



The Health Maintenance Function And Health Culture Related To The Implementation Of The Covid-19 Health Protocol In Family At The Village Of Sumuragung Sumberrejo Bojonegoro

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ABSTRACT

Everyone has a strong demand for health, which needs to take on a form essential for adaptability in the Covid-19 pandemic. The culture of health in every human being has altered due to this impact, whether directly or indirectly. To maintain the quality of human health during the Covid-19 pandemic, healthy culture and lifestyle behaviors have become essential to the social structure of health at all levels. This research examines the relationship between health maintenance functions and health culture in relation to the implementation of the covid-19 health protocol in families in the Sumuragung Sumberrejo village, Bojonegoro. This research uses a cross-sectional approach to quantitative research. This study uses Kendall's tau-b statistical test and 10% of the total population of 1719. The study's findings show that 63 respondents (36.6%) fell under the category of family functions: health care, and that 80 respondents (46.5%) fell under the category of health culture: implementation of the Covid-19 health protocol in families. Based on the study's findings, Kendall's tau-b statistical test for these 172 respondents, which used a degree of error of 0.05, produced a p-value of 0.000 and a correlation coefficient of 0.569. In this study, implementing the covid-19 health protocol in families in Sumuragung Sumberrejo village, Bojonegoro, relates to a relationship between health maintenance function and health culture.

KEYWORDS

Health maintenance function, health culture, health protocol, COVID-19

1. BACKGROUND

Health is a major need in everyone's life, which must be crucial in adapting to the covid-19 pandemic (SURYANI., 2020). This impact has forced a change, either directly or indirectly, and has changed a culture of health for every human being. Healthy

culture/healthy life behavior in maintaining the quality of human health in the amid covid-19 pandemic, which has now become a staple in the health order at all levels of society.

From the data covid19.go.id for the year (2020), the number of cases of covid-19

has been recorded, that the number of positive confirmed cases of covid-19 in Indonesia until November 2020 was 448,118 people with mortality cases of 14,836 people. Meanwhile, East Java, which ranks 2nd for the most points in Indonesia after DKI province, has 55,305 positive confirmed cases with 3,951 fatalities. Bojonegoro is one of the regencies in East Java where the spread of Covid-19 is also high, with several positive confirmed cases of 603 people and a total mortality of 61 people. All of these cases had varying numbers from all age ranges, with the predominant age aged 31-45 years and the predominant age of mortality in the pre-elderly and elderly ages, namely the age range of 46 years to more than 60 years.

From a large amount of data on Covid-19 cases, various government programs, both central and regional, have been launched to suppress and break the chain of transmission and transmission of Covid-19, both in the form of lockdowns, PSBB, Covid-19 health protocols and so on. have been implemented in various regions. In Bojonegoro, discipline conditions in implementing 3M (Washing hands, using masks, and maintaining distance) still require attention. It can be seen that when people are doing their activities both in the

home and outside the home environment there are still those who do not ignore there are also those who have an awareness of the importance of a healthy culture/healthy living habits in the current condition of the co-19 pandemic (Bojonegoro Tanggap COVID-19, 2020).

Health during the Covid-19 pandemic to the direction of a new way of life/habits has become a significant project that all humans should carry out. The success of health programs in the current era is the responsibility of all, one of which is the family, because the family is one of the pillars of the nation's health. The family has a role in maintaining all family members' capacity and quality of health (Kementerian Pemberdayaan Perempuan Dan Perlindungan Anak, 2020).

Carrying out family functions from the health care function to current health conditions will certainly create a new pattern in the world of health (Abidin & Ferawati, 2020). Health culture related to the Covid-19 health protocol must also be strengthened and more adaptive in managing health in the new life adaptation period to maintain the quality of health from the threat of Covid-19. With families active in health progress at this time, a health habit/culture that the family has carried out

also automatically changes because it adapts old habits to new conditions.

With the current health protocol, families must be more active in managing their family health than the previous health culture implemented. The function of the family needs to be studied, whether the health culture regarding the implementation of the Covid-19 health protocol that the family has carried out is sufficient or not in maintaining the quality of their health from current health threats.

From the background explanation above, researchers need to examine the existence of a link between the concept of family function and health culture regarding the Covid-19 health protocol in families that have been carried out in a community/sub-community setting, namely a family.

2. METHODS

The research design is a correlational study with a cross-sectional approach. The sample in this study took 10% of the total population of 1719, so a total sample of 172 was obtained. In this study the independent variable used was the healthcare function and the dependent variable used was health culture related to implementing the Covid-19

health protocol in families. The instrument in this study used a standardized questionnaire from research Abidin & Julianto, (2020) concerning the Health Care Function and Health Culture related to the implementation of the Covid-19 health protocol from the Indonesian Ministry of Health (2021), which was adapted to the validity value of the Corrected Item-Total Correlation's value. of 0.623-0.713 and the reliability value on Cronbach's Alpha is 0.958. Data was collected by distributing questionnaires to samples that had been carried out using the door-to-door method. Furthermore, data analysis using Kendall's tau-b. This research was presented in a seminar and ratified by LPPM ISTeK ICsada Bojonegoro in February 2021 with the number of ethical 021/LP2M/ISTeK ICsada/II/2021.

