

## Community Compliance in Implementing Health Protocols in Polma Village, Kulawi District, Sigi Regency

Sadli Syam\*<sup>1</sup>, Rasyika Nurul Fadjriah<sup>1</sup>, Arwan<sup>1</sup>, Melan Susanti<sup>1</sup><sup>1</sup> Department of Health Promotion, Tadulako University, Indonesia

\*Corresponding author, contact: sadlisyam.pk@gmail.com

### Abstract

The pandemic of Covid-19 has become a global problem and a threat to general public health. Sigi Regency is a moderate risk area with an incidence rate of 3,567 confirmed positive patients and a death rate reaching 111 people; Covid data in Kulawi District shows 171 people, particularly in Polma Village, reached 16 people. This research aimed to determine the description of community compliance in the application of health protocols in Polma Village, Kulawi District, Sigi Regency. This was qualitative research with a case study approach. Community compliance with mask-wearing is lacking due to feelings of claustrophobia, forgetfulness, neglect, and limited availability. Handwashing compliance is also low due to limited facilities and people ignoring them. Compliance with social distancing is lacking because it's not a familiar habit and is sometimes neglected. Compliance with avoiding crowds is lacking due to cultural obligations. However, compliance with reduced mobility has improved due to essential needs and compliance with health protocols.

**Keywords:** Compliance, Wearing Masks, Washing Hands, Physical Distancing, Social Distancing, Reducing mobility

### Key Messages:

- The research found that community compliance with health protocols, particularly mask-wearing, handwashing, social distancing, and avoiding crowds, is lacking in Polma Village, Kulawi District, Sigi Regency due to various reasons, but compliance with reduced mobility has improved due to essential needs and health protocol compliance.

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### 1. Introduction

The COVID-19 pandemic has become a global problem and a threat to public health (1). WHO labeled the COVID-19 pandemic as a Public Health Emergency of Global Concern (PHEIC) on 30 January 2020 (2). This has caused people to feel worried. In terms of health, social and economic life, the COVID-19 scenario has changed people's lives (3). Almost all provinces in Indonesia have been affected by the COVID-19 virus outbreak. The spread of COVID-19 in Central Sulawesi through the official website of the Provincial Government of Central Sulawesi until 13 May 2021 reached 12,665 positive confirmed cases of COVID-19 with a death rate of 347 people. Sigi

Regency is a medium-risk area with an incident rate of 3,567 confirmed positive sufferers and a death rate of 111 people. Meanwhile, the COVID data in Kulawi District for 2021 is 171 people (4).

This significant increase in sufferers is associated with non-compliance/indiscipline in the community toward the prevention and control of COVID-19 disease. Civil disobedience is caused by economic motives, indifference, a low potential for virus transmission, and distrust of the government, which issues policies and inconsistent statements (5). Based on initial data collection in Polma Village, the number of positive confirmed cases of COVID-19 will be 16 people in 2021. The results of the researcher's interview about health protocol compliance with two people in Polma Village regarding compliance with the 5M health protocol stated that the implementation of health protocols was sometimes complied with and sometimes forgotten. They stated that they rarely or even do not use masks, except for going to a health facility because of advice from health workers. The reason for not using a mask is that it has always been a habit of never wearing a mask anywhere and feeling short of breath when wearing a mask. Even washing hands rarely and always forget. They wash their hands only before eating. If there are events, keep gathering with family and do not limit the mobility for going anywhere when urgent needed. One of them said that by not implementing the protocol, many still get COVID-19. From this statement, it can be seen that the community is not too concerned about health protocols.

The results of the author's initial observations on 25 September 2021 in Polma Village found that people did not use masks or keep their distance during activities in the community. Considering that several people are infected with the COVID-19 virus and the importance of implementing health protocols in preventing the transmission of the COVID-19 virus, this study focused on "Public Compliance in implementing health protocols in Polma Village, Kulawi District, Sigi Regency."

