

**PENDIDIKAN KESEHATAN AUDIOVISUAL SELAMA PANDEMI COVID-19:
PENGETAHUAN DAN PRAKTIK REMAJA DI INDONESIA**

*Audiovisual Health Education during Pandemic Covid-19 : Adolescent Knowledge and
Practice in Indonesia*

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Abstrak

Pendahuluan: Kasus Covid-19 meningkat pada usia muda karena enggan beradaptasi dengan new normal. Kasus pandemi Covid-19 berdampak pada semua aspek kehidupan masyarakat termasuk pendidikan kesehatan. Media audiovisual merupakan salah satu alat untuk menyampaikan informasi secara lebih efektif. Animasi, gambar, suara menarik untuk menyerang generasi milenial sehingga akan menambah pengetahuan dan perilaku. **Tujuan:** Untuk mengetahui efektivitas audiovisual terhadap pengetahuan dan perilaku Covid-19 di kalangan remaja. **Metode:** Merupakan penelitian kuantitatif dengan rancangan eksperimen one group Pre-Posttest Design yang dilakukan di salah satu SMA di Indonesia. Metode convenience sampling diterapkan. Instrumen yang digunakan dalam penelitian ini berjumlah 12 dalam pengetahuan dan 20 dalam praktik. Intervensi disampaikan dalam 4 hari dengan 35 menit setiap sesi. Analisis data yang digunakan adalah deskriptif dan uji t sampel berpasangan. **Hasil:** Sebagian besar responden berusia 16 tahun, berjenis kelamin perempuan, dan seluruh responden kelas XI. Pengetahuan dan perilaku sebelum intervensi meningkat berubah setelah intervensi. Semua domain dalam variabel pengetahuan meningkat. Hasil yang signifikan secara statistik menunjukkan bahwa media audiovisual meningkatkan pengetahuan dan pencegahan praktik. **Kesimpulan:** Ada pengaruh media audiovisual terhadap peningkatan pengetahuan dan perilaku pencegahan COVID-19 pada remaja. Tenaga kesehatan dapat menggunakan media audiovisual kepada remaja sehingga informasi yang disampaikan lebih efektif dan mudah dipahami.

Abstract

Background: Covid-19 cases increased at a young age because they are reluctant to the adaptation to the new normal. Pandemic Covid-19 cases impacted all aspects in people's life including health education. Audiovisual media is one of the tools to convey information more effectively. Animation, pictures, sound are interesting to attack the millennial generation therefore they will increase knowledge and behavior. **Objective:** This study aims to explore the effectiveness of audiovisual toward Covid-19 knowledge and behavior among adolescents. **Methods:** This study is quantitative research with experimental one group Pre-Posttest Design conducted at one high school in Indonesia. A convenience sampling method was applied. The instrument used in this study with a total of 12 in knowledge and 20 in practice. The intervention was delivered in 4 days with 35 minutes of each session. Data analysis used is descriptive and paired sample t-test. **Results:** Most respondents aged at 16 years, female, and all respondents in class XI. Knowledge and behavior before the intervention increased changed after the intervention. All domain in variable knowledge is increased. A statistically significant result showed that audiovisual media increased knowledge and practice prevention. **Conclusion:** There is an effect of audiovisual media on increasing knowledge and behavior prevention of COVID-19 in adolescents. Health care professionals can use audiovisual media to adolescents therefore information is delivered more effective and easier to understand.

INTRODUCTION

Indonesia is one of the countries most affected by Covid-19 with a total case up to 1,174,779 cases in two months in the early year 2021 with a death toll of up to 31,976 (WHO, 2021a). West Java is the province with the second-highest case in Indonesia (Ministry of Health, 2021a). Covid-19 case attacked all population and increase in young people because they tend to do more activities outside the home without physical distance (Bachri & Utami, 2021).

Influence factors that contribute to health status are knowledge, attitudes, and practice prevention. A previous study mentioned that 76.9% had good knowledge, 72.5% had good practice but 50.8% had a negative attitude towards Covid-19 (Moudy & Syakurah, 2020). Knowledge and attitudes among students regarding the prevention of Covid-19 in Indonesia gained information from various sources for instance in social media, TV, the internet, and others (Sukesih, Usman, Budi, & Sari, 2020).

The advanced technology accessed through unlimited digital tools through TV, smartphone, several applications, YouTube platform, and others provide an overview of behavior measures from Covid-19 (Rohita, 2020). However, various media provided numerous hoax information and people continue to spread false information (Juditha, 2020). Health education is developing very quickly these days during pandemics (Djafri, 2014). In this time, disruption impacted every aspect including schools closure to avoid physical contact (Aji, 2020).

In a previous study, audiovisual media was used for health education to increase children's knowledge and attitudes towards preventing Covid19. Information with this media possible for reciprocity to occur during the delivery process and the material presented become more attractive (Warsini & Sriwiyati, 2020). Health education with audiovisual also allows children to be more interested in pictures and videos and engage together in amusing activities (Warsini & Sriwiyati, 2020). The advantages of audiovisual which has a combination of video and audio This allows messages to be delivered faster, faster to understand and more reliable sources related to Covid-19 can be accessed compared to text media. Based on the explanation above, the

objective of this study to analyze the effectiveness of social media toward Covid-19 knowledge and prevention among adolescents.

