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The Effectiveness of Audiovisual Covid-19 Prevention as Health Education on the Knowledge and Behavior of 3M Adolescents in Lemper Selatan Village, Pademawu District, Pamekasan Regency

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ABSTRACT

Indonesia began to be exposed to corona virus as many as 172 people with the number of deaths as many as 55 people as of March 17, 2020.Health experts recommend 3M there is use of masks, keeping a distance, and diligently washing hands with soap and running clean water as the main key to breaking the chain of spreading covid-19 virus. Audiovisual can facilitate the audience and understand the health information presented. The purpose of this study is to know the effectiveness of audiovisual about covid-19 prevention as health education on the knowledge and behavior of 3M, teenagers in the village of South Lemper Pademawu, Pamekasan. Research design is Quasi Experimental. There were 43 teenagers as the sample of this research using proportionate stratified random sampling techniques. The data of the research were collected from questionnaires, analyzed then Wilcoxon Rank Test using SPSS program. The result of the Wilcoxon Rank Test showed p (0.000) < alpha (0.05) for the knowledge and behavior. p (0.000) < alpha (0.05) which means that there are differences in knowledge and behavior 3M before and after being given an education. The conclusion of this research is health education about covid-19 prevention through audiovisual can be said to be effective on the knowledge and behavior of 3M, teenagers in the village of South Lemper Pademawu, Pamekasan.

Keywords : Audiovisual, Health Education, 3M Behavior

INTRODUCTION

The world is on alert with the spread of the corona virus or covid-19, including in Indonesia. The first case of covid-19 in Indonesia occurred in March 2020.

Coronavirus(CoV) is part of a family of viruses that cause diseases ranging from flu to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV) (World Health Organization, 2019). The virus, which was first discovered in the city of Wuhan, has claimed thousands of Chinese lives in succession (Fang, Karakiulakis, & Roth, 2020). Because of the very rapid transmission of the corona virus, the World Health Organization (WHO) declared the corona virus a pandemic on March 11, 2020 (Widiyani, 2020).

As of November 5, 2020, global distribution data for Covid-19confirmed 47,930,397, died 1,221,781.Indonesia has started to be exposed to the corona virus as many as 172 people with a death toll of 55 people as of March 17, 2020 (Setiati & Azwar, 2020). Update infocovid-19 East Java Provincial Government as of October 25, 2020 confirmed 51,189 cases. In Pamekasan as of October 25, 2020 confirmed positive covid-19 as many as 358.Until now, positive cases of Covid-19 continue to increase.

Health experts recommend wearing masks, maintaining distance during social interactions, and washing hands frequently with soap and clean running water as the main keys to breaking the chain of virus transmission. This seems easy, but is basically difficult to

implement consistently in society because it is a relatively new action and has not become a habit, let alone behavior in society.(Rosidin, Rahayuwati, & Herawati, 2020).

Other previous research to determine the effectiveness of health promotion about BSE through videos and leaflets on increasing the knowledge of female adolescents about BSE at SMAN 1 Kampar in 2018. The results of the study showed that health promotion about BSE through audio visuals was more effective than using leaflets (Alini & Indrawati, 2018).

So the author is interested in researching and knowing the effectiveness of audiovisual prevention of Covid-19 as health education on the knowledge and behavior of 3M adolescents in Lemper Selatan Village, Pademawu District, Pamekasan Regency. That the spread of Covid-19 has spread throughout the world, including in Pamekasan.

METHODS

The subjects of the study were some teenagers in Lemper Selatan Village, Pademawu District, Pamekasan Regency, totaling 43 people. The research design was Quasi Experimental. The sampling technique used was proporfionate stratified random sampling. Where proportionate stratified random sampling is one of the techniques used if the population has members or elements that are not homogeneous and are stratified proportionally (Siyoto & Sodik, 2015).

The analysis conducted was univariate analysis, bivariate analysis and dependent t Test (paired t Test). This study was to analyze the differences in knowledge and behavior before and after health education was given. From the test, a decision can be taken to reject H0 and accept Ha if the p value ≤ alpha (0.05) is obtained. If the data distribution is not normal, the Wilcoxon signed rank test is used.

RESULTS

A. Characteristic Variable Analysis

Table 1. Knowledge of Wearing Masks

Knowledge of Wearing Masks	f	%
Before		
Yes	37	86
No	6	14
Total	43	100
After		
Yes	40	93
No	3	7
Total	43	100

Based on table 1. Before being given education, respondents answered "yes" to wearing masks as many as 37 people. Then after being given health education about preventing Covid-19, it increased to 40 people.

