

Socialization of covid-19 prevention for children at kaye aceh village, southwest aceh regency, aceh province, indonesia

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ABSTRACT

Corona virus disease (COVID-19) is a disease that was first identified in China and has become infectious worldwide. For almost two years, this disease is still an unfinished problem in several areas in Indonesia, including Aceh Province especially in Southwest Aceh Regency. This virus attacks all age groups, including children. Therefore, education about COVID-19 to children is a necessity that must be met. This activity aims to minimize the prevention and control of the COVID-19 virus by providing socialization in order to prevent the spread of COVID-19. The location of this activity was in Kaye Aceh, Southwest Aceh Regency, Aceh Province, Indonesia. The respondents were 40 elementary and junior high school children who lived in this area. The method used in this community services program was learning by doing to the children. The children were given explanations of how to wash hands properly, wear masks, using hand sanitizer, and physical distancing. Results showed that the children understand about COVID-19 and how to break the chain of the spread of COVID-19. It is recommended for children to get used of the good behavior to stop the spread of COVID-19 on their daily life throughout the pandemic.

KEYWORDS

Covid-19;
Prevention;
Children;
Socialization



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1. Introduction

In this day, COVID-19 has become a worldwide disease that every human being must fight [1]. This disease is caused by a corona virus which was first identified in Wuhan, China at the end of December 2019 [2]. This disease spreads rapidly in a short time so that the infection spreads throughout the world and causes a global pandemic [3]. On March 11, 2020, WHO has also determined that this situation is an international emergency as well as the Indonesian government stated this is as a non-natural disaster in the form of a disease outbreak [4]. This disease needs to be carried out in an integrated response through several steps including the involvement of all components of society [5].

This positive single strain RNA virus infects the human respiratory tract, is sensitive to heat and can be effectively inactivated by a chlorine-containing disinfectant [6], [7]. Common symptoms include fever, cough and difficulty in breathing [8]. Other common clinical symptoms are dyspnea, fatigue, muscle aches, and headaches [9]. The most common clinical symptoms in Covid-19 patients are fever (98%), cough (76%), and myalgia or weakness (44%). Other symptoms found in patients, but not so often found are sputum production (28%), headache 8%, coughing up blood 5%, and diarrhea 3%. As many as 55% of the patients studied had dyspnea [10], [11]. Clinical symptoms involving the gastrointestinal tract were also reported. Abdominal pain is an indicator of the severity of patients with Covid-19 infection [12]. A total of 2.7% of patients experienced abdominal pain, 7.8% of patients had diarrhea, and 5.6% of patients experienced nausea or vomiting [13].

Based on data from WHO, as of August 16, 2021, the number of positive cases of COVID-19 [14] was 207,173,086 cases with a death rate of 4,361,996 cases. After almost 2 years, this pandemic is still a major problem that has not been resolved by several countries in the world, including Indonesia with

3,892,479 positive cases of COVID-19 infection [15] and a death toll of 120,013 cases as of 17 August 2021 [16]. Positive cases of COVID-19 [17] in Indonesia decreased in August compared to July of 20,000 cases decreased. However, Indonesia is still included in the 13th countries with the highest number of positive COVID-19 cases in the world [18]. In Aceh, 28,164 positive cases have been recorded with 1,202 deaths as of 17 August 2021. Meanwhile, in Southwest Aceh regency, 278 positive cases have been recorded with 19 deaths. This figure is still high and increasing day by day. It caused by the low level of public knowledge of information related to COVID-19 and the precautions that must be taken, especially for children who are still at the age of growing and developing [19].

At a young age, children cannot yet distinguish and apply information related to COVID-19 as a form of breaking the chain of the corona virus [20]. COVID-19 [21] cases that occur in children cause anxiety for parents and their own children. Most of children and parents do not realize that COVID-19 can be transmitted through physical contact [22]. During the pandemic, the government carried out various interventions to control the situation back to normal, one of which was closing schools in order to decide the spread of COVID-19 [23] in the surrounding environment.

