



## Community Knowledge and Attitudes about the Health Protocols Implementation during the COVID-19 Pandemic in North Birobuli Village

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### Abstract

The purpose of the study was to determine the knowledge and attitudes of the community about implementing health protocols during the COVID-19 pandemic in North Birobuli Village. The research method used was qualitative with a case study approach. The number of informants in the study was 12 people obtained through purposive sampling. The results showed that the predisposing factors for knowledge related to COVID-19, symptoms of COVID-19, the transmission of COVID-19, how to prevent COVID-19, and health protocols could be mentioned well by informants. However, the public still had a negative attitude towards COVID-19, who thought that COVID-19 does not exist and did not believe; in this attitude predisposing factor, the informant also explained that he was starting to feel tired of implementing health protocols. Our finding concludes that the community already has fairly good knowledge regarding health protocols during the covid 19 pandemic, and the community's attitude is showing negative attitudes related to covid and feeling tired regarding applying the health protocol.

**Keywords:** Knowledge, Attitude, Health Protocol, Covid 19

### Key Messages:

- Knowledge related to COVID-19, symptoms of COVID-19, the transmission of COVID-19, how to prevent transmission of COVID-19, and the 3M health protocol can be well stated by the informant.
- The public attitude still tends to have a negative attitude towards the COVID-19 pandemic and still does not believe in the existence of a COVID-19 pandemic, while people's attitudes are starting to feel tired of implementing the 3M health protocol

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### 1. Introduction

Indonesia is one of the countries struggling against the COVID-19 pandemic (1). The COVID-19 situation in Indonesia as of March 6, 2022, recorded 5,748,725 positive COVID-19 cases, 5,122,602 recovered cases, and 150,172 deaths. In active cases, there were 475,951 cases, 357,011 cases examined specimens, and 16,248 suspected cases (2). Based on data from the Central Sulawesi Provincial Health Office on 6 March 2022, there were 55,508 positive cases of COVID-19, 1,638 cases of death, and 49,128 recovered; about 4,742 active positive cases spread across several areas, including Banggai (9 cases), Banggai Islands (6 cases), Buol (21 cases), Donggala (9

cases), Morowali (57 cases), North Morowali (37 cases), Parigi Moutong (19 cases), Poso (14 cases), Sigi (71 cases), Tojo Una-Una (17 cases), Tolitoli (8 cases), and Palu city (71 cases).

Data from the Palu City Health Office explains that Palu City ranks the highest in the addition of positive COVID-19 confirmed cases in Central Sulawesi, with a total number of positive cases of 12,342 cases spread across several urban villages in the city of Palu. The highest daily distribution of COVID-19 cases in Palu until 6 March 2022 was in the North Birobuli sub-district, with a total number of positive COVID-19 cases of 990 cases (3).

The health protocol implementation is the rules and regulations of the Indonesian government as a step in suppressing the spread of COVID-19. The health protocol was established and has the aim that community activities can continue to run safely as usual but remain disciplined in implementing health protocols. In Indonesia, this health protocol is known as 3M: wearing masks, washing hands, maintaining distance, and avoiding crowds. Through this step, the community can move safely and maintain the health of themselves and others (4). Therefore, all parties continue to make preventive and consistent efforts through the application of health protocols which are also part of a clean and healthy lifestyle. The behavior of implementing the 3M health protocol is an activity carried out to protect oneself and others so as not to get infected by COVID-19 (5).

The results of observations made by researchers show that some people still do not believe in the COVID-19 pandemic and consider this pandemic normal, so the behavior of implementing health protocols has not become a priority. Some residents were still found not wearing masks when going to the stalls and not keeping their distance. The behavior of people who do not comply with the health protocols is caused by several factors, one of which is the level of knowledge and attitudes of the community towards COVID-19, which is still not right, so some of them are still neglecting to implement the 3M health protocol during the COVID-19 pandemic. This is in line with Widayanti's research (2021) that minimal knowledge is the main reason someone ignores health protocols (6). The observations also explain that the community's attitude in implementing health protocols is still incorrect; the people who think that the COVID-19 pandemic is something that some people have not fully trusted is because the COVID-19 virus is a new type of virus. So, people do not believe in the existence of this disease and think that COVID-19 only attacks big cities or countries (7). However, the COVID-19 handling team at the North Birobuli sub-district office did not stop urging the public always to be disciplined in implementing health protocols. They also coordinate with local administrative units in the North Birobuli sub-district to always pay attention to their citizens in implementing health protocols and report if there are complaints from residents that lead to symptoms of COVID-19.

