

# The Overview of Village Community of the 3M (Washing Hands, Wearing Masks dan Keeping Distance) During the Covid-19 Pandemic in Durin Simbelang Village Pancur Batu 2020

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## ABSTRACT

*Corona virus* is a disease that spreads quickly caused by the Corona virus that attacks the human respiratory system with symptoms of fever, cough, sore throat, shortness of breath, fatigue and lethargy. Therefore, efforts to break the chain of transmission are carried out by implementing health protocols including 3M knowledge (washing hands, wearing masks and maintaining distance). The purpose of this study is to determine the description of 3M knowledge in the community in Durin Simbelang Pancur Batu village in 2022. This study uses a descriptive method. Sampling technique using purposive sampling with a sample of 50 respondents. The measuring instrument uses is a questionnaire. The results of this study show that the knowledge of respondents washing hands of the majority was very good 47 people (94%) and minorities were enough 1 person (2%), the knowledge of wearing masks was the majority was very good 45 people (90%) and minorities were good 5 people (10%), and the knowledge of maintaining distance of the majority was very good 34 people (68%) and minorities less 1 person (2%), and the knowledge of 3M the majority was very good 46 people (92%) and the minority was good 4 people (8%). It is expected that the people of Durin Simbelang Pancur Batu can do 3M well in their daily lives.

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## 1. INTRODUCTION

*Corona virus* is a virus that attacks the respiratory system with symptoms of fever, cough, sore throat, shortness of breath, fatigue and lethargy. In severe cases it can cause pneumonia, acute respiratory syndrome to death. Most corona viruses spread like other viruses in general, namely through splashing the saliva of the sufferer (coughing and sneezing), touching the hands or face of an infected person, touching the eyes, nose and mouth after holding items affected by the splashing saliva of the person with the corona virus (Sukur, 2020).

Knowledge is a set of statements in the form of facts and thoughts that are arranged in presenting reasonable judgments and then transmitted to others through various communication media in the form of a systematic. Knowledge includes new assessments collected in textbooks, teaching and learning as library and archive materials (Bolisani & Bratianu, 2020).

The knowledge needed to prevent the transmission of covid-19 is by washing hands regularly using hand sanitizer (Chiu et al., 2020). Cleaning hands is a powerful way to prevent the spread of covid-19. Hand washing is very simple and cost-effective and is the first line of defense against the spread of a pandemic like this. Hands must be washed properly and appropriately because if the hands are clean, it is unlikely that a person can spread the virus to the eyes, nose, mouth or by touching the face area (Sahiledengle et al., 2020).

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Knowledge in the level of understanding and compliance of the community in wearing masks is relatively very low. Wearing a mask is one of the main recommended actions in prevention. Wearing a mask is excellent at avoiding the spread of droplets as well as protecting respiratory hygiene. Wearing a mask can be efficient in containing the disease widely, thus it has become a new problem in society during the covid-19 pandemic. The increase in masks that are in demand by the public has caused a global shortage of supplies and materials as a result, many people are forced to make their own masks and recycle used leftover masks (Chua et al., 2020).

Social distancing is also necessary in ensuring a reduction in covid-19. Distancing is defined as the practice of maintaining greater physical distancing than before the pandemic, avoiding direct contact between people. The reason for keeping your distance is to take actions such as avoiding crowds, staying at home and refraining from shaking hands and touching each other. The process of *social distancing* is carried out by keeping a distance of 1 meter or 3 feet with others (Nilsen et al., 2020).

The benefits of washing hands, wearing masks and maintaining distance are by training people to use masks when outside the room, while the public's awareness of the dangers of the covid-19 virus will be increased to maintain distance so that people will be more distant, less crowded and start activities by getting used to washing hands (Sriarumtias et al., 2020). With the knowledge and understanding of these parties, they can understand the status and role of parties who are expected to participate as well as possible and can contribute to the implementation of the policies that have been formulated (Fatimah, 2020).

According to Hamed Alzoubi (2020), one way to increase knowledge is to provide health counseling about covid-19 and its prevention so that the public is aware of its dangers and allows the community to prevent the spread of covid-19. To prevent the spread of covid-19, it is used on the basis of public awareness because the public knows the dangers of the corona virus. Health counseling is provided such as washing hands with soap and water, using *Hand Sanitizers* to maintain hand hygiene, wearing masks and maintaining a certain distance (at least 1 meter) from other people.

Based on the description above, the author will conduct this study which states that knowledge about 3M is needed in the community in fighting the Covid-19 pandemic, the author is interested in conducting this research with the title of an overview of public knowledge about 3M (washing hands, wearing masks and maintaining distance) during the Covid-19 pandemic in Durin Simbelang Pancur Batu Village in 2021.

