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DESCRIPTION OF ADOLESCENT COMPLIANCE TO THE IMPLEMENTATION OF 3M DURING THE COVID-19 PANDEMIC

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ABSTRACT

The Covid-19 Pandemic period is very influential on adolescent compliance, because they are required to apply the 3M health protocol, whether you like it or not, you have to keep doing it because it is to prevent the spread of Covid-19. The aim is to determine community compliance with the application of 3M (Washing hands, Wearing masks, Maintaining distance) during the Covid-19 Pandemic in the East Tapak Hamlet, Kedunggading Village. The design of this research is descriptive with a survey approach. The sample in this study amounted to 68 respondents with a *purposive sampling technique*. The measuring instrument used is a compliance questionnaire. The results of this study indicate that the average age is 19 years with the youngest 13 years old and the oldest 24 years old, the majority of respondents are female and most of the respondents have high school education. Adolescents' compliance with the application of health protocols is very good because they always wash their hands before and after doing activities, use masks when going out of the house/public places, and always keep a distance of 1 meter from other people. Adolescents need to increase compliance with the application of obedient 3M to be very obedient in order to reduce the transmission rate of Covid-19

Keywords: covid-19; compliance factors; adolescent compliance with 3M

INTRODUCTION

Corona viruses are a large family of viruses that cause disease in humans and animals. In humans, it usually causes respiratory tract infections, ranging from the common cold to serious diseases such as Middle East Respiratory Syndrome (MERS) and Survere Acute Respiratory Syndrome (SARS) (WHO, 2020). Covid-19 was first identified in the city of Wuhan, China in December 2019. On the 11th a pandemic was declared by the World Health Organization (WHO, 2020). of 28.00 people (Jhons Hopkins, 2020). The number of confirmed Covid-19 cases in the world as of 19 October 2020 was 39,944,882 cases with 111,998 deaths (WHO and PHEOC Ministry of Health, 2020). In Indonesia alone, as of November 1, 2020, the number of confirmed cases was 45,942,902 cases with 1,192,644 deaths (WHO and PHEOC Ministry of Health, 2020). In Central Java as of November 1, 2020, the total number of confirmed cases was 11,323, people who were declared cured were 7543, cases treated were 455 people, and for cases who died as many as 711 people (Central Java Health Office, 2020).

Kendal November 1, 2020, there were 1579 confirmed cases, 127 confirmed recovered people, 237 people treated, and 69 confirmed deaths (Kendal Health Office, 2020). For UPTD Ringinarum as of November 1, there were 15 confirmed cases, 14 suspected cases, and 813 confirmed close contacts (Kendal Health Office, 2020). Covid-19 is considered not only a country problem but is considered a world problem because what we consider a mild or trivial disease is actually a deadly disease for everyone. We can identify mild symptoms if we are exposed to the Covid-19 virus such as fever, sore throat, dry cough, and shortness of breath, while severe symptoms such as difficulty breathing, pneumonia infection, and can cause decreased appetite. This virus can attack anyone

such as the elderly, adults, children, infants and including pregnant women and breastfeeding mothers (Rothan, HA, 2020).

Covid-19 can be transmitted from person to person from splashes of saliva (doplet) or respiratory tract and close distance boxes with Covid-19 sufferers, while the positive impacts of Covid-19 include being more diligent in washing hands, being aware of environmental hygiene, changing healthy eating patterns while Negative impacts include increased stress in adolescents due to being in the house for a long time, excessive fear and anxiety about the safety of themselves and others, and changes in eating and sleeping patterns. (Rothan H.A, 2020). The government issued policies to overcome the transmission of Covid-19 in Indonesia, including limiting activities at home, prohibited from gathering, schools that used to meet face to face become online (online) to worship and work at home (Suyono, 2020). It takes self-understanding and self-awareness for teenagers to reduce the number of COVID-19 sufferers by always implementing and self-disciplined against the 3M protocol. However, there are still many people who still have not implemented and underestimated the 3M health protocol provided by the government so that the release of Covid-19 is getting faster (Yunus R.N, 2020).

