

## **Public Response to the Implementation of Health Protocols during the Covid-19 Pandemic**

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### **Abstract**

The public's reaction to the implementation of health protocols during the Covid-19 pandemic is discussed in this report, as well as the idea of enforcing public health protocols, the relevance of implementing health protocols, and the public's reaction to implementing health protocols during the Covid-19 pandemic. This thesis is a quantitative one that relies on data gathered from surveys. The public reaction demonstrates that health guidelines are needed to strengthen attempts to avoid and monitor COVID-19 for people in public places and hospitals in order to avoid the emergence of new epicenters / clusters during the pandemic, as shown by the 78 percent who cooperate and the 22 percent who deliberately and inadvertently disregard. The community's position in breaking the COVID-19 transmission chain, or the possibility of contracting and distributing it, must be accomplished by the implementation of health protocols. The community's reaction to COVID 19 varies; some people really follow the government's protocol, which some people understand; but, for economic reasons, they still operate outside the home to survive.

**Key words:** Health Protocol, Community Role, Community Response.

### **Introduction**

By definition health protocols are guidelines or procedures of activities carried out in order to ensure individuals and communities remain healthy protected from certain diseases. The purpose of implementing health protocols is to improve efforts to prevent and control COVID-19 for people in public places and facilities in order to prevent new epicenters/clusters during the pandemic. The main principle of health protocols is the protection of individual health and the protection of public health.

This is important to realize, because so far most of the public still assumes that the health protocol is only the protection of individual health. So if someone has done individual protection as if they have done the whole health protocol. In fact, activities in the framework of public health protection have not been done well.

The government has issued a policy that allows people under the age of 45 to resume their activities. It is one of them to maintain the economic stability of the community. Previously, everyone regardless of age class, was asked to stay at home in order to cut the chain of corona virus spread caused by Covid-19.

Health protocols in order to protect the health of individuals are to use masks that cover the nose and mouth to the chin, if they have to leave the house or interact with others who are not known health status (which may be able to transmit COVID-19). Clean your hands regularly by washing your hands with soap with running water or using an alcohol-based antiseptic liquid /

handsanitizer. Keep a distance of at least 1 meter with others to avoid getting droplets from people who talk, cough, or sneeze (Dbouk & Drikakis, 2020; Sun & Zhai, 2020; Han et al., 2013).

The better the protection of individual health needs to be added avoid touching the eyes, nose, and mouth with unclean hands or that may be contaminated with droplets containing viruses (Ferioli et al., 2020; Semple & Cherrie 2020; Hafeez et al., 2020). Avoid crowds, crowds, and crowds. Increase endurance by implementing Clean and Healthy Living Behaviors such as consuming balanced nutrition, physical activity at least 30 minutes a day and adequate rest (at least 7 hours), as well as avoiding risk factors for diseases, such as diabetes, hypertension, pulmonary disorders, heart disorders, kidney disorders, immune compromised conditions/ autoimmune diseases, pregnancy, elderly, children.

## **Methods**

This research is a powerful research with the basis of data retrieval through surveys in various regions consisting of 3 regions, namely the U.S., AB and AT. Primary method data collection by giving questions to individual respondents. So it can be concluded that the survey is a method to gather information from a group representing a population of a large number of respondents that is 500 people. Analysis of this research data shows efforts or ways to process data into information so that the characteristics of the data can be understood and useful for problem solutions, especially problems related to public response to health protocols.

## **Results and Discussion**

### **The Importance of Implementing Health Protocols**

Corona Virus Disease 2019 (Covid-19) was declared by WHO as a pandemic and a public health emergency that must be done to counteract it. But until now many people are still negligent in paying attention to health protocols especially in this New Normal Era. Therefore, socialization and education are needed to increase public understanding of the importance of paying attention to health protocols in carrying out activities.

The socialization and education of Covid-19 is the key to the successful handling of the Covid-19 pandemic (Cooper et al., 2020; Guan et al., 2020; Hao et al., 2020). Socialization and Education on Covid-19 is often provided by the government. However, this education and socialization is still not running optimally. Understanding public health protection protocols is also very important in order to reduce the transmission of COVID-19.

