

Prevention Behavior of The Covid-19 Protocol In Palu Barat District; Thought and Feeling Theory

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Abstract

Entering the third year, the trend of COVID-19 cases has again increased. Sourced from the WHO page, the total confirmed positive for COVID-19 in Indonesia until November was 6,582,291 cases (WHO, 2022). The purpose of this study was to see an overview of thoughts and feelings, personal references, human resources, and the culture of Palu City regarding implementing the COVID-19 protocol. The research method used a qualitative type with the technique of determining the informant was Purposive Sampling with the criteria such as age 18-40 years, domiciled in the West Palu District area, and willingness to become an informant. The number of informants was 23 regular informants, 1 key informant, and 1 additional informant. Data validation used source triangulation, and analysis used content analysis. The study showed that thoughts and feelings play a major role in COVID-19 prevention behavior; when cases soar high, the protocol was carried out as recommended, but when entering the new normal, it seems that it has begun to experience relaxation. Even though cases have increased, the COVID-19 protocol has not been appropriately implemented. Personal references, such as the role of the task force chairperson, community leaders, and youth leaders, provide examples and motivation to the community. Resources in the form of the role of health workers and adequate facilities at a time when cases are increasing but slowly decreasing, and even handwashing facilities were no longer found at this time. The specific culture was not seen in this study.

Keywords: Behavior, Prevention, COVID-19

Key Messages:

- Community leaders have sufficient knowledge about COVID-19 that knowledge grows their attitude of worry about the virus's rapid spread and its effects.

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1. Introduction

The COVID-19 pandemic that has hit the world since 2019 has had a tremendous impact. Entering the third year, the trend of COVID-19 cases has again increased. Sourced from the WHO page, the total confirmed positive for COVID-19 in Indonesia until November was 6,582,291 cases (1). Based on data from the Central Sulawesi Provincial Health Office, since August 4, 2021, there have been an additional 665 new positive cases of COVID-19 with a total of 25,489 positive cases, an additional 20 cases of death with a total of 721 deaths, and another number of recovered as many as 290 cases with a total recovery of 17,209 cases.

Based on data from the Palu City Health Office, the city of Palu ranks highest in the addition of positive

confirmed cases of COVID-19 in Central Sulawesi, with an additional number of 264 new cases, 5 cases of recovery, and 1 case of death. The highest distribution of daily cases of COVID-19 in Palu city until August 4, 2021, was in the North Birobuli sub-district, with a total number of positive cases of COVID-19 of 146 cases. These additional cases will continue to occur every day if people do not comply with health protocols to prevent the spread of COVID-19.

Thoughts and feelings, personal references, resources, and socio-culture prevent the COVID-19 protocol. The results of the study show a relationship between knowledge and attitudes toward the behavior of avoiding COVID-19 (2). Knowledge correlates with people's behavior in carrying out health protocols; among the factors related to implementing health protocols include education, knowledge, and attitudes (3). A personal reference is the existence of someone considered capable of being a community reference in making decisions, for example, a community leader or religious leader. Resources are the availability of facilities that allow the community to carry out the COVID-19 protocol easily, for example, the availability of masks, hand washing areas, and social distancing rules in various public places. Ratna Kartika Sari's research (2021) shows that not all residents comply with health protocols (4). Residents' non-compliance with the implementation of health protocols occurs in various places, both indoors and outdoors. Obvious violations include not wearing masks and doing activities or gathering without maintaining a physical distance. The community has not fully complied with the government's call to implement the 3M health protocol (5). Among other factors, culture or habits are difficult to abandon, such as the habit of gathering without wearing masks, so this is undoubtedly difficult to get used to in society.

The purpose of this study was to see an overview of thoughts and feelings, personal references, human resources, and the culture of Palu City regarding implementing the COVID-19 protocol.

2. Methods

The type of research used in this study was a qualitative research method using a phenomenological design. According to Sugiyono, 2015, the qualitative research method is naturalistic, which examines a person's daily life or a particular subject (6). Qualitative research collected data from personal documents, field notes, statements, and respondents' actions. The purpose of qualitative research was to find interactive relationship patterns, describe complex realities, and gain an understanding of meaning. The sampling method in this study was carried out using a purposive sampling technique with the following criteria aged 18-40 years, domiciled in the West Palu District area, and willing to become an informant. Source triangulation was carried out for data validation and content analysis techniques for analyzing data.