This has a significant impact on the economy, daily activities, and all aspects of children's lives. These effects can last a lifetime on some children. Although the health risk due to COVID-19 infection in children is lower compared to the older age group, there are 80 million children in Indonesia (approximately 30% of the entire population) who have the potential to experience serious impacts due to various secondary impacts that arise both in the short and long term. Children's daily life is also filled with free play without any school schedule. The existence of this policy is part of large-scale social distancing which is a strategic step from the government to reduce the rate of transmission of COVID-19 in Indonesia [24]. The lack of understanding of children and prevention of this pandemic situation is because the delivery or media of information is not in accordance with the level of understanding of children so that they will carry out daily activities without meeting the health protocols that have been set.

Interaction between children while playing poses a great risk of direct transmission of the COVID-19 virus. As it is known that most of the transmission of COVID-19 is through droplets, it is felt necessary to protect oneself. Community involvement in the Ed. COVID (Education COVID-19 For Kids) program is needed. Children need to get direct assistance at home about direct practice of self-prevention skills from COVID-19 transmission [25]. COVID-19 prevention education to children must be delivered in a simple and fun method so that it does not affect the child's psyche.

Children as national assets need to be protected by providing knowledge from an early age. Based on the General Guidelines for Child Protection Handling COVID-19 issued by the Ministry of Women's Empowerment and Child Protection of the Republic of Indonesia, it is explained that every child without exception has the right to get rights and protection as well as clear information about how to prevent and transmit COVID-19 [26]. Various efforts in socializing the nation's next generation of handling the corona virus from an early age [27]. This socialization is becoming increasingly important for young children in taking steps to avoid the corona virus at the individual, family and environmental levels. In addition, an important point in this activity is educating the local community so as not to be carried away by hoaxes or untrue issues related to COVID-19 [28]. Children only accounted for 1-5% of the total COVID-19 cases [29]. The thing that is at risk for children is the possibility that they will become carriers of the virus that spreads to others. This can be solved by educating them about COVID-19 [30].

Therefore, this socialization program is expected to be able to reduce or stopping from increasing cases of COVID-19 transmission to children. Efforts to disseminate knowledge to the community are useful for providing decision making for everyone in taking preventive actions so as not to get sick. Knowledge will also increase public awareness of unhealthy situations in society and increase self-resilience so that individuals are able to make decisions to develop strategies and take appropriate actions.

This activity aims to increase awareness and understanding in disciplining children regarding COVID-19 as well as precautions that must be taken by implementing health protocols such as wearing masks and washing hands in adapting to today's life.

2. Method

This community service activity was conducted in the village of Kaye Aceh, Southwest Aceh Regency, Aceh Province, Indonesia. This program was carried out on July 9, 2021 with the main target were 40 elementary and junior high school children who lived in the area. This program was implemented through the following stages:

- Conduct a survey in the local area to identify problems that were not in accordance with the health protocol.
- Make a socialization plan for the implementation of service activities. The implementation of activities in the form of delivering material related to COVID-19 and how to prevent it will be given to children in elementary and junior high schools.
- Coordinate with community leader, known as keuchik, in Kaye Aceh village, Southwest Aceh Regency, Aceh Province, Indonesia to carry out socialization activities related to programs for children in the local communities. Supports from community leader was needed to launch the community service activities. Online and offline coordination was carried out to finalize the implementation of activities.
- Providing education to local children using the 'learning by doing' method, which is learning while doing it directly. This method was chosen because it was very effective to be applied to children. At this stage, children were invited to find their own knowledge through the activities they did, so that children would be more active, creative and feel happy. This was in line with constructivism theory, according to Jean Piaget that children build beliefs and understanding based on their experiences. The strategy taken were giving leaflets in the form of posters on how to wear masks properly and how to washed hands properly and practiced them directly. Stated that to prevent the transmission of COVID-19, people were recommended to wear masks and wash their hands. Washing hands regularly and thoroughly with soap under running water with the 6 steps recommended by WHO could kill viruses that might be on hands such as the corona virus. The introduction of the importance of washing hands in children usually uses the 7 step song to wash hands.

3. Results and Discussion

The COVID-19 prevention socialization activity specifically for 40 elementary and junior high school children in Kaye Aceh village, Southwest Aceh Regency, Aceh Province, Indonesia were applied to all the targeted children while still adhering to health protocols in its implementation. This activity provides an understanding of the existence of the COVID-19 virus and how to prevent it in children. As an initial step in starting this activity, coordination was carried out with the local keuchik regarding program licensing and socialization to children to participate in the program.