Through this complete and correct understanding, it is expected that the public can help and facilitate interventions made by the Local Government, especially the Health Team in conducting screening and isolation examinations of patients if later confirmed COVID-19. People have an important role in breaking the chain of transmission of COVID-19 so as not to cause new sources of transmission, especially in public places where there is a lot of interaction between people. People must be able to adapt in the midst of the Covid-19 pandemic with new habits that are healthier, cleaner, and more obedient, implemented by all components in the community and empower all existing resources. The role of the community to be able to break the chain of transmission of COVID-19 or the risk of contracting and transmitting, must be done by applying health protocols.

Public awareness of the importance of health protocols is getting better, this is seen the fewer people affected by raids when the operation of the mask discipline. Covid-19 is no longer taboo in

the community. Initially it was only considered a common cold and eventually became a pandemic. There have been many deaths due to this pandemic. Many people regret the slow handling of this case, the government is considered slow in handling this problem. Maybe if handled from the beginning there will not be many deaths and there will not be many transmissions that occur. However, we also cannot immediately blame the government, because this case will not be solved without the cooperation of all parties.

The community itself initially also underestimated the virus. They think that it will be safe. The appeals given by the government are also considered last wind. They believe more in the news that is *shared* through social media, and they easily spread it without the process of verifying the truth of the news. Suddenly all become doctors, all consider every news read is a valid news. As a result they are very confident that they will not be infected by the virus.

The importance of improving health protocols there are several factors, namely the community's adherence to the government's appeal about the dangers of Covid-19. So people think that Covid-19 is just a common virus. Lack of reading interest from the public regarding the prevention of Covid-19. This is because of the public's assumption that this virus is just a common virus.

Lack of awareness from the public itself regarding the importance of education about the prevention and prevention of Covid-19. The location of the village is in the green zone. So, reinforces the public's assumption that they do not need to maintain health protocols such as government advice.

The lack of socialization and education obtained by the public about Covid-19 *Social distancing* echoed by the government is also not considered. Many people still gather by ignoring health protocols. This leads to an increase in the number of people exposed to covid-19 more and more days. However, people are still not aware of the dangers of this virus. Actually, the government has also made many efforts to suppress the spread of this virus. Such as campaigning health protocols, *social distancing*, large-scale social restrictions and finally new *normal*.

Based on the information owned by the government in the handling of Covid-19 health protocols that must be obeyed by the public according to *kompas.com*, the first is to maintain hand hygiene, hands are the most important medium of spreading the virus, clean hands using hand washing liquid or *hand sanitizer* even if the hands do not look dirty, if dirty hands clean using soap. Get used to washing your hands after coming from the outside environment or holding something. How to wash your hands must follow the standard rules that already exist, namely washing the inner hand, back, sidelines and fingertips. Then the second do not touch the face, with the pandemic covid-19 hands become the most vulnerable media to the virus, try not to touch the face, scratching the face, especially the eyes, nose and mouth. Our hands could have a virus obtained from the activities we do outdoors. If the hands are not clean and then touch the face then the virus can easily get into the body.

Apply the ethics of coughing and sneezing, the ethics when coughing is to cover the mouth and nose by using the inner upper arm at the time of coughing or sneezing. Although there is no virus in our body the ethics of coughing and sneezing should still be applied. Next use a mask, use a mask when you are out of the house or interacting with others. For those of you who do not have symptoms can use a non-medical mask, but for those of you who have symptoms use a medical mask that can be used once, and after use should be disposed of in a closed trash can then wash your hands after holding the mask. The next health protocol is to keep distance, to avoid exposure

to the virus from person to person, we must always keep a distance with others at least 1 meter. We are forbidden to gather and crowd to minimize physical contact with others. Self-isolation, for those of you who are not healthy should voluntarily be willing to stay at home. Do not go to work, school or other public places because it may have a risk of covid-19 infection and can transmit to others. Then the last one maintains health, enough rest needs to be applied in an effort to maintain health during the covid-19 pandemic.

