

EDUCATION ON THE IMPLEMENTATION OF HEALTH PROTOCOLS DURING THE COVID 19 PANDEMIC IN EARLY CHILDHOOD

Rezah Andriani, Sri Tirtayanti,

Institut Ilmu Kesehatan dan Teknologi Muhammadiyah Palembang
ahsanalmaisani@gmail.com

Abstrak

Menurut WHO, 2020 virus corona atau Covid-19 dapat menyebar dari manusia ke manusia yang lain melalui air liur, lendir atau dahak yang keluar dari hidung orang yang telah terinfeksi. Tujuan : Pengabdian masyarakat ini yaitu untuk meningkatnya pengetahuan anak usia dini mengenai covid 19 dan cara pencegahannya, serta meningkatkan kesadaran orang tua tentang perannya dalam mendampingi anak-anak selama wabah pandemi covid 19 ini berlangsung. Metode : pelaksanaan edukasi mengenai covid 19 kepada anak-anak usia dini disampaikan dalam bentuk gambar, lagu atau nyanyian. Selain itu juga memberikan pemahaman kepada orang tua mengenai bagaimana peran orang tua dalam mendampingi anak-anak menghadapi pandemi covid-19 Hasil: didapatkan hasil pretest pada tanggal 26 februari 2021 Rata-rata nilai pretest anak-anak mengenai pandemi covid 19 dan penerapan protokol kesehatan yaitu 62, setelah dilakukan penyuluhan/ edukasi, rata-rata pengetahuan anak usia dini meningkat menjadi 86,7 Kesimpulan: adanya peningkatan pengetahuan anak usia dini mengenai pandemic covid 19 dan penerapan protocol kesehatan

Kata kunci: Edukasi, Protokol Kesehatan, Pandemi, Covid 19, Anak Usia Dini

Abstract

According to WHO, 2020 corona virus or Covid-19 can spread from human to human through saliva, mucus or phlegm that comes out of the nose of an infected person. Purpose: This community service is to increase early childhood knowledge about covid 19 and ways to prevent it, as well as increase parental awareness about their role in assisting children during the COVID-19 pandemic. Method: the implementation of education about covid 19 to early childhood children is delivered in the form of fairy tales, pictures, or songs or songs. In addition, it also provides an understanding to parents about how the role of parents in assisting children in dealing with the COVID-19 pandemic. Results: the results of the pretest were obtained on February 26, 2021. The average pretest score of children regarding the COVID-19 pandemic and the application of health protocols was 62. After counseling/education was carried out, the average knowledge of early childhood increased to 86.7. Conclusion: there is an increase in early childhood knowledge about the covid 19 pandemic and the application of health protocols.

Keyword: education, health protocol, pandemic, covid 19, early childhood

I. PRELIMINARY

At the end of 2019 the world was shocked by the emergence of the corona virus (Covid19), more than 114 countries have been infected with this virus. Eight of them have confirmed that more than 1000 people have contracted the corona virus, for that WHO declared the corona virus a PHEIC (public health emergencies international concern), which is an extraordinary event that poses a risk to public health transmission between countries and requires an international response (Sebayang, 2020). Covid-19 is a disease caused by a new type of corona virus "CO" stands for corona and "VI" for the virus, and "D" for the disease. In ancient times this disease was called the "2019 novel

coronavirus" or better known as "2019-nCov". The Covid-19 virus has re-emerged with a new type that is related to and is in the same family as SARS (Severe Acute Respiratory Syndrome) and several other types of flu (Bender, 2020). Although there are similarities because they come from animals, these three diseases have different incubation periods. The incubation period for SARS is around 2-14 days, MERS is around 1-14 days, and Covid-19 is around 1-14 days, some of which appear on day 5 (Hananti, 2020). Common symptoms that arise when someone is infected with COVID-19 include having a high fever, coughing, and runny nose. This symptom is similar to the common cold, but if someone ignores it and allows it, it will go into

even higher symptoms, namely when the virus has spread in the lungs, he will feel shortness of breath, making it difficult to breathe. The corona virus can be transmitted through direct contact with respiratory droplets from an infected person, in addition to coughing, sneezing and touching objects or surfaces that are contaminated with the virus and then holding the face (eyes, nose, and mouth). but can die if exposed to disinfectant. (Wiresti RD, 2021)

