

## **Health Education Of Children and Adolescents In Implementing Health Protocols During The Covid-19 Pandemic in Bungursari Village**

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### **ABSTRACT**

Covid-19 is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). The virus was first discovered in Wuhan, China in late December 2019. Because the virus spreads so quickly through droplets released by infected humans, the WHO (World Health Organizer) later announced that the disease is becoming an emergency requiring infected countries to impose a lock down system to slow the spread of the virus. The COVID-19 virus was first identified in Indonesia in March 2020 and the government imposed restrictions on activity and made recommendations for health protocols to be adhered to to date to prevent spread. One of the health protocols that must be adhered to is to wash your hands 6 steps properly. Hand washing can be done with soap and clean running water, or by using a hand sanitizer. The use of hand sanitizer is easy and practical because it can be taken anywhere and does not take a long time, but its availability is limited and the price is fairly expensive. Therefore, we want to teach children and teaching staff at Miftahul Khoeriyah how to make hand sanitizer independently with the basic ingredients of aloe vera, alcohol, and essential oil. This activity was carried out on September 5, 2021 located in Madrasah Miftahul Khoeriyah Bungursari Subdistrict.

**Keywords:** Covid-19, Hand Hygiene, Hand Sanitizer, Health Education, Health Protocol

### **INTRODUCTION**

Real Work Lecture (KKN) is one of the mandatory activities organized by a formal institution at the higher education level as a condition for graduation. The purpose of KKN activities is as a means of applying the knowledge that has been learned during lectures by serving in the community. Students can act as facilitators, educators, and counselors, as well as agents of change in a better direction in activities that are being carried out or that are to be carried out in an area.

We carry out the main program with the theme "Smart Village", due to the condition of the people in the Bungursari Village who still do not understand the importance of formal and informal level education, as well as health education that has not been fully implemented. Health education is a smart village program implemented to provide information related to health. The education provided is teaching how to wash hands 6 steps correctly, providing basic information about Covid-19, providing an understanding of the importance of implementing the 5M health protocol (washing

hands, wearing a mask, keeping a distance of 1 meter from people, staying away from crowds, and limiting mobility),, distributing masks, implementing the 6 steps of washing hands properly, how to ethically cough and sneeze, and teaching how to make natural hand sanitizers using aloe vera and alcohol as the main ingredients.

Covid-19, which has now become a global pandemic, has forced many people to take preventive measures. This virus was discovered in Wuhan, China for the first time and has infected 90,308 people as of March 2 2020 (Yuliana, 2020). The use of hand sanitizers is more effective and efficient when compared to using soap and water so that many people are interested in using them (Asngad, Bagas, & Nopitasari, 2018).

In Indonesia, there has been a significant increase in cases so that the implementation of health protocols must be carried out strictly. However, there are still many people who are negligent and do not apply it so that it can allow transmission of the virus from human to other humans, whether they are in good health or sick.

The spread of COVID-19 must be of great concern to the government and society in tackling an increase in cases, therefore self-awareness and good cooperation between communities are needed to continue to pay attention to health protocols to prevent many people being infected.

Hand washing is one of the routine activities that must be done before and after doing something, especially during the Covid-19 pandemic era. Hand washing can use soap and clean running water or hand sanitizer. Soap is a cleanser made by a chemical reaction between potassium or sodium and fatty acids from vegetable oil or animal fat (Putra, D. P. E., Ismanto, S. D., Silvy, 2019). If you are in a place where it is difficult to access clean water and soap, you may use a hand sanitizer that is either brought by yourself or available on site. According to WHO (2020), a hand sanitizer that effectively kills germs must contain at least 70% alcohol.

The availability of hand sanitizers is still difficult to obtain, because of the many needs of each person. Hand sanitizers can be made independently with the formulation of ingredients that comply with standards that can kill germs and bacteria. One way is to use aloe vera and alcohol. There are still many who don't know how to make it, so we provide education so that people are able to understand and make their own hand sanitizer.

## **RESEARCH METHOD**

The implementation of community service activities is carried out in the Bungursari Village, targeting students at MI Pasirangin, MTs Lisda, and students at the Miftahul Khoeriyah Madrasah. By using this socialization, demonstration and practicum method as an effort to form a smart and healthy young generation to realize that during the COVID-19 pandemic it is very necessary to implement health protocols. The implementation phase of this activity consists of several stages, namely:

### **1. Preparation Stage**

At this stage, Alternative KKNT Group 14 students made observations related to the extent to which children understood how to prevent COVID-19. Then devise a program that can be implemented to provide deeper knowledge. After designing the program, we asked permission from the teaching staff and the principal to enter into time contracts that could be filled with educational activities.

