"Bina Keluarga Mandiri" (Independent Family Development) on Implementing The Health Protocols in The Era of New Normal

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Abstract- New normal is a change in behavior to continue in carrying out normal activities with always implementing the health protocols to prevent Covid-19 transmission. *Bina Keluarga Mandiri* (Independent Family Development) is a form of activity carried out to increase the knowledge, abilities and preparedness of all family members in implementing health protocols in the era of new normal. Family is expected to be role models for their children in implementing the health protocols. The subjects in this study were Grade 1 students at SDN 1 Sumbawa Besar. This study aims to determine the effect of *Bina Keluarga Mandiri* on the students' attitudes and independence. This research used quasi experimental research. The research design used to determine the effect of knowledge and attitudes was the one group pretest-posttest. Thus, the results showed that: 1) for the knowledge variable, the sig 2-tailed value of 0.000 <0.005 which means that Ho is rejected and Ha is accepted. This indicates that there is a significant influence of *BKM* on knowledge; 2) for the knowledge variable, the sig 2-tailed value of 0.002 < 0.005 means that Ho is rejected and Ha is accepted. This indicates that there is a significant influence of *BKM* on attitudes.

Keywords--Bina Keluarga Mandiri, education, attitude

I. INTRODUCTION

New normal is a change in behavior to continue carrying out normal activities by always implementing health protocols to prevent Covid-19 transmission.Referring to the meaning in Law Number 9 Year 2010 concerning Protocol, the health protocol can be understood as a rule or provision that all parties need to follow in order to be able to carry out activities safely during a pandemic.In welcoming the new normal, several schools in the green zone or areas where no Covid-19 cases have been found are considered to be able to carry out offline teaching and learning process (ntbprov.go.id).Meanwhile, during the offline process, health protocols must apply at schools.

SDN 1 Sumbawa Besar is located at Jalan Dr. Wahidin Number 1, Sumbawa Besar District, Sumbawa Regency, West Nusa Tenggara Province. Since September 2020, SDN 1 Sumbawa Besarhas started to study offline. In its implementation, it turns out that there are still many students especially at grade 1 who do not comply with health protocols at school.This is due tothe students who do not wear masks. Moreover, there are also those who do not change masks in a few days because of the limited masks they have, it is still visible students who play without keeping their distance and still shaking hands frequently. Knowing that the spread of the corona virus can occur through direct contact from both people who show symptoms and from people without symptoms, the government secrete term of 3M(washing hands, wearing masks, and keeping a distance) in order to prevent the Covid-19 transmission. Until now, in practice, there are still many people who are not obedient in implementing it. This could be due to the limitations of knowledge possessed by students.

In the Indonesian Dictionary [1], the word "know" means to understand and to know.Knowledge is defined as something that is known based on experience and knowledge.Knowledge will increase according to the process of experience they have, [2].Most of one's knowledge is obtained through the sense of hearing, and the sense of sight, [3].Knowledge is the most important part in shaping one's actions.Meanwhile, attitude is a form of evaluation or reaction to an aspect of the environment which then underlies a person in the process of forming actions or behavior [4].

[5] Kurniawan in his research found that there was an increase in the knowledge of students at grade IV and V about Clean and Healthy Lifestyle. The enhancement was due to the additional information and understanding received in the form of health promotion.

This is also supported by Kurniatillah's research [6] which proves that there is an effect of providing clean and healthy lifestyle counseling on washing hands with soap through the fifth grade students' knowledge at SDN Taman Kota Serang.Referring to previous research by Fitria [7], it was found that there was an effect of Bina KeluargaMandiri on family independence.

The way to implement health protocols through the BKM program is by providing 3M-related guidance that are washing hands, wearing masks, and maintaining distance.Researchers expect students to comply with the health protocols applicable in schools.Thus, the purpose of this study was to determine the effect of BKM on family knowledge and attitudes in implementing health protocols in the new normal era.