3. Results

Characteristics of Informants

The common informants in this study came from various ages, educational, and occupational backgrounds, which would also give various information. The following table 1 shows the characteristics of the informants in this study.

Table 1 Characteristics of Informants

NO	Name	Age (y.o)	Last Education	Occupation	Type of Informant
1.	Ja	45	Senior High School	Housewife	Common Informant
2.	An	32	Junior High School	Housewife	Common Informant
3.	Ab	26	Senior High School	Self-employed	Common Informant
4.	Ni	38	Senior High School	Housewife	Common Informant
5.	Fi	32	Junior High School	Housewife	Common Informant
6.	Fa	45	Bachelor degree	Head of Task Force	Key informant
7.	Yu	36	Junior High School	Housewife	Common Informant
8.	Sr	43	Junior High School	Household servant	Common Informant
9.	Ha	33	Junior High School	Self-employed	Common Informant
10.	Sa	26	Bachelor degree	Self-employed	Common Informant
11.	Mu	18	Senior High School	Student	Common Informant
12.	Pu	20	Senior High School	Student	Common Informant

NO	Name	Age (y.o)	Last Education	Occupation	Type of Informant
13	Wa	22	Junior High School	Self-employed	Common Informant
14	Ay	24	Senior High School	Self-employed	Common Informant
15	Fa	23	Bachelor degree	Karang Taruna Youth	Additional Informants

Source: Primary data, 2022.

4. Discussion

Thoughts and feelings

Thoughts and feelings are something in a person that becomes knowledge in that person. The interview results regarding the informants' thoughts and feelings can be seen in the excerpts below:

How is the current implementation of the COVID-19 protocol?

"Now it looks like they do not; there are no more restrictions, but if there is a meeting, it is recommended to wear a mask still. Those for activities also provide masks because sometimes people are careless about not wearing them or forget, so something has been prepared. I used to be obedient, and now I am not" (Ja, 45 y.o)

"Well, it is just inside the house and does not go anywhere. If I used to wear a mask, I still wear it, but I rarely go out, I do not know" (An, 32 y.o)

"Well, it just so happens that I also sell masks with my brother; if I see that wearing a mask has become a habit, I do not know where to go I always wear a mask, even I used always to forget when I go to the bank or where to wear a mask, now it is there. Except for those near the front, they usually do not use it, so the impact is many people who cannot obey first, just because it has been too long, they are tired of being alone, in the end, they obey themselves heheeh" (Ab, 26 y.o)

"Yeah, right now, we are still stuck with this protocol. Only those who spray hand sanitizer are so reduced, it seems like we just need to wash our hands" (Ni, 38 y.o)

"Right now, it is not like it used to be because now it is the new normal era, so there is not too much use of masks, for the current COVID-19 protocol it is pretty good, and I happen to be the COVID-19 task force, and now the cases are zero" (Sa, 26 y.o)

"According to the current situation, it has started to decline, but for me, it has not completely decreased, which means there is still a virus; even though the vaccine has been taken, the disease is still there, so we still wear masks outside and apply health protocols" (Mu, 17 y.o)

"Alhamdulillah, it is perfect if the place to live is good" (Uu, 17 y.o)

How was the implementation of the COVID-19 protocol when case conditions increased in the past?

"Oh great, according to the procedure, in my opinion, because everyone has been restricted, like cafes, limited working hours, it is recommended to wear a mask, hand sanitizers for hand washing can also receive assistance from the urban village" (Ja, 45 y.o)

"Yeah, it is strict; there is all that hand sanitizer, hand washing, guests are spraying again.. just obey from the start." (Ni, 38 y.o)

"People have obeyed. I saw that in the past, everyone I thought" (An, 32 y.o)

"It is very important because from these hands germs, especially when I have pneumonia, the symptoms are the same as COVID-19 but not positive, I have experienced it. Luckily, I got it before COVID-19 and have been treated for six months" (Bi, 38 y.o)

"It is very strict. Why is it so strict because we are required to stay at home. Apart from that, because I was an entrepreneur then, the economy had declined" (Sa, 26 y.o)

"The conditions in the new school are very good, meaning that at this time no one has contracted COVID-19 for this year, and it has indeed decreased, but last year there were, but now they are gone" (Mu, 17 y.o)

"Especially keeping your distance, you have to wear a mask, wash your hands" (Pu, 17 y.o)

In your opinion, how important is the implementation of the COVID-19 protocol in society?

