

Research Article

Strengthening The Family Role in Preventing Covid-19 Local Transmission in Langsa Lama District Langsa City Aceh Province

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Abstract

Langsa is one of the areas in Aceh Province which is classified as a COVID-19 red zone. On October 21, 2020, confirmed cases of COVID-19 had increased, as much as 242 cases. This enhancement in cases occurs because most of the people of Langsa City do not have a good knowledge of COVID-19 prevention, which generally occurs due to local transmission. The healthy lifestyle in the family environment as the smallest scope in society is considered to minimize a COVID-19 local transmission. This study aims to enhance the public by measuring maternal knowledge in preventing local transmission of COVID-19. The research design is a quasi-experimental design with one group pre and post test design. The population in this study was 1,864 families and as many as 95 families were drawn as samples. The sampling technique was drawn by using the cluster random sampling method. The data were collected by using a questionnaire. Data analysis was performed by paired T test with a 95% confidence interval. The result showed that family strengthening as measured by increasing the knowledge of family mothers significantly affects prevention of local transmission of COVID-19 in the Langsa Lama sub-district (p-value 0.000).

Keywords: COVID-19 prevention, Health Promotion, Healthy Lifestyle, Family Role, Mother's knowledge

Pendahuluan

COVID-19 is a disease that has become an epidemic and caught the world's attention until now. The initial appearance of the COVID-19 virus in Wuhan, China at the end of 2019, turned out to have a negative impact on economic development and health in any part of the world (WHO, 2020). WHO has named the coronavirus Severe Acute Respiratory Syndrome-2 (SARS-CoV-2) with the name Coronavirus Disease 2019 (COVID-19). COVID-19 is a new species of coronavirus that was not previously recognized by humans. At first, this virus was only able to circulate and infect animals, but

along with the development of viral mutations, the coronavirus was able to infect humans (Yuliana, 2020).

Langsa is one of the areas in Aceh Province that has been classified as a COVID-19 red zone. On October 21, 2020, confirmed cases of COVID-19 in Langsa city reached 242 cases. This showed that there has been a significant enhancement in COVID-19 cases. Langsa Lama District is one of the districts in Langsa City that had many cases of COVID-19. This case enhancement occurs because most of the people of Langsa City has lack of good knowledge of COVID-19 prevention, which generally occurs due to local transmission (Dinas Kesehatan Aceh, 2020).

The implementation of healthy lifestyle in the family environment is considered capable to minimize local transmission of COVID-19. The family is a social system

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consisting of several people who are interdependent and influenced by both internal and external structures. In general, families consist of various age groups with different levels of immune susceptibility, such as infants, toddlers, pregnant women, breastfeeding mothers and the elderly. Therefore, it is important for every family to adopt a healthy lifestyle, especially in the new normal era (Kementerian Kesehatan Republik Indonesia, 2017).

Family is the smallest unit in society which consists of various age groups with different immune susceptibility groups. One group that is vulnerable to immunity in the family is toddlers (Ashidiqie, 2020). Toddlers are an age group with a high activity pattern, so it is very important to pay attention, especially during a pandemic. Therefore, parents, especially mothers, are required to have health insight, especially regarding the prevention of COVID-19 so that local transmission can be prevented (Kementerian Kesehatan Republik Indonesia, 2020c).

An knowledge of family health, especially mothers, regarding the prevention of COVID-19 is needed to strengthen the role family in preventing local transmission. Therefore, it is necessary to promote health in the family environment (Yuliati, 2021). Promotion of the application of clean and healthy living behavior, independent isolation and social distancing, must be carried out by each family member regardless of age group, whether in good health or not. Self-isolation at home is important for individuals who have risk factors or suffer from COVID-19 symptoms. In addition, social distancing is also needed as a step to stop the transmission of COVID-19 by avoiding crowds and physical contact that is less than 1 meter (Yuliana, 2020).

