

## Education of Covid-19 Preventive and Promotive Efforts Through BUSADICOV

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### ABSTRACT

The COVID-19 pandemic has an impact on the health of mothers and children. Pregnant women, childbirth, postpartum, and newborns are also vulnerable targets for COVID-19 infection, and this condition is feared to increase maternal and newborn morbidity and mortality. Information about COVID-19 in various mass media and social media often makes people confused. Even though during this global pandemic, some residents still do not have reliable sources of information, especially regarding the health of mothers and children in the face of this pandemic. The purpose of this activity is to increase mothers' knowledge about the Prevention of COVID-19 Transmission to Pregnant Women, Maternity Mothers, Postpartum Mothers, Breastfeeding Mothers, and Newborns. This activity was From March 7, 2021, this activity was carried out until April 7, 2021. This activity was carried out in the form of providing a digital pocketbook on preventing the transmission of COVID-19 to Pregnant Women, Maternity Mothers, Postpartum Mothers, Breastfeeding Mothers, and Newborn Babies (BUSADICOV) at the Posyandu Tangkolo (Jasmine 1) Pawindan Village, Ciamis District. The results of the pretest showed that most of the participants had sufficient knowledge (70%). The posttest results found that most of the participants had good knowledge (66.6%). Community service activities have succeeded in achieving the implementation goal, namely increasing better knowledge after the BUSADICOV activity has been carried out.

**Keywords:** Mother, Knowledge, BUSADICOV, COVID-19

### INTRODUCTION

Currently, Indonesia is facing an outbreak of non-natural disasters caused by the Coronavirus or better known as COVID-19. This COVID-19 has claimed many victims, expanded the coverage area affected by COVID-19, and has implications for wider health, social and economic aspects in Indonesia. The COVID-19 pandemic has also had an impact on the health of mothers and children. In Indonesia, maternal and child mortality is still a big challenge, especially with this pandemic. Based on data from the COVID-19 Task Force in September 2020, of the total patients infected with COVID-19 positive, 2.4% were children aged 0-5 years, and 1.3% of them died. For the group of pregnant women, there were 4.9% of pregnant women who were confirmed positive for COVID-19. This data shows that pregnant women, childbirth, postpartum, and newborns are also vulnerable targets for COVID-19 infection, and this condition is feared to increase maternal and newborn morbidity and mortality (Kementerian Kesehatan RI, 2020).

Data In the Ciamis district, the number of confirmed positive patients increases and is included in the red zone. In a day, it can reach 30 cases. Even in the last three days, there have been quite a high number of COVID-19 deaths. This can pose a risk to the health of mothers and children (Herymasyah, 2021).

The impact of the COVID-19 pandemic is the number of restrictions on almost all routine services, including maternal and newborn health services. For example, pregnant women are more reluctant to go to the Puskesmas or other health care facilities for fear of being infected, there are recommendations to postpone pregnancy check-ups and classes for pregnant women, and Posyandu activities are also postponed, so many mothers with toddlers are reluctant to monitor the health, growth, and development of their babies and her toddler.

Information about COVID-19 in various mass media and social media at this time often makes people confused. Even though in the midst of this global pandemic, there are still some

residents who do not have reliable sources of information, especially regarding the health of mothers and children in the face of this pandemic.

In the era of advanced technology as it is now required techniques to convey information that is interesting, accurate, and reliable. So that the community can easily carry out efforts to prevent the transmission of COVID-19, especially for mothers and children. Because mothers and children are a group that is very vulnerable to contracting this virus.

One of the media that can be used is digital books. This digital book consists of various kinds of information (can be text, images, audio, video) that can be accessed via computers, tablets, smartphones, and other devices. One of the functions of this digital book is that it can be used as a medium for various information. It can be easily disseminated via short messages, WhatsApp, or websites. This digital book is usually made in a way that is more interesting, interactive, makes it easier to understand the material, easy to carry, not rotten, easy to process, and small in physical size (it can be stored on data storage either on a computer, laptop, or mobile phone) (Danim, 1995).

