

The Effect of Counseling Methods on Covid-19 Prevention through Personal Hygiene and Social Distancing in the Work Area

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Abstract

Obtained the purpose to see and analyze counseling methods on Covid-19 Prevention from Personal Hygiene and Social Distancing in the Up Working Area of Paccing Public Health Centre (PCH) Awangpone District, Bone Regency. Then used the design of Analytical Surveys and Pathways with Quantitative Approaches to see Direct and Indirect Impacts on the Variables studied. From the research conducted, it was obtained that the Counseling Method impacted the Prevention of Covid-19 from Personal Hygiene and Social Distancing positively and significantly. The population of this study is the entire community that came to the health Centre in August in the Working Area of Paccing Public Health Centre (PCH) Awangpone District Bone Regency. It has as many as 138 respondents, while the sample used saturated samples; namely, the whole piece is also the total population.

Keywords

Counseling Methods, Prevention of Covid – 19, Personal Hygiene, and Social Distancing.

1. Introduction

WHO (2020) states that human health can be adequately maintained with the availability of water and safe and hygienic sanitation. To prevent the Covid-19 virus, it is necessary to carry out WASH practices and manage OK community waste so that transmission and transmission can be better maintained.

On January 7, 2020, the State of China had confirmed that there is one new type of disease, namely Covid-19 or Corona Virus. Then on January 30, a Public Health emergency was made because this disease spread so quickly to foreign countries. On March 25, 2020, there were 414,179, and as many as 18,440 died, or as many as 4.4% of the patients died from 192 countries. While in Indonesia alone, on March 2, 2020, there were 2 cases, and on March 25, 2020, there were 790 positive confirmed cases (Zacharias et al., 2021).

From the scientific evidence that has been done, it can be stated that the virus can be spread through a tiny spark where individuals who are very potentially infected are in direct contact with the patient. Preventing the virus can be done by washing hands regularly with water and soap, coughing and sneezing using ethics, and limiting direct interaction with infected parties, farm animals, and wild animals. While the government prevents the spread quickly, social distancing is set by keeping a distance and minimizing activities involving many people (Rahawarin et al., 2020).

2. Literature Review

In terms of discussion, Tamsah et al. (2021) stated that Personal Hygiene is formed from two words: personal, which has a particular meaning, and hygiene, which has a healthy meaning. Individual cleanliness can be interpreted as maintaining one's cleanliness and health to be physically and psychologically prosperous. At the same time, personal hygiene is self-care by carrying out several things such as bathing, toileting, general body hygiene, and decorating. Hygiene itself can be interpreted as a very personal thing and becomes a determinant of many factors in life.

The government set social distancing to minimize the spread of Covid-19 that spread widely? Social restrictions are a step to prevent the spread of the virus more severely by providing restrictions to visiting some places with a lot of excitement and direct contact with other individuals (Kurniawan et al., 2022; Nath et al., 2021; Setianto et al., 2022; Suharyanto et al., 2021; Tamsan & Yusriadi, 2022). The implementation of the policy is not allowed to spread hands with other individuals and keep a distance of at least 1 meter when interacting with other individuals.

The Ministry of Health (2020) stated that Corona is a virus that causes the occurrence of diseases ranging from mild to severe. Previously, similar conditions caused severe symptoms, such as MERS and SARS. Corona itself is a previously unidentified disease in which the virus has zoonotic properties or is transmitted by animals in humans where the type of animal is not yet known. Ilyas et al. (2022) stated that the coronavirus is expected to spread in individuals who do not suffer from symptoms but based on tests, tested positive. Yusuf et al. (2021) states that various educational activities can interpret health counselling by spreading message information; there is the confidence that the public will realize, understand, and be willing to carry out something closely related to health and improving attitudes and knowledge.

3. Methods

This study used an analytical survey research design and path analysis with a free quantitative approach. Bound and intervening variable data is retrieved simultaneously to see the influence of research variables directly and indirectly with questionnaire data collection methods and interviews. The research was conducted in the Pacing Public Health Centre (PCH) Work Area of Awangpone District, Bone Regency, for approximately two months, from September to November 2020. The reason for choosing a location is to represent research on counseling methods for preventing COVID-19 through personal hygiene and *social distancing*. In August, all people visited the Pacing Public Health Centre (PCH) Work Area of Awangpone District, Bone Regency, as many as 138 people. Used saturated samples or total samples are the totals of the research population, namely as many as 138 respondents in the Pacing Public Health Centre (PCH) Awangpone District Bone Regency.

