

Research Article

Descriptive Study of Healthy Lifestyle Community Movement During Covid-19 Pandemic Period of Diponegoro University Students Live in Jakarta

Syifa Rifqa Ainur Rahmah^{1*}, Laila Fitria², Yusniar Hanani Darundiati³, Nikie Astorina Yunita Dewanti⁴

^{1,2}Fakultas Kesehatan Masyarakat, Universitas Indonesia, Indonesia

^{3,4}Fakultas Kesehatan Masyarakat, Universitas Diponegoro, Indonesia

*Corresponding Author e-mail: Syifarifqa.a.r@gmail.com

Abstract

COVID-19 is a global pandemic phenomenon. College students are included in the second-largest age range contracting COVID-19 (24.7%) after the productive age range, namely 31-45 (30.4%) in 31 August 2020. This disease must be overcome by carrying out preventive activities, such as the practice of the Healthy Living Community Movement. This study aims to describe the practice of Healthy Living Community Movement of Diponegoro University students who live in Jakarta during the COVID-19 pandemic. This type of research is descriptive with a cross-sectional design. The sample in this study were Diponegoro students who lived in Jakarta with accidental sampling. The data analysis used was univariate. The results of this study found a good overview of Healthy Living Community Movement among students (72.2%). However, in practice, physical activity at least 30 minutes a day are still rarely done (53.7%). The majority of respondents have a fairly good knowledge (47.2%). However, the knowledge of the severity of smokers exposed to COVID-19 is still less likely to become intensive care patients (6.5%). Respondent's attitude was classified as positive (97.2%). The level of access to information about COVID-19 and the Healthy Living Community Movement of respondents was in a good category (68.5 %). In addition, respondents are also motivated to do Healthy Living Community Movement by their social environments such as parents (83.3%) and friends (66.7%). It can be concluded that in addition to knowledge, the respondents' level of Healthy Living Community Movement practice is classified as good because it has covered all of these practices during the COVID-19



pandemic.

Keywords: Healthy living community movement; COVID-19; college students.

INTRODUCTION

COVID-19 is a new disease known since December 2019 and was first discovered in the city of Wuhan, China, then spread to various countries to become a pandemic (World Health Organization, 2020). Currently, the best method for dealing with the spread of this disease is by carrying out preventive activities. This is because the treatment of COVID-19 is still in the research stage by experts until now (Marian, 2021). In August 2020, based on the number of confirmed cases, Indonesia ranks 23 out of 200 countries (World Health Organization, n.d.). All Indonesian people need to carry out preventive activities to prevent transmission of COVID-19, especially in the 19-30-year age group, which includes students. Based on the data, in August 2020 this age range is the second affected by COVID-19 (24.7%) after the productive age range of 31-45 years (30.4%) in Indonesia (Task Force for the Acceleration of Handling COVID-19, n.d.-b). Young people have a low mortality rate when infected with COVID-19. However, young age is a productive age that tends to do activities outside the home more often. Apart from that, from a health perspective, at a young age, health is more supportive of doing a lot of activities, so that at a young age the rate of transmission of COVID-19 is higher.

The government gives instructions to education institutions to change the way of learning from in person to online. (Task Force for the Acceleration of Handling COVID-19, n.d.-a) Diponegoro University as an educational institution also follows these instructions. Because of this learning method, students outside the city of Diponegoro University, return to their respective regions of origin, including those domiciled in Jakarta. The highest number of COVID-19 cases in Indonesia was in Jakarta with 40,309 cases as of August 31, 2020 (Jakarta Responds to COVID-19, 2020). Therefore, Diponegoro University students who are domiciled in Jakarta need to know the practice of COVID-19 preventive activities.

Ministry of Health of the Republic of Indonesia has launched a movement for people to live a healthy life called Gerakan Masyarakat Hidup Sehat (GERMAS). GERMAS is a method that can be done to prevent the transmission of the COVID-19 disease (Ministry of Health of the Republic of Indonesia, n.d.). The activities of GERMAS which are proclaimed to prevent a disease both contagious and non-communicable such as COVID-19. Some of the practices included GERMAS, namely eating with balanced nutrition, exercising diligently and getting enough rest, washing hands with soap, maintaining environmental hygiene, avoid smoking, drinking 8 glasses of mineral water per day, eating perfectly cooked food, and avoid eating animal meat that has the potential to transmit the virus, if one's have a fever and asphyxiated, immediately go to a health facility, use mask if coughing or cover the mouth with the inner upper arm and don't forget to always pray (Ministry of Health of the Republic of Indonesia, n.d.). This study aims to describe the practice of GERMAS on Diponegoro University students who live in Jakarta during the COVID-19 pandemic.