Based on this, researchers are interested in knowing how the behavior of the people in the North Birobuli sub-district in implementing the 3M health protocol as an effort to prevent the spread of COVID-19. Conditions show that people tend to ignore the 3M health protocol, several violations are often found in implementing the 3M health protocol, including not wearing masks when active in public places, and crowds are still frequent, while the spread of COVID-19 has entered all urban villages in the city of Palu. It indicates that there is no sub-district with 0 cases to date.

The purpose of the study was to determine the knowledge and attitudes of the community about implementing health protocols during the COVID-19 pandemic in North Birobuli Village.

## 2. Methods

This research was a qualitative research method with a case study approach. The number of informants obtained during this research was 12 using the purposive sampling technique. The qualitative research method was used to examine the condition of natural objects where the researcher was the crucial instrument. In this study, the data collection technique used was source triangulation. This qualitative research process involved important efforts, such as asking questions and procedures, collecting specific data from participants, analyzing data inductively from specific themes to general themes, and interpreting the data.

## 3. Results

### Knowledge

From the results of interviews conducted with ordinary informants to find out the level of informant knowledge about "What do you know from COVID-19?" the following answers were obtained:

*"COVID-19 is a kind of virus, it seems like a SARS derivative. It is just that the virus that I know is a different variant,*

*and it was only discovered in 2019." (B 28 years old, 16 November 2021)*

*"what I know about COVID-19 is, and it is a kind of virus, a virus that can attack anyone and also endanger health" (32 years old SNH, 17 November 2021)*

*"COVID-19 is an infectious disease; COVID is like the flu as well, from a new type of virus, right, so we have to take care of our health" (RF 25 years, 18 November 2021)*

*"Covid is like the flu; it can be contagious. From the news that many people have died from this covid virus, they say there is no cure" (TH 19 years, 18 November 2021)*

*"Hmm..., Covid is a disease, they say it looks like the flu, that is all I know" (LS 27 years old, 21 November 2021)*

Besides 5 ordinary informants above who knew about COVID-19, 3 other ordinary informants did not know about COVID, such as the informant's statement below:

*"We did not know about COVID-19, who was known to have only been told to wear a mask" (M 50 years old, 19 November 2021)*

*"Oh, I do not know what COVID-19 is; I think COVID-19 is just a term; in fact, there has always been a severe flu and loss of smell; after all, only later now it just termed COVID-19". (DS 20 years, 20 November 2021)*

*"Hmm, it is hard to explain; all I know is that it is just Covid" (R 39 years old, 19 November 2021)*

In-depth interviews were also conducted with key informants, namely the health promotion officer of the Birobuli Health Center and the COVID-19 handling officer of North Birobuli Village, to find out "Is it true that COVID-19 is a disease caused by a virus?" the following answers were obtained:

*"Ya... COVID-19 is an infectious disease caused by a virus, and the virus is from SARS, then because this type of disease or coronavirus was only discovered in 2019, that is why it is called COVID-19 disease or coronavirus disease-2019" (NPP 35 year, 22 November 2021)*

*"What I know about COVID-19 is that it is similar to a disease that is said to be from an infectious virus. This virus is new, so there is much excitement because there is no cure yet" (N 43 years old, 23 November 2021)*

Based on statements from ordinary informants and key informants, it was found that most of the informants already knew what COVID-19 was, which is a disease caused by a new type of coronavirus as described by the 5 regular informants above, and 1 of them answered correctly that COVID -19 is a disease caused by the SARS virus with a different variant that was only discovered in 2019. In addition, 3 other ordinary informants gave explanations for not knowing what COVID-19 was.

In-depth interviews were also conducted with ordinary informants to find out, "Can you explain what the symptoms of COVID-19 are like?" The following answers were obtained:

*"The symptoms of people who get COVID-19 are usually fever, loss of smell, I had it, but gratefully I do not have a physical drop, just lost my sense of smell. But, I did not do an antigen test, just self-aware, so it did not take a week to have smell again" (B 28 years old, 16 November 2021)*

*"The symptoms are like flu; the smell is gone, if I often read about the symptoms, it is almost the same as the flu and." (SNH 32 years, 17 November 2021)*

*"The symptoms, cough, fever, I was once said to be positive at the health center here, I just felt sick and said it was because it was vaccinated, so he said he had a virus that was not too bad." (RF 25 years, 18 November 2021)*

*"As far as I know, the symptoms are making sure you have a fever, cannot smell anything, sore throat, accompanied by coughing is also normal, and immunity goes down" (TH 19 years old, 18 November 2021)*

*"Oh, the symptoms are similar to flu, cough, shortness of breath, and high fever. We had a high fever when we were in the red zone here; we all had the flu at home and just drank warm water." (R 39 years old, 19 November 2021)*

*"Symptoms after people who experience it directly are flu cough, fever, and loss of smell" (M 50 years old, 19 November 2021)*