4. Results

4.1 Validity Test

Here are the results of the validity test (Table 1)

Table 1. Item Validity Test Results – Research Variable Items

Variable	Statement Items	R – count	R – table	Information
Health Extension Method (X)	X _{1.1}	0,856	0,166	Valid
	X _{1.2}	0,638		
	X _{1.3}	0,898		
	X _{1.4}	0,874		
	X _{1.5}	0,884		
Personal Hygiene (Y1)	X _{2.1}	0,768		
	X _{2.2}	0,699		
	X _{2.3}	0,809		
	X _{2.4}	0,840		
	X _{2.5}	0,677		
Social Distancing (Y2)	Y1.1	0,784		
	Y1.2	0,842		
	Y1.3	0,862		
	Y1.4	0,861		

	Y1.5	0,866		
Covid Prevention - 19 (Z)	Y2.1	0,894		
	Y2.2	0,880		
	Y2.3	0,898		
	Y2.4	0,906		

Source. Primary Data Processed, 2020

Obtained the value $r\text{-calculate} \geq 0.166$ (r - table). Thus, all items in the variable extension method (X), personal hygiene (Y1), social distension (Y2), and prevention of covid-19 (Z) are valid for use as instruments in research.

4.2 Reliability Test

Table 2. Reliability Test Results

Variable	Cronbach's Alpha	Cut of Point (0,6)	Information
Extension method (X)	0,811	0,60	Reliable
Personal hygiene (Y1)	0,794	0,60	
Social distancing (Y2)	0,816	0,60	
Covid prevention – 19 (Z)	0,840	0,60	

Source. Primary Data Processed, 2020

From the Table 2, it is known that the entire question item in the method of counseling, personal hygiene, social distension, and prevention of covid -19 with a value of *Cronbach's Alpha* > 0.60 (0.811; 0.794; 0.816; 0.840), meaning that all variables have a reliability level. Based on the research that has been carried out, the following results are obtained:

4.3 Model I Path Coefficient

Table 3. Path Analysis Model I results

		Coefficients		t	Itself.
Model		Unstandardized Coefficients			
		B	Std. Error	Beta	
1	(Constant)	5.114	.980		5.218
	Health Extension Method (X)	.726	.048	.793	15.194
					.000

a. Dependent Variable: Personal Hygiene (Y1)

Source. Primary Data Processed, 2020

From the test, Sig Var X = 0.000 < 0.05 means that X has a positive and significant influence on Y1 (Table 3-Table 9).

Table 4. Determination Coefficient Test Results

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.793 ^a	.629	.627	2.072

a. Predictors: (Constant), Health Extension Method (X)

Source. Primary Data Processed, 2020

Obtaining an R-Square value of 0.629 means that the influence of variable X is 62.9%, while variables outside the study cover the rest. Meanwhile, the value of e1 is formulated below. = $\sqrt{(1 - 0,629)} = 0,6090$

So that the equation of the path regression model I can be created as follows:

$$Y_1 = \alpha_1 \cdot X + e_1$$

$$Y_1 = 0.793X + 0.6090$$

Where:

- Y₁ = Personal Hygiene
- X = Extension Method
- e₁ = Undisclosed variable (*term error*)

Means:

The value of the extension method (X) of 0.793 means that if X increases once, then Y1 will increase by 0.793. If counseling methods are added, then personal hygiene will also increase.

4.4 Model II Path Coefficient

Here are the results of the Model 2 Regression test:

Table 5. Path Analysis Model II Results

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	4.255	.849		5.013	.000
Health Extension Method (X)	.797	.041	.856	19.285	.000

a. Dependent Variable: Social Distancing (Y2)

Source. Primary Data Processed, 2020

From the test obtained, Sig Var X = 0.000 < 0.05 means that X has a positive and significant influence on Y2.

Table 6. Determination Coefficient Test Results

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.856 ^a	.732	.730	1.794

a. Predictors: (Constant), Health Extension Method (X)

Source. Primary Data Processed, 2020

Obtaining an R-Square value of 0.732 means that the influence of variable X is 73.2%, while the rest is based on variables outside the study. Created the following formula = $\sqrt{(1 - 0,732)} = 0,5176$.

