

THE EFFECT OF EDUCATION POSTER ON NEW HABITS IN THE AGE OF COVID-19 ON KNOWLEDGE LEVEL OF THE ELDERLY AS A HIGH-RISK GROUP (PRE-EXPERIMENT STUDY)

Dewiyanti^{1*}, Maryam Suaib²

^{1,2} Department Of Nursing, Institut Kesehatan dan Bisnis Kurnia Jaya Persada

*E-mail : dewiacara@gmail.com

Abstract

The COVID-19 pandemic has become a pandemic that can close access to socialization, work, and a decrease in people's economic income. Many people have died due to the COVID-19 virus. The Elderly is the age group that most of the victims in this case. Being infected with COVID-19 causes patients to experience shortness of breath, high fever, dry cough, and weakness. The government is currently promoting the Adaptation of New Habits as an effort to prevent the transmission and increase of COVID-19 cases. When surveying 10 elderly people directly in the field in RT 004 and 003, the researchers found 7 elderly people who did not know about adapting new habits as a prevention effort, and 3 other elderly people said they had heard from television broadcasts but could not explain well the description of adaptation of new habits. Therefore, the elderly need accurate and well-delivered information. One way to convey the right information to the elderly is to use health education with poster media. Poster media can contain information in a size that can be seen and understood by the elderly. The research will be conducted using the Pre-Experimental Design method with the One group pre and post-test design method using primary and secondary data which will be processed by the Wilcoxon test. The sample in this study was 48 elderly people in Bara Palopo City. The media used in this research are questionnaires that have been tested for validity and reliability and posters. The results of the study concluded that there was an effect of poster education about the new habits of the Covid 19 era on the level of knowledge of the elderly as a high-risk group. Suggest for the elderly to continue to carry out strict health protocols until the pandemic period is over or resolved.

Keywords: Education, poster, impact, new habits, knowledge

Introduction

The COVID-19 pandemic is still the biggest obstacle in the health sector faced by the world. It has been almost a year since the world has been at war with the COVID-19 pandemic. The COVID-19 pandemic has infected 216 countries in the world, with 179 countries experiencing local transmission. In Southeast Asia, there were 8,546,666 confirmed cases with 135,275 deaths. In Indonesia alone, confirmed cases of death due to COVID-19 occurred at the age of 46 to 59 years, the number of deaths due to COVID-19 reached 6.11 percent (Kementerian Kesehatan RI, 2020). A spokesperson for the COVID-19 handling task force, Prof. Wiki Adisasmito said that over the age of 60 the total was 14.6%, which was the highest mortality rate (Alam, 2020).

The Elderly is an age group that has passed the life span of 60 years and over. The elderly according to WHO is the age group 60 years and over. Between 2015 and 2050, the proportion of the elderly population over 60 years will almost double from 12% to 22% (World Health Organization, 2018). COVID-19 is changing the daily routine of the elderly, the care and support they receive. The elderly are required to spend more time at home, reduce physical contact with other family members, friends and colleagues, while stopping activities outside the home create stress on their own. The highest death rate that occurs in the elderly makes anxiety and fear add to the pressure on the elderly (WHO, 2020b). Therefore, it is important to provide education to the elderly about how to prevent COVID-19 so that the elderly can still carry out daily activities.

COVID-19 can be prevented by the elderly by regularly washing hands, keeping a distance, avoiding crowds, eating nutritious food, staying at home, taking vitamins, exercising, and avoiding excessive stress (WHO, 2020a). Education for the elderly needs to be done using media that can be understood by the elderly. One of

the media that is easy for the elderly to understand is pictorial and colored media. The results of research conducted by Lolo & Sumiati (2019) who conducted Luwu language education using poster media with attractive pictures and colors concluded that there were differences in knowledge before and after education.

Based on this, the formulation of the problem in this study is how is the effect of poster education about the new habits of the Covid 19 era on the level of knowledge of the elderly as a high-risk group?

Methods

The research will be carried out using the Pre-Experimental Design method with the One group pre and posttest design method using primary and secondary data which will be processed by the Wilcoxon test. The sample in this study were 48 elderly people in RT 003 and 004 Balandai Village, Kec. Bara Palopo City. The media used in this research are questionnaires that have been tested for validity and reliability and posters.