*"People say that they have COVID. The symptoms are a crampy tongue, they say, the taste is gone, the nose does not smell anything, that is how it is. I have been there too and can not smell well, even for grill dry fish, but still can taste a bit." (DS 20 years, 20 November 2021)*

*"Ah, that, maybe all of us were COVID then because all of us cannot smell; this longest was my oldest son. I was indeed positive for COVID because I just checked. The others do not want to be tested, only self-isolation, basically masks, keep that distance at home" (LS 27 years old, 21 November 2021)*

In-depth interviews were also conducted with key informants, namely the health promotion officer of the Birobuli Health Center and the COVID-19 handling officer of North Birobuli Village, to find out "Are the symptoms

of COVID-19 the same as the usual flu?" the following answers were obtained:

*"The symptoms of COVID-19 are the same as the usual flu, body aches, loss of smell is a typical symptom, loss of taste, cough, headache too" (NPP 35 Years, 22 November 2021)*

*"Hmm.. the symptoms are the same as the severe flu, yes. In the severe flu, there is a decrease in appetite; even though the sense of taste is no longer there, the smell is also gone, which is then congested. If this COVID-19 is in the throat, it is like other things" ( N 43 years, 23 November 2021)*

Based on statements from ordinary informants and key informants, it was found that all ordinary informants had known the symptoms of someone infected with COVID-19. They knew the symptoms were similar to those of the flu in general, accompanied by fever, cough, and typical symptoms, namely loss of sense of smell, shortness of breath, and several other symptoms, and even most of the ordinary informants had experienced the same symptoms as the COVID-19 disease as in the statements of the 5 ordinary informants above.

In-depth interviews were also conducted with ordinary informants to find out, "Can you explain how the transmission of COVID-19 that you know about?" The following answers were obtained:

*"What I usually read from social media is that COVID-19 is transmitted through droplets or liquids that we use; for example, coughing, sneezing or while talking like this can also be done." (B 28 years old, 16 November 2021)*

*"Some say that COVID-19 is also transmitted through touch, that is why we should not shake hands, but I do not believe it." (32 years old SNH, 17 November 2021)*

*"If the transmission of COVID-19 is through the air, it is okay, because when I was positive, I did not know where I got it from either." (RF 25 years, 18 November 2021)*

*"Hmm... about the transmission, I also do not know much; it is through objects that are used up, such as money, so every time you run out of anything, you have to wash your hands." (TH 19 years, 18 November 2021)*

*"This transmission is direct, like touching, it is possible, with people who are sick with the flu as well, usually from money because it is from hand to hand." (DS 20 years, 21 November 2021)*

*"It seems that COVID-19 is transmitted through the air, maybe it is because common in the news that he can survive in the air but does not know how long." (LS 27 years, 21 November 2022)*

Besides 6 ordinary informants above who knew the mode of transmission of the COVID-19 virus, 2 other ordinary informants did not know the COVID-19 transmission, as in the statements of the two informants below:

*"If this COVID-19 is contagious, I do not know how it is; the main thing is that we just go along with masks." (R 27 of 19 November)*

*"Hm., how is COVID-19 transmitted, just do not approach sick people like COVID, or else they will get infected, that is all I know" (do not know how it is transmitted). (M 50 years old, 19 November 2021)*

In-depth interviews were also conducted with key informants to find out "How is the transmission of the COVID-19 virus?" The following answers were obtained:

*"Transmission from COVID-19 is through fluids or droplets of someone infected; that is why we have to be disciplined about wearing masks, keeping a distance, and washing our hands often, because we usually like to touch the face accidentally; even though there may already be a virus there." (NPP 35 years, 22 November 2021)*

*"COVID-19 is also transmitted through the air; maybe it is possible if this touch is not possible. It is the same thing when people talk or sneeze, so it can be transmitted there because there is saliva which usually spits up and can not be seen." (N 43 years, 22 November 2021)*

Based on statements from ordinary informants and key informants, it was found that most of the informants already knew about the COVID-19 transmission, as mentioned by the 6 regular informants above that COVID-19 can be transmitted through droplets or objects that the COVID-19 virus has contaminated. 19. The other 2 regular informants did not know what the transmission of the COVID-19 virus was like.

