



The Effect of Health Education on Covid-19 Prevention on Hand Washing Behavior Among Students of SMAN 3 North Bengkulu

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ABSTRACT

Education is one of the supporting factors that can change students' behavior in doing various things to support students' growth efforts so that they can experience behavioral development in a better direction. The aims of this study were to know the effect of health education on Covid-19 prevention on handwashing behavior in students of SMAN 3 North Bengkulu. The type of this study used a pra-experimental design with the one group pretest posttest design and used proportional random sampling technique in 131 respondents. Population in this study were a 10th class student in SMAN 3 North Bengkulu in April and May 2021. Collected data in this study with giving the questionnaire about handwashing behavior before and after health education. The results of this study showed: Based on Wilcoxon Signed Rank Test obtained value of Z were -5,840 with value of Asymp. Sig (p)=0,000, because value of $p < 0,05$, so that can be conclude there is the effect of health education on Covid-19 prevention on handwashing behavior in students of SMAN 3 North Bengkulu. It is hoped that educators and other related institutions can optimize socialization about Covid-19 prevention to students so that they can spread the Covid-19 virus.

Keywords: Handwashing Behavior, Health Education, Prevention of Covid-19

I. INTRODUCTION

Countries in the world are faced with the same big problem, namely the outbreak of the Covid-19 virus that originated from Wuhan China in December 2019, until now this virus is still a global pandemic. From the latest data obtained, the number of cases of Covid-19 worldwide on November 8, 2020 reached 49,578,590 confirmed cases with a death toll of 1,245,717. The highest cases were occupied by the United States with 9,504,758 cases with 233,292 deaths, followed by India with 8,507,754 cases with 126,121 deaths and Brazil with 5,590,025 cases with 161,106 deaths. Meanwhile, in Indonesia itself, there are currently 433,836 confirmed cases of Covid-19 with a death rate of 14,540 cases (WHO, 2020). Corona Virus Disease (Covid-19) has been declared by WHO as a pandemic and the Government of Indonesia based on Presidential Decree No. 11 of 2020 concerning the Determination of Public Health Emergency Corona Virus Disease 2019 (Covid-19) has declared Covid-19 as a public health emergency that must be carried out. countermeasures (Telaumbanua, 2020). The government also emphasized to avoid crowds, wash hands frequently with soap and must maintain social distance in communicating with anyone because this has a greater risk of transmitting Covid-19. Even though the government has imposed regulations on physical distancing, social distancing and washing hands with soap, there are still many people who violate it (Natalia et al, 2020).

Various efforts in socializing the nation's next generation of handling the Corona Virus from an early age (Zendrato, 2020). Health education is one way to convey to the community, including school children, to remain obedient to health protocols. Health education is a combination of a variety of activities and opportunities are based on the principles of learning to achieve a situation, where individuals, families, groups or society as a whole wants to live a healthy, know-how and do anything that could be done, individually and in groups and ask help (Hermawan, 2013).

Now everyone is focused on preventing the spread of this dangerous virus. One strategy is to wash hands according to health rules based on health protocols set by WHO. According to the Regulation of the Minister of Health of the Republic of Indonesia No. 3 Years (2014) proper hand washing is one of the three pillars of Indonesia's development in the health sector, namely a healthy lifestyle. Meanwhile, the other pillars are the conditioning of a healthy environment and the provision of health services that are representative and affordable for all. Concrete steps

from this effort are in the form of counseling or providing knowledge information (transfer of knowledge), good habits from an early age accompanied by mentoring or direct practice with learning videos.

Learning videos can improve hand washing behavior which is carried out with health education about good and correct hand washing procedures. The use of audio-visual media will make learning more successful when compared to not using audio-visual, that the learning video strategy is better because it contains knowledge that is quite complete and easy for students to digest (Asmara, 2015).

One way to prevent the spread of Covid-19 from spreading further is to conduct health education about hand washing through audiovisual videos. Hand washing counseling aims to make high school (SMA) students understand the procedures for washing hands, and can practice how to wash hands properly and correctly. So it is hoped that after the implementation of health education on hand washing, students can make changes in behavior at school or in the community, so that they like to wash their hands as often as possible properly and correctly. And in previous research, it was stated that there was an effect of health education on hand washing behavior at SDN Mangge 2 (Pungki, 2017). Correct hand washing behavior is one aspect that is an indicator in PHBS which is currently a worldwide concern. This is because not only in developing countries, but also in developed countries, there are still many people who forget to do proper hand washing behavior (Kahusadi et al, 2019).

From the initial data on the habit of washing hands in SMAN 03 Bengkulu Utara students, the results obtained through interviews conducted by researchers using the existing questionnaire format that of 8 students, 2 students said they often wash their hands when in the school environment. Meanwhile, 6 other students said that they had never washed their hands properly and correctly in the school environment. Based on the explanation above, the researchers were interested in conducting research on the effect of health education on Covid-19 prevention on hand washing behavior in SMAN 3 North Bengkulu students.

Based on the background above, the formulation of the problem in this study is "is there an effect of health education on preventing Covid-19 on hand washing behavior in SMAN 3 North Bengkulu students?". The purpose of this study was to determine the effect of health education on Covid-19 prevention on hand washing behavior in students of SMAN 3 North Bengkulu.

