

Clean and Healthy Living Patterns, Balanced Nutrition, and Stress Management in The Covid-19 Pandemic

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ABSTRACT

Corona virus or COVID-19, the case started with pneumonia or a mysterious pneumonia in December 2019 in wuhan then spread throughout the world. At times like this, it is very important to try to increase the body's immunity by implementing the principles of a healthy lifestyle because the ability to survive this virus attack depends from the strength or weakness of immunity. Various important factors related to a person's immunity include diet, clean and healthy living patterns, and no less important is stress management during a pandemic. Unfortunately, many people do not realize the importance of these factors in increasing immunity. Therefore, to increase public awareness, education is needed so that they can lead a more optimal healthy lifestyle. The target of the counseling activities that we carried out was to educate the community in Balai Kembang village, Mangkutana, East Luwu, South Sulawesi on November 17, 2019. The instruments counseling used power point presentations and videos. Before and after the counseling, participants were given a knowledge questionnaire and the results were processed using SPSS Version 16. The counseling went smoothly and had an impact on increasing community knowledge.

Keywords: Covid-19, Balanced Nutrition, PHBS, Stress

INTRODUCTION

In early 2020, the world was shocked by an outbreak of a new pneumonia that started in Wuhan, Hubei Province, which then spread rapidly to more than 190 countries and territories. This outbreak was named coronavirus disease 2019 (COVID-19) caused by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). The spread of this disease has had a broad social and economic impact (Susilo, A. et al., 2020). At times like this, it is very important to try to increase the body's immunity by implementing the principles of a healthy lifestyle because the ability to survive this virus attack depends from the strength or weakness of immunity. Various important factors related to a person's immunity include diet, clean and healthy living patterns, and no less important is stress management during a pandemic.

Knowledge of balanced nutrition is knowledge about food and nutrients, sources of nutrients in food, food that is safe for consumption so it does not cause disease and how to process food properly so that nutrients in food are not lost and how to live healthy (Notoatmodjo. 2002). Based on the 2014 Indonesian Ministry of Health guidelines, balanced nutrition is a daily diet that contains nutrients in the types and amounts according to the body's needs, taking into account the principles of food diversity, physical activity, clean living behavior and maintaining a normal weight to prevent nutritional problems. .

Health is a condition that every individual wants. According to WHO in Notoatmodjo (2002) the definition of health is a state of complete physical, mental and social well-being, not limited to being free from disease or infirmity. The achievement of a good and the highest degree of health is a fundamental right for everyone regardless of race, religion, gender, political affiliation and socio-economic level.

Clean and healthy living patterns or called PHBS in bahasa must be applied to every side of human life anytime and anywhere including in the environment and place of residence because behavior is an attitude and action that will form habits so that they are inherent in a person. Behavior is an individual's response to stimulation both from outside and from within. Clean and healthy living patterns or called PHBS (Pola Hidup Bersih dan Sehat) is a set of behaviors that are practiced on the basis of awareness as a result of learning, which makes a person or family

able to help themselves in the health sector and play an active role in realizing public health (Notoatmodjo. 2002).

Stress is a universal phenomenon that occurs in everyday life and cannot be avoided and will be experienced by everyone. Stress can be defined as a state we experience when there is a mismatch between accepted demands and our ability to cope (Looker and Gregson, 2005).

Stress can be divided into several levels, namely a. Mild stress, Mild stress is stress that does not damage the physiological aspects of a person. Mild stress is generally felt and faced by everyone on a regular basis such as forgetting, sleeping too much, being stuck, being criticized. Situations like this usually last a few minutes or a few hours and usually won't cause illness unless it's treated continuously. b. Moderate stress, Moderate stress is stress that lasts longer than a few hours to several days, such as at the time of disputes, unfinished agreements, due to overwork, expecting a new job, family problems. Situations like this can affect a person's health condition. c. Severe stress, Severe stress is a chronic stress that occurs from a few weeks to several years caused by several factors such as a husband and wife relationship that is not harmonious, financial difficulties and long physical illness (Rasmun, 2004).

Health counseling is an educational activity carried out by spreading messages, instilling faith, so that people are not only aware, know, and understand, but are also willing and able to make recommendations related to health. (Anwar in Effendy, 2012)

According to the Ministry of Health in Effendy (2012) Health counseling is a combination of various activities or opportunities based on learning principles to achieve a situation, where individuals, families, groups or society as a whole want to be healthy, know how to do it and do what can be done collectively. individually or in groups and ask for help when necessary.

Health counseling is a health education activity, which is carried out by spreading messages, instilling faith, so that people are not only aware, know and understand, but are also willing and able to carry out recommendations related to health.

The counseling materials can be done in various forms such as information, technology, social engineering, management, economics, law, and environmental sustainability. Along with advances in information technology, this extension can be done more creatively in conveying the material. The use of audio-visual media is necessary. According to Atoel (2011) audio-visual media has several advantages, including being able to clarify the presentation of messages so that they are not too verbalistic in the form of words, written, or spoken.

This counseling is carried out to achieve changes in the behavior of individuals, families, and communities in fostering and maintaining health, playing an active role in realizing optimal health according to healthy living both physically, mentally and socially.