In-depth interviews were also conducted with casual informants to find out, "Can you explain how to prevent transmission of COVID-19?" The following answers were obtained:

*"Yesterday what was done a lot, these people sunbathe, bask in the sun, eat healthy food, drink vitamin C and continue to exercise, that is all" (B 28 years old, 16 November 2021)*

*"When I had the same symptoms, to prevent transmission, I made a concoction of turmeric, ginger, lemongrass, and cinnamon, drank it when it was still warm, and mixed it with commercial honey. Besides also consuming milk and drinking vitamin C." (SNH 32 years, 17 November 2021)*

*"I was before swab, I already felt I was COVID, I even went to the health center, I kept my distance from people, I doubled the mask, do not let people get my disease too, let me experience it myself, I am like that." (RF 25 years old, 18 November 2021)*

*"To prevent it, just wear a mask, wash your hands diligently, that is all the health protocol must be prioritized." (TH 19 years, 18 November 2021)*

*"If I just stay at home, I do not have to go anywhere if I do not have important business, continue to obey it by wearing a mask, washing hands and keeping a distance when we leave the house anyway." (DS 20 years, 20 November 2021)*

*"Just follow the health protocol, live clean, wash your hands diligently, wear a mask, do not forget that." (LS 27 years old, 22 November 2021)*

Besides 6 ordinary informants above who knew how to prevent the transmission of COVID-19, two other ordinary informants did not know the prevention of the COVID-19 transmission, as stated below.

*"What can you do so you do not infect it, maybe just stay at home. Eh... I do not know how to prevent this." (R 39 years old, 19 November 2021)*

*"Preventing this contagion would have an impact? I do not know; what I know is that I am only told to wear a mask; if not, I will not use it) (M 50 years old, 19 November 2021)*

In-depth interviews were also conducted with key informants, namely the health promotion officer of the Birobuli Health Center and the COVID-19 handling officer of the North Birobuli Village. "What are the ways to prevent transmission of COVID-19?" the following answers were obtained:

*"Yes, that was it, take care of your health, stick to the health protocols, the health protocols must be strictly disciplined, the masks do not forget, wash their hands often, try to keep your distance first, because people do not know that people are sick, and the intake of nutritious food is maintained so that the immune system is strong." (NPP 35 years, 22 November 2021)*

*"The prevention of COVID-19 is with health protocols starting from wearing masks, washing hands, keeping a distance, all of that, so we are routine, not even touching. I disagree with that because the point is to apply PHBS (healthy living behavior) from ourselves." (N 43 years, 23 November 2021)*

Based on statements from ordinary informants and key informants, it was found that most of the informants already knew how to prevent the transmission of COVID-19, as in the statements of the 6 regular informants above, 4 of whom said preventing the transmission of COVID-19 was by washing hands, wearing masks and maintaining personal hygiene, distance, or apply health protocols. The other 2 regular informants each answered preventing the transmission of COVID-19 by making potions, sunbathing, exercising, eating healthy food, and taking vitamins. Then 2 other ordinary informants answered that they did not know how to prevent transmission of the COVID-19 virus.

In-depth interviews were also conducted with ordinary informants to find out, "Can you explain what you know from the health protocol?" the following answers were obtained:

*"The 3M health protocol starts with wearing a mask, washing your hands, keeping your distance, avoiding crowds if there is no place to wash your hands, and using a hand sanitizer. The term 3M stands for that one. Usually, a billboard is on the side of the road about the 3M health protocol." (B 28 years old, 16 November 2021)*

*"The 3M health protocol that I know uses a mask, wash your hands, keep your distance, that is all three, right." (SNH 32 years, 17 November 2021)*

*"So the 3M health protocol, always wear masks, wash your hands often, keep your distance too. Use a hand sanitizer too, if you go home, the clothes are immediately washed." (RF 32 years, 18 November 2021)*

*"Wear a mask, keep your distance, something like that., I forgot he another one... ah yes, wash the hands, that is 3 of them yeah." (TH 19 years, 18 November 2021)*

*"Oh so.. it is like wearing a mask, diligently washing hands, what else is that, hmm..... keep your distance." (R 39 years old, 19 November 2021)*

*"It is the 3M health protocol that always washes your hands, have to wear a mask, keep distance, so everything will be not contagious so that this transmission can quickly reduce." (DS 20 years, 21 November 2021)*

*"The 3M health protocol is the one who wears a mask, keeping a distance as well as diligently washing hands is also like that." (LS 27 years old, 21 November 2021)*

In addition to the 7 ordinary informants above who knew the 3M health protocol, there was 1 other

informant who answered that he did not know the 3M health protocol as in the statement of the usual informant below:

*"Aah... I do not know anymore; it is for health's sake." (M 50 years old, 19 November 2021)*

In-depth interviews were also conducted with key informants, namely the health promotion officer of the Birobuli Health Center and the COVID-19 handling officer of North Birobuli Village, to find out "What is the 3M health protocol?" then the answer was obtained as follows:

*"The 3M health protocol is a new rule to adapt to new habits, such as always wearing a mask, from the previous one we did not wear a mask, now we wear a mask, everywhere we have to wear a mask, and before that people neglect to wash their hands, now they have to wash their hands like that because this pandemic does not know when it will end. It is a preventive measure to keep it safe. Meanwhile, even those who have obeyed the prokes can still be hit, especially those who ignore it." (NPP 35 years, 22 November 2021)*

*"The 3M health protocol is abbreviated, the abbreviation starts from wearing a mask, keeping a distance and washing our hands, so that we stay safe if we avoid crowds everywhere, that is all, to suppress the transmission of COVID-19." (N 43 year, 23 November 2021)*

Based on statements from regular and key informants, it was found that most of the regular informants were aware of the parts of the 3M health protocol during the COVID-19 pandemic, starting from washing hands, maintaining distance, and wearing masks. Another informant did not know the 3M health protocol, but the informant stated that the health protocol was for health purposes.

### Attitude

In-depth interviews were also conducted with ordinary informants to find out "What is the community's attitude towards COVID-19 during this pandemic?" The following answers were obtained:

*"At first, I did not believe in COVID-19, because I had not seen it firsthand, I just saw it from the media, the first time here was in Maleo, close to this, close to North Birobuli." (B 28 years old, 16 November 2021)*

*"What I see here, you are still the same as usual. Yesterday, it was said that they wanted to be locked down here, right, but there are just the same as ordinary people. Well, you could say people still do not believe in COVID-19." (SNH 32 years, 17 November 2021)*

*"Here, you do not have to go far. Honestly, this is normal for me, and I do not believe in COVID-19. But, I am also afraid if I get hit anyway. Only then did I get caught; now we are here. Yeah, that is the attitude. This is not the same as COVID-19; this is what I think as long as I pay attention." (RF 25 years, 18 November 2021)*

*"The people's attitude at the beginning of the red zone was here; everyone was afraid of getting the same sickness, especially since they could not go anywhere for a few days anyway. But, it did not take long; now it is normal like it is like a normal thing because there are people here who do not believe in COVID-19." (TH 19 years, 18 November 2021)*

*"Our attitude is that as long as there is COVID-19, we continue to follow what the government says. Even though I am used to it myself, sometimes I feel unsure about COVID-19, but the problem is that many people died, which scares me." (R 39 years old, 19 November 2021)*

*"Hmm... the people do not want to be trusted or not, not trusted but exists. We are here, if it is about Covid that is normal, then we will be told to wear a new mask." (M 50 years old, 19 November 2021)*

*"In the past, people here were all afraid of COVID-19, but now it is no longer anymore. I see it; you think it is like the common cold because maybe half of it has already been vaccinated." (DS 20 years, 21 November 2021)*

*"The people here are like that. If I look at it even before the red zone was here and after yesterday's red zone, it is still the same as usual, but when we were here in the red zone, we were afraid too. Since that is the problem, believe and not so with this corona; if we as ordinary people, that is how we behave. People are different, maybe because we do not understand; that is how it is." (LS 27 years, 21 November 2021)*

In-depth interviews were also conducted with key informants, namely the health promotion officer of the Birobuli Health Center and the COVID-19 handling officer of North Birobuli Village regarding "Is it true that there are still people here who do not believe in the COVID-19 pandemic?" then the answers were obtained as follows:

*"Before the red zone, you did not care, after yesterday's red zone, they were all scared, and at the beginning of the red zone, they were even more alert. However, still, some are stubborn; they doubt the existence of COVID-19, and some people do not believe it is like that." (NPP 35 years, 23 November 2021)*

*"How can you say it is a dangerous disease? You do not say it. I am also actually confused about COVID-19, so we keep the health protocols, and then keep our distance from wearing masks, so that is all we apply Clean and Health Living Behavior, some people are not believe it, but if you go to the village office, you still wear a mask because it is mandatory, as well as going to the health center." (N 43 years, 23 November 2021)*

In-depth interviews were also conducted with additional informants to find out "What is the community's attitude towards COVID-19 during this pandemic?"

*"This is it; what if the people here have their views, so I believe they do not believe in COVID-19, let alone ordinary people, meaning people who are not exposed to such information about the pandemic, really do not believe it, but last time there was a red zone there, maybe they were afraid too because it turned out that there was COVID-19 until they got micro-locked, hahaha., maybe that is the case. But only at that time, because now his attitude is normal again, keep following the protocol when it is out because there is an appeal, all follow if not threatened with a red zone time fine." (S 35 years, 23 November 2021)*

*"Back then, when the red zone was in the red zone, I could not help but go along with what the government said because every day ambulances were passing by, so everyone was afraid, even though it is the opinion of the people who also do not justify this COVID-19" (SRN 35 years, 23 November 2021)*

Based on statements from ordinary informants, additional informants, and key informants, it was found that of the 8 ordinary informants, most of the informants or 5 of them answered that the attitude of the community during the COVID-19 pandemic was that they still tended to have a negative attitude towards the COVID-19 pandemic where they did not fully believe and still have not confirmed the existence of this pandemic. Then, the public responds that this COVID-19 pandemic was normal or the same as the usual flu. Meanwhile, 3 other ordinary informants answered that the community had obeyed the government's appeal during the red zone status of the COVID-19 pandemic in the North Birobuli sub-district, and after the red zone status was completed, people's attitudes also returned to normal.