So that the equation of the path regression model I can be created as follows:

$$Y_2 = \alpha_2 \cdot X + e_2$$

$$Y_1 = 0.856X + 0.5176$$

Where:

- Y₂ = Social Distancing
- X = Extension Method
- e₁ = Undisclosed variable (*term error*)

Means:

The value of the extension method (X) of 0.793 means that if X increases once, then Y1 will increase by 0.0856. If the counseling method is added, then social distancing will also increase.

4.5 Model III Path Coefficient

Table 7. Model III Path Analysis Results

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	.924	.721		1.280	.203
Health Extension Method (X)	.259	.066	.305	3.941	.000
Personal Hygiene (Y1)	.141	.057	.152	2.477	.015
Social Distancing (Y2)	.460	.066	.505	6.997	.000

a. Dependent Variable: Prevention of Covid - 19 (Z)

Source. Primary Data Processed, 2020

From the table it is known that $X = 0.000 < \alpha = 0.05$, $Y1 = 0.015 < \alpha = 0.05$ and $Y2 = 0.000 < \alpha = 0.05$ means that the persistence of variables affects variable Z positively and significantly.

Table 8. Determination Coefficient Test Results

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.908 ^a	.825	.821	1.333

a. Predictors: (Constant), Social Distancing (Y2), Personal Hygiene (Y1), Health Extension Methods (X)

Source. Primary Data Processed, 2020

Obtained R-square by 0.825 so that the three variables X, Y1, Y2 contributed 82.5 to the remaining variable Z being influenced by other variables outside the study. The value of e2 is formulated below. So that the following path is depicted = $\sqrt{(1 - 0,825)} = 0,4183$

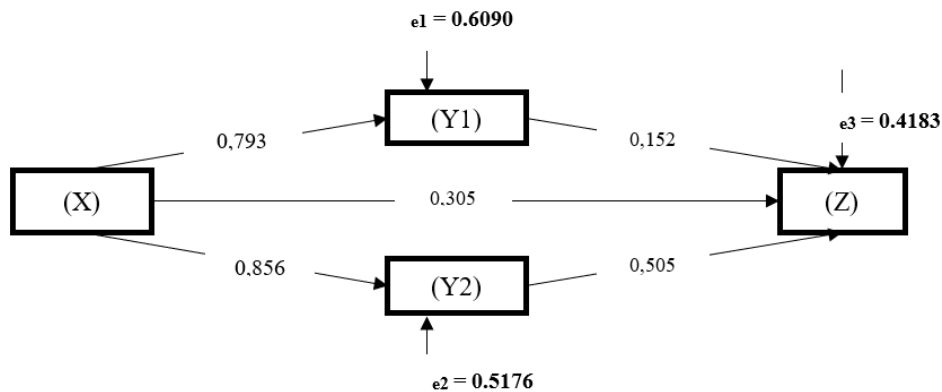


Figure 1. Path Diagram Structure Model

Given the following equation formula:

$$Z = \beta_{1X} + \beta_{2.} Y1 + \beta_{3.} Y2 + e3$$

$$Z = 0.305X + 0.152Y1 + 0.505Y2 + 0.4183$$

Where:

- X = Extension Method
- Y₁ = Personal Hygiene
- Y₂ = Social Distancing

ϵ_3 = Undisclosed variable (*term error*)

Means: The Extension Method Value (X) of 0.305 means that if Personal Hygiene (X) increases by 1 point, Covid 19 Prevention is 0.305. ;Personal Hygiene (Y1) value of 0.152 means that if Personal Hygiene (Y1) increases by 1 point, then Covid 19 Prevention is 0.152. ;Social Distancing Value (Y2) of 0.505 means that if Social Distancing (Y2) increases by 1 point, then Covid 19 Prevention is 0.505

4.6 Hypothesis and Conclusion Test Results

Analysis of the effect of the counseling method (X) on personal hygiene (Y1) Obtained a sig value of $0.000 < 0.05$. This means that variable X influences Y1 directly, positively, and significantly; Analysis of the effect of the counseling method (X) on social distension (Y2) in; A sig value of $0.000 < 0.05$. This means that variable X influences Y2 directly, positively, and significantly. Analysis of the effect of Health Extension Method (X) on Covid 19 Prevention (Z); A sig value of $0.000 < 0.05$. This means that variable X influences Z directly, positively, and significantly. Analysis of the influence of Personal Hygiene (Y1) on Covid 19 Prevention (Z) Obtained a sig value of $0.015 < 0.05$. This means that the variable Y1 influences Z directly, positively, and significantly. Analysis of the influence of Social Distension (Y2) on the Prevention of Covid 19 (Z) Obtained a sig value of $0.000 < 0.05$. This means that variable Y2 influences Z directly, positively, and significantly.

