



Improved Learning of the Healthy Living Community Movement During the Pandemic for Budi Cendekia Islamic School Students

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Improved Learning of the Healthy Living Community Movement During the Pandemic for Budi Cendekia Islamic School Students

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Abstract.

The epidemiological transition is a term used frequently to describe changes in disease patterns in Indonesia. Infectious infections were the main cause of illness and mortality in the 1990s. However, non-communicable illnesses have become the major causes of illness and mortality in the recent ten years, from 2010 to 2020. The demographic shift is to blame for the rising risk of non-communicable diseases. The President of the Republic of Indonesia launched the Healthy Living Community Movement, also known as GERMAS, which places an emphasis on promotion and prevention while maintaining the integrity of curative and rehabilitative activities. This activity intends to increase public awareness of the need for high school students, in particular, to perform GERMAS independently. especially when it comes to spreading the word about how crucial it is to use GERMAS during the Covid-19 pandemic. The task was completed by a group of 10 students, 1 lecturer, and 1 health professional utilizing the seminar technique. This community service involves implementation time, which is 15 to 20 minutes for each topic with a presentation. The committee provides a link for participants to complete an evaluation after completing a series of exercises. The study's findings indicate that even though this activity is carried out virtually utilizing the zoom meeting application, it will still have an impact on the aim in carrying out GERMAS because the success rate is higher than 51%. The activity has to be modified once again in the future in terms of how the material is delivered and how the answers are given in a manner that high school students can readily understand.

Keywords: budi cendekia islamic school, community service, covid-19, GERMAS, high school students.

1. INTRODUCTION

An epidemiological transition, often known as a change in disease patterns, has occurred in Indonesia over the past 30 years. In the 1990s, the biggest causes of death and illness were infectious diseases such as upper respiratory tract infections (ARI), tuberculosis, diarrhea, and others. However, non-communicable diseases like diabetes, heart disease, and stroke were the leading causes of sickness and mortality between 2000 and 2010. And now non-communicable diseases do not only attack old age

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but also young people, both from rich and poor people, living in cities and villages like in case in Kulon Progo Health Office, 2020 [1].

Currently, Indonesia is facing a big challenge, namely the triple burden of health problems, because there are still infectious diseases, increasing non-communicable diseases and other diseases that should have been resolved reappear. Changes in people's lives are to blame for the rising occurrence of non-communicable illnesses (PTM), such as diabetes, cancer, coronary heart disease (CHD), and stroke. The increased risk of PTM is due to the demographic transition, namely the proportion and number of individuals and seniors who are at an increased risk of PTM and degenerative disorders. This causes the need for long-term treatment and care where this can increase the burden of government health financing as well as increase the family's economic burden due to decreased family productivity, and not infrequently this causes families to fall into poverty because they take care of sick family members. As a result, coordinated actions are required to stop these PTM risk factors. No matter their age, line of employment, social standing, economic situation, or place of residence, Indonesian society at all levels is involved in these efforts through prevention programs. [2]

The government has also developed a framework for implementing messages to strengthen the health development paradigm from curative and rehabilitative to promotive and preventive efforts carried out through a multi-sectoral approach, as well as formulating action plans related to strengthening health promotive and preventive efforts. It also focuses on the development of the Healthy Living Community Movement (GERMAS), which will serve as a manual for pertinent cross-sectors in encouraging individuals to lead healthy lives. The President of the Republic of Indonesia founded the GERMAS movement, which prioritizes promotional and preventive efforts without sacrificing curative and rehabilitative actions taken jointly by all parts of the country with awareness, a willingness to act healthily, and the capacity to do so in order to enhance quality of life. [3].

The implementation and implementation of GERMAS must start from the family, because the family is the smallest part of society that forms personality. the theme of Indonesia Loves Healthy with the sub-theme of Healthy Living Society, Strong Indonesia. The Healthy Indonesia Program with a family-centered approach through the Healthy Living Community Movement calls for a broad interpretation of this issue (GERMAS). In particular, GERMAS is anticipated to boost neighborhood output, encourage healthy living, and lessen the financial burden of health costs. At the initial stage, GERMAS nationally began by focusing on three activities, namely doing 30 minutes of physical activity per day, eating fruits and vegetables, and having regular health checks. These three activities can be started by yourself and your family, done right now, and do not require a large amount of money [2].

