

Article

The Relationship Between The Level Of Parental Knowledge About Covid-19 And The Application Of Clean And Healthy Living Behavior In Early Childhood During The Pandemic

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A B S T R A C T

The increasing number of Covid-19 cases in children in Indonesia has caused parents to make more efforts to protect their children. Parents' knowledge is the domain in the formation of Covid-19 prevention behavior by implementing clean and healthy living behaviors in children. This study aims to determine the relationship between the level of parental knowledge about Covid-19 and the application of clean and healthy living habits in early childhood during the pandemic. This research is an analytic observational study with a cross sectional approach. The population in this study were 35 parents of PAUD Nurul Quran. The frequency distribution of the level of knowledge about Covid-19, the majority of respondents have a good level of knowledge about Covid-1, namely 25 respondents or 89.3% and the frequency of implementing clean and healthy living habits in early childhood during the pandemic, it is known that most respondents 20 respondents or 71.4% have implemented a clean and healthy lifestyle. Based on the results of research with the Spearman rho test, it is known that the Asymp. Sig. (2-sided) of $0.001 < \alpha (0.05)$ with a correlation value of 0.333, this means that there is a relationship between the level of parental knowledge about Covid-19 and the application of clean and healthy living habits in early childhood during the pandemic in a positive direction. and the closeness of the relationship is moderate.

I. INTRODUCTION

Health is an important thing in life, maintaining health is an effort to prevent disease. The world is currently wary of the spread of an outbreak of a disease known as the corona virus (Covid-19), this case first appeared in Wuhan, China (Singh et.al.,2020). On March 11, 2020, the World Health Organization or WHO (World Health Organization) declared the Covid-19 virus a global pandemic that spread rapidly with the death toll reaching 4291 people at that time (WHO).

Covid 19 is an infectious disease caused by SARS COV-2 which is a zoonotic virus that is transmitted from animals to humans by attacking through the respiratory system (Adnan et.al.2020). Transmission of this virus through direct contact, indirect contact and through the air. Droplets that come out of the patient's mouth when coughing or sneezing can transmit the Covid-19 virus. Symptoms include fever, sore throat, cough, shortness of breath (Wiresti, 2020). The spread of this virus is very fast which attacks not only adults but also children (Supriatun, 2020).

The Indonesian Pediatrician Association (IDAI) explained that until January 1, 2021, out of a total of 743,198 positive cases, 2.7% of them were children aged 0 to 5 years, and 8.8% was dominated by children aged 6 even until February 2021 cases of child mortality in Indonesia. Indonesia due to Covid-19 is included in the highest number in Asia Pacific

The formation of behavior in children needs to be applied from early childhood because this period is the Golden Age (golden age) where the most vital stages of brain development occur up to 80%. Early childhood is a child aged 3-6 years who is in the stage of development and growth (Anhusadar, 2020). Children aged 3-6 years need to be supported by parental knowledge to provide support and teach the importance of health behavior (Aris, 2020). Early childhood has an immune system that is still in the development stage which causes children to be infected with Covid-19 from their behavior and the surrounding environment (Zukmaidi, 2020).

During the pandemic, children spend time with their parents at home. Parents consist of father and mother as the main educators and are first responsible for ensuring the welfare of children, especially in children's health (Rohita, 2020). Parents want their children to always be in good health during the Covid-19 pandemic, in an effort to break the chain of the spread of Covid-19 requires good knowledge to take action and direct children to behave based on their knowledge (Kurniati et al, 2020). The knowledge of parents will be a provision to protect children in an effort to prevent the transmission of Covid-19.

Knowledge is the result of sensing and experience that is processed by the mind and appears spontaneously, when sensing produces knowledge which is influenced by the intensity of perceptual attention to objects. Most of the knowledge possessed by a person comes from both formal and informal education, mass media, personal experience or other people and the environment (Pratikwo et al., 2016).

Parental knowledge will affect the formation of health behavior in children. Health behavior is an action as an effort to play an active role in protecting oneself from disease by maintaining and improving health (Siswani & Rizky, 2018).

Parents play a role in maintaining the health of their children during the pandemic. The Covid-19 pandemic has changed a habit in breaking the Covid-19 chain. So far, clean and healthy living behavior is not well known and is not carried out optimally, but during the pandemic clean and healthy living behavior began to become a habit as an effort to prevent Covid-19 which was carried out by implementing clean and healthy living behavior (Esso, 2020) .

Clean and healthy living behavior is all behavior that is carried out with awareness as a result of learning to help oneself in the health sector and can play an active role in realizing health in the community. The application of clean and healthy living as an effort to prevent disease and improve health status (Dwi et al, 2020).

Based on this background, researchers are interested in conducting research with the title "The relationship between the level of parental knowledge about Covid-19 and the application of clean and healthy living behavior in early childhood during the pandemic"

II. METHODS

This study uses a quantitative research design with an analytical observational research method that uses a cross sectional approach.