In-depth interviews were also conducted with ordinary informants to find out "What is the community's attitude in implementing the 3M health protocol?" Most of the informants explained the attitude of the community in implementing the 3M health protocol showing an attitude that was getting tired, as stated by the 5 informants below:

*"Here, the attitude was obedient, especially during the red zone. Maybe because it has been too long, it is clear you are tired, so I am used to wearing a mask only in places where masks are mandatory." (B 28 years, 16 November 2021)*

*"Every person is different, so their attitude is also different, some are obedient, some are so tired, some just feel the same, all sorts of things" (SNH 32 years, 17 November 2021)*

*"Here, if the attitude of the community is mostly good with health protocols, there are still many masks, but indeed there are still people who usually think they are just out here, so lazy and tired when they wear masks again." (RF 25 years, 18 November 2021)*

*"The attitude is.., In fact, we still follow what the government says, but the more I come here I also seem lazy, it is okay to wear masks again, but we still wear them normally, because we do not know there are raids." (R 39 years old, 19 November 2021)*

*"If you are like us, we are already lazy, so you are tired; usually, I purposely do not wear a mask because it is uncomfortable, or later to certain places where masks are mandatory, like a health center." (DS 20 years, 21 November 2021)*

The explanation from the other 3 regular informants was that each informant answered that the community had complied with implementing the 3M health protocol. However, this compliance was only seen when the North Birobuli sub-district was in the red zone. Then, after the red zone status ended, the community returned to its normal attitude. Another informant explained that there were still people who objected when directed to apply the 3M health protocol, as in the informant's answer below:

*"What are you doing? Is there one, someone wants to be told, there is also someone who is not sure, he said, uh, what is wrong with wearing a mask and keeping our distance, we are already in the heat of the sun." (TH 19 years, 18 November 2021)*

*"I see that many people wear regular masks with their lips, only if it is not enough here, but in my opinion, they had obeyed, especially when it was first, it was like being called a red zone." (M 50 years old, 20 November 2021)*

*"If the 3M health protocol here is obedient, especially in the past, only now awareness has begun to decrease again if I look at this maybe because it is not in the red zone maybe." (LS 27 years, 21 November 2021)*

In-depth interviews were also conducted with key informants to find out, "Is it true that people's attitudes are getting tired of implementing the 3M health protocol?" the following answers were obtained:

*"Before the red zone, it was like you did not go out too much with a mask, your attitude was normal, and after yesterday's red zone, they were finally all scared, but only by that time, now, people getting tired and lazy to follow those instructions, wearing masks." (NPP 35 years, 23 November 2021)*

*"The community also follows the health protocol, even though there are those who do not want to because COVID-19 is what you call a dangerous disease, it is also not said to be, so we just keep the health protocols and then keep a distance wearing masks, so that is all we apply Clean and Healthy Living Behavior." (N 43 years, 23 November 2021)*

In-depth interviews were also conducted with additional informants to find out "What is the community's attitude in implementing the 3M health protocol?" The following answers were obtained:

*"This community obeys the health protocol because these people are also afraid of getting COVID, it is just usually taken normally, it has been too long, right, you might be tired too." (S 35 years, 23 November 2021)*

*"In the past, we could say we were obedient during the red zone, but now it is like that. People think of it as a common cold because maybe they have been vaccinated too, right? However, if you were afraid, you coughed and immediately avoided everyone." (SRN 35, 23 November 2021)*

Based on statements from all informants, it was found that most of the informants used to explain that the attitude of the community in applying the 3M health protocol showed an attitude of getting tired even though when the North Birebuli sub-district was once a red zone, the community was quite obedient in implementing the 3M health protocol. However, when the status of the red zone was at the end, people's attitudes returned to normal, and community compliance in applying the 3M health protocol began to decline. This is also strengthened by the explanations of key informants and additional informants

#### 4. Discussion

##### Knowledge

The knowledge refers to the informant's knowledge about COVID-19 and includes the understanding of COVID-19 and its symptoms of COVID-19. How it is transmitted, how to prevent the transmission, and what is known from health protocols (3M) during the COVID-19 pandemic.