## 2. METHOD

The research used is a descriptive study that aims to find out a picture of people's knowledge about 3M (washing hands, wearing masks and maintaining distance) during the Covid-19 pandemic. Descriptive research is research that observes, describes and records changes in circumstances and is sometimes used as a starting point for generation hypotheses or theoretical development research. The population in this study was the entire community of Hamlet 2 Durin Simbelang Pancur Batu Village with a sample of 50 people. The technique used in determining the sample is *purposive sampling*, which is a sampling technique that selects a sample from a population according to the needs of the author so that the sample can represent the characteristics of a previously known population. The measuring instrument used for data collection in this study was a questionnaire containing a number of questions and statements used to measure public knowledge about 3M.

## 3. RESULTS AND DISCUSSION

The results of the study obtained to find out the picture of public knowledge about 3M (washing hands, wearing masks and maintaining distance) during the Covid-19 pandemic are as follows:

**Table 1 Distribution of Respondents Based on Demographic Data (Gender, Age, Ethnicity, Education and Occupation) in Durin Simbelang Pancur Batu Village in 2021**

Characteristic	Respondent	
	F	%
<b>Gender</b>		
Man	20	40
Woman	30	60
<b>Amount</b>	<b>50</b>	<b>100</b>
<b>Age</b>		
Late Teens (17-25 Years Old)	21	42
Early Adulthood (26-35 Years)	17	34
Late Adult (36-45 Years Old)	5	10
Early Seniors (46-55 Years Old)	7	14
Late Seniors (56-65 Years Old)	0	0
<b>Amount</b>	<b>50</b>	<b>100</b>
<b>Ethnic group</b>		
Batak toba	5	10
Batak karo	10	20
Jawa	32	64
Melayu	1	2
Aceh	1	2
Padang	1	2
<b>Amount</b>	<b>50</b>	<b>100</b>
<b>Education</b>		
Elementary school	1	2
Junior high school	5	10
Senior high school	35	68
Diploma 3	1	2
Bachelor	9	18
<b>Amount</b>	<b>50</b>	<b>100</b>
<b>Profession</b>		
Civil servant	4	8
Laborer	9	18
Farmer	2	4
IRT	11	22
Self employed	19	38
Not working	5	10
<b>Amount</b>	<b>50</b>	<b>100</b>

Based on table 1 above, it was obtained that the majority of respondents were female, namely 30 people (60%) and male minorities as many as 20 people (40%), the majority respondents aged 20-25 years as many as 21 people (40%) and minority respondents aged 32-37 years as many as 2 people (4%) and 38-43 years old as many as 2 people (4%), the majority respondents were Javanese as many as 32 people (64%) and minority respondents were Malay ethnic, aceh and padang as many as 1 person (2%), the majority respondents with high school education as many as 34 people (68%) and minority respondents with elementary and Diploma 3 education as many as 1 person (2%), the majority respondents worked as self-employed as many as 19 people (38%) and minority respondents worked as farmers as many as 2 people (4%).

**Table 2 Distribution of Respondents Based on 3M Knowledge (Washing Hands, Wearing Masks and Maintaining Distance) During the Covid-19 Pandemic in Durin Simbelang Pancur Batu Village in 2021**

3M knowledge	Respondent	
	F	%
Less	0	0
Enough	0	0
Good	4	8
Excellent	46	92
<b>Amount</b>	<b>50</b>	<b>100</b>

Based on table 2 above, the majority were very good as many as 46 people (92%), and the good minority as many as 4 people (8%).

The author assumes that respondents of Durin Simbelang Pancur Batu Village have a very good knowledge of 3M (washing hands, wearing masks and maintaining distance) because the average respondent in the age category of late adolescence and early adulthood has awareness in preventing the spread of the covid-19 virus and following health protocols recommended by the government. Knowledge largely determines each individual so that it will influence behavior in everyday life. Because the higher the level of knowledge of a person, the easier it is to determine what he should choose and what he should do in his life. However, in its implementation there are still some respondents who do not do the 3M protocol properly.

Supported by Sary (2017), who said late adolescents have the capacity to acquire and use knowledge efficiently to reach their peak because brain growth reaches perfection. A teenager not only organizes what is experienced and observed, but the late adolescent is able to cultivate their way of thinking so as to give rise to a new idea. Therefore, the late teenager is able to grasp what a person is telling him and carry it out.

Supported by Mujiburrahman (2020), said age affects a person's grasp and mindset. With the increase in age a person causes the development of his grasping power and mindset so that the knowledge gained increases as well. Knowledge is closely related to the decisions he will make, because with knowledge a person has a foundation for making his choice.

#### 4. CONCLUSION

Based on the results of the research obtained by the demographic data of the people of Durin Simbelang Pancur Batu Village in 2021, it can be concluded as follows 3M knowledge (washing hands, wearing masks and maintaining distance) respondents during the Covid-19 pandemic in Durin Simbelang Pancur Batu Village in 2021 was concluded very well as many as 46 people (92%) from 50 respondents.

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