

The Analysis of Factors Related To The Implementation of The Covid-19 Health Protocol For Cadets At Malahayati Merchant Marine Polytechnic of Aceh In 2021

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ABSTRACT

COVID-19 is a disease that has become a pandemic since 2019 which prevention can be done with the 5M health protocol. The adoption of this health protocol is influenced by several factors. The purpose of this study is to determine what factors are associated with the implementation of the COVID-19 health protocol. This research was conducted using a questionnaire with quantitative analytical methods and cross-sectional approach. The population in this study were all cadets who were doing face-to-face learning on campus and had experienced face-to-face learning in the previous period. The data was collected using a direct questionnaire, where the questionnaire was tested for validity and was also declared reliable with a Cronbach alpha value of 0.673 which was tested on 35 samples. The data analysis used in this study was a bivariate analysis using the chi square test, while the multivariate analysis used a logistic regression test. The results showed that there were two factors that had a significant relationship with the implementation of the COVID-19 health protocol, namely knowledge (p 0.00), attitude (p 0.03) and the results of multivariate analysis showed that the most dominant variable influenced the implementation of the COVID-19 health protocol is knowledge ($\beta = 19,536$).

Keywords: COVID-19, Health Protocol, Cadets

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BACKGROUND

In early 2020 the world experienced an outbreak of the corona virus (COVID-19) which infected almost all countries. In January 2020, WHO declared the world entered into a global emergency related to the COVID-19 virus. As of May 17, 2021 globally, there were 162,177,376 confirmed cases of COVID-19 with 3,364,178 deaths in 222 affected countries and 193 local transmission countries. In Indonesia as of May 17, 2021, 1,739,750 people were infected with the corona virus, 48,093 people died and 1,600,857 patients who had recovered (Kemenkes, 2020).

WHO has designated this incident as a Public Health Emergency of International Concern (PHEIC). On February 11, 2020, WHO named the new virus as Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) and Coronavirus Disease 2019 (COVID-19) as the names of the disease (PDPI, 2020). Animal-to-human transmission is the initial transmission process of COVID-19 (Harapan, 2020). Spread becomes more aggressive when human transmission occurs (Susilo, 2020).

The Ministry of Health of the Republic of Indonesia in its efforts to prevent and control COVID-19 has issued various health protocols and guidelines. This research will examine 5 main bases regarding the implementation of the COVID-19 health protocol, namely washing hands, wearing masks, maintaining distance, avoiding crowds and reducing mobility (Kemenkes, 2020).

In practice, there are still many people who do not comply with the COVID-19 health protocol during this pandemic. Compliance is an attitude that shows obedience by doing and receiving orders from others. Compliance appears to be something that is expected in the existing social environment. Many factors are related to a person's submissive behavior, including predisposing factors such as knowledge, attitudes, education level, economic status related to an individual's ability to provide for his personal needs, experience of something and beliefs and beliefs. In addition, there are also supporting factors such as facilities and infrastructure as well as driving factors which include the role of the surrounding individuals and there are also legitimacy factors related to the authority of an institution (Notoadmojo, 2010).

Along with the increasing number of confirmed COVID-19 cases, it has an impact on the learning process in educational institutions. Online lectures were chosen as a solution to conventional lecturing activities that could not be implemented due to social restrictions. Distance learning minimizes crowds as a real step in implementing health protocols in the context of preventing the transmission of COVID-19. The World Bank states that the current pandemic has great potential for poorer educational outcomes. Many schools have closed, but this shock can be turned into opportunities. The first step is to protect health and safety with distance learning methods. But at the same time countries need to plan for school reopening by ensuring healthy school conditions and using new techniques to promote rapid learning recovery in key areas once students return to school. Herein lies the significant role of a school principal to continue to carry out his leadership properly in a crisis situation (Murfi, 2020).

Malahayati Merchant Marine Polytechnic which is located at Jalan Laksamana Malahayati KM 19, Durung Village, Mesjid Raya District, Aceh Besar District, Aceh Province. Malahayati Merchant Marine Polytechnic is an official school under the Ministry of Transportation which was inaugurated on 23 November 2012 by the Minister of Transportation EE Mangindaan. Malahayati Merchant Marine Polytechnic is an educational institution that implements 70% practical learning with a boarding system, so the learning process cannot be done only through the online system. Therefore, the Malahayati Merchant

Marine Polytechnic must carry out a face-to-face learning system during the pandemic period.

METHODS

This research was conducted with a quantitative design, using analytical methods with a cross sectional approach. The dependent variable in this study is knowledge, attitude, experience confirmed COVID-19, economic status and commitment to educational institutions. All variables in this study have been tested for validity and reliability. The population in this study were all cadets who were undergoing face-to-face lessons on campus from March to April 2021 and had undergone face-to-face learning in the previous period, amounting to 165 people. Data analysis was performed by means of bivariate through chi square test and multivariate with logistic regression test. This study has received ethical approval from the Health Research Ethics Committee of the Faculty of Medicine, Syiah Kuala University with number: 067/EA/FK-RSUDZA/2021.

