

Conference Paper

Community Behaviour in Efforts to Prevent Covid-19 Transmission in The City of Padang

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ORCID:Novia Wirna Putri: <https://orcid.org/0000-0001-7303-6336>**Abstract**

During the Covid-19 pandemic, people are asked to stay at home to break the chain of disease transmission. The purpose of this study was to see an overview of the people's attitude towards Covid-19 prevention measures in the city of Padang. This descriptive analytic study was carried out in 2020 in the city of Padang. The study included 401 individuals who responded to the google form questionnaire. Data analysis includes univariate analysis. The results showed that community behaviour in efforts to preventing the transmission of Covid-19 was categorized as bad by 48.6% and good by 51.4%. Some community behaviours that are still poor include the habit of shaking hands with other people by 50.9%, being in a crowd when out of the house by 41.6%, and participating in joint activities by 62.6%. The most important strategy at this time for the people is to wash hands and use hand sanitizer every time they interact with others and reduce the interactions with people outside home. For the government, tightening quarantine rules for areas that are still in the red zone of Covid-19 transmission is important.

Keywords: Covid-19, community behaviours, prevention

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1. Introduction

Covid-19 is a disease caused by a new type of coronavirus from Severe Acute Respiratory Syndrome (Sars-Cov-2) found in Wuhan, the capital of China's Hubei Province, end of 2019 [1]. The first Covid-19 was reported in Indonesia on March 2, 2020, totalling two cases. On March 31, 2020, data shows that there are 1,528 confirmed cases and 136 deaths. The Covid-19 mortality rate in Indonesia is 8.9%. This figure is the highest in Southeast Asia. The data for positive confirmed cases continues to increase every day with the number of new cases on April 23, 2020, totalling 7.775 cases with 647 deaths [2].

The number of Covid-19 cases in West Sumatra Province has shown a significant number in recent months. West Sumatra has become a centre of activity and very

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high community mobility. Also, the spread of cases has illustrated the existence of sub-clusters and local transmissions. The number of confirmed positive cases of Covid-19 in West Sumatra as of April 23, 2020, was 86 cases with nine deaths. Seeing the Covid-19 issue, which continues to increase, the West Sumatra provincial government has also implemented the PSBB as stated in the Decree of the Governor of West Sumatra Number 180-297-2020 concerning Enforcement of Large-Scale Social Restrictions in the Region of West Sumatra Province in the Context of Accelerating the Handling of Covid-19 [3].

One of the cities in West Sumatra Province with the highest number of Covid-19 cases is Padang City, with 53 confirmed positive cases with eight deaths as of 23 April 2020. Padang City has also implemented PSBB based on a decision from the Governor of West Sumatra [4]. Based on the limits put forward by Skinner, health behaviour is a person's response to stimuli or objects related to illness, disease, and factors that affect health, such as health services, food, drink, and the environment [5]. Preventive action is the current strategy to limit the spread of cases. Early screening, diagnosis, isolation, and treatment are needed to prevent further spread [6]. This study aims to analyse the family's role in efforts to prevent the transmission of COVID-19 in Padang City in 2020.

2. Material and Method

The type of this study is quantitative research methods with a survey descriptive study design. According to [7], a descriptive study is a research method carried out with the primary objective of making an accurate description or description of a situation. The survey method is a descriptive research method carried out on a group of usually quite large objects in a particular period time [7]. The study population was all people in the city of Padang, amounting to 950,871 people in 2019. The sample amounted to 401 respondents. Data collection was not carried out directly but online via the google form platform due to the Covid-19 pandemic during June - July 2020. Univariate analysis was done by looking at the frequency distribution of each category of independent variables, namely the frequency distribution of the behaviour to prevent the transmission of Covid-19.

3. Results

3.1. Respondents characteristics

Table 1. shows on overview of the frequency distribution of respondent characteristics like gender, age, and education. Based on Table 1, it was known that female respondents (67.1%) were more than male respondents (32.9%). Based on age, more respondents were categorized as late adolescents who had an age range of 15-25 years (47.1%). Based on education, most of the respondents have a senior high school education, namely 55.6%.

TABLE 1: Frequency distribution of respondent characteristics.

Respondent Characteristics	<i>n</i>	%
Gender		
Male	132	32.9
Female	269	67.1
Age (yr)		
15–25	189	47.1
26–35	69	17.2
36–45	75	18.7
46–55	50	12.5
56–65	15	3.7
66 and above	3	0.8
Education		
Elementary	10	2.5
Middle school	16	4.0
High school	223	55.6
Above college	152	37.9

Source: Author’s own work

3.2. Covid-19 transmission prevention behaviour

Table 2 shows the results of distribution of respondents frequency based on behaviour to prevent Covid-19 transmission in Padang City in 2020.

