Handwashing Health Education to Prevent Covid-19 Transmission in SMP Inspirasi

Henri Setiawan, Reffi Nantia Khairunnisa, Windi Oktavia
STIKes Muhammadiyah Ciamis
Email: henrisetiawan1989@gmail.com

Abstract

COVID-19 is a disease caused by the SARS Cov-2 virus which can be transmitted through air or droplets. The palm of the hand is one of the members of the body that is most occupied by viruses, bacteria and microorganisms. To avoid the spread of the COVID-19 virus, you can wash your hands in 6 steps. This community service activity in the form of health education aims to improve the behavior of a clean and healthy life by washing hands in 6 steps. The service was carried out at Inspirasi SMP with a total of 76 participants. The material was delivered by lecturing using power point media plus discussion and question and answer sessions as well as the practice of washing hands in 6 steps. All participants can wash their hands properly according to the instructions and tutorials from the service team. As many as 65% of participants stated that this community service activity was very good and provided great benefits for preventing the transmission of COVID-19 at Inspiration Junior High School. The conclusion of this service activity was carried out smoothly and successfully. Efforts to prevent the transmission of COVID-19 need to be improved with continuous health education for various groups of society. So that nurses and other health workers can optimize preventive efforts as a counselor, negotiator and educator.

Keywords: covid-19, handwashing, transmission

INTRODUCTION

According to the World Health Organization or WHO (2020) Corona Virus Disease 2019 or COVID-19 has infected 4,789,205 people and caused the death of 318,789 people worldwide (Nadeem, 2020). A significant increase in COVID-19 cases was recorded until April 19, 2020. Meanwhile, the number of positive cases of COVID-19 in Indonesia was 6,575 people, who were declared cured amounted to 686 people, while 582 people died. (Yuliana, 2020). On May 20, 2020, there was an increase in COVID-19 cases to 19,189 positive cases, while those who recovered were 4,575 people and died as many as 1,242 people (Wulandari et al., 2020).

If calculated since the first case on March 2, 2020, then in about 2.5 months there were an additional 19,187 people. This data has not shown any signs of decline and it is even predicted that the number will still increase (Nasir, Baequini, & Nurmansyah, 2020). Understanding the content presented and seen from the map of the spread of COVID-19 in Indonesia, positive cases have spread to 34 provinces in Indonesia and DKI Jakarta is still the province with the most positive cases of COVID-19 with a total of 6,236 cases (Setiati & Azwar, 2020).

This disease is transmitted by droplets (splashes) when talking, coughing, and sneezing from an infected person. In addition, this disease can be transmitted through physical contact (touch or handshake) with sufferers who are exposed to the Corona virus (Di Gennaro et al., 2020). Clinical symptoms that arise as a result of being infected with this virus include flu symptoms (fever, cough, runny nose, sore throat, muscle aches, headaches) to severe complications (diarrhea and pneumonia) to death. (Isbaniyah & Susanto, 2020).

Children fall into the age group that is very vulnerable to transmission of COVID-19 from their surrounding environment (Ilpaj & Nurwati, 2020). Children infected with COVID-19 often do not show symptoms, so this indicates that the transmission of COVID-19 is very fast and needs special handling (Felicia, 2020).
The strategy to deal with the COVID-19 virus is by keeping your distance and washing your hands with soap (Syafrida & Hartati, 2020). According to WHO in 2020, washing hands using soap is an easy thing to do because the content of soap is clinically proven to be able to kill viruses, bacteria and germs that stick to surrounding objects (Lotfinejad, Peters, & Pittet, 2020). So the most effective way to prevent transmission of the COVID-19 virus is to wash your hands frequently with soap (Alzyood et al., 2020). Getting used to washing hands with soap and running water is important and is the key to killing and killing the virus that sticks to our hands. (Alzyood et al., 2020).

Based on the results of the assessment on 76 students of Inspiration Junior High School, it was found that all participants did not know how to wash their hands properly. In addition, SMP Inspirasi students have poor nail hygiene, one of which there are several participants whose nails are dirty and display. Therefore, health education on personal hygiene is needed to help break the chain of the spread of the corona virus and realize a healthy lifestyle as early as possible by taking the simplest actions (Hidayat, 2020).