II. METHODS

This research is an experimental research.Experimental research is a study that used to determine the effect of treatment using statistical data analysis [8].The type of research used in this study was quasi experimental.The research design used to determine the effect of knowledge and attitudes was the one group pretest-posttest.The one group pretest-posttest was carried out with two measurements, namely before the experiment (pre-test) and the measurement after the experiment (post-test) using the same question. The questions totaled 7 items for knowledge variables and 7 items for attitude variables with as much data as30 samples.The following is the research design of the one group pretest-posttest:
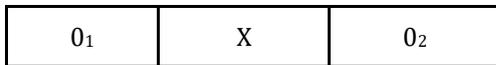
0_1	X	0_2

Fig. 1. Design*the one group pretest-posttest*

Information:
0_1 :Pre-test before*Bina Keluarga Mandiri*
X :*Bina KeluargaMandiri (BKM)*
0_2 :Post-testafter*Bina Keluarga Mandiri*

The populations in this study were the grade 1 families of SDN 1 Sumbawa Besar for the 2019/2020 school year. The research sample was the families of grade 1 students, totaling 30 families. As it is known, family is the smallest unit of society consisting of husband and wife or wife and husband and children or father and son or mother and child. The sample of the study was 30 families of grade 1 students. The independent variable in this study is BKM (Bina Keluarga Mandiri) in implementing 3M-related health protocols which are washing hands, wearing masks, and maintaining distance.

There are two dependent variables in this study that are: 1) knowledge and 2) attitude. The instrument in data collection was a knowledge and attitude questionnaire about health protocols related to 3M (washing hands, wearing masks, and maintaining distance). Data analysis in this study was carried out with a simple regression test using an error level of 5% (0.05) with a confidence level of 95% (0.95). Before the data analysis test was carried out, the prerequisite test for the normality test was carried out using the One-Sample Kolmogorov-Smirnov and Shapiro-Wilk tests.

III. RESULTS AND DISCUSSION

This research was conducted to determine the effect of Bina KeluargaMandiri on knowledge and attitudes of families in implementing the health protocols in the era of new normal.In this study, there are two dependent variables, namely knowledge and attitude.The Hypothesis of this study as follows:

a. Knowledge
   Ho: There is no influence of *Bina KeluargaMandiri* towards knowledge
   Ha: There is an influence of *Bina KeluargaMandiri* towards knowledge
b. Attitude
   Ho: There is no influence of *Bina KeluargaMandiri* towards attitude
   Ha: There is an influence of *Bina KeluargaMandiri* towards attitude

A. *Knowledge*
1. *Descriptive Data*

TABEL I. DESCRIPTIVE STATISTICS

	N	Minimum	Maximum	Mean	Std. Deviation
Pretest	30	12	14	13,17	.461
Postest	30	13	14	13,97	.183
Valid N(listwise)	30				

From the table above, it is known that the number of both pre-test and post-test knowledge data were 30. The minimum value is 13 and the maximum is 14 for the post-test, and the minimum value is 12 and the maximum is 14 for the pretest.this value is the sum of all test scores.

2. *Data Analysis Prerequisite Test*

The prerequisite test for data analysis on the knowledge variable is the normality test using the Kolmogorov-Smirnov and Shapiro-Wilk tests.In calculating the significant value, this study used SPSS.The following results were obtained:

TABLE II. TESTS OF NORMALITY

Group	Kolmogorov-Smirnov			Shapiro-Wilk		
	statistic	df	Sig.	statistic	df	Sig.
Postest	.539	30	.000	.180	30	.000
Pretest	.441	30	.000	.619	30	.000

a Lilliefors Significance Correction

Based on the output above, it is known that the significant value (Sig.) for all data in both the Kolmogorov-Smirnov test and the Shapiro-Wilk test was <0.05, it can be concluded that the data is not normally distributed.

3. *Interpretation of Output Rank*

TABLE III. RANKS

		N	Mean Rank	Sum of Rank
POSTEST-PRETEST	Negatif Rank	0a	.00	.00
	Positive Rank	23b	12.00	276.00
	Ties	7c		
	Total	30		

POSTEST< PRETEST; b POSTEST> PRETEST; c POSTEST = PRETEST

In the rank table, it can be seen:

- Negative Rank or the difference (negative) between knowledge for the pretest and posttest is 0, whether it is on the N value, the mean rank, or the sum of rank.This value of 0 indicates that there is no decrease in the value from the pretest to the posttest score.

