas, 2020a). On June 20, 2020, Covid cases increased to 45,029 positive cases (Kompas, 2020b). Gandul area is located in the Depok Cinere area, bordering DKI Jakarta. The rate of Covid-19 transmission in the Gandul area was still quite high, so serious treatment was still needed. Gandul Cinere village, located on the border between Jakarta and Depok, was also experiencing an increase in Covid-19 cases. This could be because Gandul Village is directly adjacent to DKI Jakarta, whose positive numbers were still high.

The Indonesian Government announced that the new normal era was in a place where every office and institution operating must implement strict health protocols to prevent the spread of Covid-19. In addition to the New Normal Era, the Government also announced PSBB (Pembatasan Sosial Berskala Besar / large-scale social restrictions) at a certain period. (J.B. RI, 2020). When the number of Covid-19 was still very high, the protocol policy that must be implemented was included in the Decree of the Minister of Health of the Republic of Indonesia No. HK.01.07 / MENKES / 328/202 (Menteri Kesehatan RI. 2020).

Strict health protocols were put in place during the PSBB in Indonesia. One part of the health protocol is PHBS (Clean and Healthy Living Behavior), which is a simple concept in dealing with Covid-19, but it turns out that its application in everyday life was not easy. This was because many people still had different perceptions about the application of PHBS. Then many people also thought that the Covid-19 Pandemic had passed, although the victims of Covid-19 were still falling a lot, and the number of Covid-19 positive still continued to increase. Things such as causing Jakarta in particular and surrounding areas such as Gandul Cinere Village still had a fairly high rate of Covid-19 cases, reaching 9,655 cases (22% of the total Covid-19 cases in Indonesia, as of June 20, 2020) (Satuan Tugas Penanganan Covid-19, 2020).

One strategy in changing people's behavior towards implementing this health protocol was to continuously provide knowledge to the surrounding residents, especially the health cadres. The purpose of the community empowering activities was to solve the problem caused by the Covid-19 pandemic. Health cadres are cadres who help the Government to handle health

issue in community. During the Covid-19 pandemic, health cadres were the vanguard to be able to communicate with the community. Assistance and guidance need to be provided for health cadres to increase awareness and application of PHBS in everyday life. It was expected that the activity could have an impact on reducing Covid-19 cases in the Gandul area so that the people of Gandul could again do their activity as usual, especially in increasing economic activities in the area, which was one of the important impacts due to the Covid-19 pandemic.

Methods

The activity was carried out online because the circumstances did not allow it to be done onsite, because it was still in the condition of the Covid-19 pandemic. The first activity was planning by looking for field observations and discussing with the residents of Kampung KB Gandul Cinere. Observations were carried out for three months (from April to June 2020), while discussion activities and online educational activities for cadres were carried out in July 2020). Discussions were held every week via WhatsApp chat for a month, and large group discussions once via Zoom in June 2020. Discussions were conducted to explore preliminary information about PHBS behavior and the incidence of infectious diseases, especially Covid-19 related in Kampung KB Gandul, as well as to identify the most important needs to reduce the incidence of Covid-19 infection. The sample was taken from as many as 30 mothers who are residents of Kampung KB Gandul, who was also health cadres. Indicator of success of this activity was the increase in knowledge about PHBS after counseling.

Before conducting online extension activities, the respondent was asked to fill out a pre-test using a google form. Google form link was given online to the cadres via Whatsapp media. A pre-test was conducted to measure the initial knowledge of the respondents about Covid-19 disease and PHBS behavior in the kampung KB Gandul community. After that, the respondents were given a video containing a demonstration of 7 steps to wash hands and prevent Covid-19 disease with the implementation of PHBS. The provision of material and Q&A was made after the respondents watched the show's video. In the Q&A session at the joint Zoom online meeting, gifts were given to the participants who could provide correct answers that matched the education material. After completing the material, a Post Test was given to measure the success rate of the activity. Then a regular monitoring was carried out to find out the behavior of PHBS to prevent the spread of Covid-19. Monitoring activities were

carried out by observing any increase in Covid-19 related illness in KB Gandul Village. Residents of KB Gandul Village were randomly interviewed for the implementation of PHBS in daily activities. Monitoring activities were carried out every one month for six months.