On March 2, 2020, the first case of Covid-19 was found in Indonesia, it was recorded that as of May 8, 2020 there were at least 12,776 cases with 930 deaths. coronavirus (Asia, 2020). Until now in several countries are vying to find a vaccine. The absence of this vaccine has forced Indonesia and many other countries around the world to learn to live side by side with the corona virus. Washing hands, wearing masks, carrying hand sanitizers when leaving the house are ways of living side by side in accordance with the WHO protocol. The government also urges public service offices to implement the COVID-19 protocol as recommended by WHO, including providing hand washing facilities, providing hand sanitizers, checking body temperature before entering the room, and implementing physical distancing. Everything and efforts are being made to stop and slow down the rate of development of the corona virus. In Indonesia, the government has tried in various ways, including: (1) Self-isolation for its citizens suspected of being infected with COVID-19, (2) Physical distancing which means keeping a distance between people, (3) Limiting national or international travel, (4) Prohibition to gather or congregate, (5) Closure of shops, restaurants, public spaces, to schools so that all activities are carried out at home starting from studying, working, and worshipping in accordance with President Joko Widodo's appeal on March 15, 2020. The Covid-19 pandemic has not only had an impact on adults, but also had an impact on children, especially early childhood. Giving children an understanding of the corona virus and the conditions currently experienced by citizens of the world is not to scare children, but to keep children connected to the world around

them so that they can contribute to themselves and the environment. For younger children, namely PAUD to SD, providing the right education for children will make it easier for parents to ask their children to take preventive steps. For example, when asking children to wash their hands regularly with soap, using a mask when sick, to the recommendation of "social distancing". (Wiresti RD, 2020) Muara Enim Regency is one of the districts affected by Covid 19. The latest data for December 2020, confirmed positive for Covid 19, with details of 111 people being treated, 740 recovered, and 41 people died, 24 patients were under surveillance (PDP), and 423 people under monitoring (ODP). Muara Enim Regency is included in the red zone in the Province of South Sumatra, followed by the city of Lubuk Linggau. (Covid 19 Task Force for Muara Enim Regency, 2020)

Early childhood education is very important for the development of children under five. Development of learning, social skills, health monitoring, and character development. The strength or weakness of a child's brain development is very dependent on all the things he experienced at an early age. The Covid-19 pandemic that hit Indonesia, forced the government to issue a policy to study at home, this is where the important role of parents in guiding various children's activities at home and observing everything children do, such as: what children say, including facial expressions, movements, the learning process and the work of children, in every corner of the room both inside and outside the home. . With the Covid-19 outbreak, various activities have been carried out by the government to ensure that young children continue to study from home. Starting by socializing and supporting the government's campaign to always use masks and wash hands frequently, providing thousands of masks and health packages (hygiene kits), to the Studying at Home (BDR) campaign. (Kurniati E et al, 2021)

The COVID-19 pandemic has changed our daily habits and patterns of life. Starting from limiting yourself to going out of the house, working to studying at home, having to always use a mask to washing your hands more often. Of course this change makes most

people feel uncomfortable, especially early childhood. In order to minimize stress in early childhood, parents play an important role in teaching children to adapt to their environment during the ongoing coronavirus outbreak. In particular, the roles of parents that appear are: maintaining and ensuring children to live clean and healthy lives, accompanying children in doing school assignments, doing activities together while at home, creating a comfortable environment for children, establishing intense communication with children, playing together children, being a role model for children, providing supervision to family members, providing for and meeting family needs, and guiding and motivating children, providing education, maintaining religious values, carrying out variations and innovations in activities at home. (Kurniati E et al, 2021)

Providing education about COVID-19 to early childhood can be a challenge for parents. So, it is important to use an easy-to-understand way so that the message can be conveyed properly. This explanation of the COVID-19 pandemic situation can be done using children's language that is easy to digest and does not cause fear. Parents should also be more creative in explaining this situation in a more friendly and pleasant voice intonation. How to provide education about Covid-19 depends on the age of the child. Education regarding covid 19 includes 3M, namely, wearing masks, maintaining distance, and washing hands with soap. For children under the age of five, this explanation can be conveyed in the form of a fairy tale, a picture, or a song. So that the message conveyed is relatively easier to understand with the capacity of children's thinking. (Wiresti RD, 2021).