### **2. Implementation Stage**

At this stage, the target is that students at MI Pasirangin, MTs Lisda, and students at Madrasah Miftahul Khoeriyah are gathered in a room (according to a predetermined time) to be given education. At Miftahul

Khoeriyah Madrasah, activities are carried out to teach how to wash hands properly in 6 steps and make hand sanitizers using practice and demonstration methods. The mask distribution activity was carried out during the celebration of the 76th Indonesian Independence Day in RW 01.

The tools and materials needed in the activities of making hand sanitizers are as follows:

Tools:

- a. 3 pump bottles of 450 ml size
- b. Measuring cup
- c. Blender
- d. Knife
- e. Two basins
- f. Handscon
- g. Filter

Material:

- a. Aloe vera
- b. 70% alcohol as much as 1.275 ml or 1.275 l
- c. Essential oils

Procedure for making:

- a. Prepare the tools and materials needed
- b. Use handscooon
- c. Peel the aloe vera, then cut the aloe vera gel into small pieces
- d. Wash aloe vera with clean water
- e. After washing, put about 600 grams of aloe vera in the blender
- f. Blend the aloe vera until the texture becomes smooth
- g. After blending, do the filtering. Take aloe vera which has a liquid texture
- h. Put the aloe vera that has been filtered into a measuring cup up to 225 ml
- i. Then mix it with 1,275 ml of 70% alcohol
- j. Mix 4 to 6 drops of essential oil, stir until evenly distributed
- k. Enter the hand sanitizer solution into each pump 450 ml

After the process of making the hand sanitizer is complete, the three pump bottles that have been filled are handed over to the teaching staff to be stored in certain places so that students can use them properly at the Miftahul Khoeriyah madrasah.

Table 1. Table of Service Activity Methods

No	Methods	Activity
1	Field observation and distribution of masks in RW 01	Health education and distribution of masks
2	Field observation and study assistance at MI Pasir Angin Arhaim	Conducting study assistance at MI Pasir Angin Arhaim and teaching them how to wash their hands properly in 6 steps before eating.
3	Field observation at the Miftahul Khoeriyah Madrasah	Demonstrating how to wash hands 6 steps correctly, educating the importance of washing hands, demonstrating the manufacture of hand sanitizers.
4	Field observation at MTs LISDA	Conducting health education regarding the 5M health protocol, teaching how to wash hands 6 steps properly, and teaching cough and sneeze etiquette.

## RESULT AND DISCUSSION

The activity of making hand sanitizers and education related to how to wash your hands properly is one of the work programs launched to increase knowledge and increase the habit of washing hands 6 steps before and after activities such as eating, holding your face, after doing activities outside, after interacting with other people, etc.

This activity was attended by all 40 students at Miftahul Khoeriyah Madrasah and 4 teaching staff. The activity began with introductions, apperception of children's knowledge about health protocols and how to wash hands. Then we provided education regarding the importance of washing hands 6 steps properly and demonstrated while singing. The enthusiasm of the students was seen during the activity. After that, we demonstrated how to make hand sanitizer independently using natural ingredients, namely aloe vera and alcohol. The location of the activity was at the Miftahul Khoeriyah Madrasah which was attended by students and teaching staff.

## CONCLUSION AND SUGGESTION

Based on the results and discussion of the activities that have been carried out, it can be concluded that:

1. Through this activity, students and teaching staff at Madrasah Miftahul Khoeriyah can understand how to wash their hands properly in the 6 steps.
2. Students and teaching staff can understand the importance of washing hands with soap and clean running water or using a hand sanitizer.
3. All students are able to understand how to make hand sanitizer naturally with the basic ingredients of aloe vera and alcohol.

4. Students can properly apply health protocols and ethics for coughing and sneezing to break the chain of transmission of the COVID-19 virus.

It is hoped that the health education activities that have been provided can be useful and well implemented by students, teaching staff, and the knowledge that has been conveyed can be disseminated to all people in the Bungursari Village, so that the smart village program that we have chosen can run well even though the KKN activities have ended.

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