RESULTS

In this study, the following results and discussion were obtained:

Respondents Frequency Distribution Based on Characteristics

Characteristics	(f)	(%)
Gender		
Male	156	95
Female	9	5
Total	165	100
The origin of domicile		
Sumatera Island	96	58
Java Island	65	40
Outside of islands of Java and Sumatera	4	2
Total	165	100
Knowledge		
Good	78	47
Less	87	53
Total	165	100
Attitude		
Positive	86	52
Negative	79	48
Total	165	100
Experience confirmed COVID-19		
Confirmed	55	33
Never	110	67
Total	165	100
Economic status		
High	70	42
Low	95	58
Total	165	100

Based on the table above, the sample of male gender is 95% and female gender is 5%. The origin of domicile mostly came from the island of Sumatra with 58%, followed by the island of Java with 40% and the rest came from outside the islands of Java and Sumatra. Based on the table above, it shows that the implementation of the COVID-19 health protocol to cadets at the Malahayati Merchant Marine Polytechnic is in the good category, namely 91%. The level of knowledge about COVID-19 is in the poor category, namely 53%. Attitudes towards COVID-19 are in the positive category, namely 52%. For a positive confirmed experience, 67% of cadets have never survived COVID-19. The variable of economic status is in the low category, namely 58%. And for the commitment of educational institutions in the good category 84%.

The relationship between the variables studied and the implementation of the COVID-19 health protocol

	Implementation of the COVID-19 health protocol				Total	P Value
	Good		Not Good			
	n	%	n	%		
Knowledge						
Good	78	100	0	0	78	0,00
Less	72	83	15	17	87	
Total	150		15		165	
Attitude						
Positive	82	95	4	5	86	0,03
Negative	68	86	11	14	79	
Total	150		15		165	
Experience confirmed COVID-19						
Confirmed	50	90	5	10	55	0,60
Never	100	90	10	10	110	
Total	150		15		165	
Economic Status						
High	64	91	6	9	70	0,53
Low	86	90	9	10	95	
Total	150		15		165	
Commitment of Educational Institutions						
Good	150	90	15	10	165	
Total	150		15		165	

Based on the table above, it shows that of the 78 respondents who had good knowledge it turned out that 100% implemented the COVID-19 health protocol well, and of the 87 respondents who had less knowledge, 83% also implemented health protocols well. The statistical test results obtained p value: 0.00 (P Value <0.005), it can be concluded that there is a significant relationship between cadets' knowledge of COVID-19 and the implementation of the COVID-19 health protocol to cadets at the Malahayati Merchant Marine Polytechnic of Aceh.

The table above also shows that of the 86 respondents who had a positive attitude, 95% had implemented the COVID-19 health protocol well, and of the 79 respondents who had a negative attitude, it turned out that 86% also implemented the health protocol well. The statistical test results obtained p value: 0.03 (P Value <0.005), it can be concluded that there is a significant relationship between cadets' attitudes towards COVID-19 and the implementation of the COVID-19 health protocol to cadets at the Malahayati Merchant Marine of Aceh.

From the study, it was found that 55 respondents who had been confirmed with COVID-19 turned out to be 90% implementing the COVID-19 health protocol properly, and of the 110 respondents who had never been confirmed with COVID-19, it turned out that 90% also implemented health protocols properly. The statistical test results obtained p value: 0.60 (P Value > 0.005), it can be concluded that there is no significant relationship between the experience of cadets having been confirmed with COVID-19 and the application of the COVID-19 health protocol to cadets at the Malahayati Merchant Marine Polytechnic of Aceh.

The table above shows that out of 70 respondents who had high economic status, it turned out that 91% had implemented the COVID-19 health protocol well, and of the 95 respondents who had low economic status, it turned out that 90% also implemented health protocols well. The statistical test results obtained p value: 0.53 (P Value > 0.005), so it can be concluded that there is no significant relationship between the economic status of cadets and the application of the COVID-19 health protocol to cadets at the Malahayati Merchant Marine of Aceh.

The commitment of educational institutions is in the good category and most of the implementation of the COVID-19 health protocol is also in the good category, namely 90%. It was concluded that there is a relationship between the commitment of educational institutions to the COVID-19 health protocol and the implementation of the COVID-19 health protocol.

The results of multivariate logistic regression analysis between variables of knowledge about COVID-19 and attitudes towards COVID-19

Variable	B	Exp (B)
Knowledge	19.536	305150269
Attitude	1.067	2.907
Constant	1.157	3.182

The most dominant factor in increasing the implementation of the COVID-19 health protocol is the knowledge factor with a positive regression value of 19,536. This shows that knowledge has an important role in encouraging someone to comply with health protocols.

DISCUSSION

Cadets at the Malahayati Merchant Marine Polytechnic showed a good level of implementation of the COVID-19 health protocol with a score of 91%. The implementation of the COVID-19 health protocol is the main thing in preventing the spread of COVID-19 infection. Every individual must carry out the COVID-19 health protocol properly during the pandemic period. In order to properly implement the COVID-19 health protocol, we need to know what factors influence it (Kemenkes, 2021).

