

Description of clean and healthy behavior in prevention of Covid - 19 at students of science University Cut Nyak Dhien in 2022

Ajmain¹, Kamariyah², Fauziah³

^{1,2,3} Faculty of Health Sciences, University of Cut Nyak Dhien Aceh

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ABSTRACT

Most of the transmission of COVID - 19 occurs through the touch of hands due to the lack of people in implementing clean and healthy living behaviors (PHBS) as the cause of the rapid spread of the virus. PHBS is a form of embodiment of a healthy life orientation in individual, family and community culture, which aims to improve, maintain and protect their health both physically, mentally, spiritually and socially. The research aims to describe the behavior of students in Science University of Cut Nyak Dhien regarding PHBS in preventing COVID-19. This type of research is a descriptive survey research. The sample in this study was students in Science University of Cut Nyak Dhien is total sampling with 75 respondents. The data were processed and analyzed in a univariate manner. The results showed that the majority of respondents had sufficient knowledge about PHBS, amounting to 45 (60.0%), and a minority of respondents who had less knowledge, numbering 10 (13.3%), negative attitudes about PHBS, amounting to 39 (52.0%). , and a small proportion of positive attitudes amounted to 36 (48.0%), unskilled about PHBS 70 (93.3%), and a minority of skilled respondents amounted to 5 (6.7%). Clean and Healthy Living Behavior according to the Health Protocol really helps to prevent the transmission of COVID-19, higher education plays an important role in providing information and awareness for students to apply PHBS in lifestyle.

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Corresponding Author:

Ajmain

Faculty of Health Sciences

University of Cut Nyak Dhien

Gg. Rasmi No.28, Sei Sikambing C. II, Kec. Medan Helvetia, Kota Medan, Sumatera Utara 20123

E-mail: ajmain.abi26@gmail.com

INTRODUCTION

At the end of 2019, the world was shocked by the discovery of a new virus that started in China. This virus is called the Corona virus or COVID-19 (Corona Virus Disease). The pattern of the spread of this virus causes people to maintain social distance from one another. This virus has also spread to various parts of the country not only in China, this virus has also reached Indonesia and to various provinces and cities, including Aceh Province.

According to local media, the virus has claimed many victims, regardless of age, both young and old. One of the factors that is considered important in preventing the corona virus is personal

health, where there must be a strong immune system within. Based on data from WHO (2020) as of December 25 2020, the number of cases reached 78.1 million and 1.7 million people who died globally. Positive cases of the Corona virus in the world have reached 78,198,776 and the number who have died from COVID-19 is 1,736,851 people. Then for patients who successfully recovered also experienced an increase in numbers, namely 56,129,147 people. As of December 25 2020, there were 21,855,489 active cases with details of 21,749,215 people (99.5%) in mild conditions and 106,274 people (0.5%) in serious or critical conditions. The Americas Region again accounted for the largest proportion reporting 2.3 million new cases (half of the global cumulative), while the European Region reported the highest number of new deaths (36,286 or 46%) in the past week. And Indonesia itself is included in the top 20 or 20th countries with the most positive cases of Corona in the world, namely 692,838 cases, 20,589 people died, and 563,980 patients successfully recovered.

According to the Indonesian Ministry of Health (2020) the spread of COVID-19 in Indonesia as of 25 December 2020 was 700,097 cases with 20,847 deaths (CFR 3.0%) in 221 Affected Countries and 180 countries with local transmission. Aceh Province itself, the data for COVID-19 are 8,711 new cases, 7,458 recovered patients, with 344 deaths. In Aceh Besar, 1,553 confirmed cases, 1,421 recovered, with a death rate of 63 people. Covid-19 data in Langsa City it self has confirmed 327, 308 recovered with a death rate of 8 people. (Aceh Health Office, 2020).

Most transmission of the Corona virus occurs through the touch of hands. The lack of public knowledge in handling infectious diseases and the lack of people in implementing clean and healthy lifestyles are also the causes of the rapid spread of the virus. Healthy living behavior is a lifestyle that pays attention to all aspects of health conditions. Starting from food, drink, nutrition consumed and our daily hygiene behavior. Whether it's also in an exercise routine that will certainly maintain a healthy condition and will also avoid all things that can cause disease in our bodies. Clean and healthy living behavior can keep us away from various viruses and diseases, one of which can also minimize the spread of the COVID-19 virus. (Valentino 2020).