In Ciamis District, one of the highest data on positive confirmed patients is in Ciamis District, and this could be a high risk to maternal and child health in Ciamis District. An appropriate effort is needed so that the transmission of COVID-19 does not spread to mothers and children.

One of the problems in the Ciamis District is that information on preventing the spread of COVID-19 is not evenly distributed to the wider community, especially to mothers and children. There are still mothers who do not understand about preventing the transmission of COVID-19 for pregnant women, maternity, postpartum, breastfeeding, and newborns. One of the centers for community activities, especially mother and child activities in Ciamis District, is the Tangkolo Posyandu (Melati 1). Based on the results of the survey by asking mothers who were able to go to the Posyandu, they answered that, on average, they only knew about prevention in general. And they get information from social media, television, and health workers.

From the background described above, the team for implementing community service activities decided to carry out an activity with the title "Covid-19 Preventive and Promotive Efforts Education Through BUSADICOV". This activity was carried out by providing health education through the Digital Pocket Book on Prevention of the Spread of COVID-19 (BUSADICOV) to mothers who visited the Tangkolo Posyandu (Melati 1). This activity aims to increase mothers' knowledge about how to prevent the transmission of COVID-19 to reduce the incidence of being infected with COVID-19 in the community, especially mothers and children.

## **MATERIALS AND METHODS**

The purpose of this activity is to increase mothers' knowledge about the Prevention of COVID-19 Transmission to Pregnant Women, Maternity Mothers, Postpartum Mothers, Breastfeeding Mothers, and Newborns through the use of digital pocketbooks. BUSADICOV is a digital pocketbook that contains Guidelines for Pregnant Women, Postpartum Mothers, and Newborns During Social Distancing (Kementrian Kesehatan RI, 2020). The target of this activity is women who come to the Tangkolo Posyandu (Melati 1) Working Area of Pawindan Sub-district Health Center, Ciamis District. This activity is carried out by complying with health protocols by providing handwashing facilities, maintaining a distance (1-1.5 meters), and requiring masks to be worn.

This community service activity starts from (1) preparation; this stage begins with a preliminary study that aims to explore the problems that exist in the community, determine activity targets, and plan solutions to the problems. Next, approach the Head of the Pawindan Supporting Health Center regarding the permit application and the implementation of the activities to be carried out. The Head of Community Service will also coordinate with the Pawindan Village Midwife for the technical implementation of these activities; (2) implementation. The activities are adjusted to the schedule of the Posyandu activities. This activity will be carried out for one month. Mothers who come to the Posyandu are given a digital pocketbook on the Prevention of

Transmission of COVID-19 to Pregnant Women, Maternity Mothers, Postpartum Mothers, Breastfeeding Mothers, and Newborns. Evaluation of this activity will be carried out by providing knowledge tests in the form of pretest and posttest. The time for the posttest is one month after being given a digital pocketbook, which coincides with the schedule for the next Posyandu implementation; (3) reporting, at this stage, the team reports the results of the activities that have been carried out to the Head of the Imbanagara Health Center and agrees to jointly maintain and monitor mother's knowledge about preventing the spread of COVID-19, especially for pregnant women, maternity mothers, postpartum mothers, breastfeeding mothers and babies Newborn.

## RESULTS AND DISCUSSION

This community service activity will begin on Wednesday, March 7, 2021, at 08.00 WIB at the Tangkolo Posyandu (Melati 1), Pawindan Village, Ciamis District. The activity went smoothly and was attended by 30 mothers. The activity begins by providing an explanation of the activities to be carried out. Before giving BUSADICOV, the team gave a pretest questionnaire that had to be filled out by the participants.

