Knowledge and Motivation Analysis of Covid-19 Prevention for Breaking the Chain of Covid-19

Ratna DianKurniawati¹*, SarrahRizki Rahmawati¹, Ricki Hanjani¹

¹Public Health Study Program, FIKes / Bhakti Kencana University, Indonesia

*Corresponding author:
Ratna Dian Kurniawati
FIKes / Bhakti Kencana University, Indonesia
Phone number: +81809903171
Email: ratna.dian@bku.ac.id

Abstract

Background: Due to its rapid transmission, the World Health Organization (WHO) stated the spread of Covid-19 as a pandemic on March 11, 2020. The government issued a policy of distance restrictions, restrictions on human movement known as social distancing and on personal hygiene by washing hands with soap or using hand sanitizer. The effort is aimed at breaking the spread of COVID-19. Aims: This study aims to analyze the knowledge and motivation to prevent COVID-19 to prevent the spread of COVID-19. Settings and Design: This qualitative research used a descriptive online survey design. Methods and Materials: The population in this study included students of the bachelor of Public Health Study Program Faculty of Health Sciences, Bhakti Kencana University. Research data were obtained by using Google form filled out by students concerning the knowledge and motivation for COVID-19 prevention as a measure for breaking the spread of COVID-19. Sample in this study included all 92 students who were willing and filled out the Google form. Statistical analysis used: univariate data analysis using SPSS computer program Results: Based on the results of the study, it can be presented that most students have good knowledge (65.2%) and motivation (54.3%) about the prevention of COVID-19. Conclusions: It can be concluded in this study that students of public health undergraduate study program have good knowledge and motivation about COVID-19 prevention.

Keywords: knowledge, motivation, prevention, the spread of COVID-19

Key Messages:
Good knowledge and high motivation to prevent covid-19 transmission are the beginning of disciplined behavior in preventive efforts of covid-19 transmission.
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. 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). Common signs and symptoms of COVID-19 infection include acute respiratory symptoms such as fever, cough and shortness of breath. The average incubation period is 5-6 days with the longest incubation period of 14 days. In severe cases of COVID-19, it can cause pneumonia, acute respiratory syndrome, kidney failure, and even death \(^{(1)}\).

WHO (World Health Organization) officially declared the coronavirus (COVID-19) as a pandemic on March 9, 2020. This means that the coronavirus has spread widely in the world. In general, the coronavirus causes mild or moderate symptoms, such as fever and cough, and most of them resolve within a few weeks \(^{(2)}\). The Coronavirus Disease (COVID-19) pandemic which broke out in various countries in the first quarter of 2020, made world leaders urge their citizens to carry out social distancing and isolation to prevent the transmission of this disease virus. The Task Force (Satgas) for the response to COVID-19, carried out a series of activities in order to prevent transmission of the Coronavirus virus. One of them is to encourage policy makers to tighten the implementation of Social Distancing / Physical Distancing in society. To strengthen, Social Distancing and see the distribution of information circulating in the community regarding this virus \(^{(3)}\).

The addition of cases every day which tends to continue to increase is an important concern that the prevention that has been implemented has not had maximum results in preventing COVID-19. On September 19, 4168 new confirmed cases of COVID-19 were recorded \(^{(4)}\). The COVID-19 Task Force has always reminded the health protocol to prevent transmission of COVID-19 in line with the roll-out of the New Habit Adaptation (IMR) policy. In the AKB era, a number of activities that were not allowed to operate during the PSBB began to be allowed to carry out activities in the AKB era while still paying attention to the prevailing health protocols. For example, the addition of existing cases in West Java, positive confirmed cases of COVID-19 in West Java are still occurring in the era of new habitual adaptation (IMR). From the Pikobar page as of July 2, 2020, confirmed positive cases in West Java reached 3,276 cases. Judging from the graph on the pikobar.jabarprov.go.id page, there was a significant addition of cases two days earlier, adding 54 and 85 new cases respectively \(^{(5)}\).

When viewed from the trend of adding cases, the entry of the AKB era has made a tendency for new cases to be found still happening. Since the West Java proportional PSBB was stopped on June 24, the average number of new cases has been added by about 47 cases per day. The most striking increase in cases occurred on June 29 (48 cases), June 30 (85 cases) and July 1 (54 cases). Meanwhile, if it was taken a week back before the new normal era was set, the average number of...
cases added was 35 cases per day. Pikobar noted that in a week the number of additional cases occurred on June 20 (18 cases), June 21 (20 cases) and June 22 (22 cases). When compared to the week before and after the AKB was implemented, there was an average addition of 12 new cases after the PSBB was withdrawn (6).

