

# Behavior and Role of Elementary School Teachers in PHBS Patterns and Prevention of the Covid-19 Pandemic During the New Normal (Adaptation Period)

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## ABSTRACT

The PHBS appeal has even been stipulated through the Regulation of the Minister of Health of the Republic of Indonesia. As a supporter of the implementation of this regulation, the Ministry of Health has also launched the Healthy Community Movement and involves and empowers the community in terms of maintaining, improving and protecting their health. During the Covid-19 pandemic, the PHBS campaign was again echoed by the government to the community so that it was implemented to break the chain of virus spread. The data collection technique was carried out through discussion in the Whatsapp group. The researcher created a Whatsapp group and registered the numbers of all the informants in the group. The researcher asked questions in the Whatsapp group, and they were answered directly by the informants in the group. The answers of the informants were recapitulated and categorized, then analyzed according to the principles in qualitative data analysis. State Elementary School 09 Aie Pacah Padang City has 432 students and students, which are divided into six classes from grade 1 to grade 6. 16 local. Each locale consists of 28 students. In this pandemic era, schools implement a shift learning system where each local learns at school in one week only 3 days at school, for class 1 to class 3 learning hours the learning time is from 07.30-10.00wib, while class 4 to grade 6 The hours of study are from 07.30-11.00 WIB. There are 26 teachers and employees in this school. Consists of principals, teachers, administration, school guards/cleaning service and security guards. "I am very worried because this virus cannot be seen by the naked eye and can be transmitted through any object the sufferer touches. I also warn students and students not to comply with the covid protocol because students are still children a bit negligent of the covid protocol so they must often be reminded of the importance of maintaining health and implementing PHBS" (interview with the headmaster). Build their behavior in preventing Covid-19 by accumulating adequate knowledge about Covid-19 and how to prevent it. That knowledge formed their worried attitude at the very fast spread of the virus. But that worry doesn't scare them because they know how to prevent it. Knowledge and attitude then encourage them to act to prevent and cope. They start their actions from within themselves, their families and extend to society. The actions were taken by the community leaders above also illustrate their active role as government elites in the community in the context of the Covid-19 pandemic.

**Keywords:** Elementary School Teachers, Covid-19 Pandemic, New Normal.

## 1. INTRODUCTION

Clean and Healthy Life Behavior, refers to the behavior carried out by individuals on their own awareness, so that they can help themselves in the health sector and play an active role in health activities [8]. The PHBS appeal has even been stipulated through the Regulation of the Minister of Health of the Republic of Indonesia Number: 2269/MENKES/PER/XI/2011. As a supporter of the implementation of this regulation, the Ministry of Health has also launched the Healthy Community Movement and involves and empowers the community in terms of maintaining, improving and

protecting their health. During the Covid-19 pandemic, the PHBS campaign was again echoed by the government to the community so that it was implemented to break the chain of virus spread. The implementation of PHBS to prevent Covid-19 is not an easy thing for citizens to do. The government also urges community leaders, both formal and informal, in each region to play an active role in campaigning for the community to prevent the spread of Covid-19, and also play a role in efforts to mitigate the impact of the pandemic.

The goal is for schools, institutions and the community to be aware, willing, and able to independently actively participate in improving their

Indicators of Clean and Healthy Living Behavior (PHBS) in household settings are 1) delivery assisted by health workers, 2) exclusive breastfeeding babies, 3) weighing toddlers every month, 4) using clean water, 5) washing hands with water clean and soap, 6) use healthy latrines, 7) eradicate mosquito larvae at home once a week, 9) eat fruit and vegetables every day, 10) do physical activity every day, 11) don't smoke at home. Principles of preventing the spread of COVID-19 Maintaining physical distance, wearing a mask, washing hands, coughing by covering your mouth with your arm, avoiding crowds and meeting people outside. This study uses an exploratory qualitative-descriptive method with a case study model. The population in this study was elementary school teachers and employees who were in SD Negeri 09 Aie Pacah Koto Tangah, Padang City.

## 2. METHODS

This study uses a qualitative - descriptive exploratory method with a case study model. According to Hermawan (2010) exploratory qualitative method is one type of social research that aims to provide an explanation of the concepts or patterns used in research. In this research, the things that are explored are the components that shape the behavior of teachers, school employees, students and elementary school students. their knowledge, attitudes, and actions related to the prevention of Covid-19, as well as the link between Clean and Healthy Behavior.

Case studies according to Donsu (2016) are one type of research on humans, whether they are groups, individuals, events or organizations. In this study, the observed cases were the behavior of teachers, school employees, students and elementary school students. their knowledge, attitudes, and actions related to the prevention of Covid-19, as well as the link between Clean and Healthy Living behavior. The data collection technique was carried out through discussion in the Whatsapp group. The researcher created a Whatsapp group and registered the numbers of all the informants in the group. The researcher asked questions in the Whatsapp group, and they were answered directly by the informants in the group. Researchers also used Google Forms to fill out questionnaires distributed to teachers and employees. The answers from the recapitulated and categorized, then qualitative data were

7. Eating nutritious food and exercising, washing hands with soap and running water, eradicating larvae and not smoking in the from entering the body.

health status. However, it turns out that PHBS and Germas have not been fully understood, let alone implemented by the community.[7].

analyzed.