This BUSADICOV contains prevention of transmission of COVID-19 in general, prevention of transmission of COVID-19 to pregnant women, prevention of transmission of COVID-19 to maternity mothers, prevention of transmission of COVID-19 to postpartum mothers and newborns. Participants are given BUSADICOV through the whatsapp application, then given an explanation on how to use it. The time given to participants to study BUSADICOV is  $\pm$  one month.

**Table 1.** Percentage of Mother's Knowledge about Prevention of COVID-19 Transmission Before Giving BUSADICOV

No	Knowledge	Good	Enough	Low	Amount
1.	General prevention of COVID-19 transmission	23,3 %	76,7 %	0 %	100 %
2.	Prevention of transmission of COVID-19 in pregnant women	13,3 %	26,7 %	60,0 %	100 %
3.	Prevention of transmission of COVID-19 in maternity	80,0 %	0 %	20,0 %	100 %
4.	Prevention of transmission of COVID-19 in postpartum mothers and newborns	6,7 %	56,7 %	36,7 %	100 %
	Prevention of the spread of COVID-19	10 %	70 %	20 %	100 %

The results of the pretest found that most of the participants had sufficient knowledge about preventing the transmission of COVID-19. Of the four of knowledge explored, the participants had the lowest knowledge about preventing the transmission of COVID-19 in pregnant women. Mothers should have good knowledge about preventing the transmission of COVID-19 because knowledge within a person can determine an action that is considered good for him. In accordance with the results of the study that there is a relationship between the knowledge factor and the behavior of preventing the transmission of COVID 19 (Hardianti et al., 2021).

This community service activity was resumed on Friday, April 7, 2021, at 08.00 WIB. The activity agenda is filling out a posttest questionnaire to assess the mother's knowledge after being given BUSADICOV.

**Table 2.** Percentage of Mother's Knowledge about Prevention of COVID-19 Transmission After Giving BUSADICOV

No	Pengetahuan	Good	Enough	Low	Amount
1.	General prevention of COVID-19 transmission	73,3 %	26,7 %	0 %	100 %
2.	Prevention of transmission of COVID-19 in pregnant women	50,0 %	26,7 %	23,3 %	100 %
3.	Prevention of transmission of COVID-19 in maternity	93,3 %	0 %	6,7 %	100 %
4.	Prevention of transmission of COVID-19 in postpartum mothers and newborns	46,7 %	50,0 %	3,3 %	100 %
	Prevention of the spread of COVID-19	66,6 %	33,3 %	3,3 %	100 %

The next finding found during the activity was a change in the level of participants' knowledge about preventing COVID-19 transmission. Most of the participants had good knowledge about preventing the transmission of COVID-19. There was an increase in better knowledge after the activity of giving BUSADICIOV.

Following research conducted by Coral et al. states that the use of digital pocketbooks can provide more excellent abilities in increasing knowledge, attitudes, and skills (Connor et al., 2019). The utilization of information media is very influential in delivering health messages, especially on maternal and child health. O'Higgins (2013) states the role of digital media will make it easier for mothers to access information about pregnancy to increase knowledge in prenatal care services (Yani, 2018).

During this community service activity, the obstacles found were that some mothers did not bring their cellphones and forgot their numbers. However, so that mothers can still get BUSADICOV, the team provides a mobile number to contact for giving BUSADICOV. Through this activity, the team views that this activity must continue to be carried out actively and continuously with a larger target and scope. So that people have the same understanding to prevent the transmission of COVID-19.

### CONCLUSIONS AND SUGGESTIONS

From this community service activity, it can be concluded that there is an increase in mothers' knowledge about preventing the transmission of COVID-19, so it is necessary to carry out similar activities on an ongoing basis until there is a change in better behavior. However, the obstacle encountered during the activity was that the team only looked at the knowledge side, not yet on the behavioral side, so further monitoring of behavior changes was needed after this counseling was carried out.

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## APPENDIX



**Figure 1.** Filling in the Knowledge Questionnaire



**Figure 2.** Giving and Explanation of the Use of BUSDICOV



**Figure 3.** Implementation of community service activities