"For me, it is very important because my own family has been exposed to the point of being admitted to the ICU, my brother had twice, so we must implement health protocols" (Ja, 45 y.o)

"There are benefits because I am used to wearing masks too; it is not just COVID-19. Get used to the dust" (An, 32 yrs)

"It is good to agree because it is normal. It is not a loss, either" (Ni, 38 y.o)

"It is very important because now is the new normal period right now, especially now that cases are decreasing, but there are still people who get COVID-19, so that is what we take care of" (Sa, 26 y.o)

"As far as I can remember, there were people from the sub-district who came to residents' homes to commemorate people to keep wearing masks; right now, during the social restriction, the rules here are strict, so people must know the rules" (Mu, 17 y.o)

In your opinion, if the policies on washing hands, using masks, and maintaining cleanliness implemented even if it is not in a COVID-19 situation?

"Yes, it is good if I stay at home, I still provide hand sanitizer after interacting with people, let alone handling money, I agree, but there are still rich concessions; then it is a shame for small business people, but for washing hands, wearing masks, agreeing, and it is self-awareness again" (Ja, 45 y.o)

"agreed because it is part of cleanliness" (Dan, 32 y.o)

"In the Qur'an, it has also been explained that cleanliness is part of faith. Before COVID-19, it was explained in the Qur'an to maintain cleanliness, but I do not know about masks, but for cleanliness" (Sa, 26 y.o)

"In my opinion, what is important is the positive and negative numbers. If people do not wear masks, the positive numbers may go up, but if they wear masks and implement health protocols, the number of people affected by COVID-19 may decrease. For example, we take an example in Jakarta; Jakarta is the most affected. The virus is increasing because the protocol there is not strict but lets us take it in a village, and it implements a health protocol so that none of the residents get infected with COVID-19 and implements health protocols such as wearing a mask, washing hands, and even being vaccinated too" (Mu, 17 y.o)

"That is very good for health, for example, washing hands to get rid of germs, if you wear a mask it can protect us from dust" (Pu, 17 y.o)

The results show that the current condition of implementing the COVID-19 protocol, which has entered the new normal period, also shows relaxation, which is starting to be seen in the use of masks and distance restrictions. However, the interview excerpts above show that some informants still wear masks today, and so are their surroundings because they feel they are used to them. This feeling of being used to it led people to make the behavior of using masks something that they are used to doing now. A habit that is certainly in line with the policy of preventing the COVID-19 protocol(7). The use of masks is a policy that has been implemented almost all over the world (universal masking) (8).

Personal References

A personal reference is the role of someone who has a big influence on the success of behavior. The existence of community leaders or religious leaders or figures who serve as examples in the community is expected to be a factor that facilitates the behavior of preventing the COVID-19 protocol (9). The leadership of community leaders has a positive and significant relationship with community participation in handling COVID-19 in the Pedurenan Village, Karang Tengah District, Tangerang City. This means that it has implications for the importance of empowering the leadership of community leaders in dealing with COVID-19 (10). The results of interviews related to personal references show that there were still people/groups who did not believe in the existence of COVID-19. The figure who acts as influential includes the head of the neighborhood and the head of the task force, who always motivates preventing COVID-19. The following is an excerpt from the interview:

Are any individuals/groups still finding it difficult to implement the COVID-19 protocol?