Table 2. Knowledge of Keeping Distance

Knowledge of Keeping Distance	f	%
Before		
Yes	32	74
No	11	26
Total	43	100
After		
Yes	37	86
No	6	14
Total	43	100

Before the 3M health education through audiovisual was carried out, 74% of adolescents' knowledge said "yes" that maintaining distance is important for all of us. Then after being given 3M health education through audiovisual, the percentage rose to 86%.

Table 3. Knowledge of Washing Hands with Soap

Knowledge of Washing Hands with Soap	F	%
Before		
Yes	35	81
No	8	19
Total	43	100
After		
Yes	38	88
No	5	12
Total	43	100

Before being given 3M health education through audiovisual, 81% said "yes". Then after receiving 3M health education through audiovisual, adolescents' knowledge about washing hands with soap increased to 88%.

Table 4. Mask Wearing Behavior

Mask Wearing Behavior	f	%
Before		
Always	19	44
Almost Always	10	23
Seldom	8	19
Never	6	14
Total	43	100
After		
Always	28	65
Almost Always	12	28
Seldom	1	2
Never	2	5
Total	43	100

Based on table 4. that respondents who always wear masks before being given 3M health education through audiovisual are 44%. Almost always 23%, rarely 19%, even never, which is 14%.

After receiving 3M health education through audiovisual increased, as many as 65% said they always wear masks. Then the number of respondents who said they never decreased to 5%. Rarely 2% and almost always 28%.

Table 5. Distancing Behavior

Mask Wearing Behavior	f	%
Before		
Always	18	42
Almost Always	10	23
Seldom	4	9
Never	11	26

Total	43	100
After		
Always	23	53
Almost Always	14	33
Seldom	2	5
Never	4	9
Total	43	100

Before being given 3M health education through audiovisual, 26% said they never kept their distance, even during the current pandemic. Those who said always were only 42%, almost always 23%, and rarely as many as 9%.

After being given 3M health education through audiovisual, those who said always became 53% and this is more than half of the respondents. Although there are still those who say never as much as 9%, rarely 5%, and almost always 33%.

Table 6. Hand Washing Behavior with Soap

Mask Wearing Behavior	f	%
Before		
Always	15	35
Almost Always	9	21
Seldom	11	26
Never	8	19
Total	43	100
After		
Always	27	63
Almost Always	11	26
Seldom	3	7
Never	2	5
Total	43	100

Before being given 3M health education through audiovisuals that said always washing hands with soap was 35%, almost always 21%, rarely 26%, and never 19%.

Then, after being given 3M health education through audiovisuals, the number of people who said to always wash their hands with soap increased to 63%.

B. Bivariate Analysis

Table 7. Knowledge and Behavior of Wearing Masks (Before)

Pe-to know	Behavior (Before)				T
(Seb)	TP	J	HS	S	
Wrong	6	0	0	0	6
Correct	0	8	10	19	37
Total	6	8	10	19	43

Table 7 shows that there are still respondents who are still negligent in wearing masks. But sometimes there are people who know that wearing a mask is important but rarely use it when doing activities outside the home. There are also those who say they almost always wear a mask.

Table 8. Knowledge and Behavior of Wearing Masks (After)

Pe-Knowing (Ses)	Behavior (After)				T
	TP	J	HS	S	
Wrong	2	0	0	1	3
Correct	0	1	12	27	40
Total	2	1	12	28	43

Bivariate analysis between knowledge and behavior of wearing masks after being given health education through audiovisuals about preventing Covid-19 showed an increase. Especially respondents who previously said it was not important and did not wear masks.

Table 9. Knowledge and Behavior of Maintaining Distance (Before)

Pe-know-huan (Seb)	Behavior (Before)				T
	TP	J	HS	S	
Wrong	11	0	0	0	11
Correct	0	4	10	18	32
Total	11	4	10	18	43

Of the 43 respondents, 11 respondents said they did not keep their distance. Those who said it was true that keeping distance was important were only 18 respondents and those who said it was true that keeping distance did not necessarily mean that they always kept their distance.

Table 10. Knowledge and Behavior of Keeping Distance (After)

Pe-know-huan (Ses)	Behavior (After)				T
	TP	J	HS	S	
Wrong	4	2	0	0	6
Correct	0	0	14	23	37
Total	4	2	14	23	43

More than half of the respondents, namely 37 respondents, said that maintaining distance is important and it will affect their behavior. Although gradual because there are still those who say rarely and almost always. But from the results of this 3M health education, there is an increase in the behavior of maintaining distance.