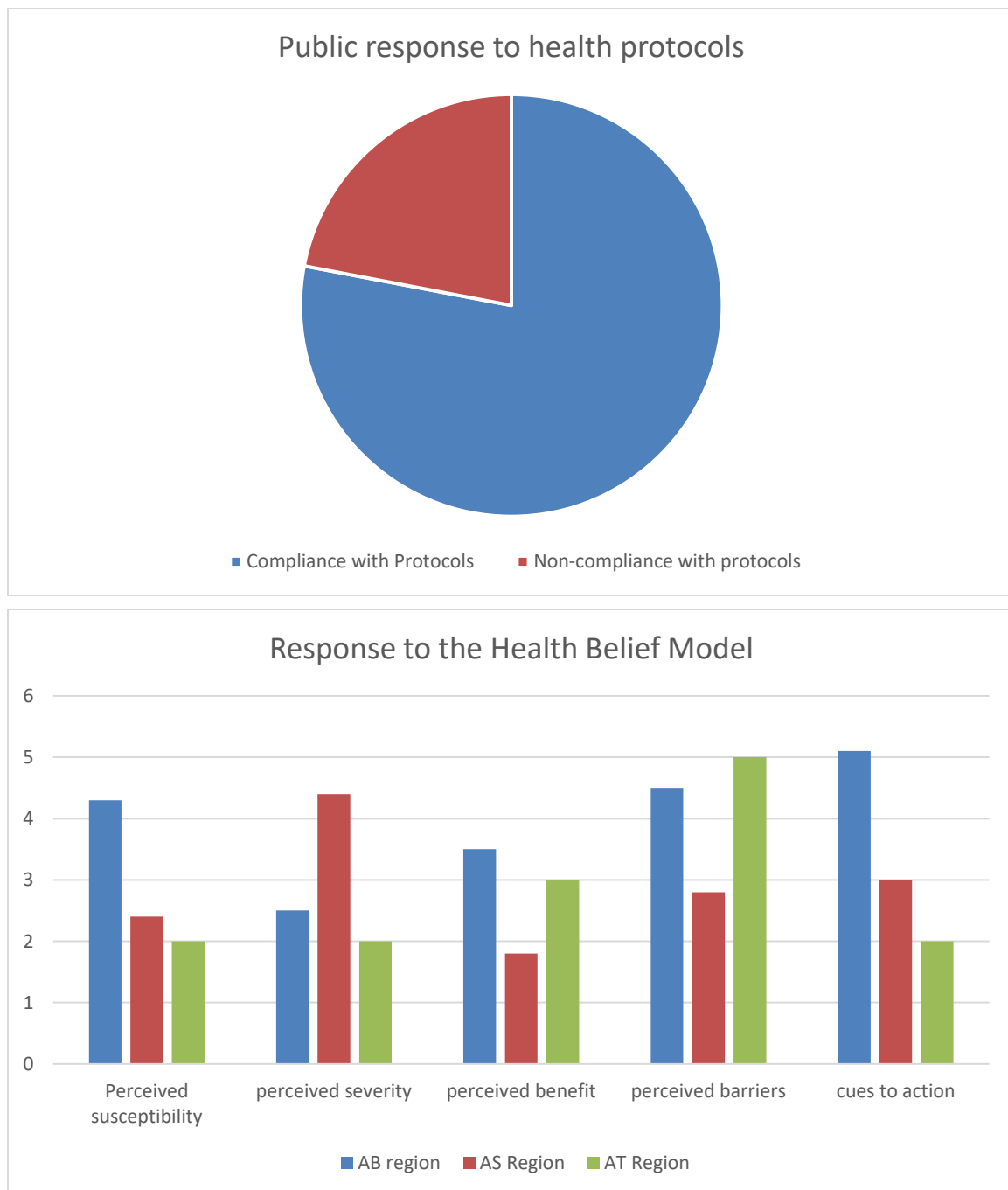
These efforts will be meaningless if the community does not comply. This pandemic has a huge impact on people's lives. Especially very impactful to the economy of the community itself. On the one hand they are also afraid of contracting this virus, but also they struggle to stay alive in the middle of this pandemic. So many people blame each other. The dutiful stay at home blames those still out on the street. Whereas if they can choose they also want to stay at home, but they do not have that choice because they have to work. Nowadays all are free to argue and free to judge others without knowing the background of the problem.

We should see in other countries like Taiwan, people are very aware of the dangers of this virus. They obey every rule imposed by local authorities. Although they did not *do lockdown* but they managed to suppress the spread of this virus. They continue to do their daily activities as usual, but they are all disciplined. The government relentlessly reminds to always keep a distance and always comply with health protocols. Actually we can also like Taiwan, need to instill awareness in ourselves to always obey every recommendation given. If it is still as it is now until when this pandemic will end in Indonesia. Hopefully the public will soon be aware of the dangers of this virus and hopefully this pandemic will end soon, so that we can live normally as usual.