- Positive Rank or the difference (positive) between the results of knowledge for the pretest and posttest.In the table it can be seen that the value of N 23 is positive, which means that there are 23 families who have increase experienced in knowledge.The mean rank or the average increase is 12.00, while the number of positive rankings or the sum of rank is 276.00.

- Ties is the similarity of the pretest and posttest values, in the table we can see that ties are 7. This means that there are 7 equal values.

4. Data Analysis Test

After conducting the prerequisite test for data analysis, it was found that the data were not normally distributed. Therefore, to answer the research hypothesis, nonparametric analysis test was used.The nonparametric test used to determine the effect of *Bina Keluarga Mandiri* on knowledge is the Wilcoxon test.Calculation of sig value used SPP with the following results:

TABLE IV. TEST STATISTICS

	POSTES - PRETES
Z	-4.707[b]
Asymp. Sig. (2-tailed)	.000

a Wilcoxon Signed Ranks Test
b Based on negative ranks.

Based on the results of data analysis using SPSS, the 2-tailed sig value was 0.000 <0.005, meaning that Ho was rejected and Ha was accepted.This shows that there is a significant influence of *Bina KeluargaMandiri* on knowledge.

B. Attitude
1. Descriptive Data

TABEL V. DESCRIPTIVE STATISTICS

	N	Minimum	Maximum	Mean	Std. Deviation
Pretest	30	13	17	15.17	1.085
Postest	30	11	16	14.17	1.206
Valid N (listwise)	30				

From the table above, it is known that the number of pretest data for attitude variables is 30 and 30 for post-tests. The minimum value is 13 and the maximum is 17 for the post-test, and the minimum value is 11 and the maximum is 16 for the pretest.This value is the sum of all test scores.

2. Test Data Analysis Prerequisite

For the prerequisite test for data analysis on the attitude variable, namely the normality test, the Kolmogorov-Smirnov and Shapiro-Wilk tests were used.In calculating the sig value, SPSS was used.The following results were obtained:

TABLE VI. TESTS OF NORMALITY

Group	Kolmogorov-Smirnov			Shapiro-Wilk		
	statistic	df	Sig.	statistic	df	Sig.
Postest	.194	30	.005	.909	30	.014
Pretest	.222	30	.001	.908	30	.013

a Lilliefors Significance Correction

Based on the output above, it is known that the significant value (Sig.) for all data both in the Kolmogorov-Smirnov test and the Shapiro-Wilk test <0.05, it can be concluded that the data is not normally distributed.

3. Interpretation of Output Rank

TABLE VII. RANKS

		N	Mean Rank	Sum of Rank
POSTEST-PRETEST	Negatif Rank	0a	.00	.00
	Positive Rank	23b	12.00	276.00
	Ties	7c		
	Total	30		

a POSTEST < PRETEST; b POSTEST > PRETEST; c POSTEST = PRETEST

From the table rank, it can be seen that:
1) Negative Rank or the difference (negative) between the attitudes for the pretest and posttest is 3 on the value of N means that there are 3 families who experience a reduction in attitudes, amounting to 11.50.The number of negative rankings is 34,50 on the sum of rank.
2) Positive Rank or the difference (positive) between the results of knowledge for the pretest and posttest. From the table, it can be seen that the value of N 19 is positive, which means that 19 families have experienced an increase in knowledge.The mean rank or the average increase is 11.50, while the number of positive rankings or the sum of rank is 218.50.
3) Ties is the similarity of the pretest and posttest values, in the table we can see that ties are 8. This means that there are 8 equal values.

4. Data Analysis Test

After conducting the prerequisite test for data analysis, it was found that the data were not normally distributed.To answer the research hypothesis used nonparametric analysis test.The nonparametric test used to determine the effect of *Bina KeluargaMandiri* on attitudes is the Wilcoxon test.The calculation of the sig value uses SPP with the following results:

TABLE VIII. TEST STATISTICS

	POSTES - PRETES
Z	-3.307[b]
Asymp. Sig. (2-tailed)	.002

a Wilcoxon Signed Ranks Test
b Based on negative ranks.

