

The Relationship of Knowledge with Compliance with Health Protocols for Level III Students of STIKES Santa Elisabeth Medan In 2022

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ABSTRACT

Covid 19 is a health problem that occurs in the world. Spread through droplets (splashes) from the respiratory tract and direct contact, in deciding the spread of Covid 19, the government implements health protocols aimed at preventing the transmission of Covid 19. Knowledge of health protocols is a result obtained from information about actions made to prevent the spread of Covid 19. The purpose of this study is to determine the relationship between knowledge and compliance with health protocols in an effort to prevent the spread of Covid 19 on Level III Students of the STIKES Santa Elisabeth Medan Academic Ners Study Program 2022. The research design uses a correlation design with a cross sectional approach. The number of respondents are 85 level III students of the academic Ners study program with a sampling technique, namely the Total Sampling technique. The data are analyzed using the Sperman rank test. The results of the study obtained a relationship between knowledge and compliance with health protocols on level III students of the academic Ners study program at STIKes Santa Elisabeth Medan with an r of 0.424 and a p-value of 0.000. It is hoped that the results of this study will be used as additional data for subsequent researchers.

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1. INTRODUCTION

Covid 19 is a health problem that is still hotly discussed in the world. Covid 19 cases continue to increase in various countries and throughout the world until November 8, 2020 reached 49,578,590 confirmed cases with 1,245,717 deaths, such as in the United States which is the country with the highest number of cases in the world as many as 9,504,758 cases with a death rate of 233,292 cases according to data, according to WHO (2020) in (Pasionista Vianitati, 2021). Meanwhile, the increase in the number of confirmed cases of Covid 19 in Indonesia based on data from the Ministry of Health, 2021 occurred in a fast time at the end of April 2021, 5,500 cases were obtained, at the end of June 2021 it increased to 21,807 cases, and July 2021 reached 54,000 cases (Hutapea & Soputri, 2021).

The Covid-19 disease not only affects adults, but also affects children and adolescents. Based on a Report by the American Centers for Disease Control and Prevention (CDC) shows that children and adolescents are more at risk of developing complications related to the Covid-19 disease. From the data collected from February to July 2020, it was found that 70% of the 121 cases of children and adolescents who died from diseases related to Covid-19 disease aged 10-20 years according to Kompas.com (2020) in (Anggreni & Safitri, 2020).

The spread of Covid 19 through droplets (splashes) from the respiratory tract and direct contact, the transmission occurs when a person is within one meter of an infected person. Usually droplet exposure is transmitted through coughing, sneezing, or contact with the person. This infectious agent

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enters through the mouth, nose and conjunctiva. Spread also occurs through fomite in the environment of the infected person. And also the spread of Covid 19 occurs directly or in contact with infected or indirect people through contact with environmental surfaces or objects used by infected people (Simanjuntak & Rahmayanti, 2022).

In deciding the spread of Covid 19, the government implements health protocols aimed at preventing the transmission of Covid 19 (Hutapea & Soputri, 2021). Health protocol is an activity carried out to protect yourself from contracting the corona virus by maintaining cleanliness, washing hands, wearing masks, and maintaining distance (Supriyadi, Istanti, 2021). While Indriyanti & Winata et al (2020) in (Prasetyo et al., 2021), health protocols are actions recommended by the government such as maintaining distance, not crowding, wearing masks, washing hands regularly, and also implementing a healthy lifestyle that aims to maintain body immunity such as eating nutritious foods that are high in fiber such as vegetables and fruits, exercising regularly, avoid stress, get enough rest, and diligently sunbathe in the morning.

This effort is useful for deciding the spread of Covid 19, where in carrying out this, good compliance is needed to prevent the spread of Covid 19 (Prasetyo et al., 2021). Compliance is the behavior of a person who follows instructions or instructions in the rules, laws, social norms, desires of someone who has authority or an important role according to Widayatun (2009) in (Nuhan & Turochman, 2021). Meanwhile (Istikomah, 2021) explained that compliance itself is still a phenomenon that must be improved to improve behavior in breaking the chain of transmission of Covid 19.

The results of a survey obtained from the Central Statistics Agency (BPS) on the level of community compliance in implementing health protocols obtained the results of the majority of people not complying with health protocols and PSBB with a value of 55% of respondents stating that there were no severe and strict sanctions, and 33% did not comply because it made their work difficult, and 23% said the price of masks, face shields, and other expensive protective equipment. In addition, the DKI Jakarta government recorded that the total fines for violating the health protocols of DKI Jakarta residents reached Rp. 4.9 M, and since June 2020 as many as 13,300 violators who did not wear masks from 12 - 24 October 2020 (Triana et al., 2021).