METHODS

This study is quasi-experimental with pre and post-test design. A total of 35 respondents agreed to participate in this study in April 2021. Inclusion criteria are adolescents aged 15-18 years old, active registered as students in high school, and have smartphones. This study was conducted in one of the biggest Islamic schools in the west region of Indonesia.

The research instrument consisted of demographic data and a self-filled questionnaire. The knowledge instrument used in this study is developed by Zhong et al (2020) with a total of 12 questions. The practice prevention instrument total of 20 questions adapted from the World Health Organization (2020) with several domain variables including hand washing, avoiding face, disinfection, staying at home, covering cough, physical distancing, diet restrictions, using face mask, homeopathic remedies quarantine, smoking, and physical activity. Adaptation and translation to Bahasa are conducted with the acceptable result of Content Validity Index (CVI) with 0.89. Data analyzed used SPSS Version 23 univariate and bivariate (*Paired T-Test*). Normality test with Shapiro-Wilk described that data was normally distributed with p-value >0.005.

RESULTS

Table 1 Demographic characteristics school-aged children (n=35)

Variables	N (%)
Age (years)	
Mean ± SD	
(16.43 ± 0.74)	
15	3 (8.6)
16	16 (45.7)
17	14 (40.0)
18	2 (5.7)
Gender	
Female	29 (82.9)
Male	6 (17.1)

Table 2. The difference score toward Covid-19 knowledge and practice

Variables Mean (±SD)	t	Pre- test	Post- test	p- value
Knowledge				
Clinical manifestation	-2.31	1.74	2.0	0.02*
Intervention and supportive management	-2.01	1.8	2.0	0.05*
Transmission	-5.09	1.23	2.0	0.00*
Isolation	-1.43	1.89	2.0	0.00*
Practice Prevention				
Hand washing	-2.09	0.89	1.0	0.04*
Avoid face	-1.43	0.94	1.0	0.16
Disinfection	-2.09	0.89	1.0	0.44*
Home when sick	-1.78	0.91	1.0	0.08
Cover coughing	-1.43	0.94	1.0	0.16
Physical distancing	-3.95	0.69	1.0	0.00*
Diet restriction	-1.78	0.91	1.0	0.08*
Face mask	-2.09	0.89	1.0	0.04*
Homeopathic remedies	-3.43	0.74	1.0	0.00*
Self-quarantine	-1.43	0.94	1.0	0.16
Smoking	-1.43	0.94	1.0	0.16
Physical activity	-1.41	0.71	1.0	0.17

Table 3. The analysis score of Covid-19 knowledge and practice among adolescent

Variables	t	Mean (±SD)	95%CI	p- value
Knowledge	-		-6.67–	.000
Pre	5.32	19.09(±5.37)	(-2.98)	
Post		23.91(±.028)		
Practice	-		-4.104	.000
Pre	-	17.17	–	
Post	3.85	(±4.09) 19.86(±.35)	(1.26)	

Based on table 1 above, most respondents age at 16 years, mostly (82.9%). are female and all respondents (100%) were in class XI. It can be seen (Table 2) knowledge and behavior before the intervention increased changed after the intervention. All domain in variable knowledge is increased. However, in practice prevention, the domain that increased

are hand washing, disinfection, physical distancing, diet restriction, face mask, and homeopathic remedies (Table 2) From Table 3 in the analysis variable, a statistically significant result showed that audiovisual media increased knowledge ($t=-5.32$) and practice prevention ($t=-3.85$) among adolescent with $p < 0.005$.

DISCUSSION

The research above shows is in line with the research conducted by Gabriella Romauli Natalia Hutagao et al, which stated that the majority of respondents were at the age of 17 years (69.11%). At this age, they have a better memory of the information they get and they have good skills in accessing the internet, making it easier for them to access information about COVID-19 (Hutagaol & Wulandari, 2021). The majority of respondents are women (82.9%) in line with research conducted by Ayu Riana Sari, 2020 where she stated that women have good preventive behavior compared to men. Women have a tendency to behave well and are more concerned about the environment and their health than men (AR Sari & et al, 2020).

In the research above, the average value score has increased. Hand washing is essential to protect someone from Covid-19 and from researcher observation at this school, hand sanitizer provided at each entrance and for every two classes there was one sink in front class, therefore adolescents become accustomed to washing their hands before and after doing activities or learning at school.

In the previous study by Jesica Maudy majority of respondents (92.2%) washed their hands in an effort to improve health in taking preventive measures against Covid-19 (Moudy & Syakurah, 2020). Strategy from school also influenced in another school where teachers teach students related the appropriate prevention measure like washing hands so that most children tend to understand more about how to prevent transmission of Covid-19 (Tabi'in, 2020).

Audiovisual media has an effect in increasing the level of knowledge and behavior by interesting picture, sound, and animation can improve knowledge, attitudes and attract attention because convey learning better, easy to remember and understand (Handayani & Mariana, 2007). 2021). The use of audiovisuals has succeeded in becoming a stimulus in

increasing knowledge about the use of masks as an effort to prevent covid-19 (Herman, 2021). Videos helped respondents who were not literate and unable to concentrate on long text communication for a long time (Zulfa & Kusuma, 2020).

CONCLUSIONS

The effect of audiovisual media on the knowledge and behavior among adolescents on the prevention of Covid-19 has a positive effect. Media can be used and considered by a healthcare professionals at school as an innovation in conducting health education

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