"There are also some, but maybe they do not live outside their home environment, like for example, they do not believe they are exposed, or they are afraid to go to the hospital because they are afraid to be isolated or called COVID-19, or how that is I do not know" (Ja, 45 y.o)

"Yeah, some do not believe in COVID-19" (An, 32 y.o)

"Sometimes there are, but there are also not, but we just depend on the people, they just do not believe, sometimes they believe too" (Sa, 26 y.o)

"For community groups here, thank God, they comply, but some do not comply with the health protocol. It seems that there are two camps; one is entrusted with COVID-19, and the other camp does not believe there will be COVID-19, so there is a dispute, so in my opinion, only believe in the faction that has the disease, not COVID-19" (Mu, 27 y.o)

"Yes, these are people who do not believe in COVID-19" (Pu, 17 y.o)

Who is the figure that provides great support to make people want to comply with health protocols?

"There is training on COVID-19, and the head of neighborhood (ketua RT) his own family is exposed, so we know that many families come from health" (Ja, 45 y.o)

"The head of the neighborhood always reminds me of things like that" (An, 32 y.o)

"Actually, if I am not around, it is just from my awareness and habits, like I need it, so I think it is my obligation because I need to wear a mask and wash my hands and so on" (An, 32 y.o)

"It is normal, the head of the neighborhood, but no matter what, it is still self-awareness that's important, especially at first two double masks hahaha" (Ni, 38 y.o)

"The government, religious leaders, youth leaders, community leaders because they are mainly the government and health because they also know the most about this problem, health is necessary, and the government needs to work together" (Sa, 26 y.o)

"In my opinion, because myself, the one who demands to carry out the protocol is not other people, but myself, so I realize it myself" (Mu, 17 y.o)

"There are community leaders like the lurah, a village chief" (Pu, 17 y.o)

The interview shows the implementation of the COVID-19 protocol gets a big influence on a person/group, such as the neighborhood head, the head of the task force, and youth leaders in the surrounding environment. A personal reference is one of the factors that influence behavior. The behavior of community leaders is a product of their knowledge and attitude toward COVID-19(11). They have proactive behavior in responding to the pandemic. Community leaders have sufficient knowledge about COVID-19 that knowledge grows their attitude of worry about the virus's rapid spread and its effects. This attitude prompted them to take action to invite members of the public to make efforts to prevent and mitigate the impact of the pandemic. They not only invite and encourage but also provide examples of preventive measures through implementing clean and healthy behavior measures and driving activities to assist residents whose socio-economic conditions have been affected by the pandemic. The behavior of these community leaders at the same time illustrates their role in preventing and dealing with pandemics which, at the same time, they encourage the growth of the independence of village community members in responding to the COVID-19 pandemic. This will certainly be different when the community shop does not respond positively to the behavior of COVID-19 prevention, so it will certainly impact low public awareness in implementing the COVID-19 prevention protocol.

Resource

Resources are facilities, money, time, energy, and others. In this study, the resources referred to are related to the role of health workers and the availability of facilities related to COVID-19. The results show that health workers have provided education to residents regarding the prevention of COVID-19 and the availability of facilities such as a place to wash hands accompanied by running water and soap facilities. However, these facilities are currently slowly decreasing, and there is not even one hand washing facility around the residents, which used to be widely prepared. The following is an excerpt from the interview:

What is the role of health workers in providing education about the implementation of the COVID-19 protocol?

"Yes, actually the role of the health workers is very much because they have been screaming here and there, sometimes the community just does not hear it" (Ja, 45 y.o)

"They always remind me that they usually go to the community health center (puskesmas) or integrated health center (posyandu)" (An, 32 y.o)

How is the availability of facilities in implementing the COVID-19 protocol?

"Yes, in the past, the facilities here were in all houses, they had a place to wash hands, hand sanitizer until now, we have not removed the masks" (Ja, 45 y.o)

"Nothing, because I just bought hand sanitizer and masks myself" (An, 32 y.o)

"Not enough, usually there are at least food stalls, the same at the beginning of COVID-19, that is all" (Ab, 26 y.o)

"Not everything is in a public place" (Pu, 17 y.o)

Health workers have a good role when cases increase, and education continues to be given to the community. The availability of hand washing facilities has begun to decline as we enter the new normal period. There are no hand washing facilities in public places anymore. It cannot be denied that the COVID-19 pandemic, which has changed various arrangements, is starting to make people bored with implementing prevention protocols. The predisposing factor where the attitude of the informant explained that he was starting to feel tired of implementing health protocols (12).