Results and Discussions

Pre- and Post Test assessments were conducted to assess the success of these extension activities and to see which components still need to be improved for the following PKM (*Pengabdian Kepada Masyarakat*) activities. The pre-and post-test results showed that most of Gandul’s health cadres already knew PHBS (Clean Living Behavior) but still did not know well how to wash hands with six steps according to WHO standards. After given a video show through a Youtube link, there was a pretty good increase in PHBS knowledge of about 45.4% (Figure 1). There were also many questions about PHBS after zooming in on online meetings because some of the mothers still did not understand the essence of PHBS and its application in everyday life.

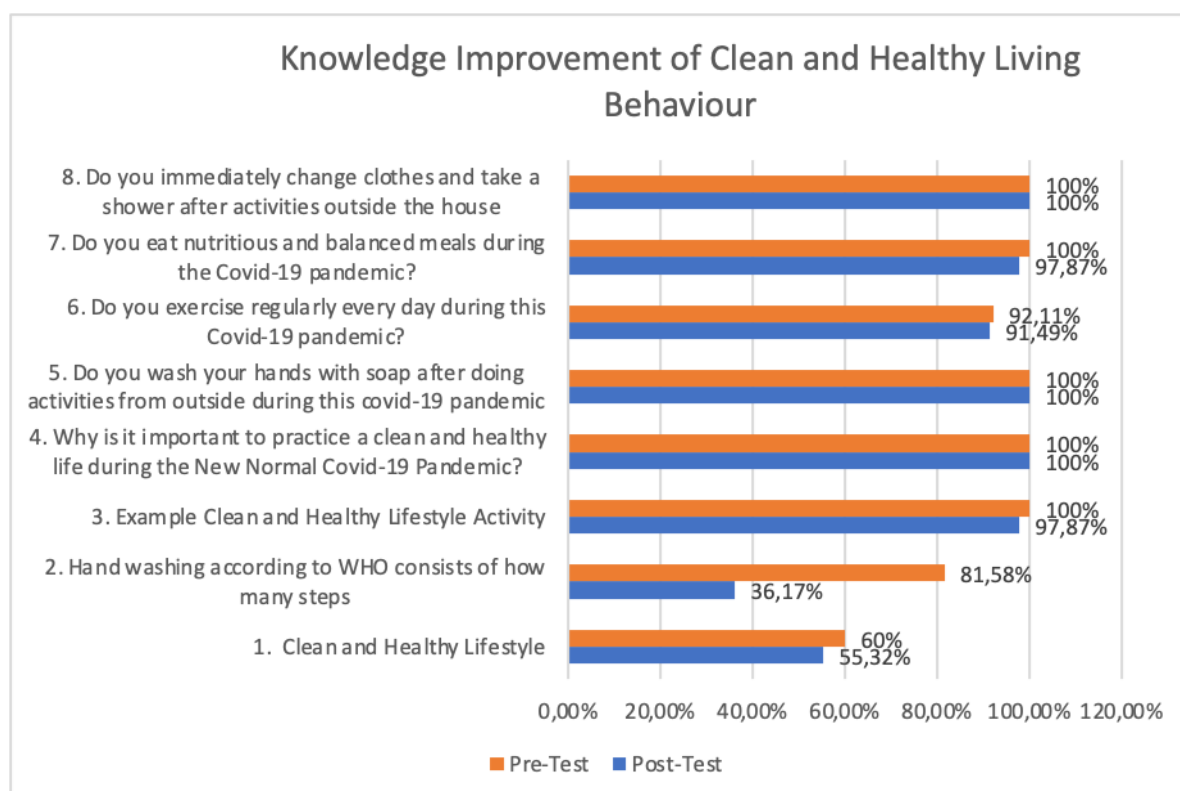


Fig. 1. Pre and post test

Pre- and Post Test filling was carried out in accordance with standard health protocol procedures, by not creating crowd and maintaining safe distance. Pre- and Post Tests were

conducted using google form, accessed at each respondent's home via mobile phone (Figure 2). For further activities, it is still necessary to do continuous information dissemination of PHBS, especially hand washing under WHO protocol standards, so that it becomes a habit.