METHOD

The counseling activity was carried out in Balai Kembang Hamlet, Mangkutana, East Luwu, South Sulawesi with the target of counseling activities being local people who were collected at the Izzatul Islam Mosque on November 17, 2020. Before and after the counseling, participants were given a questionnaire to measure changes in the level of knowledge and the results were in the form of resources that are processed using SPSS Version 16. The counseling instrument uses a power point presentation containing material on Guidelines for Balanced Nutrition and PHBS in a Pandemic Period. In addition, we use an counseling instrument in the form of a video containing material on stress management during the pandemic.

RESULTS

In the process of counseling activities were enthusiastically followed by all participants. All participants participated in all activities to completion. The presentation of the material using audio and visuals made interesting turned out to have an impact on the knowledge of the participants. This can be seen from the results of statistical analysis in the graphs and tables below.

Table 1. Knowledge of Balance Nutrition, PHBS, and Stress Management during a Pandemic

Knowledge Category	Good	Moderate	Less	
Pretest	4 orang (40%)	5 orang (50%)	1 orang (10%)	P = 0.016
Posttest	10 orang (100%)			

Based on graphs 1 and 2 above, we can see changes in knowledge of Balanced Nutrition, PHBS, and Stress Management. At the time before conducting counseling there were still those who had less knowledge, less 10% and moderate 40%. After conducting the counseling, another test was carried out with the same questions and the results were that all service participants had knowledge about the theme of service, namely with a good category score. In addition, the Wilcoxon difference test, which is presented in Table 1, obtained a P value of 0.016, which means that there is a significant knowledge of participants before counseling and counseling where the trend of the data shows an increase knowledge.

DISCUSSION

The essence of the service activities carried out is counseling activities by assessing differences in knowledge before and after counseling activities are carried out. Because it is believed that behavior change can occur after a change in knowledge, knowledge intervention is very important. The effectiveness of counseling activities has been proven in service activities carried out by Wijaya et al (2021) where counseling activities have an impact on increasing knowledge of balanced nutrition during a pandemic in high school food management students plus PGRI Cibinong and counseling activities carried out by Indriawati and Darmawati (2021) which also shows a positive trend in increasing PHBS knowledge in pottery craftsman community in Yogyakarta.

The subjects for this service are the people of the Balai Bunga hamlet, East Luwu, South Sulawesi. The time of service was carried out on November 17, 2020 at the Izzatul Islam Mosque. The stages of implementing the activities are divided into four, namely preparation of counseling materials, licensing of activities, counseling activities, and evaluation. Preparation for community service begins with the preparation of balanced nutrition and PHBS materials during the pandemic which are made as attractive as possible consisting of pictures and simple explanations to make it easier for the public to understand. In addition to the material in the form of power points, a video containing material on stress management during the pandemic is also made, the video material is made concise which also contains interesting images and audio so that the material can be well captured by the public. Licensing is carried out at the Balai Kembang Village Head's office and at the same time requesting the presence of the village to give a speech when the activity is carried out.

Evaluation of activities is carried out by looking at the level of community knowledge. The level of knowledge is classified based on the knowledge score which is measured using a questionnaire instrument before and after counseling. Knowledge of balanced nutrition, PHBS, and stress management measured is nutritional knowledge based on the latest guideline entitled balanced nutrition during a pandemic issued by the Ministry of Health in 2020. Closed questions are scored with a range of 0-1 for each answer to the question. The sample gets a score of 1 if the respondent answers correctly. Score 0 if the respondent answers do not know or is wrong. The total of closed-question scores is then presented as a percentage. Furthermore, the percentage of knowledge scores were categorized into low, medium, and high. According to Khomsan (2000) a score below 60% is in the low category, a score of 60-80% is in the medium category, and if the score is more than 80%, it is high.

Counseling activities are divided into 4 main activities. The first is the welcome from the village officials. The second is material presentation, the third is video screening, the fourth is socialization of real work college products in the form of videos and infographics. After the presentation session, it was followed by a question and answer session. After all the series of

events are completed, give rewards to all participants who have followed the entire series of events well to completion.

The material for balanced nutrition guidelines and PHBS that were delivered certainly focused on information related to the pandemic. In the nutritional guide material during a pandemic, information is given about balanced nutritious foods that can increase immunity. Likewise, PHBS information focuses on information related to the pandemic. Such as how to wash hands properly and correctly and other information. While the stress management material is presented with a video that has been made previously. To make the information from the video easier to understand, the Counseling Officer added interesting visuals and audio.

The drawback of this extension activity data is that the data information submitted does not fully describe the participants present. Because of the 16 people who attended the counseling activity, only 10 people wanted to take the pretest and the rest of the posttest refused to fill out the questionnaire, so the data we presented did not reflect the overall knowledge of the participants present.

CONCLUSIONS AND RECOMMENDATIONS

The counseling activity with the theme of balanced nutrition guidelines, PHBS, and stress management during the pandemic went smoothly where it could be seen that there was a significant difference between knowledge before and after the counseling was carried out with a P value = 0.016. This activity needs to be continued on an ongoing basis with several improvements such as seeking more people who can participate in a series of events such as making online outreach activities so that more people can benefit from counseling activities and trying to keep activities following the applicable health protocols.

ACKNOWLEDGMENTS

Acknowledgments are conveyed to all parties who facilitated this community service activity, especially to Singaperbangsa Karawang University who helped finance the counseling activities, the Village Apparatus who gave the activity permits and the entire Balai Kembang Community who provided assistance so that the counseling activities were carried out properly.

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APPENDIX



Figure 1. Counseling Process



Figure 2. Counseling Participant