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Editorial inquiries to be addressed to: editor@balimedicaljournal.org

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Intan Silviana Mustikawati^{1*}, Zelfino¹, Putri Handayani¹, Erlina Puspitaloka²

ABSTRACT

Introduction: Knowledge of COVID-19 health protocols has an important role in COVID-19 prevention behaviors. This study aimed to determine the effect of health promotion in improving knowledge of COVID-19 health protocols.

Methods: This study was a quasi-experimental design with one group pre-posttest. The respondents in this study were 120 people in Pasanggrahan village, West Java who participated in health promotion. The dependent variable was knowledge of COVID-19 health protocols and the independent variable was health promotion. The data were collected by questionnaire. Paired t-test was used to analyzed the data.

Results: The average age of respondents was 45 years old, most of the respondents was woman (90%), had a high level of education (59,2%), not working (61,7%), multipara (85,8%). Majority of the respondents has no history of COVID-19 (76%) and respondents who had second COVID-19 vaccination was 96,3%. The mean score of COVID-19 health protocols knowledge was higher after health promotion (Mean=8,1; SD=0,89) than before health promotion (Mean=4,1; SD=1,76) and it was statistically significant ($p < 0,05$).

Conclusion: COVID-19 health protocols promotion has improved knowledge of COVID-19 health protocols among people in Pasanggrahan village, West Java. Continuous health promotion is needed to improve knowledge, attitude, and compliance with COVID-19 health protocols.

Keywords: effectiveness, health promotion, COVID-19, health protocols, knowledge.

¹Department of Public Health, Faculty of Health Sciences, University of Esa Unggul;

²Department of Management, Faculty of Economic and Business, University of Esa Unggul;

*Corresponding to:

Intan Silviana Mustikawati;
Department of Public Health, Faculty of Health Sciences, University of Esa Unggul;
intansilviana@esaunggul.ac.id

INTRODUCTION

Recently, there has been a significant threat to public health due to the emergence of the COVID-19 pandemic. Based on a survey by National Disaster Management Agency, nationally, the level of respondents' compliance with health protocols is generally quite good.¹ However, there are still people whose compliance level is still low in implementing health protocols, such as wearing masks (58.7%), washing hands (56.7%), maintaining distance, and avoiding crowds (54.4%), and reducing mobility (54.1%). There are several reasons why people violate health protocols, such as being saturated with the pandemic, feeling uncomfortable, thinking the situation is safe, and feeling confident that they are not infected.²

Protective measures are important to overcome and control the spread of the COVID-19 pandemic. Adherence to preventive and control measures are affected by the HWS' knowledge, awareness.³ As such, the increased knowledge will influence the attitude

and practice toward COVID-19.⁴ A global public health campaign strategy to increase knowledge should be conducted to help in controlling the spread of the disease.⁵ One of the efforts to improve community compliance, based on the Ministry of Health of the Republic of Indonesia, is by building communication through a campaign on the importance of implementing the 5M health protocols.^{6,7} Health promotion can contribute to addressing the CoV-2 virus through behaviour change and disease management, interventions affecting organizations and communities and informing policies affecting the population.⁸

Pasanggrahan Village is in the Solear District, West Java, Indonesia. The residential conditions in Pasanggrahan Village are quite dense, with unhealthy environmental conditions. Based on observations at Pasanggrahan Village, it was found that there are still many people who have not complied with health protocols such as washing

hands, wearing masks, and maintaining distance. This is due to the lack of public knowledge and awareness regarding the importance of implementing the 5M health protocol during the COVID-19 pandemic. Therefore, efforts are needed to provide communication, information, and education about the benefits of implementing COVID-19 health protocols. This study was to determine the effect of health promotion in improving knowledge of COVID-19 health protocols.

RESEARCH QUESTION

Can health promotion improve knowledge of COVID-19 health protocols in Pasanggrahan village, West Java?

METHOD

This study was a quasi-experimental design with one group pre-posttest in 2022. The population in this study were people in Pasanggrahan village, West Java. The sample were 120 persons who participated in health promotion and it selected by

consecutive sampling. The dependent variable was knowledge of COVID-19 health protocols and the independent variable was health promotion. Data were collected by questionnaire and analyzed using the paired-t test.

RESULTS

The average age of respondents was 45 years old; most of the respondents were women (90%), had a high level of education (59,2%), were not working (61,7%), and multipara (85,8%). Majority of the respondents has no history of COVID-19 (76%) and respondents who had second COVID-19 vaccination was 96,3%.

Knowledge of COVID-19 health protocols in this study includes questions about the definition of COVID-19 health protocols 5M, indicators of COVID-19 health protocols 5M, benefits of practicing COVID-19 health protocols, type of masks, how to use masks properly, how to wash hand using soap, and benefits of COVID-19 vaccination.

Overall, there was an improvement of respondent's average total score of COVID-19 health protocols knowledge after health promotion. The average total score of COVID-19 health protocols knowledge before health promotion was 4,1 (SD= 1.76) and the average total score after health promotion was 8,1 (SD= 0.89). It showed in Table 1. Based on paired t-test, there was a difference in the respondent's average total score of COVID-19 health promotion knowledge before and after health promotion and it was statistically significant ($p < 0,05$).

DISCUSSION

One of the efforts that can be done to improve health knowledge, attitudes, and behaviors is communication, information, and education about health.⁹ Health education is an effort or activity to create community behavior conducive to health.¹⁰ Respondents in this study had an improvement in COVID-19 health protocol knowledge after health promotion. It can be explained that information provided in the health promotion received well by respondents and it was effective.

Study by Kanligi et al., (2022) found that

Table 1. COVID-19 health protocols knowledge before and after health promotion.

COVID-19 health protocols knowledge	Mean	SD	Z	p
Before health promotion	4,1	1,76	-4,48	0,00
After health promotion	8,1	0,89		

knowledge of COVID-19 health protocols was predicted by source of information.¹¹

The more information people get about COVID-19 health protocols, the higher their knowledge about COVID-19 health protocols. Study by Setyaningrum et al., (2022) showed that there was an increase in respondents' knowledge about COVID-19 health protocols after health promotion.¹² Meanwhile, another study showed an increase in respondents' knowledge about COVID-19 health protocol after health education is carried out.¹³ Study by Sambo et al., (2021) also showed an increase in respondents' knowledge about the benefits of COVID-19 health protocol after health promotion.¹⁴

CONCLUSIONS

COVID-19 health protocols promotion has improved knowledge of COVID-19 health protocols among people in Pasanggrahan village, West Java. Continuous health promotion is needed to improve knowledge, attitude, and compliance with COVID-19 health protocols.

CONFLICT OF INTEREST

No conflict of interest.

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This research was funded by the University of Esa Unggul.

ETHICS

This research has passed the ethics review from the University of Esa Unggul

AUTHOR CONTRIBUTIONS

ISM: responsible for data analysis and manuscripts; Z: responsible for data analysis; PH: responsible for data analysis; EP: responsible for data collection

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