This Research aims to increase public awareness about the prevention of COVID-19

through strengthening the role of the family. Families with toddlers are prioritized to take part in this research. This is because toddlers are an age group with a vulnerable level of immunity. In addition, toddlers are familiar with the social environment which can be seen from playing activities which are not fully able to be monitored by the family, especially mothers. Therefore, it is necessary to increase the insight of families, especially mothers, about dealing with COVID-19 in order to prevent local transmission in the Langsa City area. The form of strengthening the role of the family in preventing local transmission of COVID-19 is by conducting counseling on the prevention of COVID-19 accompanied by the provision of printed communication media in the form of stickers and calendars which contain messages to deal with COVID-19. In addition, each family is also provided with simple personal protective equipment (PPE) in the form of masks and hand sanitizers. Prior to health promotion regarding COVID-19 prevention, every family, especially mothers, was measured for their understanding of COVID-19 prevention (pretest). Then, after the health education was conducted, the understanding of the COVID-19 response was measured again (post test). Based on this description, the formulation of the problem in this research is how the effect of providing health media about COVID-19 prevention on increasing the insight of family mothers in preventing local transmission of COVID-19 in Langsa Lama District.

Metode

The research design is a quasi-experimental design with one group pre and post test design. The research will be carried out in the Langsa Lama District. The object of this research is families who have toddlers, because toddlers are considered as the next generation of the nation belonging to the age group with a susceptible of immunity level. The number of family with toddler in Langsa Lama District from January to September 2020 was 1.864 family. Therefore, some of these families were drawn as research samples, using the Slovin formula as follows.

$$n = \frac{N}{1+Nd^2} = \frac{1.864}{1+(1864)(0,01)} = 95 \text{ families}$$

The sampling technique was carried out by using the cluster random sampling method, with a

sample size calculated per village in Langsa Lama District which is listed in the following table.

Tabel 1. The Number Size Of Research Sample In Every Village Of Langsa Lama District

No.	Village	N	n
1	Pondok Kemuning	162	8
2	Pondok Pabrik	144	8
3	Seulalah	156	8
4	Sukajadi	79	4
5	Sidodadi	143	7
6	Sidorejo	211	11
7	Seulalah Baru	107	6
8	Meurandeh Tengah	124	6
9	Gampong Baro	104	5
10	Meurandeh Aceh	66	3
11	Meurandeh Dayah	81	4
12	Meurandeh	101	5
13	Asam Peutik	125	6
14	Langsa Lama	186	10
15	Bateh Puteh	77	4
Amount		1.864	95

Families with toddlers were drawn into the sample on criteria based on several factors, including: toddlers who are able to chew food, toddlers who have been breastfed, toddlers who are not undergoing treatment for serious illnesses, and toddlers who have a Health Card. In this study, each family was given a paper bag containing masks, hand sanitizers, and communication media about COVID-19 prevention messages in the form of stickers and calendars. In addition, the strengthening of the family role is carried out through health education activities regarding the prevention of COVID-19, in this case the priority of the family target is the mother. Thus, mothers' knowledge of COVID-19 prevention is expected to strengthen the role of the family to increase family awareness in cut off local transmission of the spread of COVID-19. Every family represented by the mother was given education about the prevention of COVID-19 in accordance with the material that has been standardized by the Ministry of Health (2020) regarding the communication strategy for behavior change in preventing COVID-19.

Therefore, health education carried out in this study contains materials about the causes, symptoms of covid transmission, attitudes and concerns regarding local transmission of COVID-19, the stigma of spreading rumors that occur during the pandemic, socio-cultural aspects that influence behavior in preventing COVID-19, and the general behavior of being infected with COVID-19 which must be treated immediately. The delivery of health education was delivered in 5 sessions which were conducted per day. After finishing one session, two days later the family's understanding was measured according to the material that had been delivered. Then the same treatment was carried out until the five materials that had been delivered were measured for understanding. Therefore, measuring the understanding of family mothers was carried out 5 times using a standardized questionnaire by the ministry of health (Kementerian Kesehatan Republik Indonesia, 2020e). Then the mother's level of understanding before and after receiving treatment was analyzed by using paired T-test with a 95% confidence interval.