Table 9. Indirect Effect Test Results

Path Coefficient	Standardized Coefficient Beda	Std. Error
X Y1→	0,793	0,048
Y1 Z→	0,152	0,057
X Y1 Z→→	$0,793 \times 0,152 = 0,120$	-
X Y2→	0,856	0,041
X Y2 Z→→	$0,856 \times 0,505 = 0,432$	-

Source. SPSS Data Processing Results, 2020

The effect of the extension method (X) on the prevention of covid -19 (Z) through personal hygiene (Y) found the direct influence of the extension method (X) on the prevention of covid - 19 (Z) with a value of 0.305 or 30.5%. While the indirect influence of the counseling method (X) on the prevention of covid -19 (Z) through personal hygiene (Z) is $0.793 \times 0.152 = 0.120$ or 12.0%. This means that the following Sobel test evidence the direct influence of > indirect effect:

Known:

$$a = 0,793$$

$$b = 0,152$$

$$Sa = 0.048$$

$$Sb = 0,057$$

$$Sab = \sqrt{b^2 Sa^2 + a^2 Sb^2 + Sa^2 Sb^2}$$

$$= \sqrt{(0,152)^2 (0,048)^2 + (0,793)^2 (0,057)^2 + (0,048)^2 (0,057)^2}$$

$$= 0,0458$$

$$t_{\text{numeracy}} = \frac{a \times b}{Sab} = \frac{0,793 \times 0,152}{0,0458} = 2,627$$

Obtained a value of $2,627 > 1,655$, so H_6 is accepted, H_0 is rejected.

The influence of the extension method (X) on the prevention of covid -19 (Z) through social distension (Y2) found the direct influence of the extension method (X) on the prevention of covid -19 (Z) is 0.305 or 30.5%. For the indirect influence of the counseling method (X) on the prevention of covid -19 (Z) through social distension (Y2) is $0.856 \times 0.505 = 0.432$ or 43.2%. This means that the direct influence < indirect influence is evidenced by the following tests:

Known:

$$a = 0,856$$

$$b = 0,505$$

$$Sa = 0.041$$

$$\begin{aligned}
 S_b &= 0,066 \\
 S_{ab} &= \sqrt{b^2 S_a^2 + a^2 S_b^2 + S_a^2 S_b^2} \\
 &= \sqrt{(0,505)^2 (0,041)^2 + (0,856)^2 (0,066)^2 + (0,041)^2 (0,066)^2} \\
 &= 0,0602 \\
 t_{\text{numeracy}} &= \frac{a \times b}{S_{ab}} = \frac{0,856 \times 0,505}{0,0602} = 7,176
 \end{aligned}$$

A 7,176 > 1,655, meaning that H7 was accepted, H0 was rejected.

5. Discussion

5.1 Effect of Extension Methods on Personal Hygiene

The results of respondents' assessments of personal hygiene compliance obtained from the questionnaire show that individual hygiene compliance in the fifth indicator is in a high category. Namely, respondents wash their hands after holding objects or traveling using soap in running water implemented and adhered to properly by health protocols.

The results can be seen in table 4.12 of the effects of *the path analysis* model I obtained a value of $\beta Y1 = 0.793$ sig 0.000 ($p < 0.05$). It is stated that the first hypothesis that the author proposed is acceptable, namely, the counselling method that is applied quite well to personal hygiene in the Pacing Public Health Centre (PCH) Work Area of Awangpone District Bone Regency.