## 3. RESULT AND DISCUSSION

State Elementary School 09 Aie Pacah Padang City which has 432 students and students, which are divided into six classes from grade 1 to grade 6. 16 local. Each locale consists of 28 students. In this pandemic era, schools implement a shift learning system where each local learns at school in one week only 3 days at school, for class 1 to class 3 learning hours the learning time is from 07.30-10.00wib, while class 4 to grade 6 The hours of study are from 07.30-11.00 WIB. There are 26 teachers and employees in this school. Consists of principals, teachers, administration, school guards/cleaningservice and security guards.

### Behavior Overview

The domain of behavior includes knowledge, attitudes and actions or practice [5]. In line with this theory, the behavior of teachers, school employees, students and elementary school students. their knowledge, attitudes, and actions related to the prevention of Covid- 19, as well as the link between Clean and Healthy Living behavior.

The following is a description of the three components of the realm:

The behavior and role of teachers in PHBS and Covid Prevention in the New Normal Era. The teacher's role in clean and healthy living behavior with the prevention of Covid-19 they describe it as follows:

1. That clean and healthy living behavior can maintain body immunity and is beneficial for the prevention of covid- 19.
2. Wash your hands with soap and clean running water to kill the virus.
3. Clean living behavior can prevent the body from the corona virus and various kinds of infectious diseases.
4. Always clean the school floor using a disinfectant, it will kill viruses that have stuck to objects and survive for 8 hours,
5. Covid-19 can be overcome by maintaining personal and environmental hygiene.
6. The etiquette of covering your mouth when sneezing and coughing can prevent the spread of the Corona virus

house are all PHBS behaviors, and if implemented can prevent the Corona virus

## Attitude towards Covid-19

A. Placing posters and/or other communication, information, and educational media in strategic areas within the education unit, including at the education unit gates, bulletin boards, canteens, toilets, hallways, stairs, pick-up locations, and others that include :

1. Information on prevention of COVID- 19 and its symptoms;
2. Health protocols while in the education unit environment;
3. Information on areas for mandatory masks, physical distance restrictions,CTPS
4. With running water and the application of coughing/sneezing etiquette.
5. Invitation to apply Clean and Healthy Lifestyle (PHBS)
6. Procedures for monitoring and reporting on the health of education unit residents
7. Contact information for mental health assistance and psychosocial support services
8. Health protocol

B. Checking the health condition of students in the education unit at least 1 (one) time in 1 (one) week and periodically observing general conditions:

1. if the temperature is  $> 37.3^{\circ}\text{C}$ , then it is not allowed to enter the classroom, and immediately contact the health officer at the local health service facility;
2. if accompanied by symptoms of cough, runny nose, sore throat, and/or shortness of breath, it is advisable to immediately contact the health officer at the local health service facility;

C. Do not borrow equipment

1. Everyone is required to use their own equipment and there is no borrowing or borrowing equipment.
2. Every piece of equipment, such as stationery, bedding, books, and so on must be named after its owner.
3. The use of educational teaching aids, such as projectors, blackboard erasers, and so on must be avoided from the touch of the hands of many people whose cleanliness is not guaranteed.

## AUTHORS' CONTRIBUTIONS

The author's contributions in this study include preliminary surveys, proposal makers, licensing administrators, conducting research data collection

## ACKNOWLEDGMENTS

The author would like to thank LPPM Baiturrahmah University (Unbrah) which has

Holding the door handle to open/close the study room should be done by certain student officers, other students are expected to pass

through it without the need to hold the door handle. When opening the door with students, after baking, their hands must be cleaned with disinfectant.

"I am very worried because this virus cannot be seen by the naked eye and can be transmitted through any object the sufferer touches. I also warn students and students not to comply with the covid protocol because students are still children a bit negligent of the covid protocol so they must often be reminded of the importance of maintaining health and implementing PHBS" (interview with the headmaster).

"Before entering school, I oblige students to wash their hands with soap and running water in the sink that has been prepared, here there are eight hand washing points for students, teachers and school employees. In addition, before entering class to carry out routine learning, measure the temperature first" (interview with school security)

## 4. CONCLUSIONS

Build their behavior in preventing Covid-19 by accumulating adequate knowledge about Covid-19 and how to prevent it. That knowledge formed their worried attitude at the very fast spread of the virus. But that worry doesn't scare them because they know how to prevent it. Knowledge and attitude then encourage them to act to prevent and cope. They start their actions from within themselves, their families and extend to society. The actions taken by the community leaders above also illustrate their active role as government elites in the community in the context of the Covid-19 pandemic.

Carry out his role as a community leader to influence and change people's behavior, from those who previously did not know and become acquainted with and implement clean and healthy living behavior among community members which is the key to preventing the spread of Covid-19 infection in the community

activities, conducting data analysis, making reports, and making research manuscripts for publication.

facilitated the author to obtain research funds through the Unbrah Grant to fund all research activities carried out.

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