
The Relationship of the 5M Health Protocol to Learning Activities for Adolescents in the Kp. Cibulut Region, Cisauk RT 03 RW 01 in 2021

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ABSTRACT

Health protocols are a way that needs to be applied to prevent the spread and infection, namely by carrying out a healthy lifestyle according to health protocols. Implementation of health protocols is very necessary to break the Covid-19 chain. This 5m health protocol movement consists of 1) Wearing a mask, 2) Washing hands, 3). Keep your distance, 4). Avoid crowds, and 5) Reduce mobility. The government's policy that requires the public to carry out physical distancing causes students to have to do online learning at home. The Design Research Method in this study is a cross sectional study, with a sample of 42 respondents. The measuring tool used is a questionnaire link using a google form. The results showed that the relationship between profit and loss on adherence to learning activities P. Value $0.225 > (0.05)$ means that there is no relationship between the advantages and disadvantages of implementing the 5M health protocol that is felt by adolescents with compliance in learning readiness. Conclusion Based on the statistical test, P value was obtained. Value $0.225 > (0.05)$ meaning that there was no relationship between the advantages and disadvantages of implementing the 5M health protocol felt by adolescents with compliance in learning readiness.

Keywords: Health Protocol, Compliance, Learning

ABSTRACT

Health protocols are a way that needs to be applied to prevent the spread and infection, namely by carrying out a healthy lifestyle according to health protocols. Implementation of health protocols is very necessary to break the Covid-19 chain. This 5m health protocol movement consists of 1) Wearing a mask, 2) Washing hands, 3). Keep your distance, 4). Avoid crowds, and 5) Reduce mobility. The government's policy that requires the public to carry out physical distancing causes students to have to do online learning at home. The Design Research Method in this study is a cross sectional study, with a sample of 42 respondents. The measuring tool used is a questionnaire link using a google form. The results showed that the relationship between profit and loss on adherence to learning activities P. Value $0.225 > (0.05)$ means that there is no relationship between the advantages and disadvantages of implementing the 5M health protocol that is felt by adolescents with compliance in learning readiness. Conclusion Based on the statistical test, P value was obtained. Value $0.225 > (0.05)$ meaning that there was no relationship between the advantages and disadvantages of implementing the 5M health protocol felt by adolescents with compliance in learning readiness.

PRELIMINARY

The number of people with diabetes mellitus is increasing worldwide. Corona virus

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 two types of corona viruses that are known to cause diseases that can cause severe symptoms, such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) (Kemenkes RI, 2020). UNICEF child mental health observer, Ali Aulia Ramly said that one of the impacts of the pandemic on children and adolescents was the social restrictions imposed by the government, through school closures, because this social restriction creates fear in children and adolescents because of the large amount of information they receive about this pandemic. In addition, social restrictions also make children and teenagers feel bored because they have to stay at home and cannot interact with their friends. According to WHO (2019), the psychological condition of teenagers who are in fact still vulnerable and easily disturbed, is further exacerbated by conditions in the current environment requiring them to act in accordance with existing conditions and they are not free to do things that are their habits to do outside the home. The Ministry of Education and Culture (Kemendikbud) issued Circular Letter Number 15 of 2020 concerning Guidelines for Organizing Learning from Home in an Emergency Period for the Spread of Covid-19. In the circular, the purpose of implementing Learning From Home (BDR) is to ensure fulfillment in educational services during COVID-19, to prevent the spread and transmission of Covid-19. Currently, the main thing is to break the Covid-19 chain with the existing conditions as much as possible by fulfilling education services and all educational units are the main thing in implementing learning from home. Adolescence is a period starting from children to adults in the age range of 10-19 years (WHO, 2017). Adolescents must have positive knowledge and attitudes towards health protocols to prevent and not be exposed to the virus. Technology is currently developing very rapidly so that it is very easy for teenagers to access and get information about COVID-19. Changes in the daily activities of teenagers that are detrimental in the pandemic era such as in schools are due to online, namely limited internet access, reduced interaction with teachers, understanding of the material, lack of