Fig. 2. Filling out a pre and post test questionnaire

The respondents also got elaboration in the form of handwashing videos with six steps under WHO standards. The video was uploaded by a Youtube link <https://youtu.be/2dWTg638G98>. The video provides a stage for each step of washing your hands correctly (Figure 3). The six steps of handwashing need to be accustomed. Some participants still didn't know the procedure. The standardized handwashing procedure application can eliminate germs and the Covid-19 virus ideally.



Fig. 3. Educational video view of hand washing with 6 steps

The provision of educational materials about the Covid-19 virus and how it is spread was also made online. Unfortunately, the direct meeting was not possible because there was an outbreak of Covid-19. Therefore counseling was given through zoom meetings (Figure 4).

Nevertheless, interactive online discussions could still teach respondents well (Silvia & Iryna, 2012).

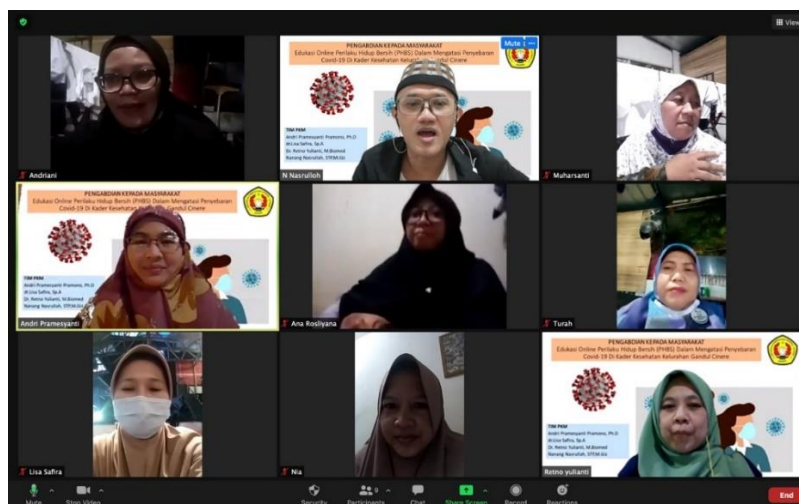


Fig. 4. PHBS education extension via Zoom

When discussing via Zoom, many participants asked questions and discuss, especially about PHBS behavior in everyday life. For example, many residents still thought that good PHBS, such as hand washing, was enough with just running water without using soap, so it was necessary to explain that it is necessary to use soap properly to eliminate Covid-19.

For the discussion to be more lively and the respondents to become enthusiastic, gifts was given for cadres who were able to answer questions from the given material. Finally, after completing online counseling activities, gifts of basic goods needs and prizes were given to the winners (Figure 5).



Fig. 5. Distribution of basic good needs and gifts after discussion and post-test

In addition to being given material, the best video contest on how to wash hands properly among participants was held. Participants with the best six steps washing hand video were rewarded. Below are some participants and video display results for six excellent steps and proper handwashing (Figure 6).



Fig. 6. PHBS practice and 6-steps hand washing

Conclusion

Respondents feel this activity is beneficial, especially in a Covid-19 pandemic. There is an increase in PHBS knowledge after being given the counseling. However, although there has been an increase in the knowledge and skills of health cadres for PHBS, activities like this must still be done continuously to remind the importance of applying PHBS in everyday life.

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