

## Original

## Research Article

# RELATIONSHIP BETWEEN AGE AND COVID-19 HEALTH PROTOCOL COMPLIANCE IN SAMPANG COMMUNITY, INDONESIA

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### Abstract

**Background:** In terms of enforcing discipline, the Covid-19 prevention protocol's implementation in Indonesia remains problematic. The government's task force develops health protocols for each activity that transmits covid-19 in order to break the chain and combat the disease.

**Objectives:** The study's objective was to determine the relationship between age and compliance the health protocol of Covid-19 in Sampang, Indonesia, rural communities.

**Methods:** This study used a cross-sectional design. This study used a simple random sampling technique. The number of samples in this study were 170 people. Data analysis used statistical rank spearman test.

**Results:** Spearman rank test bivariate data analysis reveals a p-value of less than 0.05 between age and compliance with the Covid-19 health protocol.

**Conclusion:** there is a relationship between age and adherence to health protocols in preventing Covid-19.

**Keywords:** Compliance, Covid-19, Health Protocol

## INTRODUCTION

The infectious disease known as Coronavirus Disease 2019 (COVID-19) is brought on by the SARS-CoV-2 coronavirus (Mutmaina et al., 2022). In terms of enforcing discipline, the Covid-19 prevention protocol's implementation in Indonesia remains problematic (Sari & Fawzi, 2021).

The five regions with the lowest level of adherence to social distancing, as determined by data from the East Java Covid-19 task force,

were Lumajang 41.05%, Probolinggo 52.06%, Bangkalan 58.83%, Sumenep 59.63%, and Sampang 60.6% (SATGAS COVID-19, 2020).

The government's task force develops health protocols for each activity that transmits covid-19 in order to break the chain and combat the disease (Erawati, 2021). Maintaining a distance, washing one's hands, and wearing a mask are all part of the Health Protocol. The World Health Organization (WHO) recommends a safe distance to prevent Covid-

19 of at least 1 to 3 meters when you are in a public place. At the beginning of the arrival of this pandemic, people were quite obedient in implementing the 3M health protocol (wearing masks, keeping their distance, washing hands). However, over time, the level of community compliance began to decline (Sulaiman et al., 2021).

Many things can affect a person's compliance level. Blass (1999) describes that there are three things that can later affect the level of adherence, namely personality, beliefs, and environment. In addition, Neil (2000) also revealed that understanding of instructions, quality of interaction, social and family isolation, as well as beliefs and attitudes are factors that can influence a person's non-compliance. Kozier (2010) also revealed that the factors that influence adherence include motivation to recover, lifestyle, cultural influences, quality of health services as well as individual and family factors.

The authors are interested in investigating the connection between age and compliance with the COVID-19 health protocol based on the preceding background.

**Objective(s):** The study's objective was to determine the relationship between age and compliance the health protocol of Covid-19 in Sampang, Indonesia, rural communities.

## METHODS

This study used a cross-sectional design, which analyzed the relationship between age and adherence to the implementation of health protocols in the community. This research was conducted in Tanggumung Village, Sampang, Indonesia in 2021.

This study used a simple random sampling technique. Respondent inclusion criteria include respondents who are natives, can communicate well, and are willing to be respondents. The number of samples in this study were 170 people.

The instrument used in collecting research data was a questionnaire distributed to respondents, whose validity and reliability had

previously been tested. Data analysis used SPSS version 20, statistical test with rank spearman.

This research has received a description of ethical approval from the Stikes Nazhatut Thullab Sampang Health Ethics Commission with No: 002/KEPK/STIKNT/DEA/IX/2021.

## RESULTS

The characteristics of the respondents in this study based on age were mostly 17-25 years old, as mentioned in Table 1.

Table 1. Age Frequency of Respondents

Variable	Frequency	Percentage (%)
Age		
17-25	70	41.20
26-35	40	23.50
36-45	60	35.30
Gender		
Man	80	47.10
Woman	90	52.90

Source: Primary Data, 2021

The results of univariate data analysis showed that more respondents did not comply with the Covid-19 health protocol compliance results, namely 38.20%.

Table 2. Covid-19 Protocol Compliance

Obedience	Frequency	Percentage (%)
Not obey	65	38.20
Less obedient	55	32.40
Obey	50	29.40
Total	170	100.00

Source: Primary Data, 2021

Spearman rank test bivariate data analysis reveals a p-value of less than 0.05 between age and compliance with the Covid-19 health protocol.

Table 3. Spearman Rank Test Results Table

Variable	p-value	r-value
Age and adherence to health protocol covid-19	0.039	0.159

## DISCUSSION

This study found that there were more respondents who did not comply with the health protocol in preventing covid-19. Some people wash their hands and don't wear masks all the time or even frequently, but others don't stay

away from public places (Erawati, 2021). During the COVID-19 pandemic, people who are married, have a higher socioeconomic status, and have a higher education have a desire to self-isolate. This may occur because they are more aware of, knowledgeable about, and perceive the risk of COVID-19, resulting in a higher desire for isolation (Sari & Fawzi, 2021).

The results of bivariate data analysis show that there is relationship between age and adherence to the health protocol of covid-19. This is in line with the findings of Rahmiati's research, Afrianti (2021), which found that public compliance with health protocols was significantly influenced by five factors: age, education, knowledge, attitude, and motivation.

The results of other studies state that there is a significant relationship between age and community compliance in carrying out health protocols (Putra et al., 2021). Increasing public knowledge regarding COVID-19 can encourage people to comply with all established health protocols (Mutmaina, et al., 2022).

## CONCLUSION

The result showed that the characteristic of respondent based on age were mostly 17-25 years old. Meanwhile, most of the compliance with the Covid-19 health protocol was not compliant. The results of the analysis show that there is a relationship between age and adherence to health protocols in preventing Covid-19.

## SUGGESTIONS

For other researchers, it is hoped that there will be further research regarding adherence to the implementation of the Health protocol for the prevention of Covid-19 in Indonesia. The community is expected to comply with health protocols.

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## DECLARATION OF CONFLICTING INTEREST

No conflict of interest has been declared by authors.

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## AUTHOR CONTRIBUTION

### Author 1:

Drafting main concept, data collection and processing this manuscript.

### Author 2:

Data collection, helped prepare research reports

### Author 3:

Editing manuscript and added literature

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