Based on interviews conducted by researchers with ordinary informants regarding what the informants know about COVID-19, the informants provide information that COVID-19 is a virus, an infectious disease, and a disease similar to the severe flu. Most of the informants knew about COVID-19 from 8 regular informants, 5 of whom knew that COVID-19 was an infectious disease caused by a new type of coronavirus. Meanwhile, 3 other regular informants explained that they did not know what COVID-19 was.

This research is in line with the Indonesian Ministry of Health (2020) that Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-Cov-2), which is a new type of coronavirus and has never been identified before in human (Ministry of Health RI, 2020). According to WHO, COVID-19 is an infectious disease caused by infection with a new type of coronavirus. This disease is known to first appear in the city of Wuhan, China, in December 2019. An acute respiratory disease that has become a global pandemic caused by the novel coronavirus or SAR-Cov-2 (8).

In-depth interviews were also conducted with ordinary informants to determine the informant's knowledge of the symptoms of COVID-19. It was found that all informants had good knowledge about the symptoms of COVID-19; the informants explained that the symptoms of COVID-19 were fever, cough, loss of smell, flu, body aches, and shortness of breath; these symptoms were similar to the common cold in general. This is interesting because most of the informants also experience the same symptoms as COVID-19, but some do not examine whether they are positive or negative from COVID-19.

Our finding is in line with research results Limbong et al (2021), where most respondents had a "good" score (99.5%) on the knowledge question about COVID-19 (9). The symptoms of COVID-19 include fever, dry cough, and shortness of breath (10). Some patients experience cold-like symptoms and experience sore throat,

and diarrhea. Some infected people are asymptomatic and feel well. Some can recover on their own, while others experience worsening conditions, so they have difficulty breathing and need to be hospitalized.

In-depth interviews were also conducted with ordinary informants related to knowledge questions regarding transmission from COVID-19; the results showed that most of the informants already knew about the transmission of COVID-19 as mentioned by 6 ordinary informants that COVID-19 can be transmitted through droplets or splashes of someone's saliva. COVID-19 infection can be through the air or objects such as money that the COVID-19 virus has previously contaminated. The other 2 ordinary informants answered that they did not know about the transmission of the COVID-19 virus. Most of the respondents (75.7%) have good knowledge regarding the transmission and prevention of COVID-19. This finding is also in line with research conducted on the Filipino community that almost all respondents from rural and urban communities in the Philippines already know how COVID-19 transmission occurs either directly through exposure to droplets or indirectly, namely through object surfaces (11)). According to research by Van Doremale (2020), the virus that causes COVID-19 can survive in the air for about an hour, while on the surface of objects, it can last for several hours. On surfaces made of plastic and stainless steel, the virus can last up to 72 hours, on cardboard for 24 hours, and on copper for 4 hours (12).

According to WHO (2020), COVID-19 can be transmitted from an infected person to others in the vicinity by coughing or sneezing. COVID-19 can also be transmitted through objects contaminated with droplets from an infected person's cough or sneezing. Other people who touch these contaminated objects and then touch their eyes, nose, and mouth can contract the disease. In-depth interviews were also conducted with ordinary informants regarding how to prevent the transmission of COVID-19. Information was obtained that most informants already knew how to prevent the transmission of COVID-19, as in the statements of 6 regular informants, 4 of whom said preventing the transmission of COVID-19 was by wash hands, wearing masks, and maintaining social distance or applying 3M health protocols. Meanwhile, 2 other regular informants answered that preventing the transmission of COVID-19 was by making potions, sunbathing, exercising, eating healthy food, and taking vitamins. In addition, 2 other ordinary informants answered that they did not know how to prevent transmission of the COVID-19 virus.

In line with research by Elygio et al (2020) , It can be understood that 68% of respondents already have good knowledge about COVID-19 prevention efforts Elygio et al. (2020). This is also in line with research (14) that the score for the knowledge question was 12.04 out of 15, indicating high knowledge related to COVID-19. The standard recommendations to prevent spreading infections due to the COVID-19 pandemic include implementing the 3M health protocol. Good nutrition is also essential before, during, and after infection. Infection can make the body fever, requiring additional energy and nutrients. Maintaining a healthy diet is very important during the COVID-19 pandemic. Although no foods or supplements can prevent infection from COVID-19, maintaining a healthy diet is an effort to increase a person's immune system so that they are not exposed to the COVID-19 virus (15).

In-depth interviews were also conducted to determine the level of knowledge of informants regarding the 3M health protocol; it was found that most of the regular informants already knew parts of the 3M health protocol during the COVID-19 pandemic, starting from washing hands, maintaining distance, and wearing masks. Another informant did not know the 3M health protocol, but the informant stated that the health protocol was for health purposes. From this, even though most of the informants already have good knowledge of health protocols, the reality on the ground is that there are still people who ignore and do not apply 3M health protocols.

