

Healthy Community Movement (GERMAS) And Distance, Wearing Mask, And Washing Hands (3m) In the Elderly to Prevent the Spread of Covid 19

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Abstract

Healthy community movement (GERMAS) and social distancing, wearing masks, and handwashing (3M) are important points in preventing the spread of covid 19. Problems in the fort village have problems around the elderly, especially hypertension and rheumatic diseases. Then distrust of the covid 19 vaccine and poor waste management. The priority of partner problems is firstly the problems surrounding elderly diseases, especially hypertension and rheumatism. The second problem is the distrust of covid 19 vaccination. The third is bad waste management. But the priority in this article is the problem of groups vulnerable to the spread of covid, namely the elderly. Based on the agreement with partners, the priority is the problem of preventing the spread of covid 19 in the elderly by emphasizing the strengthening of the community movement for a clean and healthy living than the addition of the 3M protocol (Wearing masks, Keeping a distance, and Washing hands in Ciamis Regency. The counseling method uses leaflets and video media, There were 20 elderly correspondents. The results showed an increase in knowledge from the mean pre-test of 70 to 90. Conclusion Leaflet and video media can be used in counseling to have a significant impact on knowledge.

Keywords: Healthy community movement (GERMAS), 3M Protocol, Elderly

INTRODUCTION

Healthy community movement (GERMAS) is a national movement initiated by the president of the Republic of Indonesia that prioritizes promotive and preventive efforts, without compromising curative-rehabilitative efforts by involving all components of the nation in promoting the health paradigm. To succeed in GERMAS, we cannot rely solely on the role of the sector health only (Suryani et al., 2019). The role of ministries and institutions in other sectors also determines and is supported by the participation of all levels of society. Starting from individuals, families, and communities in practicing healthy lifestyles, academics, the business world, community organizations, and professional organizations in mobilizing their members to behave healthily; and the government at the central and regional levels in preparing supporting facilities and infrastructure, monitoring and evaluating their implementation. GERMAS in the current era of the covid pandemic has become more evaluated since the covid pandemic started in 2020 based on the results of studies in the fort village since covid 19, the community has prioritized health protocols but still, the transmission rate of covid 19 cannot be controlled. So that the risk of transmitting Covid 19 is very high, especially for the elderly in the Fort Village, around 510 people. Based on the results of interviews, the people of the fort were infected with the coronavirus due to work or visits by relatives from other places, so the 3m protocol, namely maintaining distance, wearing masks, and washing hands were neglected (Herniwanti 2020). To prevent the spread to vulnerable community groups such as toddlers, pregnant women, the elderly, and people who have diseases it is necessary to strengthen community movements and the 3m protocol, especially the elderly group.

The results of the study of partner locations about 2 km from campus on March 1, 2021, confirmed 5 cases of covid 19. Problems in the Fort Village have problems around the elderly, especially hypertension and rheumatic diseases. Then distrust of the covid 19 vaccine and poor waste management. The priority of partner problems is first problems related to elderly diseases, especially hypertension and rheumatism. The second problem is the distrust covid 19

vaccination. The third is bad waste management. But the priority in this article is the problem of groups vulnerable to the spread of covid, namely the elderly. Based on the agreement with partners, the priority is the problem of preventing the spread of covid 19 in the elderly by emphasizing the re-emphasis of the movement for a clean and healthy living then adding the 3M (distance wearing masks, maintaining, and washing hands). The method that will be given is the method of health education and the creation of media such as leaflets and videos (Listina et al., 2020).

METHOD

The community development index has three indices, namely health, education, and economy. This community service focuses on the health sector, namely with GERMAS and GERMAS is a systematic and planned action that is carried out together with awareness, willingness, and ability to behave healthily to improve the quality of health life (Ambarwati & Prihastuti, 2019); (Noviati et al., 2022). 3M is wearing a mask, keeping a distance and washing hands (Herniwanti, 2020). 3M is part of Germany but during this pandemic, it becomes a separate part to simplify health protocols. The purpose of this community service is to prevent the transmission of covid in the elderly by providing counseling about 3M to the elderly with systematic leaflet and video methods. The method used is a one-week counseling method carried out from the house to house and PUSBILA (elderly development center) under the auspices of the Ciamis Public Health Center regarding GERMAS which consists of 3M for one week for the elderly in the fort village from each PUSBILA which netted as many as 20 elderly.

RESULTS

The results of community service in the fort village show an increase in knowledge based on the tables and graphs below:

Table 1. Characteristics of respondents

variable	Mean
age	65 years
Gender	
male	3
Female	17
Knowledge of GERMAS & 3M	
Pre Test	70
Post Test	90

Characteristics of respondents where the average age is 65 years with 3 men and 17 women. Where the mean pre test + 70 while the mean post test + 90.