Natalia (2015) states that Hygiene Maintenance is needed to maintain everyone's comfort. If people are healthy, their needs can be met, while physical care is required to keep personal health in sick people. Not only that, but other factors also affect socio-cultural factors. Heranto et al. (2021) stated that to apply confidence in the targets of counselling, activities can be carried out by teaching, instilling the correct values, views, and rules about intensive communication. Maupin in a conducive learning process. By using mass media, those who conduct counselling can provide education about Covid, which is helpful for family and community health.

5.2 The Influence of Counselling Methods on Social Distension

From the respondents' answer data, it was found that the variables of counselling methods against social distension were in a pretty good category. Therefore, the hypothesis proposed by the author shows quite good results in handling counselling methods for social distension in the Pacing Public Health Centre Work Area of Awangpone District, Bone Regency. It is proven by acquiring the value $\beta Y2 = 0.856$ with a sigh of $0.000 < 0.05$. The correlation number is positively marked. If social distancing increases by one point, then the method of health counselling in the Pacing Public Health Centre Work Area of Awangpone District of Bone Regency will increase.

Information is an effort to communicate messages using social media as a means and infrastructure to inform the public about the importance of social restrictions for prevention. Based on data from WHO, counselling efforts to the community can be used by social media. So Social distancing can occur by utilizing Instagram media and the like.

5.3 The Effect of Extension Methods on the prevention

The path analysis test model II results obtained a value of $\beta Z = 0.305$ with a sigh of 0.000 ($p < 0.05$). From getting the results, it was stated that the accepted hypothesis was that the health counselling method applied was good enough so that the prevention of covid-19 in the Pacing Public Health Centre Work Area of Awangpone District of Bone Regency could be achieved optimally and increased. This shows that the excellent and lousy prevention of covid-19 is affected by both evil and precisely a method of health counselling in the Working Area of Pacing Public Health Centre, Awangpone District, Bone Regency. In general, covid-19 can be transmitted with splashes coming from the respiratory tract or direct contact with contaminated surfaces. This exposure can occur at any time, including at work. In addition, the trigger is also the intensity of exposure.

Covid-19 against other individuals. Some of the risks that can provide a risk assessment of Covid-19 are Prevention in the workplace and health services. Zhang et al. (2020) stated that the diagnosis of Covid-19 can be carried out by PCR examination or Swab test. The procedures for people with Covid-19 ii can be Definitive therapy, providing symptomatic drugs and existing symptoms and supporting therapies, and optimization of increased endurance of the Director-General of P2P Of The Ministry of Health.

5.4 The Influence of Personal Hygiene on the prevention

The tests conducted show that personal hygiene is excellent, so the prevention of covid-19 in the Pacing Public Health Centre Work Area of Awangpone District of Bone Regency is increasing. Obtained the value of $\beta Y1 = 0.152$ with a sigh of $0.015 < 0.05$). This means that the hypothesis is accepted because personal hygiene is excellent, so the prevention of covid-19 in the Pacing Public Health Centre Work Area of Awangpone District of Bone Regency is increasing.

Personal hygiene can be interpreted by behavior according to the rules and discipline to clean the limbs thoroughly to maintain health and hygiene ranging from hair, teeth, ears, clothing, and so on (Arfan et al., 2021; Fatmawati et al., 2021; Heranto et al., 2021; Rahmitasari et al., 2021; Wahyuni et al., 2021). From the scientific evidence that has been done, it can be stated that the virus can be spread through a tiny spark where individuals who are very potentially infected are in direct contact with the patient. Preventing the virus can be done by washing hands regularly with water and soap, coughing and sneezing using ethics, and limiting direct interaction with infected parties, farm animals, and wild animals. While the government prevents the spread quickly, social distancing is set by keeping a distance and minimizing activities involving many people.

5.5 Social Influence of Distension on the prevention

From the tests conducted, it is known that social distension is good, the prevention of covid-19 in the Pacing Public Health Centre Work Area of Awangpone District of Bone Regency is increasing. From the test obtained a value of $\beta Y2 = 0.505$ with a sigh of $0.000 < 0.05$). This means that the accepted hypothesis is good social distancing so that the prevention of covid-19 in the Pacing Public Health Centre Work Area of Awangpone District of Bone Regency is increasing.

WHO stated that to prevent the occurrence of Covid-19, the government set social distancing or large-scale social restrictions? This aims to prevent the spread of Covid-19, which is increasingly widespread. Social restrictions are a step to prevent the spread of the virus by limiting visits to crowded places and direct contact with other individuals. The implementation of the policy is not allowed to spread hands with other individuals and keep a distance of at least 1 meter when interacting with other parties.