METHOD

This study is descriptive observational research with a cross-sectional design. The variables of this study are knowledge, attitudes, practices, access to information, and support for the social environment. This research was conducted online using a digital questionnaire instrument. The research targets are respondents who are Diponegoro University students, domiciled in Jakarta, can complete research questionnaires, and have internet access. The time for conducting the research in August 2020. The population of this study was all Diponegoro University students who lived in Jakarta during the COVID-19 pandemic. The sample of this research was 108 respondents using the accidental sampling technique. In this study the sample will fill out a questionnaire using an electronic questionnaire that is distributed through social media. Assessment of knowledge, attitudes, practices, access to information, and support for the social environment for each question with the correct answer will score 1 point and each wrong answer will not get a point. Categorization of values is done by calculating the percentage of the number of correct answers. The results of measuring knowledge related to GERMAS activities include a) Good = $\geq 66-100\%$; b) Sufficient = $33-66\%$; c) Less = $\leq 33\%$. The data analysis carried out was univariate analysis using a frequency distribution table accompanied by a narrative.

RESULT AND DISCUSSION

The results of research based on knowledge, attitudes, practices, access to information and social support for 108 students had the following characteristics:

Table 1 Frequency distribution of the characteristics of research respondents

No.	Respondent Characteristics	Amount	
		f	%
1.	Gender		
	a. Male	30	27.8
	b. Female	78	72.2
	Total	108	100
2.	Origin		
	a. Jakarta Pusat	5	4.6
	b. Jakarta Utara	11	10.2
	c. Jakarta Barat	17	15.7
	d. Jakarta Timur	41	38.0
	e. Jakarta Selatan	31	28.7
	f. Pulau Seribu	0	0
	Total	108	100

Respondents in this research are mostly female with total 78 responden. The distribution of respondents' regional origins is dominated by the Jakarta Timur region with a total of 41 people and no respondents from the Pulau Seribu.

1. Knowledge

Table 1 Frequency Distribution of Respondents' Knowledge about GERMAS

Knowledge level	Response Category	
	f	%
1. Some of the activities included GERMAS in general		
a. Doing physical activity to support health.	90	83.3
b. The movement of eating fruits and vegetables to reduce the burden of infectious and non-communicable diseases.	86	79.6
c. The movement to stop smoking to support health.	66	61.1
d. Humanitarian movement to defend the equality of race	6	5.6
2. The objective of the GERMAS		
a. Increasing public awareness of healthy behavior to improve the quality of life.	100	92.6
b. Increase community willingness to adopt healthy behaviors to improve the quality of life.	61	56.5
c. Improving the ability of people to adopt healthy behaviors to improve the quality of life	58	53.7
d. Improving the quality of life of the various aspects.	27	25
3. Some of the benefits of doing GERMAS during the COVID-19 pandemic		
a. Preventing self-contracting with COVID-19	97	89.8
b. Prevent contracting COVID-19 to the family.	78	72.2
c. Treat yourself and your family of contracting COVID-19.	25	23.1
d. Prevent the severity of the condition by early inspection.	35	32.4
4. Some of the benefits of diligent exercise and adequate rest during the COVID-19 pandemic.		
a. Add calories	1	0.9
b. Maintain health.	104	96.3
c. Increasing the likelihood of obesity.	9	8.3
d. Fit	79	73.1
5. Some of the benefits of washing hands with soap during the COVID-19 pandemic		
a. Maintain personal hygiene	89	82.4
b. Keeping the environment clean.	15	13.9
c. Maintain hand hygiene.	78	72.2
d. Kills germs.	84	77.8
6. Several activities including maintaining a clean environment during the COVID-19 pandemic.		
a. Cleaning the room.	76	70.4
b. Cleanse the body	57	52.8

c. Cleaning the furniture	78	72.2
d. Avoid physical contacts with others	48	44.4
7. Matters including the relationship between smokers and COVID-19		
a. Smokers who are exposed to COVID-19 have a risk of more severe disease.	90	83.3
b. Smoking can cause COVID-19 disease	6	5.6
c. Treatment of smokers exposed to COVID-19 are more likely to become intensive care patients (ICU).	7	6.5
d. Smokers who are exposed to COVID-19 have a higher risk of death.	59	54.6
8. Matters including inaccurate ways of serving food to avoid the COVID-19 virus		
a. Cooked perfectly.	43	39.8
b. Left open for a long time.	57	52.8
c. Left in a room temperature for a long time.	28	25.9
d. The food is eaten directly without being cleaned first.	56	51.9
9. Several ways to prevent yourself from contracting the COVID-19 virus		
a. Use a mask when outside the house.	106	98.1
b. Socializing	3	2.8
c. Always keep the environment clean.	94	87
d. Cover your mouth with your upper inner arm when sneezing or coughing.	74	68.5
10. Some of GERMAS activities during the COVID-19 pandemic		
a. Always pray that pandemic COVID-19 resolved soon.	13	12
b. Increase physical activity	80	74
c. Always keep the environment clean.	106	98.1
d. As much as possible do staying up late.	2	1.9