supervision in learning and the advantages of online schools are flexible learning times, broad insight due to the subject matter available on the internet. e-learning and can be accessed easily. Implementation in the 5M Movement the disadvantages and advantages of wearing a mask for teenagers, some teenagers complain that wearing a mask is uncomfortable in the Definition of Coronavirus (COVID-19). broad-minded due to the subject matter available in e-learning and can be accessed easily. Implementation in the 5M Movement the disadvantages and advantages of wearing a mask for teenagers, some teenagers complain that wearing a mask is uncomfortable in the Definition of Coronavirus (COVID-19). broad-minded due to the subject matter available in e-learning and can be accessed easily. Implementation in the 5M Movement the disadvantages and advantages of wearing a mask for teenagers, some teenagers complain that wearing a mask is uncomfortable in the Definition of Coronavirus (COVID-19).a policy has been made by the government to break the chain of COVID-19, namely, the 5M Health Protocol Germas. The existence of the 5M Health Protocol is certainly very influential in everyday life. This 5m health protocol movement consists of 1) Wearing a mask, 2) Washing hands, 3) Keeping distance, 4) Avoiding crowds, and 5) Reducing mobility. The government's policy that requires the public to carry out physical distancing causes students to have to do online learning at home. So far, 39 countries have implemented online learning. In Indonesia, the Ministry of Education and Culture collaborates with several applications including smart class, your school, zenius, teacher's room, quipper, Google Indonesia and microsoft which can be accessed to assist students in undergoing online learning. (UNESCO). For big cities, this provides benefits for students, and online teaching and learning activities are fairly smooth. But with schools located in rural areas or remote areas, not everyone has adequate communication tools and internet networks to study online. As a result, learning in rural and remote areas is hampered and even students there do not receive any instruction at all during this policy as if schools were closed and forced students to study independently. researchers want to do research on "The Relationship of the 5M Health Protocol to Learning Activities in Adolescents

No	Characteristics of research subjects	Amount	Percentage
1	Age		
	10-15 Years	14	33.3%
	16-19 Years	28	66.7%
2	Gender		
	Man	14	33.3%
	Woman	28	66.7%
3	Education		
	Elementary-SMP/equivalent	17	40.5%
	High school/equivalent	25	59.5%
4	Readiness		
	Have a cellphone/laptop	41	97.6%
	Don't have a cellphone/laptop	1	2.4%
5	Network/signal		
	Fluent	41	97.6%
	Not smooth	1	2.4%

in the Cibulut Village, Cisauk RT 03 RW 01 in 2021"

RESEARCH DESIGN

This type of research is quantitative research using a cross sectional study design. This research was conducted in the Kp. Cibulut Cisauk RT 03 RW 01. The number of samples in this study were 42 respondents. The statistical test used in this study is the Chi Square Test.

RESULTS AND DISCUSSION

Univariate Analysis

Table 1

Characteristics of Adolescents in the Kp. Cibulut, Cisauk RT 03 RW 01
Table 1

Table 2

Distribution of the learning process during the covid-19 pandemic to adolescents in the Kp. Cibulut Cisauk RT 03 RW 01

Type of learning	Frequency	percentage
On line	42	100%
offline	0	0.0%
total	42	100%

Table 3

Distribution of Health Protocol Compliance with Learning Activities for Adolescents in the Kp. Cibulut Cisauk RT 03 RW 01

Compliance Variables	Frequency/Amount	Percentage
ObeY	35	83.3%
Not obey	7	16.7%
Total	42	100%

Table 4

Advantages and Disadvantages of Health Protocols on Learning Activities for Adolescents in the Kp. Cibulut Cisauk RT 03 RW 01

Variable	Frequency/Amount	Percentage
Profit	27	64.3%
Loss	15	35.7%
Total	42	100%

Table 5
Positive Responses to Health Protocols on Learning Activities for Adolescents in the Kp. Cibelut Cisauk RT 03 RW 01

Response Variable	Frequency/Amount	Percentage
Positive	29	69%
Negative	13	31%
Total	42	100%

Bivariate Analysis

Table 6
Advantages and disadvantages of health

5M . Health Protocol advantages and disadvantages	Compliance with implementing the 5M Health Protocol				Total	P.Value
	Obey		Not obey			
	N	%	N	%		
Profit	24	68.6%	3	31.4%	27	0.225
Loss	11	31.4%	4	57.1%	15	
Total	35	64.3%	7	35.7%	42	

protocols on compliance-based learning activities

DISCUSSION

Characteristics of Youth

In table 1 regarding the characteristics, the results show that the majority of respondents aged 16-19 years are 28 respondents with a percentage of 66.7%, the majority of respondents are female, namely 28 respondents with a percentage of 66.7%, the majority of respondents have high school education, namely 25 respondents with a percentage of 59.5, the majority of readiness who have a cellphone/laptop are 41 respondents with a percentage of 97.6%, and the majority of the network/signal is smooth, namely 41 respondents with a percentage of 97.6%.

The results of this study are in line with research conducted by Novi Afrianti, Cut Rahmiati (2021). Factors that affect compliance are age, education, knowledge, attitudes and motivation. from the results of the study it was found that there were 74.19% of people who had a high level of compliance followed by the dominance of adult respondents (72.4%) compared to adolescents. The data above shows that compliance will usually increase with increasing age.

the learning process during the covid-19 pandemic for teenagers

In table 2 regarding the learning process, the results show that those who do online are 42 people with a percentage of 100% and those who are offline are 0 people with a percentage of 0.0%.

Health Protocol Compliance with Learning Activities

Table 3 shows that those who have good compliance are 35 people with a percentage of 83.3% and those who do not comply are 7 people with a percentage of 16.7%.