The success of this compliance action is supported by several factors, one of which is knowledge (Roza et al., 2021). Knowledge is a form of a person's understanding of the topic being conveyed. Knowledge is also a form of one's result of receiving, maintaining, and leverage the data gained and associated with his experience and expertise. Usually this knowledge is obtained by someone from the field of formal and informal education, as well as from personal and other people's expertise, the environment, and social media (Moudy & Syakurah, 2020).

The results of the study conducted by Wadood, et al (2020) obtained the results of student knowledge mostly badly carried out to students at one of the universities in Bangladesh, while the results of research conducted by Agarwal, et al (2020) conducted on medical students in India who had poor knowledge related to Covid 19. Meanwhile, the results of research conducted by Baloran (2020) conducted on students in the Philippines obtained knowledge related to the prevention of covid-19 with sufficient knowledge results. The results of the research on the level of knowledge of health students about the prevention of health students about the prevention of Covid 19 in Indonesia, the highest knowledge was obtained in the good category as many as 228 (51.35%), enough 142 (31.98%), and the lowest in the category of less knowledge as many as 78 (17.56%) respondents consisting of students of nursing, midwifery, pharmacy, public health, and medicine. (Sukesih et al., 2020). The results of a research survey conducted at the Poltekkes of the Ministry of Health Palu show that most students have good (46%) and sufficient (41%) knowledge about Covid-19 (Agustiany, 2021).

There is a significant relationship between knowledge and compliance with health protocols (Nuhan & Turochman, 2021). Based on the background above, researchers are interested in conducting research on the relationship between eating habits and body image in grade IX adolescents at SMP N.2 Siborongborong in 2022.

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2. METHODS

This type of research is quantitative with a correlation design with a Cross Sectional approach. The research was conducted at the STIKes Santa Elisabeth Medan campus. The study was conducted for 2 months, namely from April to May 2022. The subjects of this study were determined using the Total Sampling technique where the respondents were level III students of the Academic Ners Study Program, namely 85 respondents. Data collection is carried out by distributing knowledge and compliance questionnaires to respondents through a google form link to find out knowledge and compliance about health protocols. Where in the knowledge variable the researcher conducts a valid test himself, while for the compliance variable, no longer valid test is carried out because it is standardized and has been tested by the previous researcher and adopted from (Hikmawan, 2021). Where the knowledge questionnaire consists of 18 items of reability coefficient test value with Cronbach which is 0.701 and the compliance questionnaire consists of 49 items with a reability coefficient test value with Cronbach alpa which is 0.964 so that it is said to be reliable (Hikmawan, 2021). Research ethics in this study are protecting anonymity, respect for person, beneficence & maleficence, justice, confidentiality (Polit & Beck, 2012).

Data analysis in this study the researcher checked the completeness of respondents' answers so that the data in question could be processed correctly, then the researcher changed the respondents' answers obtained into a number form related to the researcher's variable as a code on the researcher, then the researcher calculated the score that each respondent had obtained based on the answers to the questions asked by the researcher, after that, the researcher entered the results of the study into a table form and looked at the percentage of data processing answers using computerized computerization by means of Statistical calculations (SPSS) (Nursalam, 2020). Univariate analysis was performed to describe the characteristics in demographic data, free variables, and bound in the form of frequency distributions. Bivariate analysis was carried out to test the research hypothesis using the Spearman Rank test with a meaningfulness level of $\alpha = 0.05$ (Nursalam, 2020).

3. RESULTS AND DISCUSSION

TABLE 1
Frequency Distribution and Percentage of Characteristics of Respondents of Level III Students of the Academic Ners Study Program at STIKes Santa Elisabeth Medan in 2022

Characteristics	Frekuensi (f)	Persentase (%)
Age		
17-25 (Late Teens)	85	100
Total	85	100
Mean \pm SD	20.55 \pm 0.852	
Gender		
Male	9	10.6
Female	76	89.4
Total	85	100
Mean \pm SD	1.89 \pm 0.310	

Based on table 1, it shows the characteristics of respondents based on age, respondent data obtained in late adolescents (17-25 years) as many as 85 respondents (100.0%). Based on the average age of level 3 students at STIKes Santa Elisabeth, it is at a score of 20.55 with a standard deviation of 0.852. The characteristics of respondents based on gender were that respondents were male as many as 9 people (10.6%) and female as many as 76 people (89.4%). Based on the average gender of level 3 students at STIKes Santa Elisabeth, it is at a score of 1.89 with a standard deviation of 0.310.