Table 2 shows the respondents' knowledge about GERMAS in general and GERMAS during the COVID-19 pandemic. Respondents have a good level of knowledge on preventing themselves from contracting the COVID-19 virus. namely by wearing a mask when outside the home and GERMAS activities during the COVID-19 pandemic. namely by always maintaining a clean environment. Total respondents were 106 respondents with a percentage as much as 98.1%. This is in line with research conducted by Utami et al regarding the knowledge, attitudes, and skills of the people of Jakarta in preventing COVID-19. it is known that as many as 83% of respondents have good knowledge about COVID-19 prevention.(Utami et al., 2020) In addition, in another study conducted by Gao, et al about the knowledge of the Chinese community on the prevention of COVID-19. it showed that 99% of respondents knew that wearing masks often and other preventive measures could effectively prevent COVID-19 infection.(Gao et al., 2020)

However, respondents had a low level of knowledge about activities including maintaining cleanliness of the environment during the COVID-19 pandemic with the

answer to cleaning themselves as much as 52.8%. This activity does not include keeping the environment clean but is an activity to physically clean a person from various impurities in order to return clean and avoid various germs. (Resty Aprilia Utami. 2018) This is an answer that is not in accordance with the knowledge about activities to maintain environmental cleanliness in the results of this study it can be concluded that the knowledge of respondents about activities to maintain environmental cleanliness is not comprehensive. Educating activities related to environmental cleanliness can be done to overcome this. In research conducted by A. Zukmadani. B. et al regarding education on Clean and Healthy Living Behavior (PHBS) in the prevention of COVID-19. it is known that the percentage of respondents' knowledge increased from before education. which was 74.48%. increasing to 86.49% after given education. (Zukmadani et al.. 2020)

Respondents also have a low level of knowledge on the care of smokers who are exposed to COVID-19. are more likely to become intensive care patients (ICU). not many respondents know. only 7 respondents answered correctly (6.5%). Basically. smoking is an activity that can cause various degenerative diseases. especially in the lung organs due to direct exposure to cigarette smoke. (Indriyawati N. Jannah M. 2019) In addition. its impact can also worsen the condition of patients who are exposed to other diseases such as illnesses. COVID-19. so those complications can occur in patients. The lack of knowledge of respondents about the impact of smoking during the COVID-19 pandemic can be overcome by seeking information related to this. So it is hoped that respondents' knowledge will increase after education. both individually and through education from others.

In the results of this study. it is known that the level of knowledge of respondents who are good at GERMAS practice is in the quite good category with a percentage of 47.2%. Nevertheless. in this study it was found that the respondent's knowledge of GERMAS during the COVID-19 pandemic was not comprehensive. including knowledge about activities that included maintaining environmental cleanliness during the COVID-19 pandemic. The results of this study were strengthened by research conducted by N. Yanti. . et al. regarding public knowledge on COVID-19 and community behavior during the COVID-19 pandemic. that the people of Sumerta Kelod Village are categorized as having good knowledge regarding the COVID-19 pandemic. (Yanti et al.. 2020). Basically. knowledge is one of the predisposing factors for shaping health practices to produce good health behaviors. Public knowledge is formed from the information obtained. Therefore. it is the importance of public education regarding health knowledge. including knowledge about the practice of GERMAS during the COVID-19 pandemic. Then. the expected results are in the form of an increase in good knowledge. thus giving birth to good practices as well (Notoatmodjo. 2014)

2. Attitude

In table 3. the respondent's good attitude towards the practice of GERMAS during the COVID-19 pandemic was eating a balanced nutritious diet of 107 respondents with a percentage of 99.1%. The statement 'if you feel the symptoms of COVID-19 and have a

history of having contact with people with COVID-19. go to a health facility immediately' and 'always pray for the health of yourself. your family and the whole world' is good with 103 respondents. with a percentage of 93.4%. The three activities prove that the respondents prioritize good and healthy intake as a source of physical energy so that they stay healthy and avoid disease. Then the attitude is fast and responsive to the signs, symptoms and conditions that allow the disease to be transmitted. so that it can be treated immediately to prevent the disease from getting worse. Early treatment is important because in addition to avoiding the patient's worsening condition. it can also increase the chances of getting healthy again and preventing complications with other diseases. Respondents also prioritized the religious aspect to entrust difficult situations such as during the COVID-19 pandemic to their respective beliefs with the hope that they will be resolved well.

Table 2 Distribution of Response Frequency Based on Questions about Respondents' Attitudes on GERMAS Practices during the COVID-19 pandemic.

