

Student Empowerment to Improve Immune System in Classroom Teaching Preparation

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ABSTRACT

Along with the declining number of Covid-19 cases, in January 2021 the government has suggested classroom teaching for green zones. Activities at school will return to running as usual, namely by holding face-to-face learning. According to the head of the Hidayatullah Islamic Boarding School in Cilengkrang, so far there have been no cases of COVID-19 and all students are in good health. However, it was found that Islamic boarding schools do not yet have a clear flow related to health protocols, especially in dealing with classroom teaching, there are still many students who have not been vaccinated because they are worried about being vaccinated, and compliance with health protocols is starting to decrease because they think that Covid-19 cases are starting to decline and are still declining, lack of knowledge of students to improve the immune system one of them with herbal plants. The solutions given in overcoming the partner's problems are conducting counseling about students' readiness for classroom teaching, counseling about Covid-19 vaccination, counseling about tips to improve the immune system, and demonstrations on the use of herbal plants to improve the immune system. The method of implementing this community service activity is directly/offline which is carried out in Islamic boarding schools, the targets are students, teachers, and school employees who are invited to take part in community service activities. The result of this activity is the implementation of a series of counseling activities, simulations, and demonstrations attended by students, teachers, and school staff as planned. All participants in each activity can follow to the end with a conducive and enthusiastic.

Keywords: Classroom teaching, Covid-19, Immunity, Community Service, Students.

INTRODUCTION

Coronavirus disease (COVID-19) which was first reported to have occurred in Wuhan City, China (China) in early December 2019 and was declared a COVID-19 pandemic has changed the habits of life so that people are encouraged to be able to face new challenges including how to carry out daily life (Satgas Penanganan COVID-19, 2020). The increasing number of coronavirus cases has stopped schools from carrying out teaching and learning activities as usual according to the circular letter No. 4 of 2020 the Indonesian Minister of Education issued on March 24, 2020, regarding the Implementation of Educational Policies in the Emergency Period for the Spread of COVID-19, in the circular letter the government imposed the teaching and learning process system is carried out in their respective homes (Putri et al., 2020).

Along with the decreasing number of Covid-19 cases, in January 2021 the Government has suggested face-to-face schools for green zones. In a press release Number 137/sipres/A6/VI/2020 regarding the learning process in the new school year during the COVID-19 pandemic, it was stated that face-to-face learning is permitted for green zone areas but schools must still pay attention to the health protocols that have been enforced during the pandemic. COVID-19 (Kemenkes, 2021). The reopening of schools allows for increased work contact among adults and is accompanied by an increase in other contacts due to wider restrictions (Edmunds, 2020). From the results of research that has been carried out by Sabiq (2020), the majority of parents agreed as much as 74.5%, disagreed as much as 8.2%, and hesitated as much as 17.3%. With the reopening of schools, parents still have to pay attention to health protocols when their children go to school because observing the health protocols that

have been recommended by the government, is expected to reduce the number of coronavirus spreads.

One of the age groups at risk of contracting COVID-19 is school age and adolescents. Based on data from the COVID-19 task force, the number of confirmed positive cases in the 6-18 years age group was 6.8%, or 9,613 cases (Kemenkes, 2020). Although the number of COVID-19 cases in children is still low, it is necessary to be vigilant while still implementing the health protocols that have been implemented by the government. Health protocols must be carried out by students when returning to school conducting classroom teaching that temporarily changes the physical learning environment, such as keeping a distance from sitting in class, washing hands, using masks, not crowding, and so on (Dong et al., 2020).

The way to prevent the Covid-19 virus suggested by the Indonesian government through the Ministry of Health (Kemenkes) of the Republic of Indonesia is to urge the public to prevent the spread of Covid-19 by increasing public behavior and knowledge and implementing a healthy and clean lifestyle every day by always maintaining hand hygiene by wash hands using running water and soap for 20 seconds and then rinse, apply good coughing and sneezing etiquette by covering nose and mouth with a tissue or sleeve so as not to infect others, eat a balanced diet, eat fruits and vegetables, exercise at least half an hour every day, increase endurance, get enough rest and seek treatment immediately if sick.

One of the important things to prevent Covid-19 is to increase the body's immune system (immune system). Immunity is the human immune system in the form of reactions in the body against foreign materials to ward off all kinds of diseases that enter the body molecularly or cellularly (Gumantan et al., 2020; Priyani, 2020). A healthy body that has a strong defense (immunity) will easily heal itself. The body's immune system plays an important role in a person's resistance to disease because it is a complex and interconnected system starting from cells, tissues, organs, and mediators to defend a person's body against foreign body attacks that can threaten its integrity, especially diseases caused by viruses (BPOM, 2020). Several attempts can be made to increase physical immunity. According to the Guidelines for Mental Health and Psychosocial Support During the COVID-19 Pandemic, health promotions that can be done to increase physical immunity are in 5 ways, namely eating a balanced diet (carbohydrates, protein, vegetables, fruits that contain vitamins and minerals), if needed. additional vitamins; drink enough; exercise at least 30 minutes a day; sunbathe in the morning twice a week; do not smoke and do not drink alcohol (Widyaningrum et al., 2021).