During normal conditions, clean and healthy living behavior must always be carried out, especially during the COVID-19 pandemic, which is currently rampant. The emergence of a disease resulting from a clean and healthy lifestyle that is not good. Clean and Healthy Living Behavior (PHBS) is a form of embodiment of a healthy life orientation in individual, family and community culture, which aims to improve, maintain and protect their health both physically, mentally, spiritually and socially. (Ministry of Social RI, 2020).

According to research conducted by Anggraini (2020) The results showed that the public knew how important it was to implement PHBS for individuals or families in a healthy lifestyle and caring for others in implementing PHBS during the COVID-19 pandemic.

PHBS is a strategy that can prevent the spread of COVID-19. The community continues to be encouraged to improve clean and healthy living behavior in an effort to prevent the spread of COVID-19, because community behavior plays an important role in reducing the spread of COVID-19. PHBS is one of the strategies in preventing the spread of Covid -19 which is very effective and easy to do by all levels of society. (Karo, 2020).

Clean and healthy living behavior should be carried out by anyone, including students. Students are considered to have adequate knowledge and skills regarding a healthy lifestyle, as well as having positive health attitudes and behaviors. Students are educated people who understand the benefits of healthy living behaviors. Clean and healthy living behavior incorporates basic principles such as personal and environmental hygiene, healthy food intake levels, and participation in recommended physical activity (Giles, 2011 in Sunardi, 2020).

Jannah (2020) said in his Research that was an increase in public awareness about the importance of clean and healthy living during a pandemic, such as washing hands with soap and running water, wearing masks, keeping a safe distance, eating nutritious food and avoiding mass gatherings. Furthermore, research conducted by Sunardi (2020) concluded that his research stated that the clean and healthy lifestyle of students of the UNY Sports Education Department during the

COVID-19 pandemic was in the very high category, there were 33 students (7.76%), in the high category there were 79 students (18, 59%), the moderate category has 126 students (29.65%), the low category has 89 students (20.94), and the very low category has 98 students (23.06%).

Currently there are many advertisements in the media about how to prevent transmission of COVID-19 through simple methods such as implementing Clean and Healthy Behavior in their lives. This statement is in line with research conducted by Valentino (2020) with the results of a correlation study looking at the news of COVID-19 in the online mass media on Clean and Healthy Living Behavior, a significance value of 0.002 was obtained, which means that the two variables are significant to each other.

Even though the Indonesian Ministry of Health has issued a lot of actual information and guidelines regarding COVID-19, many people do not understand it properly. To prevent the spread of COVID-19, it doesn't only end with social distancing, but must be accompanied by the application of clean and healthy living behaviors (PHBS).

RESEARCH METHOD

This type of research is a descriptive survey research that describes phenomena that occur in a certain population (Notoatmodjo, 2010) and analyzes the extent to which students' clean and healthy living behaviors in preventing COVID-19. The population in the study was 2nd semester students of Cut Nyak Dhien University of Science 300 people, with a total sample of 25% of the total population, namely 75 with systematic random sampling technique, (Saryono, 201d1). Measuring tools used in research are questionnaires and demonstrations. The data analysis technique used is univariate analysis which aims to explain the characteristics of each research variable using a frequency distribution table.

RESULTS AND DISCUSSIONS

After conducting research on 75 respondents about the description of clean and healthy living behavior towards Cut Nyak Dhien University of Science students in 2022, the following results were obtained:

Tabel 1. Frequency Distribution of students knowledge about PHBS in preventing COVID -19 at Science University Cut Nyak Dhien in 2022.

No	Knowledge	Frequency	Percentage %
1	Well	20	26,7
2	Enough	45	60,0
3	Not enough	10	13,3
	Total	75	100

Based on Table 1, the majority of respondents with sufficient knowledge about PHBS totaled 45 (60.0%), and a minority of respondents who had less knowledge amounted to 10 (13.3%)., especially how to wash their hands properly, The results of this study indicate that the average respondent has sufficient knowledge about Clean and Healthy Behavior (PHBS).

The results of this study are not in accordance with research conducted by Pertiwi (2020) which shows that 65.9% of respondents have good PHBS knowledge. According to Kriswanto's research results (2020) it was stated that the clean and healthy lifestyle of UNY Sports Education students during the Covid-19 pandemic was in the very high category. Respondents' knowledge was in the Adequate category, due to the lack of socialization about Clean and Healthy Behavior (PHBS) on a regular basis, there were no posters or banners on Clean and Healthy Behavior (PHBS) in every class at Science University of Cut Nyak Dhien.