Hasil Penelitian

Families who were involved in this study are based on inclusion characteristics, where families

with toddlers are the object of this research. The results of family characteristics can be seen in table 1 below.

Tabel 2. Family Frequency Distribution by Characteristics

Characteristics	n	%
Sex		
Male	35	36,8
Female	60	63,2
Exclusive Breastfeeding		
Yes	57	60
No	38	40
Income		
Suffecient	53	55,8
Less	42	44,2
Educational Level		
Elementary School	15	15,8
Junior High School	33	34,7
Senior High School	27	28,4
College	20	21,1
Age		
Late Teens	45	47,4
Early Adulthood	44	46,3
Late Adulthood	6	6,3
Parity Number		
Primipara	52	54,7
Multipara	43	45,3
Infectoin Disease		
No	87	91,5
Yes	8	8,5
Maternal And Child Health Book		
Not Have	7	7,4
Have	88	92,6

Table 1 shows that most of the families involved in this study had female children under five, namely 60 families (63.2%). The results also showed that the majority of families gave exclusive breastfeeding to their children as many as 57 families (60%). Family health status is inseparable from socio-economic influences. Indirectly, the level of family income affects the fulfillment of primary needs in a family. Based on the research results listed in table 1, it can be seen that most families are classified as suffecient families, in income as many as 53 families (55.8%). Beside, according to the results of the study, most of the mothers were in their late teens or in other words, aged 17 to 25 years, namely 45 families (47.4%). In addition, the majority of mothers graduated from junior high school as

many as 33 families (34.7%). The number of parity is the number of children born to the mother, where this also affects the mother's upbringing in controlling the health of family members. It was found that, most of the mothers with primiparas were 52 families (54.7%). The majority of families with toddlers did not experience infectious diseases during the past month, namely 87 families (91.5%) and most of the family with toddler had maternal and child health books as many as 88 families (86%).

Strenghtening The Family Role in Preventing Covid-19 Local Transmission

Strengthening the role of the family in this case is done through the role of the mother as a motor in a family. The families involved in this

study were families with toddlers. Mothers of toddlers in a family are given treatment in the form of education about preventing COVID-19. In addition, each family through the mother of the toddler was given counseling media containing information on preventing COVID-19 along with personal protective equipment such as calendars, stickers, masker, serta *hand sanitizer*. Mothers

with toddler were given a questionnaire that had been designed by the researcher and then their knowledge was measured before and after 48 hours of being given treatment (Kementerian Kesehatan Republik Indonesia, 2017).

The results of the study on the level of family knowledge in preventing local transmission of COVID-19 disease can be seen in the table below.

Tabel 3. Level of Family Knowledge in Prevention of Covid-19 Transmission Before and After Intervension

Intervension	Knowledge Level					
	Good		Sufficient		Less	
	n	%	n	%	n	%
Before	10	10,5	21	22,1	64	67,4
After	69	72,6	26	27,4	0	0

Table 2 shows that the level of family knowledge in preventing the transmission of COVID-19 has different values before and after treatment. Most of the families with toddlers had less knowledge before being given treatment, namely 64 families (67.4%). Meanwhile, after being given treatment, the majority of families had a good level of knowledge as many as 69 families (72.6%).

Strengthening the role of the family was carried out by provide counseling media

containing information about preventing the transmission of COVID-19. The implementation was carried out by measuring the mother's knowledge before and after being given intervension after 48 hours. The measurement of knowledge is carried out using a research instrument in the form of a questionnaire that has been designed by the researcher, with questions about preventing the local transmission of COVID-19. The results of the data analysis can be seen in the table below

Tabel 4. Strenghtening The Family Role In Preventing Covid-19 by Mothers's Knowledge Level In Preventing The Local Transmission Of COVID-19

No.	Level Knowledge	n	Mean	Standar Deviasi	p-value
1.	Before	95	2,57	0,679	0,000
2.	After	95	1,27	0,448	

The results of the paired T-Test with 95% confidence intervals listed in table 3 show that the level of knowledge of the family mother before and after receiving intervension has a significance value of 0.000 ($p < 0.05$). This showed that strengthening the role of the family in preventing the transmission of COVID-19 in Langsa Lama District, Langsa City can be done by increasing the knowledge of family mothers, where the mother's role is the central motor of household members in any aspect, especially in terms of family health status.