II. RESEARCH METHODS

This research was conducted at the State High School (SMAN) 3 North Bengkulu. This type of research is Pre-Experiment using The One Group Pretest Posttest Design. The population in this study were students of class X SMAN 3 North Bengkulu which consisted of 7 classes, 4 classes majoring in social studies and 3 classes majoring in science with a total of 196 students. Samples were taken using Proportional Random Sampling. Data collection with questionnaire sheets. The data used are primary and secondary data. The data analysis technique was carried out by normality test, univariate and bivariate analysis. The statistical test used was Wilcoxon Signed Ranks (0.05).

III. RESEARCH RESULT

a. Univariate Analysis

Univariate analysis was carried out to obtain an overview of hand washing behavior in students of SMAN 3 North Bengkulu before it was carried out.

Table 1

Description of hand washing behavior before treatment (pretest) on students of SMAN 3 North Bengkulu.

No	Hand Washing Behavior	Frequency	Percentage (%)	Median	Std. Deviation
1	Well	70	53,4	16	3,162
2	Not Enough	61	46,6		
Total		131	100		

Based on table 1, it was found that the behavior of washing hands before being given health education about Covid-19 prevention there were 70 respondents (53.4%) with good behavior, while 61 respondents (46.6%) with poor behavior. The median of students' hand washing behavior before treatment was 16.

Table 2

Description of hand washing behavior after treatment (posttest) in students of SMAN 3 North Bengkulu

No	Hand Washing Behavior	Frequency	Percentage (%)	Median	Std. Deviation
1	Well	81	61,8	17	2,519
2	Not Enough	50	38,2		
Total		131	100		

Based on table 2, the results of students' hand washing behavior after being given health counseling treatment about the prevention of Covid-19 were 81 respondents (61.8%) with good behavior, and 50 respondents (38.2%) with poor behavior. The median of students' hand washing behavior after treatment was 17.

b. Normality Test

The normality test of this data was carried out to determine whether the data were normally distributed or not using the Kolmogorov-Smirnov test as follows:

Table 3
Data Normality Test at SMAN 3 North Bengkulu (N=131)

No Behavior Statistic	Hand Washing	Kolmogorov-Smirnov			Note
			Df	Sig.	
1	Before treatment	1,388	131	0,042	Abnormal
2	After treatment	1,672	131	0,007	Abnormal

According to Pungki (2017), the behavior of washing hands in elementary school children at SDN Mangge 2 before being given an intervention in the form of training 1 time got an average value of 1.7368 and in training 2 times the average value was 2.4211. The difference in the average value of the 1 and 2 training sessions is due to the difference between the respondents in the 1 and 2 training sessions. In the 1st training, the respondents tended to be calm and paid attention to the material presented during the training, while in the 2nd training, the respondents tended to be difficult to manage and did not pay attention to the material presented during the training. The results of interviews between researchers and teachers obtained information that health workers rarely come to provide health education, especially about washing hands with soap. Not to mention that the facilities for these activities are still not sufficient.

The results of the analysis using the Wilcoxon Signed Ranks Test showed that there was an effect of health education on preventing Covid-19 on hand washing behavior in SMAN 3 North Bengkulu students with $p\text{-value} = 0.000 < 0.05$.

The results of this study obtained 23 students with lower behavior after counseling than before counseling, this happened because in general students did not follow the delivery of health education properly. And also the lack of understanding and knowledge of students about how to prevent the spread of Covid-19 since the beginning of the meeting. And the lack of good socialization from the school or related health services.

In line with previous research conducted by Surani (2012) on the effect of hand washing training on hand washing behavior in grade 4 students at SDN Wijirejo II Bantul, it was found that there was an effect of hand washing training on hand washing behavior in grade 4 students at SDN Wijirejo II Bantul.

According to WHO in 1954 in Fitriani (2011), explained that the purpose of health education is to change the behavior of people or society from unhealthy behavior to healthy behavior and change behavior related to cultural attitudes or behavior. So clearly, health education can change a person's behavior, especially regarding health for the better, one of them by washing hands. The same thing is also explained that health education for children aims to provide knowledge about the basic principles of healthy living, create healthy attitudes and behavior, form healthy living habits, and increase healthy living habits so that they can be responsible for their own health and their environment and actively participate in health endeavors.

The results of this study are in line with research conducted by Ardianto and Khusnal (2013), regarding the effect of health education with audiovisual methods on hand washing behavior in ABA Notoyudan Kindergarten, which showed that there were significant differences after and before being given health education.

IV. CONCLUSION

- The number of 131 students of class X who were respondents at SMAN 3 North Bengkulu before being given health counseling treatment on Covid-19 prevention, there were 70 respondents (53.4%) with good behavior, 61 respondents (46.6%) with poor behavior.
- The number of 131 students of class X who became respondents at SMAN 3 North Bengkulu after being given health counseling treatment on Covid-19 prevention, there were 81 respondents (61.8%) with good behavior, and 50 respondents (38.2%) with poor behavior.
- There are differences in hand washing behavior in SMAN 3 North Bengkulu students before and after being given health education about Covid-19 prevention.

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