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ROLE OF THE HEAD OF FAMILY IN INCREASING CLEAN AND HEALTHY LIVING BEHAVIOR (PHBS) PRACTICE TO PREVENT THE SPREAD OF THE COVID-19 VIRUS

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ABSTRACT

Introduction: Corona Virus Disease (COVID-19) is a disease caused due to viruses. Education about Covid-19 and how to prevent transmission is needed by the community to help accelerate handling. The head of the family plays an important role in helping to discipline family members as the smallest unit of society. The purpose of this study was to determine the role of the head of the family in increasing clean and healthy living behavior (PHBS) practice to prevent the spread of the COVID-19 virus.

Methods: The research method is descriptive survey using a questionnaire. The total sample is 80 heads of households with inclusion criteria head of family who has a family of at least one child or more, minimum age 17 years and maximum 59 years.

Results: The results of the study showed that the highest age of > 35 years was 49 people (61.25%), while the highest education was senior high school with 56 people (70.00%), and 80 people (100.00%) work. The role of the head of the family in increasing knowledge about prevention Covid-19 was 67 people (83.75) with good criteria.

Conclusion: The conclusion is that the role of the head of the family is very important in increase clean and healthy living behavior (PHBS) practice to prevent the spread of the COVID-19 virus. The best education starts with small groups, especially families.

Keyword : role, head of family, PHBS, covid-19.

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Introduction. Corona Virus Disease (COVID-19) is a disease caused due to viruses. This disease is sweeping the world at the end of 2019 then it became pandemic after set by world health organization (WHO) establish Corona Virus Disease (COVID-19) on 11 March 2020. This virus attack has spread with fast almost all over the world incl Indonesia (Syahla, 2021).

Not much different from conditions in other countries, the soaring rate of Covid-19 transmission has also occurred in Indonesia. When traced back, since

the first time it was found two cases of Indonesian citizens exposed to Covid 19, as of June 10 2020 the number of sufferers. No less than 42,762 people have been confirmed positive for Covid-19 with details of 16,798 recovered and 2339 died (JNN, n.d.). The trend of increasing Covid-19 infection in Indonesia is not only bad for health problems, but also influential and negative implications for other areas of life, such as the economy, education, religion, and social culture (Santika, 2020).

COVID-19 can be spread from person to person through droplets from the nose or mouth that come out when a person with COVID-19 coughs or exhales. These sparks then fall onto nearby objects and surfaces. People who touch these objects or surfaces and then touch their eyes, nose or mouth, can contract COVID-19. Transmission of COVID-19 can also occur if people inhale droplets that come out of coughs or breaths of people who have COVID-19 (WHO, 2020).

Common signs and symptoms of COVID-19 infection include symptoms of acute respiratory distress such as fever, cough and shortness of breath. The average incubation period is 5-6 days with the longest incubation period being 14 days. In severe cases of COVID-19 it can cause pneumonia, acute respiratory syndrome, kidney failure, and even death. Clinical signs and symptoms reported in the majority of cases were fever, with some cases having difficulty breathing, and X-rays showing extensive pneumonia infiltrates in both lungs (Direktorat Jenderal Pencegahan dan Pengendalian Penyakit, 2020). COVID-19 has been declared a world pandemic by WHO and has been designated by the Government as a non-natural disaster in the form of an outbreak of disease that requires integrated countermeasures including the involvement of all components of society (Direktorat Promosi Kesehatan dan Pemberdayaan Masyarakat, 2020).

The emergence of the Corona Virus Diseases-19 outbreak has prompted the importance of providing education and awareness of the importance of a clean and healthy lifestyle. In addition, the public needs to know with certainty the transmission and ways of preventing Covid-19 so that it does not become an epidemic (Sulaeman, & Supriadi, 2020).

As the smallest unit of society, the family actually has a strategic role in dealing with Covid-19. Family in a situation like this is the first and foremost defense system for the inner country prevent the spread of Covid-19 transmission. This is important considering that every family functions as an introduction to larger society, and a link between individuals and structure larger society (Rustina, 2014). This is where the role of the family is to provide encouragement or motivational support strengthening each other in the face of the unpredictable Covid-19 pandemic when does it end. Family support is the attitude, action, and acceptance of the family. Support can come from other people (parents, children, husband, wife or relatives) who are close, where the form of support can be in the form of information, certain behaviors or material that can be make individuals feel loved, cared for and loved (Mirza, 2017). The role attached to the family is necessary optimized as a preventive strategy in dealing with Covid-19. When every family in Indonesia really plays its role optimally, the Government will undoubtedly work hard in tackling Covid-19 will not be in vain. Thus, the government's efforts in preventing the transmission of

Covid-19 can be started from the smallest unit of society, namely the family (Santika, 2020).

Responding to the current outbreak of COVID-19 caused by the corona virus, the role and function of the family is the main basis for cutting the chain of transmission of the corona virus in society. The head of the family plays an important role in helping to discipline family members as the smallest unit of society so that they care and carry out all efforts to break the chain of spread of COVID-19 (Herlinawati, 2020). Forms of community empowerment in preventing COVID-19 include providing information about COVID-19 (cause, transmission, prevention), providing education about ways to prevent COVID-19 (cough etiquette, wash hands with soap methods, how to use masks), encouraging community participation in maintain personal hygiene, clean the house and the environment, limit physical contact, do not congregate or gather, stay at home.