3. RESULTS

The research results are divided into several aspects, namely regarding the characteristics of the respondents and the primary data, namely as follows:

Characteristics of respondents based on age, gender, and education.

Table 1. Characteristics of respondents based on age, gender, education

| Category | Frequency (n=172) | Percentage (%) |
|--------------------|-------------------|----------------|
| Age | | |
| 16-25 year | 13 | 7,6 |
| 26-35 year | 33 | 19,2 |
| 36-45 year | 76 | 44,2 |
| ≥46 year | 50 | 29,0 |
| Gender | | |
| Male | 79 | 45,9 |
| Female | 93 | 54,1 |
| Education | | |
| Elementary school | 28 | 16,3 |
| Junior High school | 80 | 46,5 |
| Senior High school | 59 | 34,3 |
| Diploma / Bachelor | 5 | 2,9 |

Based on table 1. It can be seen that the age category is dominated by 36-45 years of age by 76 respondents (44.2%), women dominate the gender category, namely, 93

respondents (54.1%), and the education category is dominated by junior high school level, with 80 respondents (46,5%).

Table 2. Characteristics of the variable function of health maintenance and health culture related to implementing the Covid-19 health protocol in the family.

| Category | Frequency (n=172) | Percentage (%) |
|---|-------------------|----------------|
| Health maintenance function | | |
| Good | 47 | 27,4 |
| Enough | 62 | 36 |
| Not enough | 63 | 36,6 |
| Health culture related to the implementation of the Covid-19 health protocol in the family | | |
| Good | 22 | 12,8 |
| Enough | 70 | 40,7 |
| Not enough | 80 | 46,5 |
| Correlation coefficient value = 0,569 , p value = 0,000 | | |

Based on table 2, it was found that the function of health care in the less category was 63 respondents (36.6%) and health

culture related to the implementation of the Covid-19 health protocol in families with the less category was 80 respondents (46.5%)

and based on Kendall's tau-b test it was found the correlation coefficient value is 0.569 and the p value = 0.000.

4. DISCUSSION

Health maintenance function

The results of this study indicate that out of 172 respondents, 63 respondents (36.6%) indicated that the health care function was in the less category than the family. One of the functions of the family, namely health maintenance, is part of several essential functions in a family to maintain and manage the condition and degree of health. As explained by Friedman (2018) that an important element of family function is to be able and able to maintain healthy conditions in a family to be able to maintain its productivity and adequate activity and also the capability of the family to create all its members in the degree of being healthy, independent and productive in a healthy life order that should be. According to Friedman 1998 in Agustanti, et al (2022) every family member must be able to meet their health needs together, productively, and independently and also be able to influence the environment to form a health system from one family to another. The enthusiasm and participation of each member in maintaining their health must be

nurtured and exemplified from an early age, this is to be able to realize family health productivity.

In accordance with a study conducted by Efendi & Larasati, (2017) which explains the function of the health of a family, that is, each family member has a role, function, and task and influences one another in maintaining health. Balance the family environment and preserve the quality of health status. A family must be able to facilitate the needs of themselves and their members, both primary, secondary, and tertiary in terms of health. Moreover, creative in maintaining and improving the health quality of his family.

In this study, respondents whose data were taken by prioritizing aspects of health protocols have explained that the function of the family in the realm of health care is essential because the family is the initial first element to be able to form a forerunner of health knowledge. Especially during the current pandemic, the family determines all activities each family member will carry out.

With this function, a family must pay attention to the quality of their health, because during this pandemic everyone is required to protect their health more. Maintaining health for every individual must be done, especially for vulnerable and at-risk

ages. A family must be able to accommodate the health needs of each family member, this need must be fulfilled, and consciously and with the principle of mutual need and strong belonging, a healthy, independent, and productive family will emerge in the world of health. It is appropriate for family members to have a sense of concern for each other in various fields for their family by the capacity of their roles, functions, and duties; with this, adequate health will be maintained. A comprehensive program consisting of Bio-Psycho-Social-Spiritual for his family.

Health culture related to the implementation of the Covid-19 health protocol in the family

The results of this study indicate that out of 172 respondents, 80 respondents (46.5%) demonstrated a health culture related to implementing the Covid-19 health protocol in families in the less category. The family is a sub-section of society that is directly involved in breaking the chain of transmission of COVID-19 to become a sub-chain breaker of news from small societal elements. Where the transmission cycle is through the droplet infection route from individual to individual, therefore transmission can occur in places/forms such as at home, travel, workplaces, places of

worship, tourist attractions, and other areas that allow direct interaction from every individual (Antoni & Hidayah, 2020).