5.6 The Effect of Extension Methods on the prevention

The effect of the extension method (X) on the prevention of covid -19 (Z) through personal Hygiene (Y) found the direct influence of the extension method (X) on the prevention of covid - 19 (Z) with a value of 0.305 or 30.5%. While the indirect influence of the counselling method (X) on the prevention of covid -19 (Z) through personal Hygiene (Z) is $0.793 \times 0.152 = 0.120$ or 12.0%. This means that direct influence > indirect influence. The Sobel test obtained a value of $2,627 > 1,655$, so $H6$ was accepted, $H0$ was rejected. This means that the better the method of counselling a person or group of individuals, the prevention of Covid-19 through personal hygiene in the Pacing Public Health Centre Work Area of Awangpone District, Bone Regency, increases so that the sixth hypothesis that the author submitted is accepted or proven.

This is evidenced by the high perception of the respondents on personal hygiene variables, which shows that the respondents wash their hands after holding objects or from traveling using soap in running water precisely and adequately under the direction of local health workers. In addition, public health Centre officers take action by the operational standards specified in treating patients who visit the health Centre. This shows that the personal hygiene compliance owned by employees in the Pacing Public Health Centre Work Area of Awangpone District of Bone Regency can provide efficient, optimal, maximum, and professional service quality to patients or communities who need it.

In terms of discussion, Tamsah et al. (2021) stated that Personal Hygiene is formed from two words, namely Personal, which has a particular meaning, and hygiene, which has a healthy meaning. Hygiene itself can be interpreted as unique and becomes a determinant of many factors in life. Individual cleanliness can be interpreted as maintaining one's cleanliness and health to be physically and psychically prosperous. At the same time, personal hygiene is self-care by carrying out several things such as bathing, toileting, general body hygiene, and decorating. The activity begins with caring for hands, hair, skin, nails, teeth, and other limbs. The maintenance aims to make individuals feel safe, comfortable and achieve a certain degree of health. Habits that a person has used can affect the behaviour to live clean. Which can impact one's health Munir et al. (2019) states that counselling is any form of effort to educate informally.

There is a person or group of people who are implemented systematically. Directed and planned to strive for behavioural changes that can continue to achieve increased production, repairs, and revenue. It has a vital role in changing my mother in various ways, such as persuading, providing incentives, and coercive activities by creating a physical environment and forcing with applicable rules.

5.7 The Effect of Extension Methods on the prevention of covid – 19 Through Social Distension

The seventh hypothesis that the author submitted is accepted or proven. The influence of the extension method (X) on the prevention of covid -19 (Z) through social distension (Y2) found the direct influence of the extension method (X) on the prevention of covid -19 (Z) is 0.305 or 30.5%. For the indirect influence of the counselling method (X) on the prevention of covid -19 (Z) through social distension (Y2) is $0.856 \times 0.505 = 0.432$ or 43.2%. This means that the direct influence of < indirect influence obtained the results of $7,176 > 1,655$, meaning that H7 is accepted, H0 is rejected. The extension method is better than the Prevention of Covid-19 through social distension in the Working Area of Pacing Public Health Centre Awangpone District Bone Regency.

Question 1 obtained an average of 4.04, In question 2 received an average of 4.14. Question 3 got an average of 4.14, and question 4 earned an average of 4.13. From these results, it is known that the highest standard is questions 2 and 3, so it is stated that many respondents who travel in areas with red zones, abroad, or areas with high exposure to Covid-19 and many also make close contact with sufferers. This is evidenced by the heightened perception of respondents on social distancing variables which shows that respondents or the public prefer to work from home during the Covid-19 pandemic.

WHO explained that the government set social distancing to prevent Covid-19 that is increasingly widespread? Social restrictions are a step to prevent the spread of the virus by providing restrictions on visiting crowded places and having direct contact with other individuals. The implementation of the policy is not allowed to spread hands with other individuals and keep a distance of at least 1 meter when interacting with other parties. Mobile health counselling appeals to the community to improve social distancing compliance, namely working from home, learning from home, and maintaining a distance of at least 1 meter; this counselling is expected to reduce the incidence of COVID-19 (Rusli et al., 2021).

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