No.	Statement of Attitudes	Total Answers	
		f	%
1.	Eating a balanced nutritious diet is good for maintaining a healthy body. especially during the COVID-19 pandemic.		
	Strongly agree	107	99.1
	Partly agree	0	0
	Disagree	1	0.9
2.	There is no need to be diligent in exercising and getting enough rest during the COVID-19 pandemic.		
	Strongly agree	3	2.8
	Partly agree	2	9.3
	Disagree	95	88
3.	Using hand sanitizer is better than washing hands with soap.		
	Strongly agree	4	3.7
	Partly agree	34	31.5
	Disagree	70	64.8
4.	Keeping the environment clean is not very influential in maintaining health.		
	Strongly agree	5	4.6
	Partly agree	4	3.7
	Disagree	99	91.7
5.	Smoked vape / shisha safe for health.		
	Strongly agree	2	1.9
	Partly agree	8	7.4
	Disagree	98	90.7
6.	The recommendation to drink 8 glasses of mineral water per day.		
	Strongly agree	99	91.7
	Partly agree	8	7.4
	Disagree	1	0.9

7.	Eat perfectly cooked food and avoid eating animal meat that has the potential to transmit the virus.		
	Strongly agree	89	82.4
	Partly agree	14	13
	Disagree	5	4.6
8.	If you feel the symptoms of COVID-19 and have a history of contact with people with COVID-19. go to a health facility immediately		
	Strongly agree	103	95.4
	Partly agree	3	2.8
	Disagree	2	1.9
9.	Use a mask only for those who are sick.		
	Strongly agree	1	0.9
	Partly agree	14	13
	Disagree	93	86.1
10.	Do not forget to always pray for the health of yourself. your family and the whole world.		
	Strongly agree	103	95.4
	Partly agree	3	2.8
	Disagree	2	1.9

In the research conducted by Yanti et al. Regarding attitudes towards social distancing practices during the COVID-19 pandemic in Indonesia. it is known that respondents have a positive attitude regarding social distancing with a percentage of 59%(Yanti et al.. 2020). So it can be said that this research is in line with the research.

The level of respondent attitudes based on the results of the study shows that most respondents have a positive attitude towards the practice of GERMAS during the COVID-19 pandemic with a percentage of 97.2%. Apart from knowledge. attitude is also a predisposing factor that can shape public health behavior. A person's action will be manifested from an attitude that is in line with the actions he will take. such as measures to prevent disease transmission.(Notoatmodjo. 2014) In the practice of GERMAS during the COVID-19 pandemic. people who want to implement GERMAS practices include people who are aware of the importance of preventing disease. so that awareness arises from correct knowledge about GERMAS during the COVID-19 pandemic.

3. Practice

In the results of the study. it is known that respondents are good at using masks when traveling outside the house. namely as many as 101 respondents with a percentage of 93.5%. In one study it was found that the use of a face mask could reduce the risk of infection greater (Chu et al.. 2020). In addition to masks. some respondents also stated that they used face shields to protect themselves from being hit by droplets flying when they were outside the house. In the study the subgroup wearing eye protection was also associated with lower infection rates (Chu et al.. 2020). In another study conducted on Chinese society. it is known that the best practice for respondents is to use a mask when traveling with a percentage of 97%. This suggests that this study is in line with other studies (Gao et al.. 2020).

Table 3 Frequency Distribution of Respondents' Answers on GERMAS Practices During the COVID-19 Pandemic.

No.	Practice	Total Answers	
		f	%
1.	Eat a balanced diet.		
	Always	21	19.4
	Often	69	63.9
	Rarely	18	16.7
	Never	0	0
2.	Doing exercise 30 minutes every day.		
	Always	12	11.1
	Often	28	25.9
	Rarely	58	53.7
	Never	10	9.3
3.	Rest at least 6 hours every day.		
	Always	45	41.7
	Often	51	47.2
	Rarely	11	10.2
	Never	1	0.9
4.	Wash hands with soap before and after eating.		
	Always	86	79.6
	Often	17	15.7
	Rarely	5	4.6
	Never	0	0
5.	Clean the living room.		
	Always	62	57.4
	Often	34	31.5
	Rarely	11	10.2
	Never	1	0.9
6.	Smoking		
	Yes	9	8.3
	No	99	91.7
7.	Drink 8 glasses of mineral water per day.		
	Always	48	44.4
	Often	44	40.7
	Rarely	15	13.9
	Never	1	0.9
8.	Eat perfectly cooked food.		
	Always	86	79.6
	Often	19	17.6
	Rarely	3	2.8
	Never	0	0
9.	Use a mask when traveling.		
	Always	101	93.5
	Often	6	5.6
	Rarely	1	0.9
	Never	0	0

10. Pray for the health of yourself. your family and others so that COVID-19 will be resolved immediately.

Always	73	67.6
Often	28	25.9
Rarely	5	4.6
Never	2	1.9

In addition. respondents were quite good on the practice of eating foods with balanced nutrition as much as 69 respondents with a percentage of 63.9%. In a study conducted on Food science and COVID-19 that it is known in animal studies showing that micronutrients. bioactive foods or functional foods can increase the potential for virus defense. Even though there is no single food. nutrient or dietary supplement that can prevent COVID-19. a balanced diet containing adequate amounts of macronutrients and a variety of micronutrients is a prerequisite for an optimally functioning immune system so as to prevent transmission (Lange. 2020).

