

Door-to-Door Counseling on Covid-19 Prevention in Selahuni Village, Nagrak Village, Cianjur District

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ABSTRACT

The emergence of the Covid-19 outbreak has had a huge impact on various social activities. The implementation of health protocols is an absolute thing that must be done by the community in every activity to suppress the spread of the epidemic. However, the facts on the ground are that there are still many people who ignore this. One way to overcome this is by conducting counseling. The extension system used is door-to-door counseling, this strategy is used to prevent crowds and to increase the effectiveness of delivering materials. The program was implemented in Selahuni Village, Nagrak Village, Cianjur District, Cianjur Regency. The purpose of this program is to increase public awareness about the implementation of health protocols, to remind the dangers of Covid-19, and to provide information about the importance of Covid-19 vaccination. The stages of the program are socialization, counseling, distribution of masks, pasting posters, and evaluation. As a result, public awareness about the discipline of health protocols has increased, people have knowledge about the dangers of Covid-19, and people have more awareness to participate in the Covid-19 vaccination program. Hopefully this program can support the government's program to make Indonesia free from Covid-19.

Keywords: covid-19; health protocols; counseling

INTRODUCTION

The Student Study Service (KKN) is an intracurricular activity that combines the implementation of the tri dharma of higher education (education, research, and community service). The purpose of the program is to provide students with a learning experience in combining theory and practice in the field. The implementation of KKN today is different from the implementation of KKN in previous years. It is because of the Covid 19 outbreak or pandemic. At this time, KKN must be carried out independently in the domicile area of each student. The policy implemented suppresses the spread of Covid-19 and avoid crowds

The first case, Indonesian citizens who confirmed positive for Covid-19, was announced by President Jokowi on March 2, 2020 (Velarosdela, 2021). After that, the transmission of Covid-19 has not been well controlled. Of course, it causes a negative impact on various fields, including the health, economic, educational, and social sectors. In addition, to prevent the spread of the virus from getting widely, the government requires the public to implement new habits regarding the 3M health protocol discipline, namely maintaining distance, wearing masks, and washing hands.

The COVID-19 pandemic in Indonesia has not been resolved yet due to many factors, one of which is the low level of public compliance with the 3M health protocol (Supriatin, 2020). The low level of community compliance on health protocols was caused by the pandemic disinformation (disinfodemic). The General Director of Information and Public Communication of the Ministry of Communication and Information, Widodo Muktiyo, said that "One of the reasons for the low level of public understanding is the disinfodemic. A lot of information spread that makes people doubt" (Rizkinaswara, 2020). One way to overcome this is by conducting socialization so that people get the actual information.

Currently, the Cianjur Regency is included in the Covid-19 red zone, where the government enforces to 4th level of PPKM (Enforcement of Community Activity Restrictions) rules (Slamet, 2021). Therefore, we will conduct counseling related to preventing the transmission of Covid-19 in one of the villages in the Cianjur district, namely Nagrak Village. The target in this activity is the community of RW 03 Selahuni Village, Nagrak Village, Cianjur District, Cianjur Regency. The socialization activity has succeeded in increasing knowledge about the Covid-19 health protocol discipline in Cijati Village, Majalengka District (Astari et al., 2021). From the results of observations related to problems that occur in the community of RW 03, Selahuni Village, Nagrak Village, Cianjur District, several things are formulated as follows: (1) how to increase public awareness regarding health protocols; (2) how to increase public attention to the dangers of Covid-19; (3) how to increase public interest in participating in the Covid-19 vaccination program.

From the formulation of the problem, we will carry out several programs, including: (1) Covid-19 prevention counseling, (2) distribution of masks, (3) distribution of posters and stickers for health protocols and vaccinations. The situation depends on the target community. Through the implementation of this program, it is hoped the problems that have been formulated previously can be resolved.