Discussion

Family Characteristics

Table 1 shows that most of the families involved in this study had female children under five, namely 60 families (63.2%). The relationship between the incidence of COVID-19 disease and the gender of toddler in a family basically does not have a strong influence. This is because there are no differences in the views of the values held in the family towards the existence of boys and girls, so that the treatment in parenting and feeding

patterns is the same for male and female toddlers (Kementerian PPN/Bappenas, 2020).

In terms of anatomy and physiology, toddlers do not yet have optimal immune system maturity, so the toddler age group is very at risk for infectious diseases. The main preventive measure can be helped by exclusive breastfeeding for 6 months. The results also showed that the majority of families gave exclusive breastfeeding to their children as many as 57 families (60%). In general, children who are not breastfed for 6 months by their mothers are very at risk for fever, tachycardia, decreased blood flow and seizures, so they have an increased risk of death by 25% for death. Breast milk is a product of Allah's creation that is rich in essential nutrients that are able to overcome infections from various pathogenic microorganisms, through phagocytic cell components and immunoglobulins, including: cytokines, lactoferrin, lysozyme, and mucin. Therefore, exclusive breastfeeding for 6 months is able to protect toddlers from the dangers of infectious diseases, in this case, it can be attempted as a preventive measure for the transmission of COVID-19 (Fadilah & Setiawati, 2021).

Families who have a sufficient level of income are those who have a monthly income equal to the Langsa City minimum wage, which is IDR 2,900,000. In table 1, it can be seen that most families are classified as sufficient families, in income as many as 53 families (55.8%). In general, the families involved in this research are families who receive the government aid, either in the form of social assistance, COVID-19 assistance, or other assistance that can fulfill their primary needs. In addition, families with sufficient income are usually more careful in allocating their household budget so that they can prioritize the primary needs of the family, so that it is indirectly related to the health status of the family (Suciangi, 2021).

Parenting pattern is a factor of mother's behavior in controlling health status. Health status in a family can be seen from the ownership of the maternal and child health book (Aini et al., 2021). The majority of families with toddlers did not

experience infectious diseases during the past month, namely 87 families (91.5%) and most of the family with toddler had maternal and child health books as many as 88 families (86%). Maternal and child health book contains a collection of information about health records and special records such as abnormalities or other records, so that information is needed to monitor health in a family, especially families with babies, toddlers, pregnant women, and breastfeeding mothers. Not only that, the Mother and Child handbook also provides a history of infectious diseases, such as diarrhea (Kementerian Kesehatan Republik Indonesia, 2020d).

Parenting is one component that affects the Parenting is one component that affects the health status in a family. The pattern of parenting of course can not be separated from the characteristics of the mother as a command in all matters of family members. This is motivated by several reasons, including: the level of education of the mother, the age of the mother, and the number of children's parity (Dewi & Khotimah, 2020). According to the results of the study, most of the mothers were in their late teens or in other words, aged 17 to 25 years, namely 45 families (47.4%). In addition, the majority of mothers graduated from junior high school as many as 33 families (34.7%). (Suciangi, 2021). The number of parity is the number of children born to the mother, where this also affects the mother's upbringing in controlling the health of family members. It was found that, most of the mothers with primiparas were 52 families (54.7%). Primipara is a condition of women who have given birth to one child (Kementerian Kesehatan Republik Indonesia, 2020a).

