



3M DISCIPLINE COUNSELING (USING MASKS CORRECTLY, WASHING HANDS WITH SOAP, KEEPING DISTANCE) IN THE NEW NORMAL ERA COVID-19

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ABSTRACT

Background: Early in 2020, the world was shocked by the spread of new viruses, namely the new type of corona virus (SARS-CoV-2) and the disease Corona virus disease 2019 (Covid - 19). The spread of COVID-19 occurs rapidly and is widespread because it can be transmitted through human-to-human contact human. Indonesia has implemented various public health measures including Large-Scale Social Restrictions (PSBB), in the Context of Prevention and Handling of Corona Virus Disease 2019 (COVID-19) such as 3M Discipline (Wearing Masks Correctly, Washing Hands with Soap, Maintaining Distance).

Purpose: The purpose of this activity is to increase knowledge and understanding of covid-19 prevention.

Method: The method used in this activity is online using the Zoom application on October 29, 2020 using the lecture method. The lecture method was chosen to provide an explanation of 3M discipline and how to wear masks properly, how to wash hands 6 steps. The question and answer method is also implemented so that participants can gain as much knowledge as possible about the material presented.

Result: Through this activity, it is hoped that the public can realize that the prevention of Covid-19 is very important, one of which is by getting used to using masks properly, washing hands with soap and maintaining distance. The results of the activity showed a significant increase in the knowledge and ability of the participants to understand the material presented.

Conclusion: The results *post-test* showed an increase in the percentage of up to 100% for questions related to knowledge about Covid-19 prevention and 3M discipline (wearing masks properly, washing hands with soap, keeping distance).

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1. INTRODUCTION

The COVID-19 infection caused by the corona virus is a new pandemic with a very fast spread between humans. The degree of disease can vary from upper respiratory tract infections to ARDS. The diagnosis is confirmed by RT-PCR, until now there is no specific antiviral therapy and no vaccine for COVID-19 has been found. Development is needed regarding various matters including prevention around the world [1].

Corona virus Disease 2019 (COVID-19) is a new type of disease that has never been previously identified in humans. The virus that causes COVID-19 is called Sars-CoV-2. Corona viruses are zoonotic (transmitted between animals and humans). Research states that SARS is transmitted from civet cats to humans and MERS from camels to humans. Meanwhile, the animal that is the source of transmission of COVID-19 is still unknown [2].

Based on scientific evidence, COVID-19 can be transmitted from human to human through droplets, not through the air. People who are most at risk of contracting this disease are people who have close contact with COVID-19 patients, including those caring for COVID-19 patients. Standard recommendations for preventing the spread of infection are regular hand washing with soap and clean water, practicing coughing and sneezing, avoiding direct contact with livestock and wild animals and avoiding close contact with anyone showing symptoms of respiratory illness such as coughing and

sneezing. In addition, implementing Infection Prevention and Control (PPI) while in health facilities, especially emergency units [3].

In the United States there were 6,093,061 cases, 185,852 people died, a total of 3,370,539 recovered. while in Brazil, 3,812,605 cases, 119,594 people died, total recovered 2,976,796, India 3,461,240 cases, 62,713 people died, total recovered 2,647,538. Russia 980,405 cases, 16,914 people died, recovered 798,466. In Indonesia to date, in October 2020 positive cases of Covid-19 were 291,182. The cure rate was 218,487 people. 10,856 patients died [4].

In Indonesia, Indonesia reported 2 confirmed cases of COVID-19. As of March 25, 2020, Indonesia has reported 790 confirmed cases of COVID-19 from 24 provinces, namely: Bali, Banten, DIY, DKI Jakarta, Jambi, West Java, Central Java, East Java, West Kalimantan, East Kalimantan, Central Kalimantan, South Kalimantan, Kep. Riau, West Nusa Tenggara, South Sumatra, North Sumatra, North Sulawesi, Southeast Sulawesi, South Sulawesi, Lampung, Riau, North Maluku, Maluku and Papua. Areas with local transmission in Indonesia are DKI Jakarta, Banten (Tangerang Regency, Tangerang City), West Java (Bandung City, Bekasi Regency, Bekasi City, Depok City, Bogor Regency, Bogor Regency, Karawang Regency), Java Timur (Malang Regency, Magetan Regency and Surabaya City) and Central Java (Surakarta City), at the beginning of October 2020 The increase in the number of COVID-19 cases took place quite quickly. Positive cases of Covid-19 increased by 4,174 to 291,182 [5]. The cure rate increased by 3,540 to 218,487 people. Patients died increased by 116 to 10,856 people. [6].

Covid-19 prevention steps can be done with 3M (Using Masks properly, Washing Hands with Soap, Maintaining Distance). therefore, education is needed to the community

2. METHODS

Research activities to the community of Kepanjen High School of Health Sciences are carried out in a scheduled mid-semester by lecturers. This activity was carried out by virtual counseling with the theme of 3M Discipline Counseling (Using Masks Correctly, Washing Hands with Soap, Maintaining Distance), using the ZOOM Platform.

Implementation of research activities at Kepanjen Stikes on Tuesday, 29 October 2020, 12.00 - 13.40. The sample in this study was the general public as many as 40 people. The instruments used in the implementation of the activity are attendance and pre-test, post-test (evaluation) activities in the form of google form.

The hypothesis in this study is:

H_0 = there is no difference in the knowledge of the community before extension and after counseling

H_1 = there is a difference in the knowledge of the community before extension and after counseling

3. RESULT AND ANALYSIS

Table 1. Knowledge Change Analysis Results

	Paired Differences					t	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference			
				Lower	Upper		
the value of knowledge	27.750	12.907	2.041	23.622	31.878	13.597	.000

Based on the results of the analysis of changes in knowledge, Table 1 shows an increase in the knowledge, understanding, and abilities of participants in understanding the material presented in this extension activity. The 3M Discipline Outreach Research (Wearing masks properly, washing hands with soap, maintaining distance) in the general public was conducted on October 29, 2020. This counseling went smoothly and participants followed it well. Based on the pre-test and post-test distributed to participants via google form, the results of the pre-test and post-test responses illustrate that counseling is very useful and increases the knowledge of the general public. This is reflected in the increase in the percentage of public knowledge about wearing masks properly, washing hands with soap, maintaining distance before and after counseling. Based on the results of data processing, the description of people's knowledge of 3M discipline (wearing masks properly, and keeping their distance), in general, the average



value of knowledge before counseling is 72. Whereas after counseling is carried out, in general it is at an average of 100. The data showed that 3M discipline after counseling had increased with a significant value of P value <0.05 (0.000), so it was significant, meaning that the hypothesis was accepted.

4. CONCLUSION

Based on the data analysis, it can be concluded that:

1. 3M Discipline Education (Wearing masks properly, washing hands with soap, maintaining distance) to the general public. With this outreach activity, the general public is increasingly aware of the importance of preventing the COVID-19 virus with 3M discipline (wearing masks properly, washing hands with soap, maintaining distance).
2. There are differences in knowledge before and after education. There is an increase in public knowledge about the prevention of covid-19 through 3M discipline (wearing masks properly, washing hands with soap, maintaining distance) after being given counseling. This is reflected in the increase in the percentage of the post test. This increase shows that counseling is effective in increasing public knowledge in preventing Covid-19.

5. REFERENCES

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