Based on observations made in Tenam Bungkuk Village, Semende Darat Tengah District, Muara Enim Regency, there are still many children in the area who gather to play without wearing masks and during interviews they did not know about health protocols.

II. RESEARCH METHOD

The type of community service activity is in the form of "Education on the

Implementation of Health Protocols during the Covid 19 Pandemic in Early Childhood" by students and lecturers of IKesT Muhammadiyah Palembang. This community service activity was carried out on February 26, 2021 in Tenam Bungkuk Village, Semende Darat Tengah District, Muara Enim Regency. The participants of this community service activity are early childhood (4-6 years) in Tenam Bungkuk Village, Semende Darat Tengah District, Muara Enim Regency as many as 15 people and accompanied by their respective parents.

The stages of this community service activity consist of the preparation stage, implementation stage and evaluation. The activity preparation stage begins by coordinating with the local government of Tenam Bungkuk Village, Semende Darat Tengah District, Muara Enim Regency, preparing participant attendance and event reports, coordinating with the Tenam Bungkuk Village Head regarding permits and times for conducting counseling, and preparing equipment for community service activities. (SAP, Leaflet) contains material for the application of the 3M Health Protocol (Wearing Masks, Washing Hands, and Keeping Your Distance) Against Covid-19 Prevention in Communities in Tenam Bungkuk Village, Muara Enim Regency. Implementation stage: the activity begins with a pretest for early childhood with a checklist of questions regarding their knowledge of covid 19 and how to prevent it, then continues with the implementation of education about covid 19 to early childhood children which is delivered in the form of attractive pictures and delivered with language style that is easy for children to digest, besides that it also provides understanding to parents about how the role of parents in assisting children in dealing with the COVID-19 pandemic (providing leaflets with explanations). At the evaluation stage: the next session was closed with a post test by asking questions to the children using a checklist of questions and evaluating the children's feelings after participating in this activity.

III. RESULT AND DISCUSSION

Participants who attended this community service activity were early childhood (4-6 years) in Tenam Bungkok Village, Semende Darat Tengah District, Muara Enim Regency as many as 15 people and accompanied by their respective parents. This Community Service activity was carried out on February 26, 2021 in the homes of residents in Tenam Bungkok Village, Semende Darat Tengah District, Muara Enim Regency. From the activities that have been carried out, it can be seen that the participants seemed enthusiastic in participating in the activities. Before the educational activities were carried out, the children were given a pretest questionnaire. This pretest activity was carried out by asking questions according to the checklist of questions in a language understood by the children. These questions include knowledge about the COVID-19 pandemic and the application of health protocols. After that, educational activities were carried out regarding the COVID-19 pandemic and the implementation of health protocols. This activity is made as interesting as possible by using leaflets, posters and pamphlets featuring interesting pictures, as well as teaching the implementation of health protocols in the form of songs/songs that children like. Then parents were also given education on how to accompany their children to study at home during the pandemic. After the activity, the children were given a post-test questionnaire to assess their knowledge. This Community Service activity was held with the aim of increasing early childhood knowledge about COVID-19 and how to prevent it.

The increase in participants' knowledge can be seen through the comparison of the results of the pretest and posttest given before and after the counseling/education. The average pretest score of children regarding the COVID-19 pandemic and the application of health protocols is 62. After counseling/education was carried out, the average knowledge of early childhood increased to 86.7. Parents understand their role in maintaining and ensuring children to adopt a clean and healthy lifestyle, accompanying children in doing school

assignments, doing activities together while at home, creating a comfortable environment for children, establishing intense communication with children, playing together children, being a role model for children, as well as guiding and motivating children.

