



Prevention Behavior of COVID -19 Transmission in Productive Age

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<p>Track Record Article</p> <p>Accepted: 10 November 2022 Published: 10 December 2022</p>	<p style="text-align: center;">Abstract</p> <p><i>The coronavirus attacks the human respiratory tract. A person can get infected by a Covid-19 patient. The disease can spread through small droplets from the nose or mouth when coughing or sneezing. Transmission of the COVID-19 virus has two main ways, namely through respiratory droplets and contact. Respiratory droplets are produced when a person coughs or sneezes. Everyone in close contact (within a 1 m radius) with a person showing symptoms of respiratory distress (coughing, sneezing) is at risk of being exposed to respiratory droplets that may cause infection. Droplets can also fall onto surfaces where the virus remains active. A total of 93% of Medan city residents have implemented mask-wearing behavior. Seventeen respondents (56.7%) use a hand sanitizer constantly, 15 respondents (29.4%) use a hand sanitizer sometimes, and 28 respondents (54.9%) never use a hand sanitizer. According to the data shown in table 4 above, seven respondents (90%) always use physical separation, compared to one respondent (10%) who never does so. During the COVID-19 pandemic, we aim to continue to increase our body's immune system and maintain personal hygiene to avoid various diseases and the Covid-19 virus. We also hope for constructive criticism and suggestions from our friends so that the article we have created meets expectations and is useful for all of us</i></p> <p>Keyword: Behavior, COVID-19, Precautions, Productive age</p>
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INTRODUCTION

Beginning in 2020, the globe was horrified by the emergence of a novel coronavirus (SARS-CoV-2) that caused the Coronavirus illness 2019 pandemic (COVID-19). It is known that this virus originated in Wuhan, China (Asfar, 2021). It was found near the end of December 2019. The covid-19 virus is deadly because of its quick and easier transmission compared to the 2003 SARS pandemic that swept the globe. (Quoted from *Financial Times*). Coronavirus infects the respiratory tract of humans. One may get infected by a Covid-19 sufferer. The sickness may spread by coughing or sneezing droplets expelled from the nose or mouth (Kopidpedia, 2020).

About this coronavirus pandemic, the Indonesian government has declared a state of emergency beginning on February 29, 2020, and lasting until May 29, 2020, a total of 91

days (Buana, 2020). The government has made steps to address this unique situation, including socializing the Social Distancing movement. This notion discusses how to decrease and even disrupt the covid-19 infection cycle (Lora Ekana Nainggolan, 2020). One should keep a safe distance of at least 2 meters from other people, avoid direct contact with others, and avoid gatherings in large numbers. For example, the government has instructed students and college students not to attend college or school or to work from home (Indriyanti, 2020). However, this circumstance is utilized by many individuals to take a holiday (Aryani, 2020). Similar to the situation in Medan, North Sumatra, where people are generally unconcerned about the prevalence of this virus. However, some individuals take preventative measures, such as wearing masks while traveling, using hand sanitizer, and practicing good personal cleanliness.

Life in a society is only sometimes in conformity with the overall values and standards, as well as expectations. Behavior encompasses all human acts, including those that can be directly seen and those that cannot (Notoatmodjo, 2017); (Siregar, 2020). Similarly, behavior is, broadly, any action or activity done by living creatures (Wulandari et al., 2021). Several elements from the personal impact the process of generating or altering behavior, including the central nervous system, perception, motivation, emotion, and learning. Human behavior is a transfer from receiving stimuli to the ensuing reaction. Hence the central nervous system plays a significant part in human behavior (Irwan, 2018).

METHODS

This study is a quantitative research using descriptive analysis with a cross-sectional design. Collecting data included acquiring original data. People in Neighborhood X, Teladan Timur Urban Village, Medan City, North Sumatra, were asked to complete online surveys through Google Forms to obtain primary data. This study's tool was a questionnaire on demographic information and community behavior addressing the prevention of COVID-19 transmission.