TABLE 2: Distribution of respondents’ frequency based on the behaviour to prevent Covid-19 transmission in Padang city in 2020.

Preventive behaviour	<i>n</i>	%
Bad	195	48.6
Good	206	51.4
Total	401	100

Source: Author’s own work

Based on Table 2, it can be seen that from 401 respondents, it was found that 48.6% of respondents had bad preventive behaviour and 51.4% of respondents had good preventive behaviour in efforts to deal with Covid-19 in Padang City. The following is a description of the variable role indicators for the family role in efforts to deal with Covid-19 in Padang City in 2020, which is shown in Table 3.

In Table 3, it is known that 10.5% of respondents always do physical activity cycling around the house; 11.7% of respondents do physical activity at home. Amounting to 26.9% of respondents always do physical activity walking around the house, and 20.4% of the respondents' families cook fatty, coconut milk or fried dishes. As much as 27.4% of respondents cleaned the house with disinfectant regularly on objects often touched (tables, chairs, door handles, etc.). As much as 50, 9% of respondents still shook hands with other people sometimes during the pandemic, and 62.6% had social gatherings and activities with relatives.

4. Discussion

Based on the results of the univariate analysis of the people of Padang City regarding preventing the transmission of the Covid-19 virus, it was found that 47.4% had an inadequate response in Covid-19 prevention behaviour. This study's results are in line with research conducted by Bashirian in Iran in 2020, which found that overall, 26.9% or less than half of the hospital staff behaved badly in preventing Covid-19 [8]. The results of this study are different from the research conducted by Yang in 2020 in China, which stated that the compliance with hand hygiene at the time of pre-intervention was 56.97% while after the intervention, adherence increased to 79.47%, indicating a significant increase in overall commitment [9].

Based on the research results, it is known that only 10.5% of respondents always do physical activity cycling around the house, 11.7% of respondents do physical activity at home. Amounting to 26.9% of respondents always do physical activity walking around the house, and 20.4% of the respondent's families always cook fatty, coconut milk or fried dishes. as much as 27.4% of respondents always clean the house with disinfectant regularly on objects that are often touched (tables, chairs, door handles, etc.). As many as 50.9% of respondents still shake hands with other people sometimes during the pandemic period, and 62.6% had social gatherings and activities with relatives.

Preventive behaviour is defined as any activity carried out by someone who believes that he is healthy to prevent disease in an asymptomatic stage [10]. Based on the limitations put forward by Skinner, health behaviour is a person's response to a stimulus

TABLE 3: Description of the frequency distribution of Covid-19 prevention behaviour questions in the city of Padang in 2020.

No.	Statements	Answer (%)			
		Never	Sometimes	Often	Always
1.	Wash your hands with soap and running water for at least 20 seconds	0.7	11.5	34.9	52.9
2	Avoid touching eyes, nose and mouth with unwashed hands	0.7	11.7	32.9	54.6
3	Shake hands with others	31.7	50.9	6.7	10.7
4	Avoid close physical interaction with people who have symptoms of illness	3.0	8.7	25.7	62.6
5	Cover your mouth when coughing and sneezing with your inner arm or a tissue and throwing it in the trash	0.2	5.0	28.4	66.3
6	Change clothes or shower when you get home after traveling	0.7	9.5	28.2	61.6
7	Cleaning the house with disinfectant regularly on objects that are often touched	8.7	34.3	29.4	27.4
8	Eat nutritious foods: Animal protein	1.0	14.0	39.9	45.1
	Vegetable protein	0	13.7	53.6	32.7
	Vegetables	0.5	12.7	39.2	47.6
	Fruits	0.7	21.7	41.1	36.4
	Supplement	19.5	35.7	22.9	21.9
9	Physical activity at home Gymnastics	28.4	44.1	15.7	11.7
	Walk around the house	4.0	29.9	39.2	26.9
	Cycling	46.4	28.7	14.5	10.5
	House chores	4.5	14.2	24.7	56.6
10	Get enough rest at least 8 hours a day	0	19.5	34.9	45.6
11	Smoke	83.5	6.7	4.7	5.0
12	Stay at home	1.0	15.0	35.4	48.6
13	Be in the crowd when go outside	45.4	41.6	8.5	4.5
14	Physical distancing at least 1 meter	1.0	15.2	41.4	42.4
15	Using public transportation	62.6	26.9	5.2	5.2
16	Traveling out of town	68.8	24.4	3.7	3.0
17	Doing activities together	26.2	62.6	7.2	4.0
18	Worship at a mosque/church/ etc during a pandemic	50.9	38.2	6.7	4.2
	Statements			No	Yes
19	If sick, take the initiative to self-isolate in a separate room for 14 days			7.5	92.5
20	If you are sick, notify your family and if you have any indication of Covid-19 symptoms, immediately report it to the hospital			4.7	95.3

