

Education: The Use of Vitamins and Drugs for Covid 19 During the Pandemic in Mangkurakyat Village, Cilawu Garut District

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ABSTRACT

The increasing number of positive cases of covid 19 in various regions and the high death rate have led to a lot of recommendations to increase endurance in various media, this has led to "panic buying" among the public to buy vitamins and drugs for covid 19 at pharmacies without a prescription. This educational activity is carried out through several stages starting from targeting, preparation, implementation of education and evaluation. Education was given to cadres in Mangkurakyat Village, Cilawu District, Garut Regency. This activity was carried out in the form of lectures and questions and answers which took place in the village hall with limited participants and following the health protocol according to the provisions. The results of the evaluation (pretest-posttest) showed a significant change where before the posteat only 6.6% of participants knew about the use of vitamins and drugs for COVID-19 after education to 98.6%.

Keywords: Covid 19, panic buying, vitamins, covid 19 drugs

INTRODUCTION

At the end of 2019, almost countries in the world were shocked by the emergence of virus outbreak in Wuhan, China that is spread very quickly. Many deaths were recorded in almost 190 countries in the world in a short time. Covid appeared in Indonesia in early 2020, precisely on March 2, 2020, there were 2 positive cases (Antari, 2021) (Aprianingsih, 2021) that then spread very quickly until March 2020 with 1528 positive cases of Covid 19 and 136 deaths in Indonesia (Susilo A. et al., 2021; Togibasa et al., 2021). Various efforts have been made by the government to suppress the spread of the virus by implementing lockdown (regional quarantines) in various countries. In Indonesia, large-scale social restrictions (PSBB) have been implemented in various regions (Muhyiddin, 2020).

The second wave of Covid-19 happened in June due to high mobility of the community during the Eid al-Fitr holiday accompanied by the emergence of the delta variant that causes the cases of increase sharply (Joyosemito, 2021). Various recommendations to increase the endurance are increasingly widespread in various media, such as recommendations for consuming vitamins such as vitamins C, D, E and Zinc. Vitamin C is an antioxidant with the micronutrients that play an important role in increasing the body immunity, besides that vitamin C is able to prevent infection and increase the immunity of body cells (Hidayah, 2020).

Along with the increasing number of positive cases and the number of death victims due to Covid 19, it caused people to experience "panic buying" especially regarding the use of vitamins and drugs for Covid 19. People flocked to buy vitamins in large quantities, large doses and the use of double doses (Setyoningsih, 2021; Revelation, 2021). It causes a shortage of stock of medicines, especially vitamins on the market, causing the prices of vitamins to soar higher than their normal prices.

Furtheromre, the spread circulation of chain messages in WhatsApp related to the use of COVID drugs such as antivirals, antibiotics, antiparasitics, continues to be sought by the public with the aim of preventing exposure to COVID-19. Some of these drugs include Faviravir, Fluvir, Oseltamivir, Azithromycin and Ivermectin (Azka, 2021).

The majority of people in Mangkurakyat village are influenced by the irrational use of drugs. The lack of knowledge related to drugs in accordance with the level of education in the village. Mangkurakyat village has an area of 280,084 ha/m² consisting of rice fields, agriculture, plantations, housing and the rest are public facilities. Based on economic level of the Mangkurakyat village, including the middle and upper economic class, the education level is low-middle. Until August 2021, graduate of elementary school dominates the mangkurakyat villages. Meanwhile, those who get to college are the minority.

Therefore, the purpose of this activity is to give the education related to vitamins and covid drugs, that is really need by Mangkurakyat village people. It is because many residents take the drugs without clear rules and the lack of information conveyed in the village. The method used in this activity was lectures and discussions. As an evaluation, pretest and posttest were given to determine the percentage increase in the understanding level of the residents before and after education.