METHOD

The activity stages are carried out in the RW 03 Selahuni Village, Nagrak Village, Cianjur District, Cianjur Regency. The activity time is during on three weeks of August 2021. The counseling team consists of

1. Erwan Setiawan as mentor.
2. Nia Jusniani as mentor.
3. Laila Nur Amalia Danu Miharja as executor.
4. Yogas Bastian Masit as executor.

In order for the implementation of this activity to run well, a structured implementation method is needed. The following is a method for implementing counseling on Covid-19 prevention, health protocol discipline, and the importance of Covid-19 vaccination in Selahuni Village, Nagrak Village, Cianjur District, Cianjur Regency.

Stage I. Socialization Activities

At this stage, we first conducted socialization with the head of RW 03 Selahuni Village, Nagrak Village. This socialization is related to outreach activities that will use a door-to-door system to every resident's house. Through this socialization, the community will get an overview of the planned counseling activities. We carried out this activity in early August 2021. Socialization activities were carried out by the team while still paying attention to health protocols such as wearing masks, implementing handwashing habits, and limiting distance.

Stage II. Counseling Activities

In this second stage, the public will receive counseling about Covid-19 prevention, health protocol discipline, and the importance of Covid-19 vaccination. The communication strategy used is door-to-door counseling. The advantage of this strategy is that apart from avoiding crowds, door-to-door communication is more influential in changing people's behavior than mass communication (Cerya & Evanita, 2021).

This counseling activity was carried out on August 10, 2021. This counseling activity was carried out by referring to the health protocol discipline standards set by the Indonesian Ministry of Health. The material presented was what Covid-19 is, the dangers of Covid-19, and how to prevent the transmission of Covid-19. The health protocols based on recommendations from the ministry of health are as follows:

- 1) Implement the habit of washing hands with soap and running water for 40-60 seconds or using an alcohol-based antiseptic liquid (hand sanitizer) for at least 20-30 seconds.
- 2) Get used to personal protective equipment in the form of a mask on the nose and mouth if you have to leave the house or interact with other people whose health status is unknown.

- 3) Implement the habit of keeping a minimum distance of 1 meter from other people to avoid getting droplets from people who are coughing or sneezing.
 - 4) Limit yourself to interaction or contact with other people whose health status is unknown.
 - 5) When arriving home after traveling, immediately take a shower and change clothes before contacting family members at home.
 - 6) Increase body resistance by implementing a clean and healthy lifestyle (PHBS).
 - 7) Managing comorbidities/comorbidities to keep them under control.
 - 8) Managing mental and psychosocial health.
 - 9) Practice coughing and sneezing etiquette.
 - 10) Implement adaptation of new habits by implementing health protocols in every activity.
- (Ministry of Health, 2020).

In addition, we explained the importance of the Covid-19 vaccination. Through the information provided, the public is enthusiastic about participating in the Covid-19 vaccination activities held by the government. Thus, the government's goal of creating herd immunity through a vaccination program can be achieved (Communication Team for the 2019 Corona Virus Disease Handling Committee (Covid-19) and National Economic Recovery, 2021).

Stage III. Mask Distribution

In the next stage, after the community gained knowledge through outreach activities, we distributed free masks in Selahuni Village RW 03, Nagrak Village, Cianjur District because there is a relationship between compliance with the use of masks and public knowledge (Devi Pramita Sari & Nabila Sholihah 'Atiqoh, 2020). In addition, through the distribution of free masks, we hope that people will get used to wearing masks when they are outside their homes.

Stage IV. Poster and Sticker Distribution

The next stage is to distribute posters about Covid-19 prevention, disciplined health protocols, and vaccinations in the Selahuni village area, RW 03 Nagrak Village. In addition, we also distribute stickers to the public. The placement or distribution of these posters can make the public aware of the importance of maintaining cleanliness and implementing health protocols (Listina et al., 2020).

Stage V. Monitoring and Evaluation

The last stage is monitoring and evaluation. We monitor and evaluate people's habits in implementing health protocols. From this activity, we can find out how far the level of effectiveness of the extension activities provided in changing people's behavior.