However. 12 respondents still lacked the practice of exercising at least 30 minutes with a percentage of 11.1% of respondents who always did it. Before the quarantine order was issued during the pandemic. we unconsciously carried out physical activity while traveling to carry out activities such as going to school and so on. However. during a pandemic. physical activity became less frequent because of the recommendation to quarantine at home to avoid transmission when on the move in a crowded environment. While doing these daily activities we unconsciously do physical activity. but during the pandemic quarantine period. everyone needs self-motivation and effort to do sports. This is in line with the research conducted by Tukuboya et al regarding the description of the physical activity of the Sam Ratulangi University's public health faculty educators during the COVID-19 pandemic. it is known that very few educators did moderate physical activity (14.7%) during the COVID-19 pandemic.(Tukuboya et al.. 2020)

In principle. there are two types of exercises. namely neural exercise to maintain health and physical exercise to maintain fitness. Neural exercises are manifested in three ways. namely breathing. vocalization and posture. Breathing exercises can be done with breathing exercises such as exercise and yoga. Then. vocalization. among others. by humming. and others. Meanwhile. postures can be pursued in ways such as doing tai chi exercises and prayer movements. This breathing exercise can be carried out at any time. anytime. and anywhere. The benefits of regular breathing exercise can make the body healthy and minimize stress. Neural exercise is a sport that is appropriate for the COVID-19 pandemic with protocols for social distancing (Yuliana. 2020).

Physical exercise involves large muscles. is rhythmic. and sustainable. When doing physical exercise it is recommended not to do it excessively with high intensity. Because this can interfere with health. Physical exercise must refer to the FITT principle. namely frequency. intensity. time. and type. The frequency of physical exercise can be done 3-5 times per week. moderate intensity. and duration of 30-45 minutes. While the types of exercises that can be selected are such as brisk walking. jogging. static cycling. and gymnastics. Before starting it is preceded by heating and ending with cooling. In physical exercises. some that are done outside the home can be done by maintaining health protocols such as maintaining distance from other people and wearing a mask or

face shield (Yuliana. 2020).

The practice of GERMAS during the COVID-19 pandemic by respondents was an effort made to prevent themselves from contracting the COVID-19 disease in accordance with the established GERMAS principles. The practice level of GERMAS respondents during the COVID-19 pandemic was classified as good with a percentage of 85.2%. In other studies. conducted on Chinese society. it is known that the practice of preventing COVID-19 is good with an average percentage of 96.8%. This suggests that this research is in line with this research. (Gao et al.. 2020)

4. Access to information

Table 4 Frequency Distribution of GERMAS Information Access during the COVID-19 Pandemic.

No.	Access to Information	Total Answers	
		f	%
1.	Access to the latest information/news about COVID-19 (internet / newspaper / TV)		
	Yes	107	99.1
	No	1	0.9
2.	Seeing public service advertisements related to the practice of GERMAS during the COVID-19 pandemic		
	Always	22	20.4
	Often	52	48.1
	Rarely	22	20.4
	Never	12	11.1
3.	Keep up with the latest news about COVID-19		
	Always	5	4.6
	Often	70	64.8
	Rarely	26	24.1
	Never	7	6.5

From the research results. it is known that most respondents can access the latest information/news about COVID-19 through the internet/newspapers/TV with a percentage of 99.1% as many as 107 people. Respondents often saw public service advertisements related to GERMAS during the COVID-19 pandemic with a percentage of 48.1%. but there were still 11.1% respondents who no longer saw public service advertisements about GERMAS during the COVID-19 pandemic. In addition. respondents often access the latest news developments about COVID-19 with a percentage of 64.8%.

With targeted communication between stake holders and the community. communication can be expressed as a central role in providing early protection in protecting the community. Thus. the existence of communication becomes an access to overcome the spread of COVID-19. Access to health information is a gateway so that someone can get information as knowledge about health. The way to enrich knowledge requires access to the information needed. Various kinds of media can be a platform to get information. both printed. electronic. and so on. During a pandemic like today.

where lock down and social distancing are mandatory for all people. access to information about the latest news is very necessary. especially news related to COVID-19. Activities to access information related to COVID-19 can be a means of obtaining information. education and advice related to handling COVID-19. such as the practice of GERMAS.(Syaipudin. 2020)

Table 5 Frequency Distribution of Respondents' Knowledge Levels. Attitudes. Practices and Access to Information

No.	Variable Level	Total	
		f	%
1.	Knowledge		
	Good	46	41.6
	Sufficient	51	47.2
	Less	11	10.2
2.	Attitude		
	Good	105	97.2
	Sufficient	3	2.8
	Less	0	0.0
3.	Practice		
	Good	92	85.2
	Sufficient	16	14.8
	Less	0	0.0
4.	Access to Information		
	Good	74	68.5
	Sufficient	25	23.1
	Less	9	8.3

In table 6. it is known that the respondent's level of knowledge is categorized as quite good about GERMAS with a percentage of 47.2%. The level of respondent's attitude about GERMAS during the COVID-19 pandemic. Overall, the respondent's attitude was good with a percentage of 97.2%. It is known that the middle value is 26. with the highest number 27 and the lowest number 13. Respondents' level of practice in carrying out GERMAS activities during the COVID-19 pandemic. The percentage of the respondents' practice level is classified as good with a percentage of 85.2%. The minimum score obtained by the respondents is 12 and the highest score is 29. The average score obtained by the respondents is 23.4 and the mean score for the respondents is 23.5. The level of access to respondent information about GERMAS during the COVID-19 pandemic is known to have been good with a percentage of 68.5%.