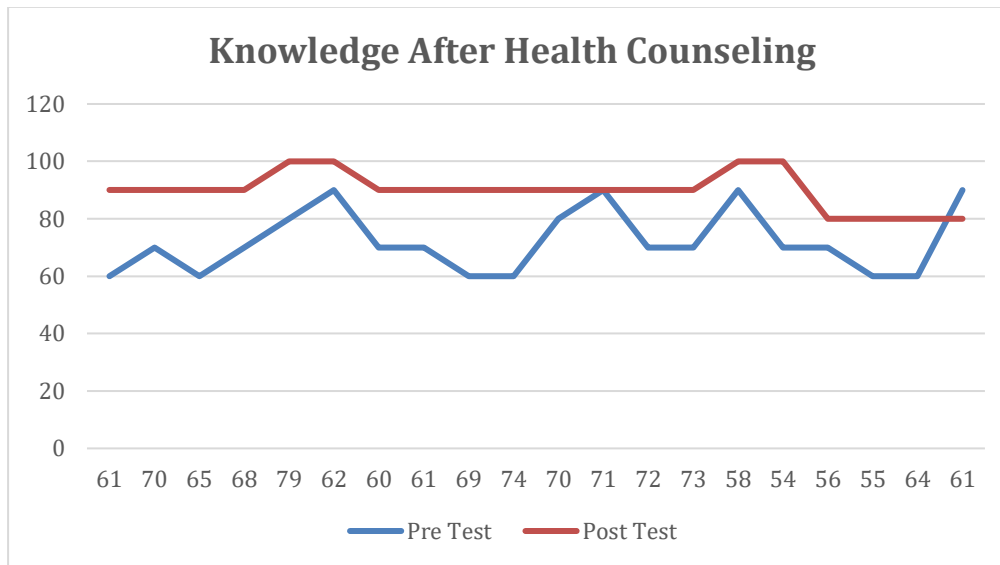


Figure 1. Diagram of increasing knowledge after health counseling

The above diagram explains that from 20 participants who took part in health education for the elderly experienced an increase in the amount of knowledge about 3M.

DISCUSSION

Prevention of the spread of covid 19 in Indonesia has begun to be controlled, this cannot be separated from increasing clean and healthy living behavior. One of them is the healthy community movement (GERMAS) and maintaining distance, wearing masks, washing hands (3M) which are health protocols to prevent the spread of covid 19. So based on health education it has a strong significance for increasing knowledge from the community, especially the elderly who are the target of counseling. It is hoped that increasing public knowledge of GERMAS and 3M can reduce the spread of covid 19.

Increasing knowledge can be done in various ways, including counseling. In this article, counseling uses media that are systematically arranged, namely using leaflets and videos which have been proven to increase knowledge (Harun et al., 2021); (Sukmawati & Noviaty, 2021); (Firmansyah et al., 2019). Knowledge of the elderly in the pre-test is known to mean an average of 70 while the post-test shows an increase with an average mean value of 90 so that there is an increase in knowledge of 20 points, this shows that knowledge can be increased with leaflets and video counseling media. but the limitation of this health education is the recruitment of respondents who cannot recruit respondents optimally because the conditions are still pandemic and the use of health protocols is strict.

The leaflet media used in this counseling is a flip sheet on the healthy community movement consisting of elderly exercise and health protocols consisting of 3M and how to wash hands with soap for 20 seconds. Leaflet media has high effectiveness even though sometimes the knowledge of the respondents is still low (Saleh & Kunoli, 2018), but in this counseling, the respondents did not have a low score where the correspondent had a significant increase in value.

Knowledge as an indicator to improve behavior patterns to prevent the spread of covid 19 with this healthy community movement, it is hoped that the community can adopt this knowledge into behavior. if it has been adapted, the community will unknowingly adapt it and manifest it in clean and healthy living behavior (Wantania et al., 2018). Sufficient knowledge about the healthy community movement which includes PHBS and 3M is expected to be a behavior that can be adopted by the community during this covid pandemic.

This counseling uses amateur videos, namely using nursing student artist Stikes Muhammadiyah Ciamis who is practicing 3M (keeping distance, wearing masks, and washing hands). Video media is adjusted to the respondent's target, if the target is children, it would be better to use animation (Festy, 2015). So that the health education media must be adapted to the characteristics of the respondents.

CONCLUSION

Media Leaflets and videos can be used in counseling have a significant impact on knowledge. Mainly to increase knowledge because it is more effective and efficient. Extension media must also be adjusted to the target respondent of the extension so that it can be received properly.

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APPENDIX



Figure 1. Health Counseling Visited



Figure 2. Elderly Counseling