Source: Author's own work

or object related to health, illness, and factors that affect health such as health services, food, drink, and the environment [5]. Based on the above definition, health behaviour is all activities or activities of a person, both observable and unobservable, related to health maintenance and improvement.

However, given the global pandemic, the latest urgent considerations regarding the regulation or adjustment of life begin. The pandemic has proven how close distances and institutional arrangements are not working well, which will undoubtedly have an impact on our survival in the future. A home is a dangerous place for those who live with family nearby. So it can be concluded that the house becomes a vector of disease for people who live together if they do not implement health protocols [11].

Living life in a nursing home environment is now a grim thing but an all too clear reality for some fragile, weak countries. The elderly are a vulnerable group, placing them at a much greater risk of Covid-19, while quarantine places have been carried out to reduce the spread of the virus among the community [12]. Preventive action is the current strategy to limit the spread of cases. Early screening, diagnosis, isolation, and treatment are needed to prevent further spread. The most important current plan for the population is to wash hands, use hand sanitizer, and avoid touching the face, eyes, and mouth after interacting with other people.

People should always wash their hands diligently, pay attention to respiratory hygiene such as wearing masks, and avoid crowds and avoid contact with sick individuals, if possible, to reduce the risk of disease transmission. Many organizations have prepared posters and brochures related to Covid-19 prevention, and of course, they are widely used throughout the world. WHO and other health organizations have published visual tools in videos and posters to exemplify how to wash hands properly [13].

Based on various references, quarantine is the most effective method in reducing the number of infected and dead individuals [6, 14]. Quarantine policies are especially useful in countries that have started strict quarantine rules from the start. In an article published rapidly by the Cochrane Library, evaluating 29 studies, which showed results that quarantine could reduce the number of infected at a rate from 81% to 41 percent and mortality from 61% to 31% percent.

The government plays a significant role in disciplining people's behaviour in implementing health protocols to reduce Covid-19 cases, especially in Padang. Currently, the Municipal Government of Padang and West Sumatra Province have implemented policies and sanctions for those who violate health protocols, especially outside the home. This policy is contained in the regional regulation on the adaptation of new habits (Perda AKB). This Perda regulates administrative and criminal sanctions. Criminal

sanctions are given to the community if the community does not heed administrative sanctions [15]. With the enactment of this regional regulation, the public will be more disciplined in implementing health protocols, and the government will be stricter in monitoring the community.

Although the proportion of public response is not right from the research results obtained, namely as much as 47.6%, this is still a shared responsibility to reduce the percentage number again through education such as social media, Facebook. Other technological applications allow it to become a container for providing education about the prevention of Covid-19 and how health protocols must be applied to achieve a public health degree. This case is a turning point in efforts to live a clean and healthy lifestyle, which has so far been a necessity that has been largely ignored by the community.

The public needs to actively reduce the number of Covid-19 transmissions, such as washing hands with soap and using a hand sanitizer, especially after interacting with other people, facilitating interactions with other people. Should the public increase knowledge, attitudes, and care as a form of preventive behaviour in facing the dangers of Covid-19 to become one unit in fighting the spread of this virus.

5. Conclusion

The Covid-19 pandemic that has occurred worldwide proves to us that a clean and healthy lifestyle is an absolute necessity to be implemented to avoid disease transmission. People who are not disciplined in implementing clean and healthy living habits both outside and inside the house will be straightforward to contract this outbreak. Preventive action is the current strategy to limit the spread of cases. Early screening, diagnosis, isolation, and treatment are needed to prevent further spread. The most important current plan for the population is to wash hands, use hand sanitizer, and avoid touching the face, eyes, and mouth after interacting with other people. People must always adhere to health protocols so that eventually, it can become a habit. From the research results obtained, even though the proportion of community responses that is not good is as much as 47.6%, this is still a collective responsibility to reduce the percentage figure again through education and the application of more maximal adaptation of the local regulations.

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Conflict of Interest

The authors declare that there is no conflict of interest.

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