

Covid-19 Prevention and Control Effort on Adolescent Women in Dungaliyo District, Gorontalo Regency

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Abstract

As a result of COVID-19, the world is facing an unprecedented global health and socioeconomic crisis. This service aims to provide education to the public regarding efforts to prevent and control COVID-19 in the community. The service will be held in December 2021 in Dungaliyo District, Gorontalo Regency. The service is carried out in the form of counseling using the lecture method with the help of Power Point which is then discussed with the participants. The participants of the activity are adolescent women at Dungaliyo District. The implementation of activities is self-funded by the executor. This service activity went well.

Key words: COVID-19, Counselling, Prevention

INTRODUCTION

Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). SARS-CoV-2 is a new type of coronavirus that has never been previously identified in humans (Dharma et.al., 2020). There are at least two types of coronavirus that are known to cause diseases that can cause severe symptoms such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) (Hui et.al., 2022). Common signs and symptoms of COVID-19 infection include symptoms of acute respiratory distress such as fever, cough and shortness of breath. The average incubation period is 5-6 days with the longest incubation period being 14 days. In severe cases of COVID-19 it can cause pneumonia, acute respiratory syndrome, kidney failure, and even death (Mi et.al., 2020).

On December 31, 2019, the WHO China Country Office reported a case of pneumonia of unknown etiology in Wuhan City, Hubei Province, China. On January 7, 2020, China identified the case as a new type of coronavirus (Imai et.al., 2020). On January 30, 2020 WHO declared the incident a Public Health Emergency of International Concern (PHEIC) and on March 11, 2020, WHO had declared COVID-19 a pandemic (Jee, 2020).

Thailand is the first country outside China to report a case of COVID-19. After Thailand, the next countries that reported the first cases of COVID-19 were Japan and South Korea, which later expanded to other countries. As of December 5, 2021, WHO reports that COVID-19 has spread to 226 countries with 263,563,622 confirmed cases and 5,232,562 deaths worldwide (Di Gennaro, 2020).

Indonesia reported its first case of COVID-19 on December 5, 2021 and the number continues to grow until now. A total of 4,257,489 cases were confirmed positive, with 143,863 deaths. For the province of Gorontalo alone, there were 11,833 confirmed positive cases with a death toll of 460 deaths (Kemenkes, 2021).

In the context of efforts to overcome the early COVID-19 outbreak, the Minister of Health has issued the Minister of Health Decree Number HK.01.07/MENKES/104/2020 concerning the Determination of Novel Coronavirus Infection (2019-nCoV Infection) as a Type of Disease That Can Cause Outbreaks and Efforts to Overcome it. The determination was based on the consideration that the Novel Coronavirus Infection (2019-nCoV infection) has been declared by

WHO as a Public Health Emergency of International Concern (PHEIC). In addition, the widespread spread of COVID-19 to various countries with the risk of spreading to Indonesia related to population mobility, requires efforts to overcome the disease. The increase in the number of cases took place quite quickly, and spread to various countries in a short time.

Judging from the situation of the spread of COVID-19 which has almost reached all provinces in Indonesia with the number of cases and/or the number of deaths increasing and having an impact on the political, economic, social, cultural, defense and security aspects, as well as the welfare of the people in Indonesia, the Government of Indonesia has stipulated Presidential Decree No. 11 of 2020 concerning the Determination of the Corona Virus Disease 2019 (COVID-19) Public Health Emergency (Kurniati, 2021).

So far, vaccinations have continued to be carried out and during the vaccination process, the world is faced with the reality of preparing to live side by side with COVID-19 (Gurning, 2021). As of December 5, 2021, as many as 99,009,581 doses of vaccine have been given or around 37.1% of the total population. Therefore, prevention and control efforts must continue to be carried out. The prevention strategy is in accordance with the transmission that occurs both at the national and provincial levels, with the aim of: Slowing and stopping the rate of transmission/contagion, and delaying the spread of transmission, Providing optimal health services for patients, especially critical cases, and Minimizing the impact of the COVID-19 pandemic to the health system, social services, economic activities, and other sector activities.