RESULTS AND DISCUSSION

The Counseling program was carried out in five stages with three main types of programs, such as: (1) provide counseling on Covid-19 prevention, implementation of health protocols, and the importance of Covid-19 vaccination; (2) distribute free masks, (3) distribute posters about health protocols and Covid-19 vaccinations. For more details, the following are the results of the implementation of the activities.

I. Counseling Activities

This activity received a positive response from the community. The result achieved is an increase in public knowledge and awareness about preventing the spread of Covid-19. In addition, the public seems to be more concerned about implementing health protocols. Another impact is the reduction in public fear of the Covid-19 vaccination.

The public can know the potential for transmission of Covid-19, its prevention efforts, and the importance of the Covid-19 vaccination. It is important because some people cannot be vaccinated for some reason. Through the Covid-19 vaccine, you are not only protecting yourself but also protecting those around you who do not yet have immunity to the Coronavirus. In addition, people are getting used to the implementation of the Covid-19 health protocol which consists of getting used to washing hands, maintaining cleanliness, maintaining distance, and using masks when outside the home.



Figure 1. Counseling on Covid-19 Prevention, Discipline of Health Protocols, and the importance of Vaccination for the Community



Figure 2. Counseling on Covid-19 Prevention, Discipline of Health Protocols, and the importance of Vaccination for Children

II. Mask Distribution

The provision of medical masks aims to educate the public to get used to using masks, especially when they are outside the room. It will be advantageous to prevent the spread of the Covid-19 virus. These medical masks are given to people who are not used to wearing masks during outdoor activities. In this activity, the public is also given education and information about using masks in appropriate way.

The result of this activity is that people are willing to wear adequate medical masks as personal protective equipment to prevent the transmission of Covid-19. In addition, public awareness and habits have increased in mask use when doing activities outside the home. The public knows how to use masks, the selection of mask type, and their maintenance. This activity is aimed to foster a culture of discipline in mask use when doing many activities.



Figure 3. Mask Distribution

III. Poster and Sticker Distribution

The distribution of posters has been done as an indirect form of education for the community. In addition, through poster distribution, the public is reminded to always maintain discipline in health protocols and the importance of Covid-19 vaccination. Listina said that "through information dissemination activities using poster media, the public becomes more aware and understands the importance of maintaining cleanliness, diligently washing hands, using masks, maintaining distance and vaccination as an effort to prevent and break the chain of the spread of Covid-19" (Listina et al. , 2020). Poster media is an alternative to educate the public.

The result of this activity is that people of Selahuni village RW 03 Nagrak Village become more aware of the dangers of Covid-19 and the importance of Covid-19 vaccination. The posters distributed in the Selahuni village RW 03 Nagrak Village remind the community of protecting themselves from the transmission of Covid-19 and understand the importance of Covid-19 vaccination. In addition, through posters, public awareness is also increasing. The poster is designed attractively and pays attention to the correct information according to the direction of the applicable Covid-19 health protocol and vaccination discipline.



Figure 4. Health Protocols Discipline and Covid-19 Vaccination Importance Poster



Figure 5. Community Service Sticker

CONCLUSIONS and RECOMMENDATIONS

Outreach activities regarding the prevention of Covid-19, the discipline of health protocols, and the importance of Covid-19 vaccination are important to prevent the spread or transmission of

Covid-19, especially in the Selahuni village area, RW 03 Nagrak Village, Cianjur District, Cianjur Regency. These activities include counseling, distributing masks, and distributing posters and stickers. This activity is carried out with due observance of the Covid-19 health protocol so it can be an example for the community. In addition, the system of activities or counseling carried out is by using a door-to-door counseling system, with the hope that the information conveyed to the public can be clear and well understood.

The results achieved from this activity are the increasing public awareness of the dangers of Covid-19 transmission, the increasing of health protocols implementation, and the importance of Covid-19 vaccination. Such activities like this need to be carried out on a larger scale, especially in remote areas, to ensure that the information the community gets about Covid-19 is correct so public awareness and participation regarding various efforts to prevent the transmission of Covid-19 can increase.

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