5. The role of the social environment

This section will show respondents' answers to the role of family and friends as motivators in carrying out GERMAS during the COVID-19 pandemic. In the questions presented, respondents can provide open answers and can give more than one answer. In the form of the role of the respondent's family as a motivator for carrying out GERMAS during the COVID-19 pandemic, it is almost covering all GERMAS practices during the COVID-19 pandemic with the largest number of answers, namely washing hands using soap/hand sanitizer and maintaining personal hygiene with a percentage of 34.3%. Meanwhile, the role of friends as a motivator in carrying out GERMAS during the COVID-19 pandemic was mostly in the practice of providing information about

GERMAS and health protocols during the COVID-19 pandemic with a percentage of 21.3%. The most methods used by family and friends as motivators in carrying out GERMAS during the COVID-19 pandemic were mostly by providing advice and reminding with a percentage of 74.1% and 61.1% respectively.

Table 6 Frequency Distribution of Social Environmental Support on GERMAS Practices during the COVID-19 Pandemic in 2020

No.	Level of social environment support	Total Numbers	
		f	%
1.	The role of family as a motivator in carrying out GERMAS during the COVID-19 pandemic		
	Involved	90	83.3
	Fairly involved	13	12.0
	Less involved	0	0
	Not involved	5	4.6
2.	The role of friends as a motivator in carrying out GERMAS during the COVID-19 pandemic		
	Involved	72	66.7
	Fairly involved	5	4.6
	Less involved	8	7.4
	Not involved	23	21.3

In table 7 the respondent's social environment played a role as a motivator for conducting GERMAS during the COVID-19 pandemic with the percentage of family as a motivator as much as 83.3% and friends as much as 66.7%.

In the research results. it is known how big the impact of support from parents and friends on the practice of GERMAS respondents during the COVID-19 pandemic as follows:

1. Parents' role

In the respondent's answer. it is known that the way parents motivate respondents to practice GERMAS during the COVID-19 pandemic is by reminding and giving advice with a percentage of 74.1%. Then the second most common way is by providing the need to support carrying out GERMAS during the COVID-19 pandemic. In terms of providing the necessities to support the practice of GERMAS. parents provide. among others. hand sanitizers. masks. nutritionally balanced meals. or in the form of money to buy these equipments. In addition. parents also gave an example of doing GERMAS activities during the COVID-19 pandemic such as doing physical activity. eating nutritious food and others. so that respondents were motivated to do so too.

In several ways. such as reminding. exemplifying. inviting. or providing for needs. parents can motivate respondents to carry out GERMAS during the COVID-19 pandemic. The average GERMAS activity is carried out by respondents after receiving support from their parents. The activities that most support respondents to be carried out are maintaining personal hygiene by washing hands with soap or using hand sanitizer if it is not possible to wash hands with soap. eat balanced nutrition. and use a mask when leaving the house.

In a study conducted by Pombo et al regarding the relationship of children's physical activity during the COVID-19 pandemic in Portugal. it was found that during the COVID-19 quarantine period the time allocated by children to do physical activity was reduced compared to normal days.(Pombo et al.. 2020) In another study conducted by

E. Kurniati et al regarding the analysis of the role of parents in accompanying children during the COVID-19 pandemic. it is known that parents play a special role in maintaining and ensuring that children adopt a clean and healthy life.(Kurniati et al.. 2020)

The role of parents in the practice of GERMAS during the COVID-19 pandemic is the influence or support given by the father and mother or a trustee to the practice of GERMAS. Parental support can be in the form of words or writing such as advice, warnings, invitations, or by exemplifying it first. In addition, they can also provide information about COVID-19 or GERMAS during the COVID-19 pandemic. Another thing is also in the form of supporting the needs instrument to support the practice of GERMAS during the COVID-19 pandemic.

One of the strengthening factors for a person in shaping individual behavior is social support obtained from the surrounding social environment.(Notoatmodjo. 2014) Some forms of social support include emotional support, information support and instrument support. Social support plays a role in influencing health behavior, including disease prevention practices. This will have an impact on the incidence of healing a disease through interpersonal changes in social networks.(Karen Glanz, Barbara K. Rimer. 2008) Social relations will not be separated from individual relationships with other individuals. Social support involves other individuals who are considered important, so that it can have an impact on that individual's behavior. In the practice of GERMAS, the closest person can be a supporter in terms of decision making to carry out GERMAS during the COVID-19 pandemic. Some groups that can be categorized as the closest people to an individual include parents and friends.