## 2. Methods

This study used a qualitative research method with a case study design. This research was conducted in Polma Village, Kulawi District, Sigi Regency, from 18 March to 27 April 2022. The technique for determining informants in this study used a purposive sampling technique. Test the validity of data in qualitative research according to (Sugiyono, 2016) (6), including the data credibility test, transferability test, dependability test, and confirmability test. In this study, a credibility test was used to test the validity of the data using triangulation. Source triangulation tests the credibility of the data by checking the data obtained from several sources.

## 3. Results

The study's results explain Community Compliance in implementing Health Protocols in Polma Village, Kulawi District, Sigi Regency. There were ten informants in this study, consisting of one key informant, seven main informants, and two additional informants.

### Wearing Masks Compliance

The results of our interview with the main informant regarding the knowing variable: Can you wear a mask outside the house and replace it after 4 hours? The average result was that all informants said they were not obedient in wearing masks. The informant's statement is as follows:

*"When staying outside the house, sometimes without wearing a mask. I rarely use it because it is tight. We do not count the duration of wearing the mask since the next day it will be used again. The reason I still wear the same mask is that the masks are rarely sold here, but there are still many more important needs to buy" (MI 36 Years, 21 March 2022)*

*"Yes, I use it. Normally, I do not use it because I feel it is too tight to wear an old mask. it depends; it usually takes more than 4 hours" (PN 25, 06 April 2022)*

In-depth interviews were also conducted with key informants regarding the compliance variable for wearing masks. Can you wear a mask outside the house and replace it after 4 hours? The following results are obtained:

*"Yes, that is for sure. I have to use it and change it for at least 2 hours. "For the community, I do not know exactly; they change it after 2 hours or more. Because I rarely see them wearing masks, some are wearing them, but I do not know how long they will be wearing them" (FY 30 years, 27 April 2022).*

Based on the statements from the informants above, on average, the main informants said they were not obedient in wearing masks sometimes and changing them for more than 4 hours. Meanwhile, the key informant obeyed wearing a mask and replaced it after 2 hours of use, but the people there, the key informant, could not say how many hours they had worn the mask.

In-depth interviews were also conducted to find out: Are you uncomfortable wearing a mask and often taking it off because you feel short of breath? The informants mostly said they were uncomfortable and felt short of breath when using a mask. The informant's statement is as follows:

*"Yes, as I said earlier, wearing a mask is tight, and it is better if you do not wear a mask. Anyway, it is not very comfortable, so I open it often" (MI 36, 21 March 2022)*

*"I do not feel comfortable wearing a mask because it is tight; it is like I can not breathe and especially when I am in the room until that I often take off my mask" (EL 42 years old, 25 March 2022)*

In-depth interviews were also conducted with key informants regarding the following: Are you uncomfortable wearing a mask and often taking it off because you feel short of breath? The following results are obtained:

*"Yes, I wear a mask. I am not congested, and I am trying to get used to wearing a mask because ALA can because it is normal. Yes, I said earlier that people here rarely wear masks; maybe that is one of the reasons they do not use them" (FY 30 years, 27 April 2022)*

Based on the statement from the informant above, the main informant was not obedient enough to wear a mask because feeling tight and uncomfortable. While the key informant stated that while he followed and was obedient, the community was less obedient.

### **Handwashing Compliance**

The interview results between the researcher and the main informant regarding the knowing variable: Can you obediently wash your hands using soap in running water? The average result obtained by the informants said that they rarely wash their hands with soap and running water. The informant's statement is as follows:

*"Yes, when it is time to remember when you are busy, you usually forget; sometimes, when you rush home, you forget. Sometimes I use soap; running water is also rare, usually using water in a bowl or anywhere as long as there is water since there is no place to wash hands in front of the house." (MI 36 Year, 21 March 2022)*