Population and Sample. The population in this study are people who live in Medan City. While the sample in this study were people of productive age as many as 51 samples with the sampling method, namely quota sampling. **Data Analysis.** This study uses univariate analysis. The analysis will describe the behavior of the Medan city community in preventing COVID-

19 transmission. The description of this behavior was obtained from a questionnaire in the form of demographic data and community behavior in preventing transmission of COVID-19

RESULTS

Table 1 Characteristics of Respondents (n=51)

Variables	n	%
Male	21	41,2
Female	30	58,8
Age (Year)	n	%
17-25	10	19,6
26-35	8	15,7
36-45	13	25,5
46-55	15	29,4
56-65	4	7,8
>65	1	2,0
Jobs	n	%
Self-employed	19	37,3
Housewife	19	37,3
Construction worker	3	5,9
Employees	2	3,9
Merchant	2	3,9
Unemployment	6	11,7
Last education	n	%
Elementary School / Equivalent	7	13,7
Junior High School / Equivalent	3	15,3
High school/equivalent	34	66,7
Diploma	2	3,9
Bachelor	5	9,8

According to table 1, most respondents were female, with 30 female respondents (58.8%) compared to 21 male respondents (41.2%). As many as ten respondents in the age

group 17-25 years (19.6%), as many as eight respondents in the age group 26-35 years (15.7%), as many as 13 respondents in the age group 36-45 years (25.5%), as many as 15 respondents in the age group 46-55 years (29.4%), as many as four respondents in the age group 56-65 years (7.8%), and as many as one respondents in the age group over 65 years (2.0%). On the other hand, the proportion of self-employed respondents was considerably higher than that of homemakers, who accounted for a maximum of 2% of the total. There were 19 responses (37.3%), 2 Employees, 2 Traders, 3 Construction Workers, and 6 Unemployed. Seven respondents have completed elementary school or its equivalent as their last level of education. SMP/equivalent: up to 3 respondents (15.3%), SMA/equivalent: up to 34 individuals (66.7%), Diploma: up to 2 respondents (3.9%), and S1: up to 5 respondents (9.8%).

Table 2. Frequency Distribution of COVID-19 Prevention Behaviour

Wearing a Mask	n	%
Always	38	74,5
Rare	11	21,5
Never	2	3,9
Handwashing	n	%
Always	34	66,6
Sometimes	16	31,4
Never	1	1,9
Self Disinfection	n	%
Always	2	3,9
Rare	12	23,5
Never	37	72,5
Using Handsitizer	n	%
Always	8	15,7
Rare	15	29,4
Never	28	54,9
Keeping yourdistance	n	%
Always	7	13,7
Rare	31	60,8
Never	13	25,4
Physical contact	n	%
Always	12	23,5
Rare	29	56,8
Never	10	19,6

According to table 2, there are 38 respondents (74.5%) who always use masks, 11 respondents (21.5%) who wear masks seldom, and two respondents (3.9%) who have never worn. Two respondents (3.9%) always do independent disinfection, 12 respondents (23.5%)

rarely perform independent disinfection, and 37 respondents never perform independent disinfection, as shown in the table above. (72,5%). Seventeen respondents (56.7%) use a hand sanitizer constantly, 15 respondents (29.4%) use a hand sanitizer sometimes, and 28 respondents (54.9%) never use a hand sanitizer. According to the data shown in table 4 above, seven respondents (90%) always use physical separation, compared to one respondent (10%) who never does so.

DISCUSSION

The COVID-19 virus is transmitted mostly by splashing (respiratory) and contact droplets. A person generates respiratory droplets when they cough or sneezes. Anyone who comes into close contact (within 1 m) with a person exhibiting respiratory distress (coughing, sneezing) is at risk of exposure to infectious respiratory droplets (Wiranti et al., 2020); (Hayati, 2022).

Additionally, splashes might land on surfaces where the virus stays active. Therefore, an infected person's immediate environment may be a transmission source (World Health Organization, 2021). Medical masks are one of the preventative methods that may restrict the spread of COVID-19 and other respiratory disorders caused by viruses. However, more than masks alone is required to offer sufficient protection. Based on the study's findings, it is known that out of 51 respondents, 38 adopted COVID-19 prevention by wearing masks, whereas 11 seldom used masks while outside the house.

