

The Relationship of Knowledge and Attitude to Clean Living Behavior of Midwife Students about COVID-19 Myths and Facts in the City of Pontianak West Kalimantan

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ABSTRACT

The high risk and incidence of being infected with covid-19, therefore the behavior of preventing the transmission of viruses is very important, education needs to be carried out on how to prevent behavior. The role of medical students in preventing the transmission of covid-19 is to help educate the public, especially those around them regarding concrete actions to protect themselves during this pandemic, namely frequently washing hands with soap every time they handle foreign objects, wearing masks every time they leave the house, implementing a healthy living system and staying safe. The purpose of this research is to determine the relationship between knowledge and attitudes towards clean living behavior of health students. This research uses a cross-sectional survey design. The population in this study were all midwifery students of Semester 2 Polytechnic 'Aisyiyah Pontianak, which amounted to 67 respondents. There is no significant relationship between the knowledge factor ($p = 0.353$) and the attitude factor ($p = 0.864$) on the clean living behavior of health students. There is no significant relationship between the knowledge factor and the attitude factor towards the clean living behavior of health students regarding the myths and facts of the covid-19 pandemic.

Keywords: Knowledge, Attitude, Clean Living Behavior

INTRODUCTION

The outbreak of a new type of corona virus (SARS-CoV-2) whose disease is called Corona virus disease 2019 (COVID-19) has had a huge impact on people's lives. It is known that this virus originated from Wuhan, China which was discovered at the end of December 2019.¹ According to data from the World Health Organization, as of May 24, 2020, 5.206.014 confirmed cases have been found. There are various symptoms that can be caused by people infected with the corona virus, ranging from mild symptoms, moderate symptoms, to severe symptoms. Symptoms that generally appear in people infected with the corona virus are fever (body temperature $>38^{\circ}\text{C}$), cough and difficulty breathing. Upon entering the body, the viral RNA genome will be released into the cell cytoplasm and translated into two polyproteins and a structural protein. Next, the viral genome will begin to replicate. Then the virus particles will grow in the endoplasmic reticulum and Golgi cells. In the final stage, vesicles containing viral particles will combine with the plasma membrane to release new viral components.²

LITERATURE REVIEW

Corona virus can spread from droplets or small droplets from the nose or mouth of an infected person. This virus can also be spread through objects that are touched by people infected with the corona virus. Therefore, we are encouraged to always use a mask to prevent the mouth and nose from splashing the sufferer and always wash our hands so that the virus does not stick to our bodies. Clean and Healthy Life Behavior (PHBS) is all behavior that is carried out with awareness so that family members or family members can help themselves in the health sector and play an active role in health activities in the community. Prevention is better than cure, this health principle is the basis for implementing the PHBS program. The main goal of the PHBS movement is to improve the quality of health through the process of making the public aware of knowledge, this is the beginning of the contribution of individuals in living a clean and healthy daily life behavior. The main benefit of PHBS is the creation of people who are health conscious and have the knowledge and awareness to live life behaviors by maintaining cleanliness that meets health standards.³

Clean and Healthy Lifestyle (PHBS) is closely related to preventing the spread of COVID-19. There are several ways to prevent the risk of being infected with COVID-19, namely by washing hands with soap and water or using hand sanitizer (at least 70% alcohol). In addition, protocols that must be implemented include wearing a mask when traveling, maintaining a minimum distance of 1 meter from other people, covering your mouth and nose with your elbows folded when coughing or sneezing or using a tissue, avoiding touching your face because your mouth, nose, eyes can be the entrance. viruses, clean objects, surfaces and tools that are often used, especially those that are or are used in general, consume a balanced nutritious diet, do not smoke, rest regularly, exercise and think positively. Always

monitor the progress of the COVID-19 disease from official and accurate sources and follow directions and information from health workers and the local Health Service.⁴ Respondents of health workers have a high level of awareness regarding modes of spread, symptoms and adequate awareness about COVID-19 prevention. This is because the government and the media put more emphasis on preventive measures. In addition, health workers are given education so that they are more sensitive to COVID-19 knowledge.⁵

Clean and healthy living behavior aims to provide learning experiences or create conditions for individuals, groups, families, by opening lines of communication, information, and education to increase knowledge, attitudes, and behaviors so that people are aware, willing and able to practice clean and healthy living behaviors. Through PHBS, it is hoped that the community will be able to recognize and overcome their own problems and can apply healthy ways of living by maintaining, maintaining and improving their health. Regarding preventing the spread of the Corona Virus (Covid-19), obey all government recommendations to maintain health, through: Reducing risk by washing with soap and running water, reducing direct contact (Physical Distancing), and maintaining physical and mental health.⁶