The total number of respondents by getting the average level of knowledge is 35 (87.5%) respondents, whereas respondents who do not comply with the 3M health protocol are 7 (17.5%) respondents, and those who comply are 28 (70%) respondents (5). The 3M Movement is a movement to declare the implementation of the Health Protocol for the entire community. The 3M movement consists of washing hands, wearing masks, and maintaining social distance, standard recommendations to prevent transmission of COVID-19.

Knowledge about COVID-19 in the North Birobuli sub-district community shows good knowledge, as stated by all informants, although in reality, there are still those who have not complied with the application of the 3M health protocol. There is a relationship between knowledge of the COVID-19 health protocol and the bivariate analysis results ( $p = 0.015$ ). 74.2% of people have high knowledge of COVID-19 and 89.6% have good adherence to the COVID-19 health protocol (16). As public knowledge about the COVID-19 pandemic is already quite good, it is important to maintain this knowledge in efforts to handle COVID-19 even in other infectious diseases at every

level of intervention. The main intervention is aimed at the community level to monitor through risk communication and education related to health protocols and other preventive measures to suppress the spread of the virus, which is supported by contact tracking (case investigation and outbreak investigation). Community empowerment aims to enable the community to want to consciously and able to maintain health.

The problem of infectious diseases is not only limited to COVID-19, but many other diseases are also caused by viruses with a fairly fast transmission rate, such as influenza, tuberculosis, or even new types of infectious diseases such as the COVID-19 pandemic, which has taken the world. To keep our bodies, knowledge about preventing COVID-19 through the 3M health protocol is expected to be applied until the end of the COVID-19 pandemic as a form of infectious disease prevention.

### **Attitude**

Based on the results of interviews conducted by researchers with all informants regarding community attitudes during the COVID-19 pandemic, information was obtained that from 8 ordinary informants, 5 of them answered that people's attitudes during the COVID-19 pandemic still tended to have negative attitudes, where people did not fully believe and still did not believe the existence of this COVID-19 outbreak. The public responded that this COVID-19 pandemic was normal and the same as flu in general. Meanwhile, 3 other regular informants obtained information that the community had obeyed the government's advice during the red zone status of the COVID-19 case in the North Birobuli sub-district, but after the red zone status in the sub-district was over, people's attitudes returned to normal.

Most participants do not believe in the central government's information regarding the COVID-19 case (17). This is due to several factors, including participants who think that the government seems unaware of the impact of COVID-19, data that is not transparent, the government does not capture people's aspirations, and so on. People think COVID-19 is politics and hurts the people. Public trust in the COVID-19 pandemic will be directly proportional to a positive attitude in implementing the 3M health protocol. This can help deal with the problem of the spread of COVID-19; on the other hand, there are still many people who do not believe it will certainly make it difficult to control the behavior of preventing COVID-19 itself.

In-depth interviews were also conducted to determine the community's attitude towards applying the 3M health protocol. Based on the interview results, most of the informants explained that the community's attitude in implementing the 3M health protocol showed an attitude of getting tired considering the COVID-19 pandemic, which has been around for a long time in daily life in community saturation in implementing health protocols. However, when the North Birobuli sub-district became a red zone, the community was quite obedient in implementing the 3M health protocol because people had their fears and worries if they were later exposed to COVID-19, even though some of them still did not believe in the COVID-19 pandemic. When the red zone status in the North Birobuli sub-district ended, people's attitudes returned to normal, so community compliance in implementing the 3M health protocol began to decline. The pandemic that had occurred for quite a long time had decreased people's trust in the government, making them bored and not obedient to washing their hands (18).

A person's positive attitude towards the COVID-19 pandemic will give birth to good COVID-19 transmission prevention behavior (19). The calculation for the attitude variable in the application of health protocols, namely that most teenagers have negative attitudes towards the application of health protocols (20). When viewed from the points asked and observed regarding health protocols, especially the application of 3M, teenagers have implemented the 3M step, but it is not correct; for example, when washing hands for less than 20 minutes and does not use soap, wear masks in the wrong way, keep a distance of but less than 0.5 meters (20).

### **5. Conclusion**

Knowledge related to COVID-19, symptoms of COVID-19, the transmission of COVID-19, how to prevent transmission of COVID-19, and the 3M health protocol can be well stated by the informant. The public attitude still tends to have a negative attitude towards the COVID-19 pandemic and still does not believe in the existence of a COVID-19 pandemic, while people's attitudes are starting to feel tired of implementing the 3M health protocol.

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