Table 11. Knowledge and Behavior of Washing Hands with Soap (Before)

Pe-know-huan (Seb)	Behavior (Before)				T
	TP	J	HS	S	
Wrong	8	0	0	0	8
Correct	0	11	9	15	35
Total	8	11	9	15	43

8 out of 43 respondents still answered incorrectly to the basic question about washing hands with soap. However, respondents who answered correctly still rarely or almost always wash their hands with soap during the ongoing Covid-19 pandemic. Only 15 out of 43 respondents always wash their hands with soap.

Table 12. Knowledge and Behavior of Washing Hands with Soap (After)

Pe-know-huan (Ses)	Behavior (After)				T
	TP	J	HS	S	
Wrong	2	0	2	1	5
Correct	0	3	9	26	38
Total	2	3	11	27	43

After being given 3M health education on preventing Covid-19 through audiovisual, the results showed that respondents were more concerned about washing their hands with soap than before. This can be seen from table 12. above.

Table 13. Difference Test Results

Knowledge Posttest – Pretest	
Z	-6.129
Asymp. Sig. (2-tailed)	0,000
Behavior Posttest – Pretest	
Z	-5,764
Asymp. Sig. (2-tailed)	0,000

Table 13 shows that p ≤ alpha (0.05), namely 0.000 < 0.05, means that there is a difference in knowledge of preventing COVID-19 before and after health education with audiovisuals was given to adolescents in Lemper Selatan Village, Pademawu District, Pamekasan Regency.

The second difference test showed a result of p (0.000) < alpha (0.05) which means that there is a difference in COVID-19 prevention behavior before and after being given health education with audiovisuals to adolescents in Lemper Selatan Village, Pademawu District, Pamekasan Regency.

C. Independent Variables

The Independent (free) variable in this study is audiovisual. A type of media that in addition to containing sound elements also contains visual elements that can be seen, such as video recordings, various sizes of films, sound slides and so on. This audiovisual variable contains knowledge of preventing covid-19 and 3M behavior, namely wearing masks, maintaining distance, and washing hands with soap and supporting behavior.

DISCUSSION

A. Knowledge Variable

The percentage of adolescent knowledge of wearing masks before health education through audiovisual is quite large although not perfect, namely 86%. This means that not all adolescents know the importance of wearing masks. Furthermore, knowledge of maintaining distance before being given education is 74%. Here it can be seen that there are still those who do not know what good distance keeping is like. Then knowledge of washing hands with soap before being given education is 81%. It is possible that adolescents only know that washing hands does not require soap, washing hands only in the palms of the hands, and so on.

After being given health education with audiovisual, 3M knowledge has increased. Starting from knowledge of wearing masks, maintaining distance, and washing hands with soap.

Analysis of the difference in knowledge test before and after being given 3M health education, namely that p ≤ alpha (0.05) which is 0.000 <0.05 means that there is a difference in knowledge of preventing COVID-19 before and after being given health education with audiovisuals to adolescents in Lemper Selatan Village, Pademawu District, Pamekasan Regency.

B. Behavioral Variables

Behavior should be in line with the knowledge gained. The behavior of adolescents, especially wearing masks before being given health education, is low at 44%. The behavior of maintaining distance is 42%. The behavior of washing hands is very bad at 35%. This shows that many adolescents' 3M behaviors are still not in accordance with their knowledge or the knowledge gained has not been done.

After being given health education with audiovisual, 3M behavior has increased. The more teenagers are aware and care about preventing covid-19, the more benefits it will bring to themselves and others.

Analysis of the difference in behavior before and after being given 3M health education, namely p (0.000) < alpha (0.05), which means that there is a difference in COVID-19 prevention behavior before and after being given health education with audiovisuals to adolescents in Lemper Selatan Village, Pademawu District, Pamekasan Regency.

CONCLUSION

Based on the test of differences in knowledge before and after being given health education with audiovisuals, it shows that p ≤ alpha (0.05), which is 0.000 <0.05, meaning that there is a difference in knowledge of preventing COVID-19 before and after being given health education with audiovisuals to adolescents in Lemper Selatan Village, Pademawu District, Pamekasan Regency. Likewise with the test of differences in behavior, p (0.000) <alpha (0.05), which means that there is a difference in behavior in preventing COVID-19 before and after being given health education with audiovisuals to adolescents in Lemper Selatan Village, Pademawu District, Pamekasan Regency.

Therefore, health education about preventing Covid-19 through audiovisuals can be said to be effective in terms of knowledge and behavior of 3M for adolescents in Lemper Selatan Village, Pademawu District, Pamekasan Regency.

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