The Covid-19 pandemic period is very influential on public compliance, because everyone is required to apply health protocols whether they like it or not, they have to keep doing it because it is to prevent the transmission of Covid-19. The meaning of obedience itself is the willingness to obey something with submission or submission (Kusuma Dewi 2012). The Covid-19 Handling Task Force (2020) asks people of all ages not to be careless by implementing and carrying out health protocols to prevent the transmission of Covid-19. Spokesman for the Covid-19 Handling Task Force Prof. Wiku Adisasmito said "always discipline the 3M protocol and make sure to get enough rest, eat nutritious food and exercise regularly"
The results of interviews and observations during a preliminary study in the hamlet of the east tapak village of Kedunggading on Sunday, November 5, 2020 with 10 respondents 2 already complying with health protocols, 4 people wearing masks when leaving the house or traveling to public places but have not washed their hands and kept their distance, and 4 people don't comply with health protocols

Research conducted by Rosa Veronika Sinaga (2020) stated that the majority of people do not yet know how to wash their hands with soap properly, and at any time should always wash their hands with soap. The lack of public awareness about washing hands with soap to prevent transmission during the Covid-19 Pandemic. The results of Mutik Mahmudah's research (2021) show that the attitudes and knowledge of adolescents towards preventing the spread of covid-19 have current knowledge that some teenagers say the reason for not using masks is because they do not know that using PPE such as masks can prevent the transmission of Covid-19.

The results of Nurhalimah's research (2020) stated that Indonesia has experienced a condition where the concern of all people about Covid-19 is quite large, so that government policies are needed to carry out Social Distancing and Lockdown as an effort to break the chain of the spread of Covid-19. Based on the background above, the researcher wants to know about "a picture of adolescent compliance with the application of 3M during the covid-19 pandemic in the hamlet of the eastern part of Kedunggading village".

METHOD

The research design used by the researcher is descriptive with a survey approach. The sample in this study was Kedunggading village youth, totaling 68 people. The sampling technique in this research is using purposive sampling. This research tool uses a 3M supervision and 3M compliance questionnaire sheet. Data analysis using univariate

RESULTS AND DISCUSSION

Characteristics of Respondents

Table 1.
Characteristics of respondents by age (n=68)

Variabel	Mean	Median	Min	Max	St. deviation	C1 95%	
						Lower	Upper
Age	19.22	19.00	13	24	2.503	18.61	19.83

Table 1 shows that the average age of the respondents is 19 years old with the youngest being 13 years old and the oldest being 24 years old.

Table 2.
Characteristics of respondents by gender and education (n=68)

Variabel	f	%
Gender		
Man	25	36,8
Woman	43	63,2
Level of education		
No school	14	20,6
SD	15	22,1
Junior high school	15	22,1
Senior high school	20	29,4
College	4	5,9

Table 2 shows that the majority of respondents are female as many as 43 respondents (63.2%), most of the respondents have high school education as many as 20 (29.4%).

Handwashing Compliance

Table 3.
Frequency distribution based on compliance with hand washing (n=68)

Penerapan mencuci tangan	f	%
Patuh	50	73,5
Tidak patuh	18	26,5

Table 3 shows that most of the application of hand washing is in the obedient category as many as 50 respondents (73.5%). The following is an explanation of the hand washing compliance questionnaire leaflet as follows

Table 4.
Distribution of the frequency distribution of respondents' answers to the compliance questionnaire on the application of hand washing (n=68)

No	Washing hands	Obey		No	
		f	%	f	%
1	Do you wash your hands before and after doing activities?	63	92,6	5	7,4
2	Do you wash your hands for 5 minutes?	60	88,2	8	11,8
3	Do you wash your hands with soap or use hand sanitizer after handling objects in public?	52	76,5	16	23,5
4	Do you take a shower and change clothes after coming home from traveling?	10	14,7	58	85,3
5	Does hand washing use 6 steps?	64	94,1	4	5,9
6	Do you dry your hands after washing with a dry cloth/tissue?	53	77,9	15	22,1
7	Do you know the benefits of hand washing?	53	77,9	15	22,1

Table 4 shows that most of the respondents' responses regarding compliance with the application of hand washing are washing hands using 6 steps as many as 64 respondents (94.1%) while the least responses regarding compliance with the application of hand washing are bathing and changing clothes after returning from traveling as many as 10 respondents (14.7%).