The results of the study on 163 respondents revealed that 89.6% of the community had high adherence to the covid 19 health protocol. This study is in line with the research of Yandi, et al (2020) which describes the high level of community compliance in complying with the recommended health protocols during the COVID-19 pandemic. 19. This is supported by Sari, Nabila, and Atiqoh (2020) where there are 74.19% of the people who have a high level of compliance in the use of masks. The same thing was conveyed through the results of a survey by the Central Statistics Agency (BPS) in 2020 which noted that the level of compliance of the Indonesian people in implementing health protocols was good enough to prevent the Covid-19 corona virus.

Advantages and Disadvantages of Health Protocols on Learning Activities for Adolescents

In table 4. Based on the table above, the results show that those who have profits are 27 people with a percentage of 64.3% and those who experience losses are 15 people with a percentage of 35.7%.

The results in the table above are reinforced by the Central Statistics Agency (BPS) which released the results of monitoring community behavior during the Covid-19 pandemic as of 7-14 September 2020 regarding

respondents' perceptions and the effectiveness of health protocols for preventing those infected with Covid-19. the percentage of wearing masks is 91.8%, using hand sanitizers or disinfectants is 86.2%, washing hands for 20 seconds with the use of masks by 90.0%, avoiding shaking hands by 90.1%, avoiding crowds by 91.5 % and maintain a minimum distance of 1 meter by 88.6%.

Positive Responses to Health Protocols on Learning Activities

In table 5 regarding positive responses, the results show that those who have positive responses are 29 people with a percentage of 69% and those who have less good responses are 13 people with a percentage of 13%.

The results of this study are in line with research conducted by Paramita Estikasari, Sri Redatin Retno Pudjiati (2021). Demographic data from 143 participants (61 boys and 82 girls) junior high school students are shown in Table 1. The age range of participants is between 12-16 years with an average age of 14.10 years. Most of the participants were teenagers aged 14 years, namely 55 (38.46%). The highest frequency of gender of participants was female, namely 82 (57.34%), and in class VII as many as 72 (50.35%). Compared to school from home, as many as 129 (90.21%) participants feel more comfortable going to school as usual because they can interact with friends and teachers at school, get direct material explanations with non-monotonous methods, fewer tasks given by teachers, and situations that are more conducive to learning. Furthermore, participants who chose school from home (9.79%) felt that schooling at home was more relaxed, safe, and comfortable to do tasks without being limited by strict time. In addition, school from home makes participants get enough rest time. Schooling from home is also considered practical because you can search for materials online if you don't understand school materials.

The relationship between the advantages and disadvantages of health protocols on learning activities based on compliance

In table 6 Chi Square Test It is known that there are 24 teenagers who feel the benefits and obey the 5M health protocol (68.6%), while 11 people who feel the disadvantage and obey the 5M health protocol (31.4%). Based on the statistical test, it was obtained that the P value was $0.225 > (0.05)$ meaning that there was no

relationship between the advantages and disadvantages of implementing the 5M health protocol that was felt by adolescents with compliance with the 5M health protocol.

In research on the advantages and disadvantages of health protocols on compliance in this learning activity there is no relationship, learning activities are currently carried out online. Compliance is applied according to government regulations due to Covid-19 which requires school students to go online. Number 36962/mpk.A/HK/2020 regarding online learning and working from home in order to prevent the spread of Corona Virus Disease (COVID-19).

CONCLUSIONS AND SUGGESTIONS

Conclusion

1. Based on the results have good compliance with a percentage of 83.3% and a non-compliance with a percentage of 16.7%.
2. the result is that those who have a profit with a percentage of 64.3% and those who experience a loss with a percentage of 35.7%.
3. The percentage of profits and losses obtained is 64.3% experiencing profits and 35.7% experiencing losses. that adolescents who feel the benefits and obey the 5M health protocol are 68.6%, while the adolescents who feel the loss and obey the 5M health protocol are 31.4%. Based on the statistical test, the value of P. Value $0.225 > (0.05)$ means that there is no relationship between the advantages and disadvantages of implementing the 5M health protocol that is felt by adolescents with compliance in learning readiness.

Suggestion

1. Based on the conclusions of the research, regarding compliance with good compliance can be maintained and those who have not complied are expected to comply with health protocols in order to break the chain of spread of Covid-19.
2. Regarding the more dominant advantage is profit and it is hoped that those who feel a loss can find out how not to feel a loss and can minimize losses.
3. Based on the statistical test, the value of P. Value $0.225 > (0.05)$ means that there is no relationship between the advantages and disadvantages of implementing the

5M health protocol that is felt by adolescents with compliance in learning readiness. It is hoped that further researchers can look for the relationship between advantages and disadvantages with compliance in learning readiness so that it can be known further whether there are differences and the results can be more objective.

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