Methods. The research was conducted in mintomulyo village, juwana district, pati regency, central java. The research method is descriptive survey using a questionnaire. The total sample is 80 heads of households with inclusion criteria head of family who has a family of at least one child or more, minimum age 17 years and maximum 59 years.

The questionnaire is a tool for collecting data regarding an issue that concerns the public interest, the questionnaire is carried out by distributing forms containing a list of questions, submitted in writing to a number of subjects to obtain responses, information and answers. In this study using a questionnaire that contains about age, education, occupation, and the role of the head of the family.

Result and Discussion.

The characteristics of the respondents are shown in table 1 as follows.

Table.1 Frequency distribution of respondent characteristics

Characteristics	f	%
Age		
< 20 year	3	3,7
20-35 year	28	35
>35 year	49	61,
Education		
Primary school	3	3,7
Junior high school	8	10
Senior high schoo	56	70
College	13	16,
Occupation		
Work	80	100
Not work	0	0

Sources: Primary data (2020)

The results showed that there were 3 people aged <20 years (3.75%), 28 people aged 20-35 years (35%), and 49 people (61.25%) aged > 35 years. This data shows that the age group is still relatively more middle age. This data indicating that it is still very easy to obtain information, is an age with high productivity, age and a good work ethic in providing a livelihood for the family, and is still able to work diligently and provide assistance to families, especially Health education for families during the Covid-19 pandemic (Pranata, dkk, 2021).

The results showed that 3 people (3.75%) had primary school education, 8 people (10%) junior high school education, while 56 people (70%) senior high education and 13 people (16.25%) college. This data shows that the highest average education is senior high school. Each family is headed by a family head responsible for meeting daily needs. Behavior head of the family is an example of behavior that will be followed later or imitated by other family members because the head of the family considered to affect individuals in troubled families and as a determinant of decision making (Andreas, 2014). Based on research conducted by Kurniawati (2017) found that age, knowledge, attitudes, education, ownership of latrines, number of members Family is a factor that influences the behavior of the head of the family in the use of latrines.

The results showed that 80 respondents all work (100%). Each family member has a role in the family, between others: 1) The role of the father is as a husband to the wife and father to the children, act as a breadwinner, educator, protector, and flavor giver secure, as the head of the family, as a member of his social group and members of the local community. 2) The role of the mother as the wife of husband and mother of their children, the role of taking care of the household, as caregivers and educators of their children, protectors and as one a group from its social role and as a member of society from environment, besides that mothers can also act as breadwinners addition to his family. 3) The role of the child is to carry out the role psychosocial according to the level of development both physical, mental, social and spiritual (Riwidikodo, 2008). The role of the head of the family in increasing clean and healthy living behavior (PHBS) practice to prevent the spread of the COVID-19 virus is shown in table 2 as follows.

Table.2 The role of the head of the family in increasing clean and healthy living behavior (PHBS) practice to prevent the spread of the COVID-19 virus

Role	f	%
Not enough	2	2.5
Enough	11	13.
Good	67	83.

Sources: Primary data (2020)

The results the role of the head of the family showed that 2 people (2.50%) is not enough, 11 people (13.75) is enough, and 67 people (83.75) is good. Role is a dynamic aspect of position (status). If someone carry out their rights and

obligations in accordance with their position or status, then he played his part. Furthermore, as Levinson stated in Soekanto (2010) explained that there are three things covered by the role, among them are: First, norms expressed based on position or one's place in society. Second, important individual behavior as the social structure of society. Third, a concept of what is done by individuals in society as an organization.

The family is a collection of two or more individuals who live together in one house because of marriage ties, blood relations or adoption which then in it that each member has their respective roles. In addition to the role that each family member has, in the family. There are also several separate functions that must be carried out optimally create and develop quality family. The family is often defined as the smallest unit of society consisting of the head of the family and several people gathered in circumstances interdependence. The family exerts influence while at the same time forming the character and personality of its members, especially in child. Not only in influencing and shaping the personality of its members only, but also in preventing the spread of various types of diseases including Covid-19 carried out by implementing and carrying out the roles and functions of the family in an effective manner collective and good (Ashidiqie, 2020).

Several family functions must be fulfilled to achieve the health of all family members from the COVID-19 outbreak, namely the function of affection, socialization function and health care function. Maintenance function Health is a family function providing security and comfort for all family members to be free from a disease. Obedience a person in life comes from obedience in the family, obedience all family members are equal to the obedience of the whole community in a place region (Israfil, 2020).

The important role of the family in the prevention of this corona disease. Of course, it can be done well if the head of the family is able to take a position as a driving force and motivator. Heads of families are people who are emulated and made figures. Therefore, father and or mother must be able to set a good example in disease prevention corona in the family environment (Mardiya, 2020). The head of the family can plays a role in increasing the implementation of clean and healthy living behavior (PHBS) in the household setting including hand washing with soap and running water, consumption of nutrition balance, enough rest, not smoking, physical activity at home, controlling co-morbidities, maintaining physical distance with other people and family members at home, apply cough etiquette, wearing a mask when at home, wearing cutlery and bathing separate from other family members, surface disinfection of household equipment ladder

Conclusion and Suggestions.

The conclusion is that the role of the head of the family is very important in increase clean and healthy living behavior (PHBS) practice to prevent the spread of the COVID-19 virus. The best education starts with small groups, especially families.

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