The objectives of PHBS are increasing healthy households throughout Indonesian society, increasing knowledge, awareness and willingness of the community to live healthy, increasing the active role of the community including the private sector and the business world, in an effort to realize an optimal standard of living during a pandemic, along with the objectives of PHBS during a pandemic. Covid 19, namely: Clean and healthy living behavior can maintain body immunity and is useful for prevention; Washing hands with soap can kill viruses; Clean living behavior can prevent the body from the corona virus and various kinds of infectious diseases; "Cleaning yourself up" by washing your

hands with clean soap in running water, always cleaning the floor of the house using disinfectant will kill viruses that had stuck to objects and survive for 8 hours: Corona can be overcome by keeping yourself and the environment clean; Clean and healthy living behavior, God willing, will prevent disease; Our PHBS can prevent Corona from entering our bodies; A healthy lifestyle needs to be applied to catch this Covid-19 virus; Washing hands with soap and running water is the way to prevent Corona; Diligently washing hands with soap and covering the mouth when sneezing and coughing, it can prevent the spread of the Corona virus and washing hands is one of PHBS; Eating nutritious food and exercising, washing hands with soap and running water, eradicating larvae and not smoking in the house are all PHBS behaviors, and if implemented can prevent the Corona virus from entering the body.^{6,7}

Clean and Healthy Behavior (PHBS) can be influenced by many factors, including age, gender, environment and level of knowledge.⁷ The level of knowledge cannot be used as a benchmark regarding a person's clean and healthy living behavior, but can only be used as a risk factor regarding clean and healthy living behavior. Everyone's knowledge can be obtained internally or externally. Internal knowledge can be obtained based on the experience possessed by each individual, while external knowledge is knowledge obtained from other people and the environment.⁸

Based on the high risk and incidence of being infected with COVID-19, the behavior to prevent transmission of COVID-19 is very important. Therefore, it is necessary to provide education about preventive behavior. The role of health students, especially the 'Aisyiyah Pontianak Polytechnic students, is very important in preventing the transmission of COVID-19. This knowledge and attitude of students about COVID-19 should be sought so that they become the basis for behavior to prevent this outbreak. The role of students is

to help educate the community, especially those around them regarding concrete actions to protect themselves during this pandemic, namely frequently washing hands with soap every time they handle foreign objects, wearing masks every time they leave the house, implementing a healthy living system and staying at home if you don't have any interests. an emergency.⁸

Another role is to provide up-to-date and valid information about COVID-19, which can be directly or through social media platforms which are currently busy containing valid or invalid information.⁸ Based on the foregoing, the researcher is interested in conducting a study entitled *The Relationship of Knowledge and Attitudes to Clean Living Behaviors of the Polytechnic 'Aisyiyah Pontianak Students Regarding the Myths and Facts of COVID-19 in Pontianak City, West Kalimantan in 2021.*

MATERIALS & METHODS

The type of research used is a cross-sectional survey. This research was conducted at the Pontianak Aisyiyah Polytechnic Campus from January to March 2021. The population in this study were all health students, especially midwifery students in the 2nd semester of the Polytechnic 'Aisyiyah (Polita) Pontianak, totaling 67 respondents with a total sample of 67 respondents using a total sampling technique.

Statistical Analysis

The instruments used are questionnaires and data analysis to connect each variable using chi square.

RESULT

A. Respondent's Knowledge

Table 1. Frequency Distribution of Respondents Based on Knowledge

Variable	Frequency	%
Knowledge		
Good	16	23,9
Sufficient	37	55,2
Less	14	20,9
Total	67	100

Based on table 1 on the knowledge variable, it can be seen that more than half of the respondents have sufficient knowledge of 55.2%.

B. Respondent's Attitude

Table 2. Frequency Distribution of Respondents Based on Attitude

Variable	Frequency	%
Clean Living Behavior		
Good	9	13,4
Sufficient	49	73,1
Less	9	13,4
Total	67	100

Based on table 2 on the attitude variable, it can be seen that most of the respondents have a non-supportive attitude, namely 73.1%.

C. Respondent's Clean Living Behavior

Table 3. Frequency Distribution of Respondents Based on Clean Living Behavior

Variable	Frequency	%
Attitude		
Supportive	18	26,9
Non-supportive	49	73,1
Total	67	100

Based on table 3 on the variable of clean living behavior, it can be seen that more than half of the respondents have sufficient clean living behavior of 73.1%.