It can be seen that the children's response was very good and enthusiastic. During the activity, the children listened carefully to the material presented and practiced it directly while still implementing health protocols while the activity was in progress such as keeping a distance, wearing hand sanitizer before entering the room, and wearing masks. The used of masks must also pay attention to the benefits. Single layer cloth masks such as scuba and buff are not recommended. To get maximum protection during the pandemic, you must use a mask that meets the standards recommended by WHO.

The delivery of COVID-19 educational materials for children were using language that was easy to understand and simple with fun methods. The method used 'learning by doing' by listening to the directions on how to wash hands properly and correctly to the accompaniment of songs. After children begin to memorize and understand it, then it was practiced directly. There was a relationship between the level of knowledge and the behavior of using masks to prevent disease transmission. The level of public knowledge will affect compliance with using masks as an effort to prevent the spread of COVID-19, because compliance is a positive behavior that could affect the increase in the number of cases and death rates due to COVID-19 transmission. The increasing of knowledge would also increase a person's awareness so that they would voluntarily comply with existing regulations or recommendations in preventing disease transmission. There was a significant difference in the frequency of anxiety related to COVID-19 before the intervention and after the intervention regarding health education.

The village apparatus appreciates this activity program because it was considered to be able to assist in education related to the prevention of COVID-19 at the surrounding environment. The follow-up to this activity is that the children of Kaye Aceh village have implemented health protocols, such as wearing masks when going to school or at the study site, diligently using hand sanitizer and washing hands, and implementing physical distancing. Physical distancing was done by the children; prohibited to be close or in physical contact with people, maintain a minimum distance per 1 meter, did not shake hands, did not hug, avoid unnecessary used of public transportation such as *labi-labi* and *becak* as much as possible, avoid rush hour when traveling. Mass gathering in crowds and public facilities is prohibited. Avoid traveling outside the city, including tourist attractions. Avoid gathering with friends and family, visiting or meeting face-to-face and postponing joint activities. As a solution, it can be contacted via telephone, internet, and social media. For the time being, children should play alone at home and can carry out worship at home. Physical distancing would make family relations stretch. Therefore, the importance of socialization in order to change people's mindset about this so that it can be applied during the COVID-19 pandemic.

This process should be done in combination with other daily precautions to reduce the spread of COVID-19, including wearing a cloth face covering, avoiding touching the face with unwashed hands, and frequently washing hands with soap and water for at least 20 seconds. Regulate the management of close contacts of patients, provide guidance to the public and certain vulnerable groups for personal protection, strictly disinfect certain places where there was a risk of gathering large numbers of people (eg. markets, health centers, etc.), effectively prevent spread to the community, and reduce the bad effects of COVID-19 infection for public health. It was hoping that with this program children can better understand how to prevent COVID-19, and practice a clean and healthy lifestyle and stay at home to avoid the spread of the COVID-19 virus. Activities of the socialization programs were shown in Fig. 1.



Fig. 1. Practices of washing hands and socialization of wearing masks

4. Conclusion

This outreach activity to the elementary and junior high school children in the village of Kaye Aceh, Southwest Aceh Regency, Aceh Province were positively benefit to improve the understanding about COVID-19 and to break the chain of the spread of COVID-19. Children need to be understand and

directly involved in the efforts to prevent the spread of the COVID-19 in the surrounding environment so that they do not contact to this disease, considering that the development of the COVID-19 virus no longer attacks adults and the elderly, but also children. Although the infection caused by COVID-19 in children is relatively mild, early childhood is a group that is vulnerable to being exposed to COVID-19.

Suggestion

In order to prevent children from transmissions of COVID-19 it is recommended to the children, parents, and communities in the Kaye Aceh village, Aceh Province to remain disciplined in obeying health protocols. Because complying with health protocols is an effective step to stop the spread of COVID-19 in the local environment.

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Author Contribution

This community service activity was conducted in the village of Kaye Aceh, Southwest Aceh Regency, Aceh Province, Indonesia.

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Conflict of Interest

The authors declare no conflict of interest.

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