All provinces and districts/cities need to identify new cases, manage, and provide interventions for new cases of COVID-19, as well as efforts to prevent the transmission of new cases in adapting new habits by implementing strict health protocols in every community activity. In addition, public education on how to prevent transmission must continue, because community compliance is a key factor in preventing disease (Ahmad, 2021). Therefore, this service is carried out to educate the public in preventing the transmission of COVID-19. The purpose of this outreach activity is to provide education to the public about efforts to prevent and control COVID-19.

METHOD

This community service activity is carried out in the form of health education with the theme of the activity "Efforts to Prevent and Control COVID-19". This service activity was carried out in December 2021, Dungaliyo District, Gorontalo Regency. The implementation of service activities uses the Lecture and Discussion Method. Resource persons provide material in the form of lectures with the help of Power Point which contains material. After that, discussions and questions and answers were held with participants regarding the material given. The participants of the activity were all students of Vocational high School Dungaliyo. The counseling materials delivered to the participants included: what is COVID-19, how it is transmitted, mutations, how to prevent and deal with it.

RESULTS AND DISCUSSION

In general, this service activity can be carried out well on December 12, 2021 in the Hall of the Dungaliyo Vocational High School, Dungaliyo District, Kab. Gorontalo. This service was attended by 35 good participants who took part in the counseling. This activity can be carried out well thanks to good cooperation with the SMK 1 Dungaliyo, the District Government, and PBL II Students of the Department of Public Health.

The implementation of the counseling begins with the Opening which is carried out according to the arrangement of events that have been prepared. The opening ceremony began with a prayer, remarks from SKM 1 Dungaliyo, represented by the vice principal.

Submission of material is guided by a moderator. Submission of material is delivered on a panel basis. The first material presented was about COVID-19 then continued with the material for Clean and Healthy Life Behavior (PHBS) which was delivered by PBL II students majoring in public health.

After the material has been delivered, the moderator then invites the participants to provide feedback or questions. However, because there were no questions from students, the presenters asked questions to refresh the material presented.

Evaluation is done by asking several questions related to the material presented, namely:

- What is the name of the agent causing COVID-19 disease?
- How is the SARS-CoV 2 virus transmitted?
- What are the signs and symptoms experienced if infected with the SARS-CoV 2 virus?
- Who are the people who are at risk of contracting COVID-19?
- How can you prevent yourself from getting COVID-19?
- What is the role of young women in preventing and controlling COVID-19?

In general, from several questions asked to the participants of the socialization, 95% of the participants were able to answer every question asked. This shows that the counseling provided can help increase adolescent knowledge about COVID-19 and how to prevent it.

Research shows that providing education has a great impact on increasing knowledge and attitudes. Research conducted by Sambo (2021) shows that there is an effect of health protocol education on knowledge and attitudes to prevent transmission of COVID-19 in children aged 10-12 years at Brother Bakti Luhur Elementary School with a significance level of $= 0.05$ and $p = 0.0001$. Another study conducted by Aba, et.al (2021) showed that there was a significant difference in knowledge before and after online education in the form of leaflets with p value $= 0.045 < 0.05$. The effectiveness of providing online education can increase the knowledge of Covid-19 prevention in Baubau City.

Counseling can be done online and offline (Ahmad, 2021). Both forms of counseling have the same impact on increasing knowledge. The closing of the event was carried out by taking a group photo with the participants of the service activity.

CONCLUSIONS AND RECOMMENDATIONS

The counseling carried out for teenagers can be carried out well, and can help teenagers to increase their knowledge about COVID-19 and how to prevent it. Service activities like this can be carried out routinely both in the same location or in different locations with the target community and village government as an important step to increase awareness in reducing and tackling the spread of COVID-19.

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APPENDIX



Figure 1. Implementation of Counseling



Figure 2. Discussion and Q&A