

COVID-19 PREVENTION THROUGH CLEAN AND HEALTHY LIVING BEHAVIOR EDUCATION (PHBS) FOR TABLIGH CONGREGATIONS IN SALABENDA VILLAGE

Eny Dwimawati *, Muhammad Ubaidillah

Universitas Ibn Khaldun Bogor

Jl. Sholeh Iskandar No.Km.02, RT.01/RW.010, Kedungbadak, Kec. Tanah Sereal, Kota Bogor, Jawa Barat
16162, Indonesia

Abstract

The development of this community, namely providing education on a clean and healthy lifestyle (PHBS) as an effort to prevent Covid-19. The method used in this community development is in the form of theory-based education and practice of a clean and healthy lifestyle (PHBS) as an effort to prevent Covid-19 with the preparation stage and the implementation stage. The targets of this community development activity are the residents of Salabenda Village, Parakan Jaya Village, Kemang District, Bogor Regency, especially the Tablighi Jamaat. The result of this community development activity is that the Tablighi Jamaat of Salabenda Village gain knowledge through the theory and practice-based education stage on how to be aware of and deal with Covid-19, how to apply PHBS (Clean and Healthy Lifestyle) and how to use masks, how to wash hands properly and correctly. . From the results of this education, the Tabligh congregation of Kampung Salabenda can practice a clean and healthy lifestyle such as how to wash hands properly and correctly, how to use a good mask, keep a distance between other worshipers, adhere to health protocols, apply healthy living patterns and behaviors in the community.

Keywords: Covid 19, Clean and Healthy

INTRODUCTION

Covid-19 or Corona virus is a type of virus that can make the respiratory system infected. There are many cases, which state that covid-19 not only results in respiratory infections with mild levels such as flu but corona (Covid-19) can also result in respiratory infections with severe levels such as pneumonia. The process of transmission of Covid-19 occurs when there is a splash of phlegm from the respiratory tract, such as when in a closed room or place, interacting with many people and poor air circulation or direct contact with flu patients.

Covid-19 is also included in very virulent virus clusters such as SARV-Cov (Severe Acute Respiratory Syndrome) and MERS-Cov (Middle East Respiratory Syndrome) (Susiati et al, 2021). The Corona virus is the latest type of virus that was discovered or appeared in 2019. This virus has also never been identified as being able to attack the respiratory tract. In addition, this coronavirus is also part of a virus that can infect various poultry and mammals, including humans (Kurniawati & Santosa, Farah Heniati Bahri, 2020).

The symptoms caused by the coronavirus are characterized by symptoms of dry cough, fever, flu and fatigue. This outbreak initially occurred in the Chinese capital, Wuhan. Then it spread to various countries, one of which is Indonesia (Yufiarati, 2019). Until now, through the report of the National Task Force (Task Force for the Acceleration of Covid-19 Handling), 1.46 million people were recorded infected (positive for Covid-19) on March 23, 2021. This number is increasing day by day. This must be everyone's concern so that they remain vigilant and from now on prioritize PHBS more.

PHBS stands for Clean and Healthy Lifestyle. PHBS is all healthy behaviors that are applied by a person or group with full awareness so that all family members are able to help themselves independently in the health sector and play an active role in every activity in the community. Implementing PHBS behavior is also an effort to transmit experiences about PHBS through individuals, groups, or the wider community through education or socialization as an information medium. In addition, a clean and healthy lifestyle is a social engineering with the aim of making community members as agents of change as possible in order to improve the quality of themselves in implementing PHBS.

Getting used to a clean and healthy lifestyle needs to be implemented from now on, especially during this Covid-19 outbreak. The habituation of PHBS intends to provide a routine activity to a person related to a clean and healthy lifestyle so that it becomes a habit (Wiranata, 2020). Therefore, the habit of a clean and healthy lifestyle for family members, especially and the community during the Covid-19 outbreak, can be in the form of education, both theoretical and practical. If people get used to a clean and healthy lifestyle from an early age, then indirectly the community has played an active role in fighting Covid-19 in Indonesia.

In Indonesia, the government has implemented all means to reduce the spread of Covid-19 such as enforcing PSBB, PPKM and Social Distancing, but these methods or steps are not followed and implemented by the local community. Some Indonesian people are easily provoked by false issues through the mass media related to the untruthfulness of the coronavirus. This is very unfortunate for all parties, therefore intensifying theoretical and practical education to the public is very important in providing real information related to the coronavirus. Therefore, people should be able to foster self-awareness to always be diligent in promoting a healthy and healthy lifestyle. However, self-awareness in the midst of the community is still minimal, including the people in Salabenda Village. For this reason, this development is focused on implementing education to the community regarding PHBS (Clean and Healthy Lifestyle) behavior as an effort to prevent Covid-19.

IMPLEMENTATION METHODS

The implementation of community development activities for Covid-19 prevention efforts through a clean and healthy lifestyle consists of several stages as described below.