Compliance with the Application of Wearing a Mask

Table 5.
Frequency distribution based on compliance with the application of wearing masks (n=68)

Application of wearing a mask	f	%
Obey	36	52,9
Not obey	32	47,1
Total	68	100,0

Table 5 shows that most of the applications of wearing masks are in the obedient category as many as 36 respondents (52.9%). The following is an explanation of the compliance questionnaire leaflet for the application of wearing a mask as follows:

Table 6.
Distribution of the frequency distribution of respondents' answers to the compliance questionnaire on the application of wearing masks (n=68)

No	Wearing a mask	Obey		No	
		f	%	f	%
1	Do you wear a mask when going out of the house/public places?	45	66,2	23	33,8
2	Are you using a mask correctly?	66	97,1	2	2,9
3	Do you wear a mask when communicating with other people?	67	98,5	1	1,5
4	Do you throw away the mask if the mask is damaged and the string breaks?	58	85,3	10	14,7
5	Do you use a clean and new mask?	57	83,8	11	16,2

Table 6 shows that most of the respondents' responses regarding compliance with the application of wearing masks are using masks when communicating with other people as many as 67 respondents (98.5%) while the least responses regarding compliance with wearing masks are using masks when leaving the house/public places as many as 45 respondents (66.2%).

Compliance Implementation of Keeping Distance

Table 7.
Frequency distribution based on compliance with social distancing (n=68)

Application of social distancing	F	%
Obey	39	57,4
Not obey	29	42,6

Table 7 shows that the majority of the application of social distancing is in the obedient category as many as 39 respondents (57.4%). The following is an explanation of the compliance questionnaire leaflet on the application of social distancing as follows:

Table 8.
Distribution of the frequency distribution of respondents' answers to the application of wearing masks (n=68)

No	wearing a mask	Obey		No	
		f	%	f	%
1	Do you avoid handshakes?	62	91,2	6	8,8
2	Is avoiding crowds?	42	61,8	26	38,2
3	Do you keep a distance (at least 1 m) from other people?	66	97,1	2	2,9
4	Do you keep your distance when communicating outside the home with the other person?	50	73,5	18	26,5
5	Do you use mobile phones/video calls to stay connected with relatives, friends, and co-workers?	65	95,6	3	4,4
6	Do you use public facilities or go to public places (public transportation, malls, markets, tourist attractions)?	47	69,1	21	30,9

Table 8 shows that most of the respondents' responses regarding compliance with the application of social distancing are keeping a distance from other people as many as 66 respondents (97.1%) while the least responses regarding compliance with the application of social distancing are avoiding crowds as many as 42 respondents (61.8%).

Characteristics of Respondents

Age

The results of this study indicate that the majority of respondents are 19 years old on average, with the youngest being 13 years old and the oldest being 24 years old in the Dusun Tapak Timur, Kedunggading Village. Where the age is included in the reproductive age. Age is an index that places individuals in the developmental category, the higher the age, the more experience they have (Hurcock, 2010). This is in line with the research of Dhonna and Citra Adityarini Safitri (2020) which states that if someone has a high level of experience and knowledge, the better it is in

understanding the information obtained, the amount of information circulating in electronic media and the internet, as well as the ability to access the internet. enable young people to grasp the information they know. This is also in line with Friedman's (2010) theory that the level of maturity in thinking can also be influenced by experience in everyday life and the more mature a person is, the more mature his way of thinking is, which is influenced by the experiences he has lived. Therefore, at the psychological age of adolescents are reaching cognitive development so that adolescents can receive information and change healthy behavior either through experience or knowledge (Perry & Potter, 2010). This is supported by Irawati and Wahyuni (2011) suggesting that at the age of adolescents when viewed from their cognitive development, their rational thinking habits increase, they are also usually quite active and rarely receive serious illnesses. This is in line with Anissa, Suryani and Mirwanti's research (2018). The results are based on the age characteristics of the majority of respondents aged 19 years, as many as 209 respondents (87.4%). This is in accordance with the research of Nengah, Chrysella, and Farah (2020) which showed that the majority of respondents were 19 years old on average as many as 109 respondents (67.7%).

Another study conducted by Utama and Nada (2020) concluded that the age of the respondents with an age distribution of 19 years was 40 people (20.94%), which at that age included adolescence and was achieving cognitive development. This is supported by Jahja (2012) who stated that teenagers are motivated to understand the world because of their biological and cognitive adaptation behavior. The researcher argues that respondents who are categorized as early adults will have more knowledge and experience, this is related to the development of technological sophistication so that it is easier for people to obtain knowledge and information.