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TABLE 2
Frequency Distribution and Percentage of Knowledge in Level III Students of Academic Ners Study Program at STIKes Santa Elisabeth Medan in 2022

Knowledge	Frekuensi (f)	Persentase (%)
Low	5	5.9
Medium	32	37.6
High	48	56.5
Total	85	100
Mean \pm SD	29.28 \pm 3.663	

Based on table 2 shows the distribution of frequency and percentage of knowledge. The results showed that the knowledge of students at STIKes Santa Elisabeth Medan in the high category was 48 people (56.5%), enough as many as 32 people (37.6%), and low as many as 5 people (5.9%). Based on the average knowledge of level 3 students at STIKes Santa Elisabeth, it is at a score of 29.28 with a standard deviation of 3,663.

TABLE 3
Frequency Distribution and Percentage of Compliance in Level III Students of Ners Study Program at STIKes Santa Elisabeth Medan in 2022

Compliance	Frekuensi (f)	Persentase (%)
Low	0	0
Medium	41	48.2
High	44	51.8
Total	85	100
Mean \pm SD	184.93 \pm 31.213	

Based on table 3 shows that the distribution of the frequency and percentage of compliance. The results showed that the compliance of students at STIKes Santa Elisabeth Medan in the high category was 44 people (51.8%) and enough as many as 41 people (48.2%). Based on the average compliance of level 3 students at STIKes Santa Elisabeth, it is at a score of 184.93 with a standard deviation of 31,213.

TABLE 4
The Relationship between Knowledge and Compliance with Health Protocols in Efforts to Prevent the Spread of Covid 19 in Level III Students of the STIKes Santa Elisabeth Medan Academic Ners Study Program in 2022

Knowledge	Compliance								μ	$p - value$
	Low		Medium		High		Total			
	f	%	f	%	f	%	f	%		
Low	0	0	5	5.9	0	0	5	5.9	0.424	0.000
Medium	0	0	20	23.5	12	14.1	32	37.6		
High	0	0	16	18.8	32	37.6	48	56.5		
Total	0	0	41	48.2	44	51.8	85	100		

Based on table 4, it can be seen that the results of research on the relationship of knowledge with compliance in level III students of the academic study program at STIKes Santa Elisabeth Medan in 2022 show low knowledge with sufficient compliance there are 5 respondents (5.9%), sufficient knowledge with sufficient compliance there are 20 respondents (23.5%), sufficient knowledge with high compliance there were 12 respondents (14.1%), high knowledge with sufficient compliance there were 16 respondents (18.8%), and high knowledge with high compliance there were 32 respondents (37.6%).

Based on the results of the chi square statistical test, a p-value of 0.000 (p-value<0.05) and a

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correlation (μ) of 0.424, where the relationship between knowledge and compliance with health protocols shows a weak and positive patterned relationship, which means that the better the knowledge, the higher the student's compliance in efforts to prevent the spread of Covid 19 in the STIKes Santa Elisabeth Medan environment in 2022.

Discussion

The results of the research that has been carried out show that knowledge about the health protocols of level III students of the Academic Ners study program at STIKes Santa Elisabeth Medan, the majority of whom have high knowledge. This was obtained from the statement contained in the questionnaire that had been distributed to 85 respondents who had knowledge of high health protocols, namely 48 people (56.5%). Where students in the use of cloth masks that must be used by everyone, temperature checks in public places, and not touching anything after washing hands where it is found that many respondents know and understand about knowledge of health protocols. In addition, this can be influenced by awareness to maintain health. (Sibua & Silaen, 2020) said this is influenced by a feeling of emotional closeness, a sense of security, a sense of tranquility in oneself, and also guidance that can provide the information, advice and advice needed to overcome the problem at hand.

Student knowledge is also influenced by several factors such as the age at which the age of late adolescence in addition to a young age, this also increases the ability to collect information, the amount of information available on electronic media and the internet, as well as the ability to access the internet provides convenience in accessing various information about Covid 19 (Anggreni & Safitri, 2020). Late adolescence (adolescence) has a broad meaning covering mental, emotional, sexual and physical maturity (Hanifah & Suparti, 2017). In addition, gender also affects knowledge where the majority of respondents are female where adolescent girls have more time to read or discuss with peers (Berek et al., 2018). (Mujiburrahman et al., 2021) revealed that knowledge becomes better because a person's grasping power and thinking patterns will develop as a person ages.

This research is in line with research conducted by (Mardiati Umami and Ghazali, 2021) showing that of the 382 respondents who had less knowledge as many as 56 respondents with a percentage of 14.7%, sufficient knowledge as many as 94 respondents with a percentage of 23.6% and good knowledge as many as 232 respondents with a percentage of 60.7%. This is because Knowledge is a crucial/important factor that can influence behavior change, and individuals can acquire knowledge and skills through the learning process. Therefore, one's knowledge still needs to be improved by being pursued through learning activities from the organizing party. Public knowledge, especially in preventing the transmission of the spread of the SARS-CoV-2 virus, is very useful in suppressing the transmission of the virus.