2. Friends' Role

In the results of this study, it is known that in addition to family, friends are also a motivator for respondents to carry out GERMAS during the COVID-19 pandemic with a percentage of 66.7%. This percentage is not as high as the role of parents as a motivator to practice GERMAS during the COVID-19 pandemic. The method most often used by respondent friends regarding the practice of GERMAS during the COVID-19 pandemic was to remind or advise respondents with a percentage of 61.1%. The most frequent thing respondents' friends do to motivate the practice of GERMAS is by providing information about GERMAS and health protocols during the COVID-19 pandemic to respondents with a percentage of 21.3%.

Apart from parents, friends are also the closest social environment for individuals. Therefore, according to the theory, friends can also influence the individual's behavior. Health behavior can be a form of prevention so that it can reduce morbidity if it can be implemented correctly and appropriately. When compared with other studies, in a study conducted by I. Dini, M. Ramadani on the relationship between the roles of parents and peers with the prevention behavior of sexually transmitted diseases (STDs) in adolescents in SMK, it is known that parents play a good role with a percentage of 84.0% and friends played a good role as much as 46.3%. This research is in line with this research which states that both parents and friends play a role in influencing respondents to health behavior. In addition, based on the percentage, it is known that parents play a more role than friends in influencing respondents in health behavior.(Dini & Ramadani. 2020)

The closest social environment other than parents and family is friends. Santrock stated that one of the most important functions of peer groups is to provide sources of information and comparisons about the world outside the family.(Santrock. 2007) Peers

have a major impact for social and personal development of young age. this is evidenced by the existence of peer pressure that often makes the youth behave towards positive things.(Sarwono. 2011)

The activity of providing information to one another is more effective than individuals who seek or obtain information. so it is hoped that after motivating individuals to practice GERMAS during the COVID-19 pandemic.

CONCLUSION

The conclusions obtained are based on the results and discussion of research on the practice of GERMAS Diponegoro University students who live in Jakarta during the COVID-19 pandemic including level of respondent's attitude. accessing information. the role of social environment as a motivator for respondents and practice of respondents in this study was classified as good. These variables have mostly covered all GERMAS practices. However. in practice sports at least 30 minutes a day are still rarely done (53.7%). But. the level of knowledge of respondents in this study is sufficient (47.2%). Because of the level of knowledge of respondents about the severity of smokers exposed to COVID-19 and environmental hygieneis fall into the unfavorable category.

Suggestions

Suggestions that can be given are based on the results of research on the description of GERMAS practices of Diponegoro University students who are live in Jakarta during the COVID-19 pandemic. among others. that educating on how to keep the environment clean during the COVID-19 pandemic. Search for information related to this. so, it is hoped that the respondent's knowledge will increase after education. both individually and through education from others. Doing exercise that can be done at home amid the COVID-19 pandemic. such as neural exercise. Besides. physical exercise while adhering to health protocols.

References

- Chu. D. K.. Akl. E. A.. Duda. S.. Solo. K.. Yaacoub. S.. Schünemann. H. J.. El-harakeh. A.. Bognanni. A.. Lotfi. T.. Loeb. M.. Hajizadeh. A.. Bak. A.. Izcovich. A.. Cuello-Garcia. C. A.. Chen. C.. Harris. D. J.. Borowiack. E.. Chamseddine. F.. Schünemann. F.. ... Reinap. M. (2020). Physical distancing. face masks. and eye protection to prevent person-to-person transmission of SARS-CoV-2 and COVID-19: a systematic review and meta-analysis. *The Lancet*. 395(10242). 1973-1987. [https://doi.org/10.1016/S0140-6736\(20\)31142-9](https://doi.org/10.1016/S0140-6736(20)31142-9)
- Dini. I. R.. & Ramadani. M. L. (2020). Hubungan Peran Orang Tua dan Teman Sebaya dengan Perilaku Pencegahan Penyakit Menular Seksual (PMS) pada Remaja di SMK. *Journal of Bionursing*. 2(2). 68-74. <https://doi.org/10.20884/BION.V2I2.43>
- Gao. H.. Hu. R.. Yin. L.. Yuan. X.. Tang. H.. Luo. L.. Chen. M.. Huang. D.. Wang. Y.. Yu. A.. & Jiang. Z. (2020). Knowledge. attitudes and practices of the Chinese public with respect to coronavirus disease (COVID-19): an online cross-sectional survey. *BMC Public Health*. 20(1). <https://doi.org/10.1186/s12889-020-09961-2>
- Gugus Tugas Percepatan Penanganan COVID-19. (n.d.-a). Panduan Penyelenggaraan Pembelajaran Pada Tahun Ajaran Dan Tahun Akademik Baru Di Masa Pandemi Corona Virus Disease (Covid-19) - Protokol | Gugus Tugas Percepatan Penanganan