1. Preparation Stage At this stage, the development implementation group visited the location to make observations related to the extent of residents' readiness in efforts to prevent Covid-19. In addition, we also observed the profile of Salabenda Village and prepared various facilities and infrastructure that will be needed in the PKM activities.
2. Implementation Stage Providing theoretical education related to the implementation of PHBS as an effort to prevent Covid-19 is carried out through the use of media in the form of posters. In

addition, I as the person in charge also provide various theory-based and practice-based education such as how to be aware of covid-19, how to handle covid-19, how to implement PHBS, how to use masks, and how to wash hands properly and correctly.

RESULTS AND DISCUSSION

Salabenda Village is one of the villages in Kemang District, Bogor Regency. The results of the implementation of this PKM activity are divided into 3 activities, namely

1. Preparation Stage

At this stage, I as the person in charge and the team conduct location observation and licensing. The purpose of this observation and licensing is to see and check the place of worship of religious events or mosques taking place in Salabenda Village. The results of these observations are several things related to the condition of places of worship in Salabenda Village such as hand washing places, shaf dividers, and others. By departing from the conditions of the place obtained by the PKM team, we then determined that the theoretical and practical educational approach is the right choice in providing knowledge on how to be aware of covid-19, how to handle covid-19, how to implement PHBS, how to use masks, and how to wash hands properly and correctly. After the educational approach is chosen, then our PKM team prepares facilities and infrastructure to support the implementation of development, then cleans the places of worship on the outside and inside, then provides distance signs and prepares handwashing stations.

2. Implementation stage

At the implementation stage, the first is theory-based education on how to be aware of covid-19, how to handle covid-19, how to implement PHBS (Clean and Healthy Lifestyle), how to use masks, and how to wash hands properly and correctly. using a persuasive approach, namely by using direct communication channels and media channels in the form of posters. The direct communication channel was carried out by gathering representatives from the congregation in the hall of Salabenda Village to provide materials related to PHBS as an effort to prevent Covid-19. The media path is in the form of a poster. This is done so that it can be understood from various circles from teenagers to adults.

Education related to how to be aware and how to handle covid-19 presented by our team of developers such as:

1. Wearing a mask

Masks are one of the personal protective tools, especially in preventing yourself from being infected from Covid-19. The use of masks is enforced not only for sick people, but applies to all wider communities.

2. Hand washing

One case of virus transmission is predicted to occur when hands touch surfaces or objects contaminated with the virus and then accidentally touch the face. Then the virus passes from the hands to the nose or mouth. Therefore, for this reason, it is emphasized to all residents to get used to washing their hands with soap or hand sanitizer and as much as possible not to touch their faces when they finish touching objects.

3. Keeping Distance

Maintaining Distance is a preventive and control measure against Covid-19 so that you do not get infected, the other is by maintaining distance in places of worship. While on walking, not allowed to shake hands and Striving for caredistance about 1 meter deep interact.

Education with media in the form of posters is carried out by explaining how to be aware and how to handle covid-19, then explaining how to implement PHBS before and during religious activities, explaining how to wear masks correctly, explaining how to wash hands properly and correctly. In addition, the poster was pasted on the wall near the mosque.

Me and our team then explain and practice These things to the chairman DKM and Representative from Congregation agar The achievement of the target reaches all the pilgrims present in religious activities, 1 day before the religious activity I and our team cleaned the mosque and around the mosque area to sterilize the mosque area so that it could be used, give distance signs, and prepare a place to wash hands, besides that we also coordinated with the head of DKM not to bring or invite other worshippers from outside Salabenda Village, after the event we were tasked with providing masks for worshippers who did not bring masks and monitoring during the religious event until it was finished.

CONCLUSIONS

Based on the results of the discussion that has been explained in the implementation of PKM related to Covid-19 Prevention Efforts Through PHBS Education, it was obtained that the pilgrims of Salabenda Village, Parakan Jaya Village gained knowledge through the theory and practice-based education stage on how to be aware of and handle Covid-19, how to implement PHBS, how to use masks, and how to wash hands properly and correctly.

From the results of the education, the pilgrims of Salabenda Village can practice PHBS such as how to wash their hands properly and correctly, how to use masks, maintain distance from other worshippers, and comply with health protocols when there are religious event activities.

REFERENCES

- Kurniawati, K. R. A., & Santosa, Farah Heniati Bahri, S. (2020). Sosialisasi Hidup Sehat di Tengah Wabah Virus Corona. JPMB: Jurnal Pemberdayaan Masyarakat Berkarakter, 3(1), 58–65
- Nailul, M. (2020). Konsep Isolasi Dalam Jaringan Sosial Untuk Meminimalisasi Efek Contagious (Kasus Penyebaran Virus Corona di Indonesia). Jurnal Sosial Humaniora Terapan, 2(2), 117–125.
- Yufiarti, Y., Edwita, & Suharti. (2019). Healt Promotion Program (JUMSIH); To Enhance Children's Clean and Healthy Living Knowledge. Pendidikan Usia Dini, 13(2), 341– 355