The results of the research that has been carried out show that compliance with the health protocols of level III students of the academic Ners study program at STIKes Santa Elisabeth Medan, the majority of them have compliance with high health protocols. This was obtained from the statements contained in the questionnaire that had been distributed to 85 respondents of compliance with high health protocols, namely 44 people (51.8%). The majority of respondents stated that they believed in terms of wearing masks, maintaining distance, washing hands, it was mandatory to be able to prevent the transmission of Covid 19, maintain distance, and prohibitions on traveling outside the city and abroad where it was found that many respondents trusted, accepted, and took actions in complying with health protocols. In addition, this can be influenced by awareness to maintain health. (Sibua & Silaen, 2020) said this is influenced by feelings of emotional closeness, a sense of security, a sense of tranquility in oneself, and also guidance that can provide the information, advice and advice needed to overcome the problem at hand.

Student compliance is also influenced by several factors such as the age at which the age of late adolescence where in addition to a young age, adolescents experience rapid physical, mental and cognitive development, family support is needed for readiness at this age. Parents and loved ones need

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to set an example in complying with government regulations, and encourage adolescents to follow existing provisions (Anggreni & Safitri, 2020). In addition, gender also affects compliance where the majority of respondents are female where adolescent girls have a tendency to be easily influenced, less independent, then adolescent girls tend to adapt more than men (Hanna Permata Hanifa & Muslikah, 2019). In addition, knowledge affects compliance where knowledge is one of the things that must be considered in relation to handling, especially to prevent the spread and suppress the spread of the virus. This knowledge affects the identification and decision-making of the problem at hand (Novi Afrianti, 2021).

This research is in line with research conducted by (Yesica Damayanti Manalu et al., 2015) showing that respondents who have good health protocol compliance are 3 respondents (60%), and respondents who have poor knowledge with poor health protocol compliance by 1 respondent (20%). This is because compliance is a form of behavior that adheres to a person's goals that have been set. There are many factors that influence the formation of a person's compliance, which considering the importance of compliance in reducing the spread of Covid-19.

The results of the research obtained by researchers on the relationship of knowledge with compliance with health protocols in level III students of the Academic Ners study program at STIKes Santa Elisabeth Medan from 85 respondents, namely having high knowledge with high compliance, there were 32 respondents (37.6%) with a coefficient value of $r = 0.424$ and a p-value of $0.000 (< 0.05)$.

This research is in line with the research carried out (Yesica Damayanti Manalu et al., 2015) showing the results of the analysis carried out with the Pearson Chi Square Test obtained p value results = 0.048. This shows that there is a significant relationship between the relationship of knowledge and compliance with health protocols, the public really needs to have good knowledge to suppress the transmission of the Covid-19 virus, because with good knowledge and judgment, it will affect a person in making decisions to face something.

In line with the results of the study (Mardiati Umami and Ghazali, 2021) showed the level of knowledge of respondents who had a very significant relationship with their behavior in carrying out compliance with health protocols (p-value = 0.065). Which has a significant relationship between knowledge and compliance with health protocols in the era of the Covid-19 pandemic, the community really needs to have public knowledge, especially in preventing the transmission of the spread of the SARS-CoV-2 virus, which is very useful in suppressing the transmission of the virus, where compliance plays a very important role in reducing deaths and the nursing system that can provide excessive burdens.

Good knowledge does not guarantee that students do not break the rules but can reduce that non-compliance little by little. Therefore, the knowledge of residents who still need to be straightened out and the community's compliance behavior that is still negative can be pursued through learning activities from the organizing party. Public knowledge, especially in preventing the transmission of the spread of the SARS-CoV-2 virus, is very useful in suppressing the transmission of the virus (Syafel & Fatimah, 2020). In student compliance in the implementation of health protocols is a form of human compliance behavior with regulations commonly referred to by the government, trying to maintain and damage health as high as possible. The chain of transmission of COVID 19 by covering the nose and mouth. Use a mask and wash hands with soap and running water. It is recommended to wash your hands properly with running water and soap for at least 20 seconds. Hand sanitizers or preservatives containing 62%, 95% alcohol that can change the texture of microbial proteins and kill viruses. Keep a distance of at least 1 m or 3 feet from everyone and avoid close contact with those around you (Mardiati Umami and Ghazali, 2021).

4. Conclusion

The results showed knowledge about the health protocols of level III students of the Academic Ners study program at STIKes Santa Elisabeth Medan in 2022 with a high category of 48 people (56.6%), compliance with the health protocols of level III students at STIKes Santa Elisabeth Medan

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in 2022 with a high category of 44 people (51.5%) and there is a relationship between knowledge and compliance with the Health protocol of level III students of the Academic Ners study program at STIKes Santa Elisabeth Medan in 2022 with a p-value = 0.000 ($p < 0.05$) and a correlation result of 0.424.

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