Based on the results of data analysis using SPSS, the 2-tailed sig value was 0.002 <0.005, meaning that Ho was rejected and Ha was accepted.This shows that there is a significant influence of BKM (Bina KeluargaMandiri) on attitudes.

The *Bina Keluarga Mandiri* process began with distributing a questionnaire to see how far the family's knowledge and attitudes regarding the implementation of the *3M* health protocol (washing hands, wearing masks, maintaining distance).After that, the researchers arranged the *BKM* schedule by making a time contract with the Grade 1 students' families at SDN 1 Sumbawa Besar. The activities carried out in the *BKM* process are in the form of providing information related to *3M* (washing hands, wearing masks, maintaining distance) and conducting direct practice on how to wash hands using both soap and hand sanitizer.After the *BKM* activity was completed, the researchers again distributed questionnaires to assess family knowledge and attitudes regarding health protocols.

Based on the data analysis test with SPSS, it was found that the sig values were 0.000 <0.05, which means that there was a significant effect of *BKM* towards knowledge.This shows that there is an increase in family knowledge regarding *3M* (washing hands, wearing masks, and maintaining distance) after the intervention of *BKM*.In the descriptive data, it can be seen that the average score of knowledge for the pretest is 13.17 and for the post-test is 13.97.The mean rank or the average increase in the positive rank is 12.00.This is followed by research [9] which proves that there is an effect of health promotion on washing hands and healthy snacks on increasing student knowledge at the Lamrabo Aceh Besar School.The research [10] also states that there is a significant relationship between the knowledge of school-age children and Clean and healthy lifestyle in Merjosari Village, Lowokwaru District, Malang City.

In the attitude variable based on the results of data analysis using SPSS, it was found that the 2-tailed sig value was 0.002 <0.005. It means that Ho was rejected and Ha was accepted.This shows that there is a significant influence of *Bina KeluargaMandiri*(Internal Family Development) towards attitudes.The greater the role family in disseminating obedient behavior messages in implementing health protocols, the better students will be practicing it at school.This happens because of children's habit of obeying parents' orders, which greatly helps teachers in socializing *3M* health protocols (washing hands, wearing masks, maintaining distance) and the practice is also getting better. Another research [11] also states that the proportion of washing hands is greater not only in the habit of washing hands but accompanied by the existence of good facilities, prevailing norms and support from the school itself.

From the research findings that has been done, it can be concluded that *Bina KeluargaMandiri* (Independent Family Development) has a significant influence on knowledge and attitudes. This is in line with previous research [12] that found an effect of providing counseling on hand washing on the students' of SD Bulukantil Surakarta's knowledge and attitudes.

Another study [13] also showed that health education programs were effective in increasing knowledge, improving self-management, and making hand washing with soap and healthy snacks in the habit of both at school and at home.

Finally, early socialization from family to children regarding messages on the obedient behavior in implementing health protocols, through all daily activities at school associated with washing hands, wearing masks, and maintaining distance are the goals so that every child gets used to it.Students are expected to remind each other to always carry out the practice of washing hands, wearing masks, and keeping their distance.[14] in his research stated that the increase in knowledge and attitudes through the school approach was due to belief, motivation, supporting facilities, family support, school support and providing continuous training both at school and at home.

IV. CONCLUSION

Based on the study, it can be concluded that there is a significant influence of Bina KeluargaMandiri(Independent Family Development) towards students' knowledge and attitudes.From the results of the post-test questionnaire, it can be seen that students already know when to change masks and how to choose the right mask.Students also begin to realize the importance of maintaining distance, as well as washing their hands after activities and before eating.Students can automatically wash their hands without being ordered by the teacher.This shows that students have more awareness about the importance of 3M behavior which were washing hands, wearing masks, and keeping a distance.

Independent Family Development or Bina Keluarga Mandiri is a form of activity carried out to increase the knowledge, abilities and preparedness of all family members in implementing health protocols in the new normal era. Therefore, families are expected to be able to become role models for their children at home.

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