It is hoped that this health education will receive support from teachers so that students can be motivated to always maintain personal hygiene, especially washing hands 6 steps, so that the average eye of COVID-19 transmission can be cut off.

METHODS

The approach taken is health promotion in the form of health education to prevent the transmission of COVID-19 by washing hands 6 steps in schools using several comprehensive strategies (comprehensive). This health education is limited to indicators of preventing the transmission of COVID-19 and how to wash hands properly using soap and running water. This health education was carried out on March 16, 2020 at Junior High School of Inspirasi, Cihaurbeuti District, Ciamis Regency, which was conducted by 4 students. This health education was conducted on 76 students who were accompanied by Junior High School of Inspirasi teachers.

This Community Service was carried out in 4 stages. The first stage is a survey, which is carried out on the target group, which aims to obtain information about the location and suitable destination for health education activities to be held.

The second stage is assessment. This stage is carried out based on an assessment of the existing problems, then the problem is solved so that a solution is obtained based on mutual agreement.

The third stage is preparation. This stage prepares the facilities and infrastructure which includes the selection of an appropriate and effective health education place as well as the preparation of the necessary tools such as a sound system, presenting screens and others.

The fourth stage is the core activity. At this stage the material is delivered using the method of public lectures, hand washing demonstrations and finally questions and answers. The material was delivered using power point media regarding the meaning, purpose and benefits of washing hands and a 6-step hand washing demonstration. The goal of health education is to increase knowledge about preventing the transmission of COVID-19 by washing hands 6 steps for SMP Inspirasi students. The fifth stage is the evaluation stage. This stage describes the evaluation of the structure, process and results.

RESULT AND DISCUSSION

The core activity of outreach is carried out in 4 stages, namely (1) Pre-Interaction, (2) Interaction, (3) Demonstration, and (4) Post interaction. The pre-interaction stage is carried out by introducing oneself and conveying the aims and objectives of the outreach. The interaction stage is carried out by the lecture method. At this stage the extension team
conveyed several things, namely (1) discussion of COVID-19, including understanding, signs and symptoms, transmission and prevention, (2) explaining the purpose of washing hands properly, (3) explaining the benefits of washing hands, (4) explaining when washing hands properly, (5) describes the equipment used when washing hands, and (6) explains 6 steps to wash hands.

The demonstration stage was carried out by a 6-step hand washing practice by the instructor. To provide a real picture of how to wash hands with soap, the extension team practiced the proper and correct 6-step hand washing methods. At this stage the participants immediately practice how to wash their hands properly with direct assistance from the extension team. After direct practice, post interaction activities are carried out in the form of providing conclusions and input, and evaluating the activities that have been carried out.

Participants was active when invited to discuss and when the extension worker asks questions. The success of counseling is also influenced by the presenter's ability to understand the content presented and compile the material with the help of attractive media making it easier for participants to understand the content presented.

After the extension process was completed, the extension team measured the participants' responses with the results, 65% stated that this activity was very good, 20% said it was good, 10% was enough and 5% was bad. So that in general the evaluation results given to students can be understood and accepted.

**KESIMPULAN DAN SARAN**

Preventive health education activities and 6 steps to prevent the transmission of COVID-19 are taking place smoothly. Participants are able to understand the material presented well, during the activity participants look active and enthusiastic. This activity needs to be continued on an ongoing basis with several improvements such as the use of props that are more attractive, informative and educational.

In addition, future activities need to use developing information media such as social media (Instagram, Facebook, Twitter etc.) and virtual meeting conferences (Zoom, Google Meet, Webex etc.). Thus, the general public can access these service activities online through various media platforms.

This service activity has not used complete personal protective equipment such as masks, face shields and gloves. Physical and social distancing has not been implemented because researches and government policies on it are not yet stable and compatible.

**ACKNOWLEDGEMENT**

Thank you to SMP Inspirasi as partners in this community service, Pamokolan Village Government and Cihaurbeuti District for their support and permission.

**DAFTAR PUSTAKA**


ATTACHMENT

Figure 1
Implementation of health education in SMP Inspirasi

Graph 1
SMP Inspiration students' knowledge about washing hands 6 steps and preventing the spread of COVID-19