*"Sometimes. Because they are not used to it, they are negligent and forget it. Usually.. yes.... But I rarely do it. Using soap also depends. The flowing water also depends. However, in the kitchen, I usually turn on the faucet and run water" (EL 42 years, 25 March 2022)*

In-depth interviews were also conducted with key informants regarding the following: Can you obediently wash hands using running water? The following results are obtained:

*"Yes, of course, because I know the virus will be on my hands if I do not wash my hands with soap and I have to run water. For the community, I can not be sure. But before I saw that each house had hand washing facilities in front of the house, the government provided them, but after a few weeks, those hand washing facilities are just gone, I do not know, I do not see them in front of the houses anymore" (FY 30 years, 27 April 2022)*

Based on the statements from the informants above, mostly the main informants said they rarely washed their hands with soap and running water. Meanwhile, key informants obediently wash their hands under running water and use soap. The key informant also said there are no handwashing facilities in front of residents' houses.

### **Physical Distancing Compliance**

The results of the researcher's interview with the main informant regarding the variable of keeping a distance: Can you always keep a distance of at least 1 meter when outside the house? The results obtained by the

average informant said it was rare and did not keep their distance. The informant's statement is as follows:

*"Oh no, nothing. Rarely, sometimes we forget that we are in the current situation, especially when we meet people here alone, so there is no standard method of distance" (MI 36, 21 March 2022)*

*"Not forever. Usually, we do not realize this because it is our habit to stand normally with ordinary people, and we do not realize that we are close to each other. So it is okay... we know it is a Covid pandemic, but our awareness to keep our distance is usually defeated by habit" (EL 42 years, 25 March 2022)*

Were in-depth interviews also conducted with key informants regarding the following: Can you always maintain a minimum distance of 1 meter outside the house? The following results are obtained:

*"Certainly. The point is I did. Here, the people keep their distance difficult. What is more, it has been difficult for young people to keep their distance when they get together; it is not long ago that a competition was held in this village, so I see many people do not keep their distance" (FY 30 years, 27 April 2022)*

Based on the results of interviews with the main and key informants, it can be concluded that most people do not keep their distance. Key informants are always obedient in keeping their distance. While the answers from key informants and supporters said that the people, there were no longer keeping their distance.

### **Social Distancing from the Crowd Compliance**

The results of the researcher's interview with the main informants regarding the variable of avoiding crowds: Can you always avoid crowds? The average result obtained by the informants said that they always do crowds. The following results are obtained:

*"Yes.. sometimes yes, usually not. Sometimes when you forget, you do not avoid crowds anymore; when you are already engrossed, you forget" (MI 36, 21 March 2022)*

*"Not really. Like this... if we realize that we are in an ordinary pandemic spontaneously when we are in a crowd, we immediately leave the crowd to keep our distance, but if that does not cross our minds, sometimes we forget to join the people" (EL 42 years old, 25 March 2022)*

*"Rarely stay away from the crowd" (HN 30 yrs, 30 March 2022)*

In-depth interviews were also conducted with key informants regarding the following: Can you always avoid crowds? The following results are obtained:

*"Usually, if we attend a big event, we cannot deny that there will be a crowd. So it is very difficult for people to avoid crowds, especially if there is an event, so it is bound to be a crowd" (FY 25 years, 27 April 2022)*

Based on the results of interviews with the main and key informants, it can be concluded that the community is no longer aware of crowds during a pandemic. Supporting and key informants stated that there were many crowds in their villages.