D. The Relationship between Knowledge and Clean Living Behavior of Polita Midwifery Students regarding the Myths and Facts of the Covid-19 Pandemic

Table 4. Analysis of Knowledge and Clean Living Behavior of Polita Midwifery Students regarding the Myths and Facts of the Covid-19 Pandemic

Respondent's Knowledge	Respondent's Clean Living Behavior						Total		p
	Good		Sufficient		Less		n	%	
	n	%	n	%	n	%			
Good	2	12,5	11	68,8	3	18,8	16	100	0,353*
Sufficient	7	18,9	25	67,6	5	13,5	37	100	
Less	0	0	13	92,9	1	7,1	14	100	
Total	9	13,4	49	73,1	9	13,4	67	100	

Based on table 4, it can be seen that there is no significant relationship between the knowledge factor and the clean living

behavior of Polita's midwifery students regarding the myths and facts of the Covid-19 pandemic (p=0.353).

E. The Relationship of Attitudes to Polita Students' Clean Living Behavior regarding the Myths and Facts of the Covid-19 Pandemic

Table 5. Analysis of Attitude and Clean Living Behavior regarding the Myths and Facts of the Covid-19 Pandemic

Respondent's Attitude	Respondent's Clean Living Behavior						Total		p
	Good		Sufficient		Less		n	%	
	n	%	n	%	n	%			
Supportive	2	11,1	13	72,2	3	16,7	18	100	0,864*
Non-Supportive	7	14,3	36	73,5	6	12,2	49	100	
Total	9	13,4	49	73,1	9	13,4	67	100	

Based on table 5, it can be seen that there is no significant relationship between the knowledge factor and the clean living behavior of Polita's midwifery students regarding the myths and facts of the Covid-19 pandemic (p = 0.864).

DISCUSSION

The research conducted by this researcher, it was found that there was no significant relationship between the knowledge factor and the clean living behavior of polita students regarding the myths and facts of the Covid-19 pandemic (p=0.353). The results of this study are in accordance with previous research

conducted by Lerik (2020) which showed that there was no relationship between education and the level of knowledge about the myths and facts of Covid-19 as seen from the calculated r value of 9.121 with degrees of freedom 6, with $9.121 < 12.592$. As many as 45 respondents (67%) who answered incorrectly the question regarding Covid-19 cannot spread in snowy or cold areas.⁹

The results of the research conducted by this researcher found that the knowledge of students about the myths and facts of the Covid-19 pandemic was 55.2% knowledgeable enough so that students did not know what the facts about Covid-19 were currently circulating in the community, this is in accordance with The theory according to WHO states that there are facts that are developing in the community, including one of them: The hot weather or the higher the temperature cannot prevent the transmission of Covid-19, the things that can prevent transmission are frequent hand washing, avoiding touching the face and physical distancing. There are also benefits that are obtained when sunbathing at the right hour in 10 to 15 minutes is to trigger the production of vitamin D3 in our bodies for bone health. This kind of knowledge is still unknown to students.¹⁰

The research conducted by this researcher, it was found that there was no significant relationship between the knowledge factor and the attitudes of clean living behavior of polita midwifery students regarding the myths and facts of the Covid-19 pandemic ($p = 0.864$). The results of this study are not in accordance with previous research conducted by Hasna Linawati, Salma Nur Helmina, Virliana Aulia Intan, Wanda Septi Oktavia, Hany Fauzia Rahmah, and Hoirun Nis (2021). 51.4% ($n=223$) of the participants behaved positively against COVID-19 prevention. Participants who behaved well towards COVID-19 prevention tended to have moderate and high levels of knowledge about COVID-19 and positive attitudes (59.7%) towards COVID-19 prevention.

Multivariate results showed that the level of knowledge and attitudes related to COVID-19 prevention behavior by adjusting the variables of age, sex, and place of residence (p -value < 0.05). Of the 67 respondents, 52 respondents (77.6%) supported the act of spraying disinfectant on our bodies to prevent the transmission of Covid-19, even though the process of spraying the body with disinfectant cannot prevent the transmission of Covid-19 but will cause allergies to the skin.¹²

CONCLUSION

There is no significant relationship between the knowledge factor and the attitude factor towards the clean living behavior of health students regarding the myths and facts of the Covid-19 pandemic.

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