The outcomes achieved from this community service activity are:

The outputs achieved from this community service activity are:

1. Children are able to adapt to their environment during the ongoing corona virus outbreak. The current COVID-19 pandemic has made many changes, for that children are required to be able to adapt to their environment. How children should get used to implementing health protocols (washing their hands, wearing masks and keeping a distance) in all their activities without having to be ordered first.
2. This community service activity can help minimize the impact of the COVID-19 pandemic on children. The outbreak of the corona virus (covid-19) pandemic is still being felt today, the impact of the corona virus pandemic is increasing day by day. The economic decline of parents also has an impact on early childhood, not only that the government's efforts and efforts in making policies can also have an impact on children. The impact of the COVID-19 pandemic on early childhood is:
 - a. Limited learning support facilities, which result in unstable children's emotions,
 - b. Decrease in family food security, which results in a nutritional crisis and children's health,
 - c. Teachers do not understand e-learning and parents lack access to online learning, creating a learning gap
 - d. Children as an emotional outlet when the family economy declines, resulting in a crisis of security and comfort for children,
 - e. The basic needs of children are not met and the parenting style shifts to authoritarian, resulting in a crisis of parenting during the pandemic.

There is awareness of parents about their role in assisting children during the COVID-

19 pandemic. Early childhood education is an effort given by adults to children from birth to the age of 6 years with various stimulations to help their growth and development optimally. From the age of 2 or 3 years to 6 years, children begin to get to know other environments outside their families, namely the school environment, both play groups and kindergartens or other similar educational institutions. The knowledge possessed by parents also has an impact on the success of the stimulus provided. Parents' knowledge and understanding of Covid-19 will certainly have an impact on children's knowledge and understanding of it and the willingness to take preventive measures. For example, the habit of washing hands. Knowledge of parents, both fathers and mothers about the importance of washing hands, must not only be taught to their children, but parents must also carry out these activities. Based on Jean Piaget's view, children aged 2-7 are at the preoperational level of thinking, so a strategy is needed in an effort to understand it. Children can be invited to think by asking questions why school at home, why leaving the house must wear a mask, why can't play outside the house using the dialogue method (conversation/discussion), of course accompanied by an example from parents (Hewi & Asnawati, 2020). So that children can accept the current conditions with good acceptance, want to follow what parents expect and still get the stimulus to support their growth and development.

ACTIVITY PHOTO



Gambar 1. covid 19 confirmation



Gambar 2. Counseling Poster

IV. CONCLUSION

1. There is an increase in early childhood knowledge about the COVID-19 pandemic and the application of health protocols. The average pretest score of children regarding the COVID-19 pandemic and the application of health protocols is 62. After counseling/education was carried out, the average knowledge of early childhood increased to 86.7
2. Parents understand their role in maintaining and ensuring children to adopt a clean and healthy lifestyle, accompanying children in doing school assignments, doing activities together while at home, creating a comfortable environment for children, establishing intense communication with children, playing together children, being a role model for children, as well as guiding and motivating children.

REFERENCES

- Asia, chanel news. (2020). Indonesia's health system on the brink as coronavirus looms.
- Bender, L. (2020). Key messages and actions for prevention and control in schools. New york: Unicef.
- Hananti, A. (2020). *Ketahui Perbedaan COVID-19 dengan SARS dan MERS*. Retrieved from <https://www.alodokter.com/ketahui-perbedaan-covid-19-dengan-sars-dan-mers>.
- Hewi, L., & Asnawati, L. (2020). Strategi Pendidik Anak Usia Dini Era Covid-19 dalam Menumbuhkan Kemampuan

Berfikir Logis. Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini, 5(1), 158.

Sebayang, R. (2020). *Alert! WHO Resmi Tetapkan Corona Pandemi*. Retrieved from <https://www.cnbcindonesia.com/news/2020312064200-4-144245/alert-who-resmitetapkan-corona-pandemi>.

Kurniati E, Alfaeni DK, Andriani F. (2020). Analisis peran orang tua dalam mendampingi anak di masa pandemi Covid-19.

Satgas covid-19 Kab. Muara Enim. (2020). Pusat Informasi dan Koordinasi Covid-19 Kabupaten Muara Enim. Muara Enim: Muara Enim Tanggap Covid 19.

Wiresti, R. D. (2020). Aspek Perkembangan Anak : Urgensitas Ditinjau dalam Paradigma Psikologi

Perkembangan Anak. 3(1), 36–44.

Wiresti RD. (2021). Analisis dampak *work from home* pada anak usia dini di masa pandemi covid-19. *Jurnal Pendidikan Anak Usia Dini*, 5 (1), 641-653.