The time used by researchers in this study was carried out in August 2021 at PAUD Nurul Quran. The number of samples in this study were 35 parents. The sampling technique used in this study was total sampling based on inclusion and exclusion criteria. As follows:

- 1) Respondents are mothers who have children aged 4 to 6 years.
- 2) mothers aged 30 to 45 years
- 3) Willing to be a research respondent by filling out a questionnaire sheet
- 4) Mothers whose children have been registered in PAUD Nurul Quran Padang

Based on the results of research with the Spearman rho test, it is known that the Asymp. Sig. (2-sided) of 0.001 < α (0.05)

III. RESULT

Univariate Analysis

a. Characteristics of respondents

In this study, there were 35 elderly people in PAUD Nurul Quran with characteristics based on age, education, occupation, and sources of information as follows:

Characteristic	f	%
1. Age		
a. 30-35 year	18	51.4
b. 36-40 year	15	42.9
c. 41-45 year	2	5.7
2. Education		
a. College	33	94.3
b. High School	2	5.7
3. Work		
a. Civil Servant	13	37.1
b. Teacher	9	26.7
c. Private Employe	6	17.1
d. Housewife	7	20.0
4. Source of Informasi		
a. Counseling Covid 19	9	26.7
b. Mass Media	22	62.9
c. Surrounding environment	4	11.4

Based on Table 1, it can be seen that the age group of the most respondents in the age group of 30-35 years was 18 respondents or 51.4%, maternal education was dominated by higher education levels as many as 33 people 94.3%, the type of occupation of most respondents worked as civil servants as many as 13 people. respondents or 37.1%, based on the most information sources from social media as many as 22 respondents or 62.9% .

b. Parents' Knowledge Level About Covid-19

Table 2. Frequency Distribution Based on Parents' level of knowledge about covid-19

No	level of knowledge	f	%
1	Good	19	54.3
2	Enough	16	45.7
Total		35	100

Based on Table 2, it can be seen that the level of knowledge of parents mostly have a good level of knowledge of 19 respondents or 54.3% compared to the level of sufficient knowledge of 16 respondents or 45.7%.

c. Application of Clean and Healthy Life Behavior in Early Childhood

Table 3. Frequency Distribution Based on Application of Clean and Healthy Life Behavior in Early Childhood

No	Application of Clean	f	%
1	Good	22	62.9
2	Enough	13	37.1
Total		35	100

Based on Table 3, it can be seen that the implementation of clean and healthy living behavior in early childhood mostly has good behavior by 22 respondents or 62.9% compared to PHBS behavior, which is enough for 13 respondents or 37.1%.

Bivariate Analysis

Table 4. The Relationship Between Parents' Knowledge Level About Covid-19 With The Implementation Of Clean And Healthy Life Behavior In Early Childhood

Knowledge Level	Application				JML	
	Good		Enough			
	f	%	f	%	f	%
Good	17	77.3	2	15.4	19	54.3
Enough	5	22.7	11	84.6	16	45.7
Total	22	62.9	13	37.1	35	100

Based on the results of table 4 it is known that respondents who have a good level of knowledge have good PHBS behavior as many as 17 respondents or 77.3% and respondents who have good knowledge and sufficient PHBS application are 5 respondents or 22.7%. Respondents with sufficient knowledge level and good PHBS implementation were 2 respondents or 15.4% while respondents with sufficient knowledge level with sufficient PHBS behavior were 11 respondents or 84.6%

Spearman's rho . Correlation Test Results

	<i>Sig.</i>	<i>Correlation</i>
The Relationship Knowledge Level With The Implementation	1.000	0.333

Based on table 5 statistical tests were carried out with the Spearman Rho test, the results were Asymp .Sig.(2-sided) $0.001 < (0.05)$. This shows that there is a correlation between the level of parental knowledge about Covid-19 and the application of clean and healthy living behavior by the mother. The point is far from the correlation coefficient with the result 0.333.

IV. DISCUSSION

1. Age

Based on the results of the study, it is known that the characteristics of respondents based on age are mostly respondents with ages between 30-35 years as many as 18 respondents or 51.4%. Characters of respondents aged 36-40 years were 15 respondents or 42.9%. then the response with the age level 41-45 years as many as 2 respondents or 5.7%. In this study, the mother's average age was 30 years which was included in the young adult age, namely the age period that had a good level of maturity in thinking. This occurs due to the maturation of organ function which is in line with the increase in a person's age, meaning that a person's age affects the mindset and grasping power. the more mature a person's age, the more developed his mindset and grasping power, so that the knowledge gained is getting better.