Regarding the current circumstance, specifically the Covid-19 pandemic that started on March 2, 2020, in Indonesia. As of year 2020 to 2021, the development of positive cases of Covid-19 in Indonesia has reached 719,219 cases with 589,978 people declared cured and 21,452 people died (Nuryanti, 2020). Four Greater Jakarta areas were determined to be in the Covid-19 red zone in September 2020. The four areas are Bogor City, Depok City, Bekasi City, and Bekasi Regency. So that the extension of the Large-Scale Social Restrictions (PSBB) in the Jakarta and West Java area will be continued until next October. Until December 2020, Covid-19 cases in Jabodetabek were considered to be getting worse towards the end of the year (Surjaya, 2020). In Depok City, there are currently 23,729 confirmed cases of Covid-19 with a total of 4,693 active patients on January 22, 2021 through the official Depok City website regarding Covid-19 [4].

Reiterating GERMAS to the public in order for it to be adopted in order to break the chain of virus dissemination is one of the government's attempts to do so. This is because in GERMAS there are healthy lifestyles that can prevent the transmission of Covid-19. One of them is to use a mask when coughing or cover your mouth with the inside of your upper arm. This lifestyle is suitable to be implemented as an effort to prevent the transmission of Covid-19. and GERMAS is also easy to do by every community, so that GERMAS is considered the most suitable guideline to be applied in people's daily lives. GERMAS is also an effort by the government to involve and empower the community in terms of maintaining, improving and protecting their health. The goal is to make people aware, willing, and able to be independent. As a result, the objective of this action is also to support government efforts to teach the public about the significance of using GERMAS during the Covid-19 pandemic. [1]. Until now, there are still many teenagers who ignore health protocols to date. Like crowding with their peers without wearing a mask. Where this can increase the risk of transmission of Covid-19 and this can lead to the emergence of clusters of Covid-19 transmission, namely family clusters. Because the teenager could have been exposed to the Covid-19 virus from his friends when they were together. This can be due to the lack of awareness of teenagers about Covid-19 and also not getting the right information about Covid-19 and how to deal with it. It is necessary to do the right information to provide education to teenagers regarding the prevention of Covid-19 transmission, such as through GERMAS [5]

University or high school youth can also be used as a medium to disseminate this information to their families who are their smallest community by social media or online education. Because these high school youth are able to understand the importance of GERMAS in handling Covid-19, they will be able to provide education to their families so that their families can implement GERMAS independently. If the family of the teenager is able to understand and implement GERMAS well, then they can also provide appropriate education to the surrounding environment or the community around the family such as neighbors or other family members[6] [5].

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Additionally, these high school students can contribute by directly or indirectly using social media to notify their classmates or other organizations in their communities about the significance of GERMAS in preventing the spread of Covid-19. Therefore, youth groups, especially high school students, are a suitable group to understand and receive education regarding the importance of GERMAS in overcoming the transmission of Covid-19 [7].

II. METHODS

Solutions offered to schools

Throughout the Covid-19 period, as part of the community service program's activities, the healthy living community movement was implemented, it was carried out by online using the conference method, namely by providing information to participants, where those present can participate actively.

Problem Solving Method

The approaches offered to solve the problems that exist in several high schools in Bekasi and Depok that have been agreed upon are:

- a. Provide information related to the Healthy Living Community Movement, starting from the understanding, benefits of implementing and the impact of not doing so.
- b. Providing information on how to deal with Covid-19 by implementing the Healthy Living Community Movement.

Problem Solving Stages

Stages of Problem Solving that should be applied by participants from several high schools in Bekasi and Depok is an increase in knowledge related to how to live a healthy lifestyle and participate in implementing a healthy lifestyle in everyday life., for this case in Budi Cendekia Islamic School.

III. RESULT AND DISCUSSION

The implementation of this community service was carried out on February 6, 2021. This activity was carried out for one day (a zoom meeting) with coordination directed by Ms. Erlina, a public health lecturer at Esa Unggul University who was able to support the success of the activity. The number of participants and the community service team who attended were 81 from the initial target of 50 participants. Participants were very enthusiastic in participating in the Germas socialization. The parties involved are representatives of SMA Budi Cendekia Islamic School and 2 lecturers from the Faculty of Health Sciences and Faculty of Business Economics the Esa Unggul University.