This research shows that health culture in new terms during a pandemic regarding implementing the Covid-19 health protocol carried out by each family member needs more attention. There is still a lack or low awareness from families to heed the government's call to implement a new health culture regarding health protocols during the Covid-19 pandemic. It is difficult for a habit to be carried out, but if something is not. Still, this is an urgent matter; awareness of growing and adapting to a new pattern of healthy culture during a pandemic is very important.

Start critical announcement of the pandemic in Indonesia in the first quarter of 2020, the government and all lines have united to cut off and reduce the rate of transmission of Covid-19. If this is not supported appropriately, optimizing health programs will also not be optimal. The importance of cultivating health during a pandemic to maintain the quality of personal, family, and community health must be carried out by everyone and is not the responsibility of just one or two people, but e. Still, everyone's assesment is the key to the success of a healthy culture during

the co-19 pandemic. This is in line with the results of a study by Ekoningtyas et al., (2020), which explains the application of health protocols during a pandemic, even from the most min and can be simple things that must also be paid attention to by every society. By getting used to this, a positive pattern of a healthy culture is hoped to further the health of every individual, family, and community.

The relationship between the health maintenance function and health culture is related to the implementation of the Covid-19 health protocol in families.

The results of this study indicate that the results of Kendall's tau-b statistical test for 172 respondents used a degree of error of 0.05 and obtained a p-value of 0.000 with a correlation coefficient of 0.569. As is the case with a similar study conducted by Ashidiqie (2020), which explains that the family also contributes to achieving optimal health because a family has roles and functions that must be carried out in efforts to fight and prevent the spread of the Covid19 outbreak. By implementing the roles, procedures, and duties of the family, which is a joint movement in national cooperation between the community and the government to solve the problem of

Covid-19 transmission, so that the Indonesian people can avoid and be safe from the epidemic and return to normal every day in addition, a study by (Abidin, 2019) explained that the function of the family in maintaining health plays an essential role in the world of health in the sub-community. By optimizing this function, the family can provide an example, control, role model, and other important aspects for each member, and work together to form an independent family in the health sector. This research shows the value of the efforts made by each family member in managing their health and that of their family that still needs to be improved and enhanced in an integrated manner by each family member in maintaining their health status. The family, a dynamic interaction system in its ongoing development, certainly provides an experience and mutual response from its members. The family's function in continuing health care is essential to maintain the stability and dynamics of activities and the health productivity of each family member. A family will be considered independent and productive in the health sector if all elements of the family are willing and able to be integrated into managing their health, especially in the current condition of the Covid-19 pandemic. In this

study, it is clear that the family is important in protecting all its members from avoiding health threats. Covid-19, which is still a separate terror in the world of health, really needs to be paid attention to by all families because this case has a broad impact on the order of life, both in the economic, social and spiritual aspects as others.

A family must be able to be a pioneer for all family members and their environment in maintaining health during the pandemic; it is essential to work hand-in-hand to create, maintain and optimize each function and portion in achieving health. The application of the Covid-19 health protocol to the family absolutely must be carried out by all family members to prevent transmission of Covid-19. The effort that can be carried out is by being able to come from the family element, the family with its function in the aspect of health care will provide a natural stimulus in getting used to the new healthy practice, namely the implementation of the Covid-19 health protocol. By making the pillars of the family the resilience and foundation in breaking the chain of transmission of Covid-19, every essential family needs to implement efforts to break the chain of transmission of Covid-19 which is still a concern for every aspect of life. The hope of optimizing this function

from a family, of course, will become the most basic support system for the sub-community in stopping the spread of Covid-19 in the community. Because the sub-communities can optimize their healthy living in the current pandemic conditions, it will provide benefits in maintaining a balance of health during this pandemic.

5. CONCLUSION

This study has a relationship between the health maintenance function and health culture related to implementing the Covid-19 health protocol in families in Sumuragung Sumberrejo Village, Bojonegoro.

Future researchers should use primary data and more specific questionnaires regarding the health maintenance function and health culture related to implementing the Covid-19 health protocol in families. Researchers can add other variables or characteristics that can affect Covid-19 health protocol implementation.

AUTHOR CONTRIBUTIONS

Substantial contributions to conception, data collection, data analysis, and writing: Ahmad Zainal Abidin. Drafting or revising the article: Yusuf Efendi.

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CONFLICT OF INTEREST

The authors declare no conflict of interest.

DATA AVAILABILITY STATEMENT

The data that support the findings of this study are available from the corresponding author upon reasonable request.

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