Gender

The results showed that the majority of respondents were female as many as 43 respondents (63.2%). Where some of the community, especially teenagers in Gedunggading village, were female than male, although the difference was not too much. This shows that women are more obedient to regulations and tend to pay attention to health in their environment. This is in line with Aubbe's theory in Kurniasari's research (2020) that women have a loving nature, feel responsible for the welfare of those around them, and are gentle, and tend to be more afraid to break the rules where the nature of a woman also affects behavior in everyday life. day and pay more attention to the environment around them. This is supported by research by Vellyana, Lestari and Rahmawati (2017) which also states in their research results that the gender factor can significantly influence behavior and awareness to do 3M in the pandemic era to prevent the spread of the covid 19 virus.

The results of the study are in line with the research of Berek and Anugrahini (2019) where the majority of respondents were female as many as 58 people (60.4%). This is in accordance with the research of Pamuji and Sodikin (2020) which stated that most of the respondents were 20 respondents (71.4%). The results of the research above are also strengthened by research conducted by Nurcita and Susantiningsih (2020) which shows that the characteristics of respondents who are female are 80 respondents (80%). The researcher argues that based on the results of research and existing theories, women tend to pay attention to their own habits, such as doing 3 M in the pandemic era.

Education

The results showed that the majority of respondents had high school education as many as 20 (29.4%). Where education is part of the elements of social structure that affect the social system. This means that the level of education affects behavior. In general, people with higher education will have broader knowledge than people with low education, so people with higher education will have a better ability to receive information obtained (Nothoadmojo, 2012). The existence of a link between education and healthy living behavior has a significant relationship with the level of health, the higher the level of education, the easier it is to accept the concept of healthy living independently, creatively and sustainably. This is supported by the research of Karuniawati and Putianti (2020) suggesting that the higher the level of education a person will be more obedient and obedient in carrying out a healthy life.

The results of this study are in line with Arum Dian Pratiwi (2020) some respondents have the last education at the high school level (78.6%). This research is also in line with Delfriana Ayu (2020) the majority of vocational/high school respondents education is 8 (10.67%) with a total of 59 (78.67%). This is also in line with Tiara Lince's research (2020) which states that some of the respondents' education is high school (73.33). The results of the research above are also in line with the research conducted by Susanti (2020) where in her research the majority of respondents had a high school education (75%). Based on the results of research and supporting theories, the researcher argues that the higher a person's education, the more extensive experience and knowledge they will have compared to uneducated people, where it affects someone to do 3M.

Application of Washing Hands

The results showed that most of the application of hand washing in the obedient category were 50 respondents (73.5%). Where hand washing is one of the behaviors of clean life in preventing viruses or germs. This is in line with the theory of Irma Maya (2021) that hand washing is one effective way to kill germs. One of the efforts to prevent Covid-19 is washing hands so that during the Covid-19 pandemic getting used to clean life is very important. The Covid-19 virus can stick to body parts, especially hands that touch objects that have been infected by doplet. According to the Ministry of Health, 75% of the transmission of the Covid virus is through saliva splashes on objects. Good health behavior is an effective way to prevent the spread of Covid-19, one of which is by applying hand washing (Kemenkes RI, 2020).

The purpose of hand washing is to mechanically remove dirt and dust from the skin surface and significantly reduce the number of disease-causing microorganisms such as viruses, bacteria and other parasites on the hands. Washing hands using water and soap can be more effective in cleaning dirt and worm eggs that stick to the surface of the skin, nails and fingers (Karuniawati, 2020). This is supported by Nugraha's research (2017) which suggests that there is a relationship between hand washing and infection prevention. This is in line with Ika's research (2020) which states that respondents always wash their hands with soap after touching objects outside the home as many as 58 respondents (61.1%). apply hand washing behavior well as many as 53 respondents (73.6%). This is supported by research conducted by Ali (2020) which states that most of the respondents apply handwashing well as many as 29 respondents (56.9%). Researchers argue that washing hands with soap is an obligation that must be done to prevent the spread of the Covid-19 virus so that diligent hand washing can prevent viruses and diseases.