Pesantren Hidayatullah Cilengkrang is a boarding school that fosters 87 children from all over Indonesia with elementary and junior high school levels who learn to recite and memorize the Qur'an and 19 students live and all of their needs are covered by the pesantren. Activities at Islamic boarding schools during the COVID-19 pandemic will return to running as usual by holding classroom teaching. According to the leadership of the pesantren, there have been no cases of COVID-19 in the school environment and all of the students are in good health. Based on field studies, it was found that Islamic boarding schools do not yet have a clear flow related to health protocols in dealing with classroom teaching, there are still many students who have not been vaccinated because they are worried about being vaccinated, and compliance with health protocols is starting to decrease because they think that Covid-19 cases are starting to decline and there is still a lack of student knowledge to improve the immune system, one of which is the use of herbal plants. Therefore, through community service by empowering students to increase the immune system in facing classroom teaching, it is hoped that students will stay healthy and avoid infection with the covid-19 virus during this pandemic.

METHOD

Problem-solving carried out by the team through this community service activity is by empowering students in improving the immune system to classroom teaching. The problem-solving framework arranged in this activity is as follows:

1. Problem Identification

The team collected data to identify problems through field observations and interviews with pesantren leaders or their representatives.

2. Planning

For the implementation of this community service, we prepared materials, methods, and media for counseling about the readiness of students in facing PTM, the importance of Covid-19 vaccination, efforts to increase body immunity during the COVID-19 pandemic, and the use of herbal plants to increase body immunity.

3. Implementation

Carrying out counseling / providing education in the form of lectures, simulations, demonstrations, questions and answers, and discussions. The counseling was delivered by delivering material using an LCD to explain the readiness of students in facing PTM, the importance of Covid-19 vaccination, efforts to increase the immune system, and the use of herbal plants to increase body immunity. Simulations and demonstrations using videos and direct demonstrations on how to prepare herbal plants into drinks that can boost the body's immune system during the COVID-19 pandemic. Questions and answers and discussions were held related to the material described. At the end of the activity, give some herbal plant seeds in pots to the pesantren/school to be maintained and utilized so that they can be used for the long term in improving the immune system.

This Community Service activity was carried out for 1 month at the Quran Center of the Hidayatullah Islamic Boarding School in Bandung with the following types of activities:

1. Lectures and Q&A

The lecture method was used to convey material related to students' readiness for classroom teaching, the importance of Covid-19 vaccination, efforts to increase the immune system, and the use of herbal plants to increase body immunity. The question and answer method are used to discuss things that have not been understood by the target. This method is carried out offline in 2 activities, namely on November 8, 2021, the material on student readiness to classroom teaching and the importance of Covid-19 vaccination; November 19, 2021, the material on efforts to improve the immune system and the use of herbal plants to increase body immunity.

2. Simulation

The simulation was carried out to give an example of how to prepare herbal plants into drinks that can support the body's immunity during the covid-19 pandemic through videos and live simulations so that students have an idea and will be able to make drinks that can increase the immune system using herbal plants. This method was carried out through video and live simulation on November 19, 2021.

3. Demonstration

Demonstrations were carried out by the presenters and immediately re-practiced by the target. This method was carried out on November 19, 2021.

RESULTS

This community service activity is carried out from October 22 to November 19, 2021. The activities carried out are identification of problems, planning, implementation, counseling on student readiness in facing classroom teaching and the importance of Covid-19 vaccination, counseling on efforts to improve the immune system and the use of herbal plants to increase body immunity, simulation, and demonstration of how to prepare herbal plants into drinks that can support the body's immunity

The parties involved in this activity are students, teachers as parties who are actively involved in this activity. While the presenters in this activity are members of the community service team themselves. During the activity, there were no obstacles because the partners were very supportive and helped the smooth running of this activity. Based on the results of the evaluation at the end of the activity, it was found that there was an increase in students' knowledge about classroom teaching readiness, there was an increase in students' attitudes about covid-19 vaccination, there was an increase in students' knowledge about efforts to improve the immune

system and students were able to demonstrate how to prepare herbal plants into drinks that can support body immunity after health education or counseling.

DISCUSSION

Based on the results of the evaluation at the end of the activity, it was found that there was an increase in students' knowledge about face-to-face learning readiness, there was an increase in students' attitudes about covid-19 vaccination, there was an increase in students' knowledge about efforts to improve the immune system and students were able to demonstrate how to prepare herbal plants into drinks that can support body immunity after health education or counseling. Health education/counseling that can be done can increase a person's knowledge. The research of Beigi, et al (2014) showed that health education programs were effective in increasing knowledge, improving self-management, and controlling adverse lifestyle habits in patients. The learning process in health education is a process of changing abilities in learning subjects with the expected output being the ability as a result of changing the behavior of the target students (Notoatmodjo, 2012). This is following the results of Samidah et al (2021) research which explains that health education affects on increasing knowledge (Samidah et al, 2021). This is in line with Asnuddin et al (2021) research which states that health education with counseling affects increasing public knowledge about the prevention of COVID-19 disease.

CONCLUSIONS And RECOMMENDATIONS

Implementation of community service carried out through outreach activities about students' readiness to classroom teaching, the importance of Covid-19 vaccination, efforts to increase the immune system, and the use of herbal plants to increase body immunity as well as simulations and demonstrations on how to prepare herbal plants into drinks that can support running immunity. well and smoothly.

Based on the activities that have been carried out by the team of lecturers and students at Bhakti Kencana University, Bandung, it is hoped that it can be implemented so that it can improve the immune system of all parties involved.

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APPENDIX



Figure 1. Students Counseling



Figure 2. Simulation and Demonstration of the Use of Herbal Plants to Improve Immune System