### **Reducing Mobility Compliance**

Results of interviews between researchers and main informants regarding variables that reduce mobility: Can you reduce traveling after this pandemic? The results obtained that the average informant said to reduce traveling and traveling only when there is an urgent need. The informant's statement is as follows:

*"Yes, I reduced it. if it is time to go and it is important, I have to go away. If it is not too important, I usually just stay at home or do not go to the garden" (MI 36 Years, 21 March 2022) "Depending on the situation, if there is an urgent need, I often go back and forth behind the hammer" (EL, 42 years, 25 March 2022)*

In-depth interviews were also conducted with key informants regarding the following: Can you reduce traveling after this pandemic? The following results are obtained:

*"Yes. However, I sort out important business and not. I do not remember exactly. Because we have not seen it, but what I have seen so far is that when people go out, for example, they rarely have headaches. Maybe it is the same as me; when important things come out, if they have headaches, I see they usually wear masks" (FY 30 years, 27 April 2022)*

In-depth interviews were also conducted with supporting informants: Can you reduce traveling after this pandemic? The following results are obtained:

*"Because I was told to reduce. But if it is important, I still go. Likewise, with the people here" (AR 18 years, 06 April 2022)*

Based on the results of the interviews conducted by the researchers with key informants, key informants, and supporting informants, all informants said they should reduce traveling. They travel when there is important business. Likewise, the key informants confirmed the statements of the key informants.

#### **4. Discussion**

##### **Wearing Masks Compliance**

Masks are one of the Personal Protective Equipment (PPE) used to protect the mouth, nose, and face from pathogens that are transmitted by air (airborne), droplets, or splashes of infected body fluids (7). Based on our study, on average, all informants said that they were rare and less obedient, both the main informants and supporters, in complying with using masks when outside the home and replacing them after 4 hours of use because there were several reasons from the informants. It was due to the lack of supply of masks, and people do not buy them because of the economy, where there are still many more important needs that must be provided; when the masks are dirty, the informants change masks, and when they feel cramped, they wear masks for too long and then change their masks. However, the statement from the key informant that he is always obedient in wearing masks, but for the people there, only a small number of them obey wearing masks.

Civil disobedience was caused by economic motives, indifference, low potential for virus transmission, and distrust of the government, which issues policies and statements that are inconsistent (8). Based on the interviews conducted by the researchers with the informants, on average, all said they felt short of breath because it was as if there was no air coming in, and it was uncomfortable wearing masks for too long for both the primary informants and supporters. Meanwhile, the key informant did not feel it. After all, he was used to wearing a mask. From the results of in-depth interviews with the researcher to the key informant, people did not wear masks because they felt claustrophobic. When conducting research in the field, researchers also saw some people who were still wrong about using masks properly because when wearing masks, they did not cover the nose and mouth area but only covered their chins because they said they felt tight.

##### **Handwashing Compliance**

The Coronavirus is transmitted through droplets, fluids, or saliva splashes that a person emits from the nose or mouth when sneezing, coughing, or even talking. Small droplets and light can spread as far as 1 to 2 meters, then fall according to the law of gravity. Droplets containing this virus fall on the surface of inanimate objects, then these objects will be contaminated and have the potential to spread infection. If hands accidentally touch fomite, the virus will attach, then when contaminated hands touch the face, the virus will more easily enter our body through the mucous membranes of the mouth, nose, or eyes (9).

Wash hands regularly and thoroughly for at least 20 seconds using soap and clean running water. After that, dry the hands using a clean cloth or tissue (10). Our results showed that informants rarely and only remember that sometimes they also forget because they are in a hurry, and sometimes they do not wash their hands with running water, as well as using soap to wash their hands rarely because it is also a new habit during a pandemic. Then, they are not familiar with these statements from key and supporting informants. Nevertheless, statements from key informants always wash their hands because they are aware and know that the Coronavirus can stick to their hands.

The majority of respondents did increase their frequency of hand hygiene practices during COVID-19 pandemic. In line with previous studies in other pandemic contexts, sex, perceived susceptibility and effectiveness

are important predictors of hand hygiene practices, which are similar to findings from previous studies in other pandemic contexts (11). Influencing individual choices about hand washing through education and information may be necessary, but not sufficient, for initiating and maintaining good hand washing practices. Structural factors, including having time to wash hands using accessible, clean facilities, and being encouraged through the existence of hand washing opportunities in the daily routine and hand washing being viewed as the social norm, will also influence hand washing behaviour (12). Basic handwashing facilities, with the availability of soap and water in connection with the transmission of COVID-19, with a correlation coefficient of 0.421, 0.506, 0.374, 0.243, and 0.399, respectively (13).