The COVID-10 pandemic makes many parties need to learn much more to carry out preparedness and response in the context of preventing and controlling COVID-19. One of the easy, effective and efficient ways to prevent the transmission of COVID-19 is to increase knowledge and motivation about preventing the transmission of COVID-19 in all circles. Increased knowledge and motivation will build awareness and the process of forming behaviors to prevent transmission of COVID-19. Health behavior change refers to the motivation, willingness, and action-based process of abandoning these health-threatening behaviors in order to adopt and maintain health-enhancing behaviors. One of the ways to change behavior that is lasting is good knowledge.

In accordance with Lawrence Green's theory in Notoadmojo, Green tries to analyze human behavior from the health level. The health of a person or society is influenced by 2 main factors, namely behavioral causes and factors outside of behavior (non-behavior causes). Furthermore, the behavior itself is determined or formed from 3 factors, namely predisposing factors, which are manifested in knowledge, attitudes, beliefs, beliefs, values and so on, enabling factors, which are manifested in the environment, whether there are physical facilities or health facilities such as health centers, medicines, contraceptives, latrines and so on and reinforcing factors which are manifested in the attitudes and behavior of health workers or other officers, which is a reference group of community behavior (7).

Everyone, including students, has an obligation to prevent the transmission of COVID-19, which until now has not found a cure or vaccine. The obligation to prevent the transmission of COVID-19 can be carried out by anyone, anytime and anywhere. Good knowledge and motivation in efforts to prevent transmission of COVID-19 is the first step in shaping lasting disciplinary behavior in society. Especially the role of health students who take part in efforts to prevent the transmission of COVID-19. Based on the description above, researchers are interested in researching the analysis of knowledge and motivation to prevent transmission of COVID-19 as an effort to break the chain of transmission of Covid-19.

Subjects and Methods

This quantitative research used a descriptive online survey design. This study describes an object or event that aims to determine the current situation. The population in this study included students of the Undergraduate Public Health Study Program, Faculty of Health Sciences, Bhakti Kencana University. The samples in this study were all active Public Health undergraduate students who were willing to participate and fill in a google form containing analysis of knowledge and motivation to prevent COVID-19 as a preventive effort to prevent COVID-19 as a preventive effort to break the chain of transmission of COVID-19. Based on the description above, researchers are interested in researching the analysis of knowledge and motivation to prevent transmission of COVID-19 as an effort to break the chain of transmission of Covid-19.

The data in this study were obtained using google form which was distributed online to all students. The instrument in this study was a questionnaire which included a number of questions regarding the analysis of knowledge and motivation to prevent COVID-19 as a preventive effort to
break the chain of the spread of COVID-19 by using the google form application. The research data were taken on July 7, 2020 and began to collect the data as of July 10, 2020, with the number of students willing to fill in was 92 students.

Results

Based on the results of the research, it can be presented that most students have good knowledge (65.2%) and high motivation (54.3%) about the prevention of COVID-19. The conclusion is that undergraduate public health study program students have good knowledge and motivation about the prevention of COVID-19.

Table 1: distribution of knowledge and motivation regarding prevention of transmission of COVID-19

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th></th>
<th>Male</th>
<th></th>
<th>Total</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Frequency</td>
<td>Percent</td>
<td>Frequency</td>
<td>Percent</td>
<td>Frequency</td>
<td>Percent</td>
</tr>
<tr>
<td>Good Knowledge</td>
<td>43</td>
<td>71.7%</td>
<td>17</td>
<td>28.3%</td>
<td>60</td>
<td>65.2%</td>
</tr>
<tr>
<td>Enough Knowledge</td>
<td>23</td>
<td>71.9%</td>
<td>9</td>
<td>28.1%</td>
<td>32</td>
<td>34.8%</td>
</tr>
<tr>
<td>High motivation</td>
<td>32</td>
<td>64%</td>
<td>18</td>
<td>36%</td>
<td>50</td>
<td>54.3%</td>
</tr>
<tr>
<td>Moderate motivation</td>
<td>34</td>
<td>80.9%</td>
<td>8</td>
<td>19.1%</td>
<td>42</td>
<td>45.6%</td>
</tr>
<tr>
<td>Total</td>
<td>66</td>
<td>100%</td>
<td>26</td>
<td>100%</td>
<td>92</td>
<td>100%</td>
</tr>
</tbody>
</table>

