

The Relationship of Knowledge Level with Personal Hygiene in Children During the Covid-19 Pandemic

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ABSTRACT

The minimal access to services for millions of children to basic health services is one impact of the lockdowns and school closures that have occurred in Indonesia. Knowledge of personal hygiene or personal hygiene has a play an important role in child development, because elementary school children aged 6 to 12 years have bodies that are susceptible to health problems. The condition of the COVID-19 pandemic in Indonesia has not yet recovered and this requires the awareness of every community to remain vigilant in trying to reduce the risk of transmission, one of which is by always taking care of their own health. This type of descriptive analytic research with cross sectional approach. This research was conducted on October 24, 2020 at SDN 10 Ganting. The total population is 96 people, and as many as 49 people were taken by simple random sampling technique. Univariate and bivariate analysis using Chi-square test. The results of the univariate analysis showed that more than half of the respondents, namely 39 people (79.6%) had poor personal hygiene, while 10 people (20.4) already had good personal hygiene, known from 49 samples, 35 samples were (71.4) have low knowledge and 14 people (28.6) already have high knowledge. based on the research that has been done, it was found that there is a significant relationship between personal hygiene and the level of knowledge in COVID-19 pandemic students with sig = 0.022 ($p < 0.05$). It is hoped that the results of this study can be taken into consideration by SDN 10 Ganting to further optimize efforts to increase knowledge about personal hygiene during the COVID-19 pandemic.

Keywords : "Knowledge, Personal Hygiene, Covid 19 Pandemic"

1. INTRODUCTION

The Behavior Change Sector is expected to be at the forefront of regional task forces in handling Covid-19. This field is tasked with ensuring increased public awareness and compliance with the Covid-19 prevention health protocol, namely using masks, maintaining distance and avoiding crowds, and washing hands with soap (3M). 3M's habits must be entrenched so that we are able to win the war against Covid-19.

Personal hygiene in Indonesian school-age children has been found to have several health problems. Problems that occur such as infections, respiratory tract, intestinal worms, anemia and flu. It is noted that some of these diseases are the most important and often occur in school-age children, namely worm infections or often referred to as worms. It was recorded that 20% had ARI [1]. Personal hygiene fulfillment behavior is influenced by several including body image, social practice, culture, personal choice, physical condition, economic level, and level of knowledge. The level of

knowledge is the result of sensing or the result of someone knowing the object through the senses it has, so that knowledge is strongly influenced by the intensity of attention and perception of the object. Every human being gains knowledge by seeing and hearing [2].

Knowledge of personal hygiene or personal hygiene has a very important role in the growth and development of a child, because elementary school children aged 6 to 12 years have a body that is susceptible to health problems. So it is very important to teach how to maintain personal hygiene in school-age children [3]. As an effort to end the Covid-19 pandemic, the Covid-19 Handling Task Force invites all people to be at the forefront by implementing 3 main things, namely the obligation to maintain faith, be safe and be immune. Faith is defined as carrying out worship according to their respective religions and beliefs. Safe is defined as total adherence to the Covid-19 prevention health protocol known as 3M (wearing a mask, keeping a distance and avoiding crowds, and washing hands with soap). Meanwhile,

immunity must be maintained including by consuming nutritious food, maintaining mental health, diligently exercising, and getting enough rest [4]. In a safe context, 3M's mandatory behavior must become a habit for all Indonesian people, without exception.

There are still quite a lot of people who are reluctant to implement 3M consistently. In fact, compliance with 3M is absolutely a prerequisite for breaking the chain of transmission of Covid-19. The results of the BPS survey during September 7-14, 2020, showed that there were still 17 percent of respondents who believed or strongly believed that they would not be infected with Covid-19 [4].

2. MATERIAL AND METHODS

The type of research used is descriptive analytic, namely looking at the events being studied with a cross sectional study design, namely research design by conducting or observing at the same time [5]. This research was conducted at SDN 10 Ganting which was conducted on October 2, 2020. The population is the entire object of research [5]. The population is all students in grades I and II at SDN 10 Ganting totaling 96 people. The sample is part of the population that has been studied or part of the number of characteristics possessed by the population with 49 people.

3. RESULT AND DISCUSSION

The results showed that from 49 respondents, 31 (88.6%) respondents had low knowledge about the lack of personal hygiene behavior, with high knowledge as many as 8 (57.1%) respondents and 4 (11.4%) respondents had low knowledge about good personal hygiene behavior, with high knowledge as many as 6 (42.9%) respondents.

Table 1. Personal Hygiene

Knowledge	f	Less Than %	f	Baik %	f	%	Pvalue
Under	31	88.6	4	11.4	35	100	
Above	8	57.1	6	42.9	14	100	0.022
Total	39	79.6	10	20.4	49	100	

The significance test on the relationship between the two variables was obtained by sig 0.022 (sig < 0.05). As for the results of this study [6]. it was found that mean students' knowledge of personal hygiene and the incidence of skin diseases, with a sig 0.002. The factor of lack of knowledge about personal hygiene causes actions in maintaining cleanliness such as bathing, maintaining cleanliness of clothes, mouth or being responsible for oneself in maintaining

cleanliness, are also not considered properly [7]. The results of this study, as many as 35 respondents (71.4%) with a low level of knowledge. Lack of personal hygiene will certainly cause them to be susceptible to infection where this is a health protocol that must be carried out by everyone, including children who are susceptible to infection with the covid-19 virus.

4. CONCLUSIONS

Most of the respondents (79.6) have poor personal hygiene at SDN 10 Ganting. Most respondents (71.4) have low knowledge at SDN 10 Ganting. It is hoped that the school will improve guidance for students on cleanliness, and more guide books on personal hygiene should be reproduced as reading material for students. Counseling on personal health should be carried out regularly and if necessary cooperate with health workers in order to provide counseling to students. Guidelines for health protocols during the COVID-19 pandemic at school, and at home. The school has equipped hand washing stations with running water and other facilities that must be in place for the prevention of COVID-19 at the school.

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