

THE HEALTH EDUCATIONAL VIRTUAL IN PROVIDING BREASTFEEDING SUPPORT DURING CORONA VIRUS-19 (COVID-19) PANDEMIC IN INDONESIA

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ABSTRACT

COVID-19 is a highly contagious and pathogenic viral infection. To determine the effect of health education through online media on the knowledge and skills in breastfeeding during the Covid-19 pandemic. The research was conducted with a pre-experimental design with totaling 103 people. Chi-Square Test performed data analysis. The results showed that there was an effect of intervention on knowledge ($p=0.003$), but no effect of intervention on skills ($p=0.001$). Information messages provided through online media effectively increase the knowledge and skill of women of childbearing age in breastfeeding during the Covid-19 pandemic.

Keywords: breastfeeding; corona virus-19; health educational virtual; indonesia

INTRODUCTION

The coronavirus disease-2019 (COVID-19) is a pathogenic viral infection [1]. The COVID-19 epidemic has become life-threatening and caused many deaths quickly [2]. Quarantine and lockdowns are in place to control the spread of the epidemic [3]. The pandemic has caused drastic changes in people's lives [4] which require social distancing, including breastfeeding activities for infants, especially newborns with mothers who are positive for COVID-19 [5]. To prevent problems from occurring, breastfeeding mothers must receive proper information regarding how to breastfeed during the pandemic, one of which is through the provision of health education, which is carried out online as a learning medium for mothers.

Online learning and teaching have become popular globally due to the impact of Covid-19 [6]. Various online learning modes were adopted to overcome the difficulties in delivering education caused by the pandemic, such as Zoom[6]. The Zoom Meeting platform effectively implements learning [7]. The study aimed to determine the effect of health education through online media on the knowledge and skills of women of childbearing age in the method of breastfeeding during the COVID-19 pandemic.

METHOD

The research design used was pre-experimental with one group pretest–posttest design. The population in this study was all women in West Java in, Indonesia. The sampling technique used an accidental sampling of as many as 103 respondents.

RESULTS

Table 1.
The difference in average Knowledge and Attitude of Respondents Before and After the intervention (n=103)

Variables	Period	Intervention Group	Z-Test	P-Value
		(n = 103) Mean ± SD		
Knowledge	Pre-Intervention	3.45 (1.21)	-6.864	0,001
	Post-Intervention	4.51 (0,59)		
Skill	Pre-Intervention	3.33 (0,79)	-6.086	0,001
	Post-Intervention	4.00 (0,66)		

Table 1, the results showed that there were significant differences in the average knowledge ($p < 0.05$) and the average skills before and after the intervention ($p < 0.05$).

DISCUSSION

Based on the results of the study, it was found that education provided online via Zoom could increase respondents' knowledge. This was because the participants wanted to know more about health via Zoom, especially breastfeeding methods during the COVID-19 pandemic. They are interested in delivering material provided via Zoom because it can be obtained by simply joining Zoom without having to be present somewhere which requires time and money. Zoom is a platform that is easily accessible to users [8]. Respondents' skills regarding the management of breastfeeding during the COVID-19 pandemic increased after being given the intervention. This happens because the receipt of information adds to their insight, influencing their attitude. The level of education of respondents can be seen that they have an adequate level of education, namely at least equivalent to high school. This is in accordance with research conducted by Chan (2009), which shows that there is a relationship between education level and knowledge and skills [9].

CONCLUSION

Information messages provided through online media effectively increase the knowledge and skill of women of childbearing age in breastfeeding during the Covid-1 pandemic.

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