



ADOLESCENT SELF AWARENESS IN PREVENTION OF COVID-19 TRANSMISSION

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ABSTRACT

Cases of the COVID-19 pandemic continue to increase in Indonesia due to the lack of implementation of health protocols in preventing the transmission of COVID-19. Teenagers in the age group still do not have self-awareness in preventing the transmission of COVID-19 by gathering with friends at a place to eat. Therefore, this study aims to see the average self-awareness of adolescents in preventing the transmission of COVID-19. This study used a quasi-experimental design with a sample of 28 teenagers from SMAS PSM Bukitinggi. This study shows that the average self-awareness of adolescents in the prevention and transmission of COVID-19 is 26.76 with a standard deviation of 3,226. This illustrates that PSM SMAS students already have self-awareness in implementing health protocols. So with this research, it is hoped that all schools will continue to remind teenagers about preventing the transmission of COVID-19 either directly or by using social media. This will have a positive impact on reducing the number of Covid-19 in Indonesia.

Keyword: Adolescents, Covid-19, Self Awareness

INTRODUCTION

The COVID-19 (Coronavirus disease 2019) pandemic is still being felt by all countries in the world. Covid-19 is a disease that is transmitted through droplets and close contact caused by the Sars-Cov-2 virus [1]. Indonesia is one of the countries where Covid-19 cases continue to increase. According to data [2] in March 2021, there were 1,368,069 confirmed cases with 148,356 active cases (10.8% of those confirmed), while 1,182,687 cases recovered (86.4% of confirmed cases), and 37,026 deaths (2.7% of confirmed cases). Based on data in Indonesia, 25% of positive cases are aged 19-30 years, while those aged 6-18 years are 9.3% positive cases. This figure has increased similar to what has happened in the world, according to WHO, which states that the number of cases of COVID-19 has doubled in

young children over the past five months.

The increase in cases at a young age occurs because that age tends to do more activities outside the home by not doing social distancing restrictions or non-compliance with health protocols [3]. Provinces in Indonesia with the most cases are DKI Jakarta with 232,289 confirmed cases, followed by West Java province with 115,756 confirmed cases. The ten largest provinces with the spread of COVID-19, one of which is West Sumatra, is ranked tenth out of 34 provinces.

The transmission of Covid-19 cases will decrease if the community implements the prevention of Covid-19 transmission. Prevention of Covid-19 transmission, according to the [4] is to implement health protocols, protecting individual health, namely wearing



masks, keeping distance, washing hands, and maintaining body immunity. According to research [5], people have not implemented health protocols properly, as many as 53.3% do not wash their hands before eating and 56.9% do not carry hand sanitizers when traveling with the average age of most respondents 18-25 years.

According to WHO, the age limit of 12-24 years is categorized as a teenager. Adolescents who have implemented health protocols are 71% while washing hands before and after eating as much as 100%, but the use of masks when traveling is 67% [6]. This shows that there is still a lack of self-awareness of adolescents in the application of preventing the transmission of COVID-19 with health protocols. Self-awareness is a condition in which other people can observe themselves and distinguish themselves from others and allow others to be able to carry themselves from conditions or circumstances [7].

Based on the description above, researchers are interested in knowing the self-awareness of teenagers in Bukittinggi City about preventing the transmission of COVID-19. The purpose of this study was to analyze adolescent self-awareness in preventing the transmission of COVID-19.

MATERIALS AND METHODS

This research is a type of descriptive research. The sample of this study was the students of SMAS PSM Bukittinggi and measured based on the Slovin formula, the sample results were 26 people. The sample was determined using the purposive sampling technique. The time of this research will be carried out in April –

December 2021. The instrument uses primary data obtained from questionnaires before and after the intervention. The questionnaire was tested for validity and reliability to high school students with a sample of 30 people and the reliability test result was 0.78.

The procedure for collecting data with the steps for implementing the activities includes: the researcher asks permission from the school to conduct research and the researcher explains the procedures, benefits, research objectives, informed consent. Then ask for the student's WhatsApp number data. After the respondent reads the informed concern and is willing to become a respondent, the respondent fills out a self-awareness questionnaire. Based on the variables in this study, the statistical test was univariate in numerical form.

RESULTS

From the results of the study, it was found that from 29 respondents 24.1% (7 people) were males while 75.9% (22 people) were female. While the adolescent age was obtained from 29 people with the age category of 16 years with a total of 2 people (6.9%), 23 people aged 17 years (79.3%), and 4 people (13.8%) with an age of 18 years. The results of the study on the average self-awareness of adolescents in the prevention and transmission of COVID-19. The variables in the study were analyzed using the mean and standard deviation values which are shown in the table in full and seen in table 1.



Table 1
Adolescent Self Awareness Average in the Implementation of Covid-19 Transmission Prevention Measures (N= 29)

Variabel	N	Minimum	Maksimum	Mean	SD
Adolescent Self Awareness the application of Prevention of COVID-19 transmission	29	18	31	26.76	3.226

Based on table 5.1, states that with a sample of 29 people, the minimum value is 18 while the maximum value is 18, and the average adolescent self-awareness in preventing and transmitting COVID-19 is 26.76 with a standard deviation of 3,226. This illustrates that the mean value is greater than the standard deviation, thus indicating data that lacks privacy.

DISCUSSION

Based on the results of this study, it said that there was an increase in the average self-awareness of adolescents before being given the intervention of 26.7. Self-awareness is a form of one's understanding of the reasons for one's behavior or understanding of oneself. Self-awareness is a condition in which other people can observe and distinguish themselves from others, and allow others to be able to bring themselves into a situation [7]. There are three things in forming self-awareness to face the COVID-19 pandemic, namely first in terms of maintaining self-restraint from loneliness and frustration due to isolating oneself at home, namely trying to reconnect with family, friends, or coworkers, secondly to maintain fitness as a form of maintaining health. emotional stability, namely by reducing "consuming" news related to Covid-19, starting again to implement

a healthy lifestyle such as exercising and eating regularly, and thirdly, by complying with various policies set by the government regarding health protocols in adjusting to adapting new habits [8].

The higher the level of self-awareness, the higher the level of discipline in wearing masks, and conversely the lower the behavior of self-awareness, the lower the level of discipline in wearing masks in the new normal period, this is because respondents think that wearing masks is a government regulation that must be followed and the discipline of wearing a mask for his good [9]. Factors that affect self-awareness can be obtained from the existence of health education. In theory, health education is all activities to provide and improve the knowledge, attitudes, practices of individuals, groups, or communities in maintaining and improving their health [10]. The purpose of health education, in general, is to influence behavior change or society in the health sector. This is supported by research [11] which states that motion graphic content on YouTube and flyers for Instagram Stories by members of the service team are carried out to optimally increase public awareness regarding COVID-19.



CONCLUSION

The results obtained from 29 respondents 24.1% (7 people) were males while 75.9% (22 people) were female. While the adolescent age results were obtained from 29 people 16 years as many as 2 people (6.9%), age 17 years as many as 23 people (79.3%), and 18 years as many as 4 people (13.8%). The average self-awareness of adolescents in the prevention and transmission of COVID-19 is 26.76 with a standard deviation of 3,226. So that self-awareness is important in implementing health protocols to prevent the transmission of COVID-19.

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