### **Community Response to the Implementation of Health Protocols**

The application of health protocols during the covid-19 pandemic raises pros and cons in the community. There are two community responses in the application of health protocols, namely, complying with the application of health protocols and not complying in the application of health protocols. The community response among others really understand and comply with the rules of health protocols issued by the authorities, even if it is outside the house. Understand, but because of various things, *forced to leave the house* by violating health protocols, don't want to understand and invite people to follow what he believes about Covid-19 and health protocols. Addressing policies on handling Covid-19 by linking it to political issues, and usually its attitude is not in accordance with health protocols and government policies. Very confident with the principle of life in god's hands so that there is no change in behavior in daily life.

The response of the community to respond to COVID 19 is varied, some are really obedient to follow the protocol of the government so, there is also yang understand but because of the economic basis, it must work out of the house in order to survive.



### ***Community Non-Compliance With The Application of Health Protocols***

From the results of this survey shows 78 percent of the public know health protocols and others have not, intentionally or unintentionally 22 percent ignore. The social psychology of health explains that people's non-compliance with health protocols mostly occurs due to their lack of understanding of the dangers of disease and the benefits of treatment and the magnitude of barriers in health access. HBM (Health Belief Model) can be seen as a combination of philosophical, medical, and psychological approaches to explain community compliance or non-compliance in

health efforts. This model was developed to explore a variety of health behaviors both long-term and short-term.

The Health Belief Model consists of six components: (1) *Perceived susceptibility* which is how a person has a perception or sees his susceptibility to disease. (2) *Perceived severity* is an individual's perception of how serious or severe a disease is. *Perceived benefit* is the individual's perception of the benefits that he gets if making health efforts. (3) *Perceived barriers* i.e. individual perception of obstacles in making health efforts. (4) *cues to action* i.e. the occurrence or encouragement to make health efforts derived from self-awareness or encouragement of others such as health advertisements or advice from others. (5) *self-efficacy* is an individual's perception of their abilities. A person who wants a change in his health and feels capable, will do the necessary things to change his health behavior; and vice.

On the one hand, people lack an understanding of how vulnerable they are to COVID-19, how severe the disease is, what are the benefits of prevention, and lack of instructions to act. On the other hand, people face various barriers to access to health facilities. These five factors eventually lead to misperceptions related to *self-efficacy*: they are not sure of their abilities and actions. If the public has a good perception of self-vulnerability, disease hazards, the advantages of prevention efforts made and getting instructions to act and at least obstacles, then *self-efficacy* can be built.

Confidence in a person's ability and ability to be able to carry out health protocols can be grown by looking at the achievements of health that he did in the past; see the success of others (if others can, then I can too); be assertive with yourself; and eliminate emotional attitudes and set goals.

### ***Community Compliance with the Implementation of Health Protocols***

Community compliance is becoming increasingly important. Efforts to build public awareness must be improved in a variety of ways. Among other things, first, by conducting more effective communication to the grassroots, through various media and methods in accordance with the diversity of age, education and culture of the community / local wisdom. A clearer and more targeted campaign so that the public has a common view to make efforts to prevent and combat disease; instead of some obedient and some trespassing so futile all efforts are wasted. The response of the community to respond to COVID 19 varies, some are strictly obedient to the protocol of the government so, some understand but for economic reasons it must work out of the house in order to survive.

Indonesia's optimism-building campaign to deal with COVID-19 also needs to be created and more robustly socialized, facilitating access to health with clear and continuous information so that people are quick to carry out self-examination, treatment and isolation when infected. Consistent policies so as not to confuse the public.

### **Conclusion**

The purpose of the implementation of health protocols is for the protection of individual health and the protection of public health. There are two versions of the community response to the application of health protocols during the pandemic, among others: some of the public apply health protocols because they want to avoid the transmission of covid-19 as a chain of virus exchange breakers. But not in the slightest the public who ignore the health protocol for reasons of not believing the existence of covid-19 or smoking the virus is not as clear as described by the media. In addition, education and socialization related to the implementation of health protocols are still not running optimally.

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