Tabel 2. Frequency Distribution of students attitude about PHBS in preventing COVID -19 at Science University Cut Nyak Dhien in 2022.

No	Attitude	Frequency	Percentage %
1	Positive	36	48,0
2	Negative	39	52,0
	Total	75	100

Bases on the results of study, most of the respondents had a negative attitude about PHBS, amounting to 39 (52.0%), and a small portion had a positive attitude, amounting to 36 (48.0%). This study confirms that respondents have a more dominant negative attitude, compared to a positive attitude, based on the facts on the ground that many students are still ignorant and do not care about the implementation of Clean and Healthy Behavior (PHBS).

The results of this study are not in accordance with previous research conducted by Pertiwi (2020) showing that 53.9% of respondents have a positive attitude towards PHBS. According to Rahmawati (2021) were not in accordance with this study, the results obtained were 62.5% that respondents were not used to washing their hands according to health protocols and 37.5% according to health standards. After the socialization was carried out there was a change in knowledge and attitudes in washing hands, namely the original 37.5% increased to 87.5%.

Attitude has several important points that must be explained including (1) response-oriented attitude, where attitude is a form of a feeling, namely feelings that support or take sides (favorable) or feelings that do not support an object; (2) attitude oriented to response readiness such as attitude is readiness to react to an object using a certain way. However, when faced with a stimulus that may require a response to a pattern of behavior, or anticipation readiness to be able to adapt to social situations that have been conditioned (Rahayuningsih, 2008 in Ramdani et al 2019).

The attitude of the respondents is in the negative category, due to their lack of concern for the available information, the respondents do not want to know, the respondents consider it not too important, and they think that Covid-19 does not exist.

Tabel 3. Frequency Distribution of students skills about PHBS in preventing COVID -19 at Science University Cut Nyak Dhien in 2022.

No	Skill	Frequency	Percentage %
1	Skilled	5	6,7
2	Unskilled	70	93,3
	Total	75	100

Based on the results showed that the majority of respondents were unskilled regarding PHBS 70 (93.3%), and a minority of skilled respondents was 5 (6.7%). This study confirms that the skills of unskilled students are very high compared to skilled students. Based on the facts in the field at the time the research was conducted, the majority of students had not been able to practice good and correct hand washing, they did sober hand washing, some only splashed/wetted with water without rubbing, and some did not wash their hands at all. Only a few students can practice how to wash their hands properly. This was proven during research observations and trying to demonstrate how to wash hands properly, the result was that students could not practice it properly from the 6 correct hand washing steps.

The results of this study are not in accordance with previous research conducted by Yulianthi (2021), it was found that 84.2% of respondents washed their hands using soap. Respondents who had good hand washing behavior were 81.6% and the level of prevention of transmission of the Covid-19 virus 100% of students are not infected by adhering to good and correct hand washing protocols.

Routinely washing hands clean is one of the health protocols that is quite effective in preventing transmission of the corona virus. For best results, it is recommended to wash your hands for at least 20 seconds several times a day, especially when: Before cooking or eating, After using the bathroom, After covering your nose when you cough or sneeze. To kill viruses and other germs, use soap and water or hand sanitizer that contains alcohol and follow the correct hand washing steps, namely 6 hand washing steps.

The students skills were in the Unskilled category, due to the unavailability of hand washing facilities in each Faculty/Prodi, there were no demonstrations regarding the 6 steps of washing hands properly and correctly, there were no strict sanctions against students who did not wash their hands.

CONCLUSION

Based on the results of research conducted on 75 respondents regarding the description of clean and healthy living behavior at students in Science University of Cut Nyak Dhien, the results obtained were 1) knowledge showed that the majority of respondents had sufficient knowledge about PHBS, amounting to 45 (60.0%), and a minority of respondents had less knowledge. amounted to 10 (13.3%). 2) Attitude shows that the majority of respondents have a negative attitude about PHBS, totaling 39 (52.0%), and a small proportion of them having a positive attitude, amounting to 36 (48.0%). and 3) Skills indicate the majority of Unskilled respondents regarding PHBS 70 (93.3%), and a minority of Skilled respondents amounted to 5 (6.7%).

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