### **Physical Distancing Compliance**

Maintain a distance of at least 1 meter from other people. A distance that is too close makes it possible to inhale water droplets from the nose or mouth of a person who may be infected with COVID-19 when that person sneezes or coughs (14). Based on the results of research conducted through in-depth interviews conducted by researchers with the main informants, on average, the informants said that they usually kept their distance. However, sometimes they forgot because they still felt that their environment was safe, so to keep their distance, they disobeyed, and statements from supporting informants in keeping their distance were not obedient. However, one of the main informants said to keep a distance from the new person. Nevertheless, statements from key informants must keep their distance because that is one of the government's recommendations for preventing COVID-19. This is in line with Anwar (2021), based on observations in several sub-districts in Sambas Regency, such as Sambas District and Pemangkat District, showing that there are still large numbers of people carrying out activities outside the home. Residents' activities include hanging out in coffee shops without paying attention to social distancing restrictions of at least 1 meter between one person and another so that direct contact between one person and another cannot be avoided; this has the potential to spread the COVID-19 Coronavirus (15).

### **Social Distancing from the Crowd Compliance**

We are all asked to stay away from crowds when outside the home. The more often we meet other people, the higher the possibility of being infected with the Coronavirus (16). Avoid gathering with friends and family, including visiting/staying in touch face-to-face and postponing joint activities (17). Based on the results of in-depth interviews by researchers with informants, on average, all the main and supporting informants said that some informants stayed away from crowds. However, some still violated health protocols by holding crowds because it had become a habit before the pandemic, and it was still difficult for them to adapt to new habits, even less trusting with COVID-19 and disobeying health protocols. But key informant stated that the informant always keeps his distance because he is a health worker and an example for the community. When conducting research, the researchers also saw firsthand that there were crowds in several places, such as parties and certain events, and some people still congregate at night regardless of the presence of COVID-19.

Community disobedience in carrying out health protocols is caused, among others, by negative attitudes and indifference, self-perception, and distrust of government policies (18). People with relatively stable economic conditions are more compliant in implementing health protocols; on the other hand, people with middle to lower economic conditions, especially those affected by the COVID-19 pandemic, tend to ignore health protocols.

### **Reducing Mobility Compliance**

If there is no urgent need, stay at home. Even though our bodies are in good health and there are no symptoms of illness, it is not certain when we will return home in the same condition (19). According to Kandari & Ohorella, (2020) stated that for the time being, it is better to stay at home and carry out worship at home (20). According to in-depth interviews with all the informants, they said that during this pandemic, they reduced their mobility to travel outside the village or area if there were only important matters they would travel as well as statements from key informants, but there were some people who continued to travel and ignoring health protocols.

In line with Suraya et al (2020), to reduce the increase in COVID-19 cases, the government is trying to carry out social restrictions to reduce people's mobility (21). Even though we are in good health and have no symptoms of COVID-19, we are not necessarily infected with this Coronavirus. It is suggested to stay at home. This is also

supported by Kurniawati and Berlina Putrianti (2020), about 84.5% of respondents did not travel out of town during this pandemic (22). This can be interpreted that the community is very aware of the importance of complying with the rules to maintain this mobilization, interaction and reduce the spread of the COVID-19 virus. This is trivial but effective enough to suppress the spread of the virus.

## 5. Conclusion

Community compliance with mask-wearing is lacking due to feelings of claustrophobia, forgetfulness, neglect, and limited availability. Handwashing compliance is also low due to limited facilities and people ignoring them. Compliance with social distancing is lacking because it's not a familiar habit and sometimes neglected. Compliance with avoiding crowds is lacking due to cultural obligations. However, compliance with reduced mobility has improved due to essential needs and compliance with health protocols.

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