METHODS

The stages of education consist of:

1. First stage
This stage is determination of the target to be educated regarding the use of vitamins and drugs for COVID-19. It is done on a limited basis considering that is still in a pandemic condition so the invitation is only intended for cadres
2. Second stage
This is the preparation stage for implementing the activities starting from permits, permits from village head and his staff, determination of invitations, location preparation and other attributes
3. Third stage
Prior to the education, all participants were given pretest to measure the participants level of understanding in the field of medicine, especially vitamins and covid 19 drugs.
4. Fourth stage
This stage is providing education accompanied by questions and answers from participants. Then participants were given post test questions to see that there were changes before and after being given education. The assessment of the knowledge variable is assessed based on the category "Know and do not know"

RESULTS AND DISCUSSION

This educational activity was carried out in Mangkurakyat Village, Cilawu District, Garut Answerarat Regency held on Tuesday, September 21st, 2021 at 10:00 am at the Mangkurakyat Village Hall. The participants who attended were cadres of the village that was limited to only 30% of the hall capacity considering that it was still in the atmosphere of the COVID-19 pandemic. There were 30 participants attended with strict health protocols.



Figure 1. Preparation of Education

Education was delivered through lectures and discussion about the proper use of vitamins and the dangerous of consuming antiviral, antibiotic, and antiparasitic drugs that were being hunted by residents, including residents in Mangkurakyat Village itself. Educational materials consisted the understanding related to vitamins to increase body immunity, then how to use vitamins wisely according to our needs, not consuming high doses, double doses or various vitamins consumed together with the same composition.



Figure 2. Education of Medication Consumption

In addition, the understanding regarding the drugs that must be purchased with the doctor prescription that is also very common for residents to buy antiviral, antibiotic and even antiparasitic drugs that are widely used as drugs to prevent the exposure to covid 19. Furthermore, the cadres were given the opportunity to ask questions before the end of the post-test, share door prize and taking a picture.



Figure 3. Discussion



Figure 4. Documentation after Education Activity

As an evaluation, all participants were given 10 pretest and post test questions related to participant knowledge about vitamins and drugs for covid 10.

Table 1. pretest and posttest question

No	Question
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1	Do you know the function of vitamins?
2	Do you know the types of vitamins for immune system?
3	Do you know the dosage of each vitamin?
4	Do you know the side effects of using excess vitamins?
5	Do you know the hard drugs must be with a doctor prescription?
6	Do you know the side effects of hard drugs?
7	Do you know that oseltamivir, azithromycin and fluvir have to be prescribed by a doctor?
8	Do you know that the drug is not to prevent Covid 19?
9	Do you know that antibiotics are not for the Covid 19 virus?
10	Do you know the dangers of taking antiviral drugs to prevent covid 19?

Table 2. The results of pretest and post test

<i>Pretest</i>		<i>Posttest</i>	
Do not know	Know	Do not know	Know
280	20	12	296
93%	6,6%	4%	98,6%

Based on the results, from the pretest results of 10 questions was found that only 6.6% of participants knew about the use of vitamins and drugs for covid 19, the remaining 93% of participants did not know the use of vitamins and drugs for covid 19. After the education was carried out, it was continued with an evaluation. Post test, the post test results showed that there was a significant change in the knowledge of the participants where the evaluation results from 30 participants 98.6% of participants knew how to use vitamins and drugs for covid 19 and only 4% did not know. It can be said that this service activity through education to cadres in Mangkurakyat Village, Cilawu District, Garut Regency, West Java, is very useful and can increase participants knowledge in understanding the use of vitamins and covid drugs that have been widely used with the wrong rules of use.

CONCLUSION AND SUGGESTION

Educational activities in Mangkurakyat Village, Cilawu District, Garut Regency succeeded in increasing the participants knowledge consisting of cadres. The results of education through pretest and posttest evaluations showed significant changes with 98.6% of participants knew the correct use of vitamins and drugs for COVID-19 from the previous 6.6%. It is expected that in the future similar activities can be carried out with different themes considering the appreciation and requests of the cadres to be carried out regularly, especially education in the field of medicine to the cadres as knowledge material for them to convey to other communities through the activities of the cadres in Mangkurakyat Village.

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5. Cadres in Mangkurakyat Village, Cilawu, Garut

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