Strengthening The Family Role In Preventing Covid-19 Local Transmission

The family is the smallest social order in a society consisting of several people who are interdependent and influenced by both internal and external structures. In general, families consist of various age groups with different levels of immune susceptibility, such as infants, toddlers, pregnant women, breastfeeding mothers

and the elderly. Therefore, the application of a healthy lifestyle in the family environment is considered capable of minimizing local transmission of the spread of COVID-19, because the success of a healthy lifestyle can start from the smallest environment in society, namely the family (Kementerian Kesehatan Republik Indonesia, 2020a)

Strengthening the role of the family in this case is done through the role of the mother as a motor in a family. The families involved in this study were families with toddlers. Mothers of toddlers in a family are given treatment in the form of education about preventing COVID-19. In addition, each family through the mother of the toddler was given counseling media containing information on preventing COVID-19 along with PPE such as calendars, stickers, masks, and hand sanitizers. Mothers under five were given a questionnaire that had been designed by the researcher and then their knowledge was measured before and after 48 hours of being given treatment (Kementerian Kesehatan Republik Indonesia, 2020a).

Table 2 shows that the level of family knowledge in preventing the transmission of COVID-19 has different values before and after treatment. Most of the families with toddlers had less knowledge before being given treatment, namely 64 families (67.4%). Meanwhile, after being given treatment, the majority of families had a good level of knowledge as many as 69 families (72.6%). The level of knowledge is a component that greatly influences a person's attitudes and actions. In addition, the mother who acts as a driving force in her family greatly determines the health status of each member of her family. The health status referred to in this case is the transmission of COVID-19. Therefore, the importance of knowledge about preventing the transmission of COVID-19 is considered to be able to minimize the risk of COVID-19 transmission, especially for families with toddlers considering toddlers as the nation's next generation (Kementerian Kesehatan Republik Indonesia, 2020b).

The level of knowledge is motivated by several factors such as education level, socioeconomic status, age, and number of children's parity. Ideally, a mother who has a level of education and comes from the upper middle socioeconomic level influences the mother's absorption capacity so that it affects her knowledge. In addition, generally older mothers have more experience in managing household affairs. So it affects the mother's level of knowledge (Sari, 2021). On the other hand, the number of children's parity will also affect a mother's level of knowledge. Theoretically, mothers who have one child have a lower experience than mothers who have given birth to more than one child. But in reality, that is no longer the case in the digital age. The use of communication technology through online media can make it easier for mothers to absorb information about preventing the transmission of COVID-19. Thus, the mother's level of knowledge does not always depend on factors such as age, education, or the number of children's parity (Kementerian Kesehatan Republik Indonesia, 2021).

The family is the smallest order in society that has a big influence in preventing COVID-19 disease. Through a family approach, it is hoped that the prevention of COVID-19 can be applied so that it will have a major impact on people who behave in a healthy manner. The support for each family member can be obtained through informational, instrumental, reward and emotional support. In the end, family support can create a family immunity (Alvita et al., 2021). Family immunity can be presented in the form of an orientation approach by involving the family system as a whole through an active process in the form of coping, adaptation, and positive behavior patterns so that each family has immunity in responding to stress and crises as a result of COVID-19 (Zakaria & Khusniyah, 2021).

Strengthening the role of the family is carried out by providing counseling media containing information about preventing the transmission of COVID-19. The implementation was carried out by measuring the mother's knowledge before and

after being given treatment after 48 hours. The measurement of knowledge is carried out using a research instrument in the form of a questionnaire that has been designed by the researcher, with questions about preventing the transmission of COVID-19 (Kementerian Kesehatan Republik Indonesia, 2020b).

Basically knowledge is the main raw material for someone in digesting information. Knowledge is also an essential ingredient for someone to behave, especially health behavior. Health behavior is closely related to disease treatment decision making. One important factor of health behavior is predisposing factors. One of predisposing factor that influences decision making is knowledge level. The level of knowledge is influenced by age and educational level. In this study the majority of respondents were in the productive age and the level of education was classified as good. It easier to respondents to digest and remember information that has been received (Kementerian Kesehatan Republik Indonesia, 2021).

Conclusion

Strengthening the role of the family in the context of preventing local transmission of COVID-19 can be done by increasing the knowledge of mothers about preventing the local transmission of COVID-19. The Role of mother as the central motor of the family is able to significantly change the behavior of family members to be more aware of health, especially in preventing the transmission of covid-19 (p-value 0.000).

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