The level of knowledge relates to the application of the COVID-19 health protocol to cadets. This is in accordance with the results of the study which illustrates that the higher the level of knowledge, the better the application of the COVID-19 health protocol, namely

from 78 respondents who have good knowledge the application of the health protocol is 100% done well too. In accordance with what is stated by Sari (2020) that obedience will increase if a person has good knowledge. This is also in accordance with a study at the Adventist University of Indonesia showing that a good level of knowledge about COVID-19 is related to compliance with the lockdown program for preventing the spread of COVID-19 among boarding students (Saputra, 2020). A study conducted by Siddiqui (2020) on a population in Saudi Arabia found that good knowledge has a significant relationship with COVID-19 prevention practices such as always washing hands, practicing cough etiquette and physical distancing.

From the questionnaires distributed, it was found that most of the respondents already had good knowledge about how to prevent COVID-19 infection, especially knowledge of the 5M protocol. However, from the results of the study, it was found that there were still many respondents who thought that it was only enough to do vaccination to prevent the spread of COVID-19 and it was also seen from the respondents' answers that they still thought all masks could be used as personal protection against COVID-19 infection.

A positive attitude relates to the implementation of the COVID-19 health protocol. This is in accordance with the results of research which illustrates that the more positive a person's attitude is, the better the application of the COVID-19 health protocol, namely 95% of the 82 respondents who had a positive attitude implemented the health protocol properly. In accordance with Bloom's theory in Notoadmojo (2017), a person's attitude towards an object he knows will greatly affect his psychomotor or response to the actions taken. The results of research on UMKM traders in the Kutoharjo square also show that a positive attitude shows high compliance in carrying out health protocols for wearing masks (Murshidah, 2021). This is also in line with a study conducted in China by Peng (2020) which shows that people who have a positive attitude towards COVID-19 have a significant relationship with their actions in taking COVID-19 prevention.

From the questionnaire filled out by respondents, it was found that the respondent's attitude was very positive to always provide personal needs for preventing the spread of COVID-19 and to remind each other in implementing the COVID-19 health protocol. But in some attitudes, there were still some respondents who did not agree with their attitude to do vaccines and carry out an Antigen Swab or PCR examination if they experienced symptoms that led to COVID-19.

The experience of having confirmed COVID-19 does not significantly relate to the implementation of the COVID-19 health protocol. However, of the 55 respondents who had tested positive for COVID-19, 90% had implemented proper health protocols. According to Darmiyati Zuhdi in Muhtadi (2011) experience has an important role in shaping one's attitude and psychomotor towards something.

Economic status does not have a significant relationship with the implementation of the COVID-19 health protocol. Because from the research results 91% of cadets with high economic status carried out the COVID-19 health protocol well, and 90% of cadets with low economic status also carried out the health protocol well. This is in accordance with the research conducted by Wiranti et al (2020) where public compliance with the PSBB policy as one of the COVID-19 health protocols is not related to a person's work status which is also indirectly related to a person's economic status.

Meanwhile, a study conducted by Hawkins (2020) on the population in America shows that the high death rate due to COVID-19 comes from people with high socioeconomic levels. In addition, a study conducted by Dewi (2020) on the relationship between economic status and community behavior in preventing transmission of COVID-19 in the Ners Stikes

William Booth assisted community found that economic status was not significantly related to behavior in preventing the spread of the COVID-19 virus.

The commitment of educational institutions greatly influences the compliance of the academic community within the institution. This can be seen from the results of research where the Malahayati Merchant Marine Polytechnic has a very good commitment in supporting the COVID-19 health protocol. This is directly proportional to the implementation of the good COVID-19 health protocol by cadets of 90%. This result is also consistent with a study in a village in Gresik Regency, namely Lowayu Village, Dukun District, which has succeeded in preventing the spread of COVID-19 until the new normal transition period is marked by the absence of people suffering from COVID-19. This is the result of the firmness and commitment of the local government to always oversee the implementation of health protocols to all levels of society by forming COVID-19 teams and volunteers (Nafilah, 2020).

A study in China conducted by Yang (2020) shows that the rules drawn up by leaders in China's Henan Province are closely related to preventing the spread of COVID-19 during the pandemic. Meanwhile, the Finnish government with the Oxford Coronavirus Government Response Tracker (OxCGRT) policy, namely by closing educational facilities and workplaces, cancellation of public events and meetings, closing all non-essential businesses and travel restrictions succeeded in reducing the growth rate of COVID-19 to only 0, 95% of the total number of tests tested positive for this virus, and the number of cured cases is constantly increasing (Sigalingging, 2020).

CONCLUSION

Based on the results of the research and discussion that has been described, it can be concluded that:

There is a significant relationship between the knowledge variable and the implementation of the COVID-19 health protocol

There is a significant relationship between the attitude variable and the implementation of the COVID-19 health protocol

There was no significant relationship between the COVID-19 confirmed experience variable and the implementation of the COVID-19 health protocol

There is no significant relationship between the variable economic status and the implementation of the COVID-19 health protocol

There is a relationship between the commitment of good educational institutions and the implementation of the COVID-19 health protocol

The variable that most influences the implementation of the COVID-19 health protocol is the knowledge variable with P value = 0.000 and β value = 19.536.

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