Discussion

Based on the research results, most students (65.2%) had good knowledge about preventing the transmission of COVID-19. Students, especially students of public health study programs, are one of the agents of change in behavior change, at least for themselves. As a student, knowledge about health issues and trend problems becomes a necessity and insight. The COVID-19 that occurs is part of the problem for students considering that students also experience the impact of this COVID-19. Knowledge is obtained from curiosity about certain objects, then obtained with or without the use of scientific methods, and felt through sensory experience. Knowledge is also one of the bases for why and how someone should behave (8).

Students in their age review include humans with early adult stages where the development of information is one of the needs that can indirectly increase knowledge or current insights regarding health problems, especially the COVID-19 pandemic issue. Early adulthood is a time when all human potential is at the peak of both physical and psychological development. The early adulthood experienced by students at this time is a period of formation (20-30 years), namely a period of optimizing the potential that exists in the individual. During this formation period, it is characterized by a realistic ability to adapt to new situations in which students are considered mature people who have flexible characteristics and can position themselves with the realities they face with new situations. This is what makes students tend to accept and be able to adapt by adjusting to the COVID-19...
pandemic conditions. Students tend to respond and accept conditions in the COVID-19 pandemic, either directly or indirectly, through information or knowledge obtained through printed media, electronic media and social media that are easily accessible to students anywhere at any time.

Knowledge itself is the result of knowing, and this happens after people sense a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears. Knowledge or cognitive is a very important domain for the formation of one’s actions (overt behavior), because from experience and research it turns out that behavior based on knowledge will be more lasting than behavior that is not based on knowledge. 

Behavior which is based on knowledge, awareness and positive attitude, the behavior will be long lasting. It is better if the behavior is not based on knowledge and awareness then it will not last long enough. Knowledge about the prevention of intense COVID-19 transmission is obtained from various print and electronic media on an ongoing basis, encouraging thought processes and analyzing concepts and forms of prevention of COVID-19 transmission that can be applied to students themselves. This process is indirectly the basis for behavior change, especially the formation of motivation in students to implement protocols for preventing transmission of COVID-19.

Based on the research results, it was found that most of the students (54.3%) had high motivation in implementing the protocol for preventing the transmission of COVID-19. This is clear evidence that the process of increasing knowledge becomes a stimulus in encouraging changes in individual behavior. This is also reflected in that the majority (45.6%) of students also have motivation who are in the effort to implement protocols for preventing transmission of COVID-19. Motivation illustrated by the results of the study shows how intense behavioral stimuli can motivate a person to fulfill his own needs for health and safety. This is due to the theory that motivation is a work impulse that arises in a person to meet his needs. This theory focuses on the factors within a person, which drive, direct, support, and stop behavior. 

Motivation is a society requirement to participate. Without community motivation, it is difficult to participate in all programs. The motivation should come from the community itself and outsiders only provide support. Motivation is very influential on the formation of behavior. Without motivation or encouragement from someone to behave healthily, it will be difficult to implement a program to prevent the transmission of COVID-19. With the motivation or encouragement of the community about healthy behavior, it can encourage people to do good behavior, namely implementing a continuous and disciplined prevention program for the prevention of COVID-19 transmission to prevent contracting COVID-19. In the expectancy theory, it is said that a person's motivation to do something depends on 1) how confident the person is in the relationship between effort and success, 2) the relationship between success and the rewards that will be obtained and 3) how valuable the reward is to him. If the relationship between effort and high achievement and the relationship between achievement and high rewards and high value rewards for someone, then he will be motivated to do this behavior. That the level of motivation is influenced by various factors, namely knowledge, attitudes, distance, socio-economic conditions, sources of information, socio-culture and service quality. This is in

http://doi.org/10.36295/ASRO.2021.24112
accordance with the opinion of Nursalam (2015) that what can lead to intrinsic motivation include the needs and desires that exist within a person\(^{(14)}\).

Acknowledgement

Thank you, researchers, to the Dean of the Faculty of Health Sciences, Bhakti Kencana University and the Head of Public Health Undergraduate Study Program who have given research permission to research that has been carried out using the online method. Also thanks to the research members who have worked well together so that this research can be completed properly.

References