Results

Table 1. Distribution of Respondents based on Knowledge Level of the Elderly as a High Risk Group

Knowledge	Before		After	
	F	(%)	F	P (%)
Good	8	16.7	38	79.2
Sufficient	30	62.5	10	20.8
Lack	10	20.8	-	-
Total	48	100.0	48	100.0

Based on the data in table 1, it is found that the level of knowledge before health education has good knowledge of 8 people (16.7%), sufficient knowledge of 30 people (62.5%), and lack of knowledge as many as 10 people (20.8%). Meanwhile, after health education data obtained a good knowledge of 38 people (79.2%) and sufficient knowledge of 10 people (20.8%). In this study, it was found that there was an increase in knowledge-based on data on the number of respondents after being given health education. This happened because of the provision of health education interventions as an effort to increase respondents' knowledge. The results of research conducted by Jaji (2020) found that there were differences in knowledge before and after health education. Where before health education the number of respondents who had good knowledge was less than less knowledge and after health education was carried out, the number of respondents with high knowledge changed increased more than less knowledge.

Table 2 Testing the Effect of Poster Education on New Habits in the Covid 19 Era on Knowledge Levels of the Elderly as a High-Risk Group

	Mean	Std. Deviation	Sig. (2-tailed)
Knowledge before intervention	12.2708	2.66370	0,000
Knowledge after intervention	16.6875	2.04374	

Based on the Wilcoxon Signed Ranks Test analysis test and obtained a p-value of 0.000 which is smaller than the value of $= 0.05$, which means H_a is accepted and H_0 is rejected or there is an influence of poster education about the new habits of the Covid 19 era on the level of knowledge of the elderly as a high-risk group.

Discussion

The results of the study found that there was or was an influence of poster education about the new habits of the Covid 19 era on the level of knowledge of the elderly as a high risk group. Health education is one of the efforts made by health practitioners or health academics who seek to increase knowledge, change attitudes or increase positive behavior from the community. Health education is an effort to provide information to the public through health counseling and provide informal learning experiences for individuals to change behavior (Nurmala, 2018)

In the results of this study, it was found that there was an increase in the knowledge of the elderly in making efforts to adapt to new habits during the COVID 19 pandemic. Efforts made include using masks when traveling and gathering with many people, maintaining distance, regularly washing hands, and exercising regularly. Knowledge of the elderly as a risk group about adapting to new habits began to change along with the increase in the information received during the COVID 19 pandemic. This study uses posters in its implementation to make it easier for the elderly to read and understand information through pictures. The poster is a medium used to provide information that contains images and writings that help readers understand the information conveyed. The results of research conducted by (Qomarrullah et al., 2021) said that poster media was very effective in increasing knowledge about health protocols. In addition, it was also conveyed by Purwitasari et al. (2021) in their research that the method of providing material through posters can be well received.

The health education carried out was carried out door to door as an effort not to gather crowds and continue to apply health protocols. Health education carried out using individual methods is one of the appropriate methods to be applied to individuals with certain targets. As stated by Nurmala (2018) that individual education methods are very appropriate to do to change individual behavior according to their needs. This is also corroborated by research conducted by Lolo & Dewiyanti (2021) who in their research also researched with a direct target method on individuals for the provision of health information. Knowledge of the elderly as a risk group about new habits during the pandemic in the study experienced a significant increase. This increase was assessed because of the health counseling method carried out from individual to individual (door to door) so that every elderly had a lot of time and was not shy about expressing their questions so far because researchers tried to explore the curiosity of the elderly during question and answer.

In this study, it was found that 6 respondents did not experience an increase in knowledge after giving health education interventions. The results of the research analysis found data that this happened to respondents who had low education (no school). This statement is supported by the results of research conducted by Iswara (2020) concluding that there is a relationship between the level of education and knowledge. In addition, this study also found that there were respondents who experienced a decrease in knowledge. This is due to the respondent's low education (elementary school) and male gender. It has been explained previously that education is included in the factors that affect a person's knowledge, in addition to knowledge, the source of information also affects a person's level of knowledge. Respondents with this case were found in respondents who relied on television as a source of information. It is known that the media can provide information but requires further explanation to find out the information conveyed by the media. Therefore, the respondent did not experience an increase in knowledge.

Researchers through this study assume that health education using posters can increase the knowledge of the elderly about the era of new habits during the COVID-19 pandemic but must be accompanied by direct explanations by the presenters to obtain better information such as the implementation of education carried out in this study.

Conclusion

The results of the study concluded that there was an effect of poster education about the new habits of the Covid 19 era on the level of knowledge of the elderly as a high-risk group. Suggest for the elderly to continue to carry out strict health protocols until the pandemic period is over or resolved.

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