2. Education

The second characteristic of the respondent is the last education. The last education in this study was 2 people or 5.7% had high school education (SMA). While Universities as many as 33 people 94.3%. The higher the education level of the mother, the higher the awareness in gaining knowledge about health behavior, the higher the level of one's education will make it easier for someone to understand the 2010 Notoatmodjo information. considering the mother's high education and good PHBS behavior so that the knowledge obtained by the mother is getting better

3. Work

Characteristics of respondents based on occupation, it is known that respondents who have a job as housewives are 7 respondents or 20.0%, respondents with job status as teaching staff are 9 respondents or 25.7%, respondents who work as private employees are 6 respondents or 17.1% while the respondents who worked as civil servants were 13 respondents or 37.1%. working mothers pay less attention to their children than mothers who do not work or housewives who have more time with their children to be able to pay attention to the behavior of children (Mahfud ah 2012)

4. Source of information

Characteristics of respondents based on sources of information from social media as many as 22 respondents or 62.9%, then sources from covid-19 counseling as many as 9 respondents or 25.7%, and from the surrounding environment as many as 4 respondents or around 11.4%. sources of information become the cognitive foundation in the formation of knowledge according to research and Supandi 2011 knowledge can be increased in an effective way such as finding sources of information through social media, environmental

mass media or attending counseling. the more sources of information obtained affect actions to be able to implement clean and healthy living behaviors

5. Parents' level of knowledge about covid-19

Characteristics of respondents based on the mother's level of knowledge, it is known that the most respondents have a good level of knowledge, namely 19 respondents or 54.3%. good parental knowledge of a matter will be easy in determining decision making to deal with a problem. Purnamasari et al 2020. Knowledge is one of the methods that form the basis for dealing with COVID-19 cases in applying the transmission rate so as to provide awareness in efforts to prevent COVID-19. The results of this study are in line with other studies, namely 83% of respondents have a good level of knowledge about COVID-19. so that knowledge becomes an important aspect in understanding and determining actions related to topic 19 (Utami and Martin 2020)

6. Implementation of clean and healthy living behavior in early childhood

Characteristics of respondents based on the application of clean and healthy living behavior in early childhood, it is known that the application of clean and healthy living behavior in early childhood mostly has good behavior, 22 respondents or 62.9% compared to PHBS behavior, which is enough for 13 respondents or 37.1%. PHBS is an effort made on the basis of awareness to prevent a disease so as to achieve optimal health. PHBS that is implemented well in the future will be an effort to prevent the spread of covid 19 Yanti and Nugraha 2020. The application of clean and healthy living behavior from an early age can foster character in children in maintaining their health and their environment. The factors that cause children to do PHBS well are good knowledge of mothers so that it is easy for children to implement PHBS from an early age (Putrianti 2020).

7. The relationship between the level of parental knowledge about covid-19 and the application of clean and healthy living behavior in early childhood during the pandemic

The results showed that respondents who had a good level of knowledge had good PHBS behavior as many as 17 respondents or 77.3% and respondents who had good knowledge and adequate PHBS implementation were 5 respondents or 22.7%.

Knowledge is the result of a learning process that involves Indra and provides reinforcement for each individual. In the formation of the notoatmodjo point behavior 2020. Mother's level of knowledge can be influenced by various factors including education, sources of information, age that can play a role in influencing behavior in children. The higher the education of the mother, the easier it will be to receive information about a problem (Lukas et al 2019).

Knowledge becomes a cognitive domain that underlies an action in shaping health behavior. The application of clean and healthy living behavior as an action carried out on the basis of awareness of the point of behavior based on positive knowledge and awareness then the behavior will be lasting but on the contrary if the behavior is not based on knowledge and awareness then the behavior is temporary or will not last long(Notoatmodjo 2020)

Widiastuti 2017 which states that there is a relationship between the level of knowledge of mothers with clean and healthy living behavior in Banjarsari Kulon Village, Subdistrict of Donor, who have good knowledge will affect good clean and healthy living behavior. commensurate with the research conducted by Darmayanti 2014 Proving that there is a relationship between mother's knowledge and the application of clean and healthy living behavior in children in the home environment so that good knowledge will increase mother's sensitivity to child hygiene so as to be able to explain to children how to behave in a healthy life.

Knowledge and awareness in health behavior are the main steps in implementing Covit 19. The higher the level of parental knowledge, the more influential it is in the application of clean

and healthy living behavior in children. also the application of PHBS in early childhood and experience is important in child growth and development.

V. CONCLUSION

Based on the results of the study, it can be concluded that the results of the 2-sided assumption test are 0.001 small Alfa 0.05 with a moderate correlation coefficient of 0.333, this means that there is a relationship between the level of parental knowledge about COVID-19 and the application of clean and healthy living behavior in early childhood. in times of pandemic.

It is hoped that the results of the study can be used as a reference to increase parents' knowledge about covid-19 by implementing clean and healthy living behavior in children from an early age as an effort to break the chain of covid 19.

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