This condition is unfortunate considering that washing hands with soap is useful not only during the COVID-19 pandemic. This shows how important it is to increase education on the importance of washing hands in the community to increase awareness and provide facilities to wash hands with soap. The study's results Adriani, et.al, 2021 stated that the provision of health education about the behavior of washing hands with soap was effective in increasing the behavior of washing hands with soap as an indicator of action, where there was a significant increase (13).

Culture/Tradition

Normal behaviors, habits, values, and use of sources in society will produce a way of life (way of life) called culture. According to human civilization, this culture was formed over time and is always changing, either slowly or quickly. The culture in question is the community's beliefs that affect the behavior of the Covid-19 Protocol. The results showed that there was no special tradition related to COVID-19; only it became a finding that there were still residents who did not believe in the incident of COVID-19, so they felt that COVID protocol was unnecessary. Other findings show that Protocol COVID-19, such as washing hands and using masks, informants are still used as a habit because of the great benefits felt by the informant.

Are there beliefs in the surrounding environment that hinder the implementation of the COVID-19 protocol?

"Nothing really, well at least some people do not believe it as I said before" (Ja, 45 y.o)

"There are usually people who say you do not need to wear a mask, but I still wear it" (An, 32 y.o)

"Well, that is it, people who are not too sure about it, like COVID-19, when will there be an additional new type, it does not enter my mind with the variant if you believe COVID-19" (Ab, 26 y.o)

"No, oh, but there are also ordinary people like this, but if you have to wear a mask, you will get hit, you will not have to die either" (Ni, 38 y.o)

Do you find it difficult if health protocols such as washing hands and wearing masks are made a habit now?

"Not really, I think it has become a habit because you have to wash your hands; first, you are used to it, and it is not a burden; it is something we need too" (Ja, 45 y.o)

"If I do not, it becomes a habit too" (An, 32 y.o)

"No, it is good because it prevents disease (Ab, 26 y.o)

"Ahh, I do not think so, I have been used to it from the past when the COVID-19 case, so it is normal" (Ni, 38 y.o)

"Yes, the good thing about COVID is that my husband is diligent in wearing a mask, even though it was difficult to be told to wear it in the past. My husband works daily to collect trash, so I always tell him to wear a mask, but he still does not want to, uh; when I used COVID, finally, I did not remove my mask until now, I have been diligent in washing my hands" (Yu, 46 y.o)

"Until now, my children have been diligent in washing their hands because they are used to it since the time they started school; there have been few cases of COVID-19, children have been accustomed to washing their hands until now" (Sr, 43 y.o)

The behavior of a person or community towards health is determined by knowledge, attitudes, beliefs, traditions, and others from the person or community concerned. Indonesian community had good knowledge, attitude and behavior towards social distancing as a way to prevent the virus transmission. This strongly supports disaster mitigation in controlling the COVID-19 pandemic in Indonesia (14). Besides that, the availability of facilities, attitudes, and roles of health workers and community leaders who become role models for health will also support and strengthen behavior formation (15) Community leaders are expected to be role models in the implementation of healthy behaviors (16). Community leaders must understand their role in controlling COVID-19, such as monitoring misleading information and providing socialization, education, protection, monitoring, and evaluation activities in the community, due to the numerous limitations of local governments in managing large populations during this crisis (17). According to Level and Clark, prevention is all activities directly or indirectly to prevent a health problem or disease (18).

5. Conclusion

The study results show that thoughts and feelings play a major role in COVID-19 prevention behavior; when cases soar high, the protocol is carried out as recommended. However, entering the new normal, it seems that it has begun to experience relaxation, even though cases have increased again, but the COVID-19 protocol has not been appropriately implemented. Personal references, namely the role of the task force chairperson, community leaders, and youth leaders, who provide examples and motivation to the community. Resources in the form of the role of health workers and adequate facilities at a time when cases are increasing but slowly decreasing, and even handwashing facilities are no longer found at this time. The specific culture was not seen in this study.

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