Community service in this activity uses an approach method developed as follows:

1. Preparation phases the activity begins with the community service implementing team asking permission from the school. This activity discusses the implementation of activities which include implementation time, participants and the tools needed. The school representative teacher conveys the plan for this service activity to the students to take part in the activity.
2. Implementation Stage The next stage is conditioning participants, namely class representatives. In this community service activity, general information is provided, including:
 - a) Definition of GERMAS
 - The relationship of GERMAS with conditions in the last 30 years.
 - Factors causing disease.
 - Performance indicators.
 - The parties involved.
 - Benefits of GERMAS
 - b). Physical activity: Disease prevention through community movement.

Variables	Value Category	Prosentage (%)
Event punctuality	1	0
	2	0
	3	1 (2,0)
	4	21 (42,9)
	5	27 (55,1)
Theme suitability	1	0
	2	0
	3	2 (4,1)
	4	11 (22,4)
	5	36 (73,5)
Easy to understand material	1	0
	2	0
	3	3 (6,1)
	4	21 (42,9)
	5	25 (51)
Useful activities	1	0
	2	0
	3	2 (4,1)
	4	10 (20,4)
	5	37 (75,5)
Overall implementation of activities	1	0
	2	0
	3	3 (6,1)
	4	21 (42,9)
	5	25 (51)

Fig. 1. Participants' assessment related to community service events.

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The results of the research on the distribution of respondents on a number of their characteristics are shown in Figure 1 participants assessment related to community service events, that presented results as above:

- a. the variable timeliness of the event mostly answered very well at 55.1%.
- b. The variable according to the theme mostly answered very well at 73.5%.
- c. The material variables are easy to understand, most of them answered very well at 51%.
- d. the most useful activity variables answered very well at 75.5%.
- e. the value of the overall activity variable mostly answered very well at 51%.

The method chosen is the seminar method that can be assisted by using teaching aids to clarify the descriptions presented to participants. This seminar method is often used in the learning process in schools starts from the low level to the college level, especially during the current Covid-19 pandemic. Respondents in this study were students and high school students. This results it can be concluded that the community service program was successful, because the value of each variable is above 51%, and based on the percentage data results, it shows that community service carried out by public health students will affect the target in carrying out GERMAS care.

IV. CONCLUSION

In GERMAS especially related to the Healthy Living Community Movement there are healthy lifestyles that can prevent the transmission of Covid-19. One of them is to use a mask when coughing or cover your mouth with the inside of your upper arms. This lifestyle is suitable to be implemented as an effort to prevent the transmission of Covid-19. The goal is to make people aware, willing, and able to be independent. As a result, the objective of this action is also to support government efforts to teach the public about the significance of using GERMAS during the Covid-19 pandemic. The implementation of this community service provides information related to the Healthy Living Community Movement, so that there is an increase in knowledge related to how to live a healthy lifestyle and participate in implementing a healthy lifestyle in everyday life. By using the Seminar Method, it can be used as a teaching aid to clarify the descriptions presented to participants. Students and high school students participated as respondents in this study. The results of the implementation of community service activities are obtained, as follows:

1. The variable of timeliness of the event mostly answered very well at 55.1%.
2. The theme suitability variable mostly answered very well at 73.5%.
3. The material variables are easy to understand, most of them answered very well at 51%.

4. The most useful activity variables answered very well at 75.5%.
5. The overall value variable for most of the activities answered very well at 51%.

So it can be concluded that the community service event that has been carried out has been successful, with the results of each variable being more than 51%. In order to have an impact on the target's everyday use of GERMAS maintenance and implementation, this community service. As for suggestions in implementing this community service activity, namely increasing the series of events to be better in the future, for presenters in providing material and answering participant questions, it is hoped that it will be further improved and use language that is easy to understand in layman's language and is not complicated, so that participants can better understand core of the material of the healthy living movement. And the need to increase two-way communication activities with schools after the pandemic so that the contributions of the committees during the event can be monitored and implemented in the field properly. Especially for students at Budi Cendekia Islamic School.

V. ACKNOWLEDGMENTS

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