Application of Wearing a mask

The results showed that most of the application of wearing masks in the obedient category were 36 respondents (52.9%). During the Covid-19 era, the use of masks is very important. Currently, wearing masks is recommended for people traveling to anticipate the transmission of the Corona virus. This virus is found in the saliva of a sick person when he sneezes, coughs, or even talks. Transmission occurs when a splash of saliva is inhaled by other people who are around. This is supported by the opinion of the Indonesian Ministry of Health (2019) stating that the transmission of the corona virus can be through droplets or splashes that are released when we cough or talk. Transmission occurs when the spark is inhaled by other people in the vicinity. Therefore, masks are made to protect from droplets released by other people so they don't enter our noses and mouths or vice versa, so that our droplets don't hit other people because we don't know we or our interlocutors are carriers of the virus. There are 3 types of masks that are recommended to the public in order to stop the spread of the corona virus, such as cloth masks, surgical masks and N95 masks (Kemenkes RI, 2019). This is in line with the results of Dian Arum Pratiwi's research (2020) that teenagers who always use masks when going out of the house are (57.8%), who rarely use masks when going out of the house as much as 35.5%. This is in line with Yoza Okta (2020) who stated that most of them used masks in accordance with government recommendations at 81%, while 5% of those who used the correct type of masks used recommendations and 14% who did not comply. This is in line with research by Gabriella (2021) which states that some respondents are obedient to wearing masks with 52 respondents (94.55%).

The results and theory above are also in line with research conducted by Anggi Fithrian Fathimah, Mirza Fadhilla Al-Islami, Tiara Gustriani, Harsa Afifatur Rahmi, Indra Gunawan, Ivan Muhammad Agung, Desma Husni (2021) where the results of the research show that the majority of respondents are obedient in using masks during the pandemic, as many as 160 respondents (49.2%). The results of research conducted by Ika Purnamasari and Anisa Ell Raharyani (2020) show the results of adolescent compliance in using masks in the pandemic era to obtain obedient results where in their research, there were 126 respondents (96.6%). The researcher concludes from the results of the research and the theory above that the use of masks during the pandemic is very important to prevent the spread of the Covid-19 virus so that people who comply with the health protocol, namely using masks, can help minimize the prevalence of Covid-19 sufferers.

Application of Keeping Distance.

The results showed that the majority of the application of social distancing was in the obedient category as many as 39 respondents (57.4%). Like the World Health Organization's appeal where the public is asked to carry out physical distancing which aims nothing but to break the chain of the corona virus which can only live if it has a (human) host, this is very important to prevent mass death and even the loss of a generation. WHO, 2019). Social distancing has an important role in minimizing interactions and crowds, as well as preventing the spread of the SARS-CoV-2 virus in a group. Social distancing will limit the reproduction rate (R0) in the spread of the virus among communities (Aslam, 2020). In the social distancing phase, people are strongly advised to avoid traveling to densely populated areas because they have a high risk of infection (Suppawittaya, Yiemphat, & Yasri, 2020). This is in accordance with the opinion of Yunus and Rezki, (2020) who stated that implementing social distancing or maintaining a distance to stop or slow down the spread of infectious diseases.

This is in accordance with the research of Irma Maya (2021) which states that as many as 48 respondents (50.5%) always maintain a minimum distance of 1 meter. This is in line with the research of Yanti, et al (2020) explaining that 93% of respondents have good behavior towards COVID-19 prevention efforts in Indonesia by social distancing. Kurniawati and Putrianti (2020) stated that 68% of respondents kept their distance or did not have direct contact with other people. Putri and Ratnawaty (2020) also stated that the awareness of citizens in implementing Social Restrictions or maintaining loot has been fulfilled. This is also supported by research conducted by Yanti, Nugraha, Wisnawa, Agustina and Diantari (2020) which states that some respondents always maintain a distance of 1 meter from other people as much as 71.33%. The researcher argues based on the theory and the results of existing research that the majority of the people in the Dusun Tapak Timur, Kedunggading Village, have obeyed what the government ordered to always do 3M on the sidelines of their activities. This is reinforced by the results of existing research

CONCLUSION

Characteristics of respondents based on age in the hamlet of Tapak Timur showed that the average age was 19 years with the youngest being 13 years old and the oldest being 24 years old. Based on gender, the majority of respondents were female as many as 43 respondents (63.2%), and most of the respondents had high school education as many as 20 (29.4%). A total of 68 respondents implemented health protocol compliance. Washing hands shows that most of the application of washing hands in the obedient category as many as 50 respondents (73.5%), wearing masks shows most wearing masks in the obedient category as many as 36 respondents (52.9%), keeping a distance shows that most of the application of maintaining distance in the obedient category as many as 39 respondents (57.4%).

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