Keeping a clean environment is one of the measures to avoid spreading this Covid-19 sickness. Other strategies to avoid the transmission of the covid-19 virus include maintaining personal and household cleanliness (Nurhayati, 2021). Hand hygiene habits, such as washing hands before and after activities, are crucial to preventing the transmission of COVID-19 during this epidemic (Niruri et al., 2021). Meanwhile, hand hygiene, which consists of washing hands with hand-washing antiseptics such as hand sanitizers, may eliminate disease-causing germs such as COVID-19 (Aryani, 2020); .

In addition to washing hands, maintaining hygiene involves using a hand sanitizer, as well as bathing or washing your face, if possible, when you arrive home or to work, after cleaning nasal discharge, coughing, or delivering food, and avoiding touching your eyes, nose, and mouth with unwashed hands, as this allows the virus to adhere to your hands (Ayu Shafira Rachmani, Budiyo, 2020). Do not shake hands with those with signs of disease,

and avoid close physical contact as much as possible (Hayati, 2022). Apply proper cough etiquette by covering your mouth while coughing and sneezing with your upper arms and armpits or a tissue, discarding the tissue, and washing your hands promptly (Bagus Pratama et al., 2020). Immediately change your clothing and shower when returning home after a trip. Then, routinely clean and disinfect commonly handled things such as surfaces of homes and furniture (tables, chairs, etc.), door knobs, and others (Nidaa, 2021).

The obtained data shows that most respondents have implemented the above personal and personal hygiene guidelines. Most respondents' practices for preserving cleanliness consist of thorough hand washing. As for the usage of hand sanitizers and sanitizing surrounding objects, a greater proportion of respondents seldom or never do so (Hepilita et al., 2021); (Utami et al., 2020).

It is known that the coronavirus spreads mostly by respiratory droplets, particularly when an infected person coughs or sneezes; consequently, it is suggested to keep a safe physical distance to prevent transmission (Santi & Indarjo, 2018); (Handayani, 2022). WHO advises keeping a distance of more than 1 meter between individuals. This physical separation is also known as social separation. People are also encouraged to restrict their social connections by remaining inside and limiting their usage of public transit in order to create social distance (Utami et al., 2020)

In order to combat the pandemic, the Indonesian government has established cross-sector communication networks throughout the country. In addition, their cooperation with Islamic organizations in the country reinforces the regulations they have enacted. This is due to the fact that these organizations play a crucial role in implementing and assessing strategic management methods for reducing COVID-19 cases (Wildman et al., 2020). During the pandemic, the government and Islamic organizations regulate activities related to the implementation of worship (Nurmansyah., 2022). Nonetheless, preventing the spread of Covid-19 is complicated by a number of issues relating to the perceptions of certain Muslims regarding worship rituals during the pandemic. These problems arose as a result of societal changes that led to the current predicament (Nurhayati, 2022).

In this case, social restriction consists of physical distancing, which can be achieved by avoiding close physical contact with others and maintaining a distance of 1-2 meters, as well as by not shaking hands, avoiding public transportation (such as trains, buses, and subways), avoiding gatherings of friends and family, including face-to-face contact and postponing joint activities, and using telephone or online services to communicate with

doctors (Martias et al., 2020). Only 23.5% of respondents always use physical separation as a covid-19 preventive practice, while 56.8% of respondents occasionally use physical distancing. Respondents' distancing behaviors include keeping a 2-meter gap, postponing vacations, participating in sports at home, not making visits, not utilizing public transit while traveling, and wearing masks .

CONCLUSIONS

The pandemic of Covid-19 necessitates that every community adopts preventative measures to minimize the spread of this illness. The spread of this illness may be prevented by wearing masks, washing hands with soap, maintaining hygiene, and maintaining a safe distance. 93% of the city of Medan inhabitants have adopted the practice of wearing masks, with 40% using cloth masks, 6.7% using disposable masks, and 53.3% using both. 90% of the respondents from the city of Medan have kept their distance to avoid transmission. Likewise, with hygienic practices. Seventy to eighty percent of Medan's population use the habit of preserving cleanliness by washing objects before or after usage.

During the COVID-19 pandemic, we aim to continue to increase our body's immune system and maintain personal hygiene to avoid various diseases and the Covid-19 virus. We also hope for constructive criticism and suggestions from our friends so that the article we have created meets expectations and is useful for all of us.

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