- COVID-19. Diambil 23 Oktober 2020. dari <https://covid19.go.id/>
- Gugus Tugas Percepatan Penanganan COVID-19. (n.d.-b). Peta Sebaran | Gugus Tugas Percepatan Penanganan COVID-19. Diambil 25 September 2020. dari <https://covid19.go.id/>
- Indriyawati N. Jannah M. S. B. (2019). Wujudkan Gaya Hidup Sehat Melalui Sosialisasi Gerakan Masyarakat Hidup Sehat (GERMAS) di Jawa Tengah. *LINK*. 15(1). 42-45. <https://doi.org/10.31983/link.v15i1.4396>
- Jakarta Tanggap COVID-19. (2020). Data Pemantauan COVID-19. <https://corona.jakarta.go.id/id>
- Karen Glanz. Barbara K. Rimer. K. V. W. (2008). *Health Behavior and Health Education: Theory. Research . and Practice* (4th Editio). Jossey Bass.
- Kementerian Kesehatan Republik Indonesia. (n.d.). Kesiapsiagaan Menghadapi Infeksi Novel Coronavirus. Diambil 25 September 2020. dari <https://www.kemkes.go.id/>
- Kurniati. E.. Nur Alfaeni. D. K.. & Andriani. F. (2020). Analisis Peran Orang Tua dalam Mendampingi Anak di Masa Pandemi Covid-19. *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*. 5(1). 241. <https://doi.org/10.31004/obsesi.v5i1.541>
- Lange. K. W. (2020). Food science and COVID-19. *Food Science and Human Wellness*. <https://doi.org/10.1016/j.fshw.2020.08.005>
- Marian. A. J. (2021). Current state of vaccine development and targeted therapies for COVID-19: impact of basic science discoveries. *Cardiovascular Pathology*. 50. <https://doi.org/10.1016/j.carpath.2020.107278>
- Notoatmodjo. S. (2014). *Promosi Kesehatan Dan Perilaku Kesehatan* (II). PT Rineka Cipta.
- Pombo. A.. Luz. C.. Rodrigues. L. P.. Ferreira. C.. & Cordovil. R. (2020). Correlates of Children's Physical Activity During the Covid-19 Confinement in Portugal. *Public Health*. <https://doi.org/10.1016/j.puhe.2020.09.009>
- Resty Aprilia Utami. M. T. B. S. J. I. L. N. (2018). Dampak Sanitasi Lingkungan Terhadap Kesehatan Masyarakat di Wilayah Pesisir Kecamatan Kota Agung. *Jurnal Penelitian Geografi*. 6(7).
- Santrock. J. W. (2007). *Remaja* (II). Erlangga.
- Sarwono. (2011). *Psikologi Remaja* (Revisi). Rajawali Pers.
- Syaipudin. L. (2020). Peran Komunikasi Massa di Tengah Pandemi Covid-19 (Studi Kasus di Gugus Tugas Percepatan Penanganan Covid-19 Kabupaten Tulungagung). *Kalijaga Journal of Communication*. 2(1). 14-34. <https://doi.org/10.14421/KJC.%X.2020>
- Tukuboya. V. T.. Malonda. N. S. H.. & Sanggelorang. Y. (2020). Gambaran Aktivitas Fisik Pada Tenaga Pendidik Dan Kependidikan Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi Selama Masa Pandemi Covid-19. 9(6). 35-45.
- Utami. R. A.. Mose. R. E.. & Martini. M. (2020). Pengetahuan. Sikap dan Keterampilan Masyarakat dalam Pencegahan COVID-19 di DKI Jakarta. *Jurnal Kesehatan Holistic*. 4(2). 68-77. <https://doi.org/10.33377/jkh.v4i2.85>
- World Health Organization. (n.d.). WHO Coronavirus Disease (COVID-19). Diambil 23 September 2020. dari <https://covid19.who.int/table>
- World Helath Organization. (2020). COVID-19. www.who.int
- Yanti. B.. Wahyudi. E.. Wahiduddin. W.. Novika. R. G. H.. Arina. Y. M. D.. Martani. N. S.. & Nawan. N. (2020). Community Knowledge. Attitudes. and Behavior Towards Social Distancing Policy As Prevention Transmission Of COVID-19 In Indonesia. *Jurnal Administrasi Kesehatan Indonesia*. 8(2). 4.

<https://doi.org/10.20473/jaki.v8i2.2020.4-14>

Yuliana. (2020). Olahraga yang Aman di Masa Pandemi COVID-19 untuk Meningkatkan Imunitas Tubuh. *Bali Membangun Bali*. 1. 103–109.

Zukmadani. A. Y.. Karyadi. B.. & Kasrina. (2020). Edukasi Perilaku Hidup Bersih dan Sehat (PHBS) dalam Pencegahan COVID-19 Kepada Anak-Anak di Panti Asuhan. *Jurnal Pengabdian Masyarakat*. 3(1). 68–76. <https://doi.org/10.29303/jpmpi.v3i1.440>