

Relationship Of Knowledge And Attitudes With Self-Awareness In Implementing Health Protocols In Central Cilacap Subdistrict Post-Pandemic Covid-19

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Informasi Artikel	Abstract
E-ISSN : 3026-6874 Vol: 3 No: 2 February 2025 Page : 77-83 Keywords: Self-Awareness Knowledge Attitude	This research article aims to discover the relationship of knowledge and attitudes with self-awareness in implementing health protocol in Cilacap sub-district Post-pandemic. This research is a type of analytical research and the design used in this research is cross-sectional. This research uses primary data and secondary data. Samples were 112 people. The instrument used was a structured questionnaire. Data were analyzed with a chi-square test. Results showed that knowledge OR; 2,918 95% CI=(1,306-6,522), attitude OR; 2,293 95% CI=(1,305-5,083), were knowledge and attitude are associated with self-awareness in implementing health protocols.

Abstrak

Artikel penelitian ini bertujuan untuk mengetahui hubungan pengetahuan dan sikap dengan kesadaran diri dalam menerapkan protokol kesehatan di Kecamatan Cilacap pasca pandemi. Penelitian ini merupakan jenis penelitian analitik dan desain yang digunakan dalam penelitian ini adalah cross sectional. Penelitian ini menggunakan data primer dan data sekunder. Jumlah sampel sebanyak 112 orang. Instrumen yang digunakan adalah kuesioner terstruktur. Data dianalisis dengan uji chi-square. Hasil penelitian menunjukkan bahwa pengetahuan OR; 2,918 95% CI=(1,306-6,522), sikap OR; 2,293 95% CI=(1,305-5,083), yaitu pengetahuan dan sikap berhubungan dengan kesadaran diri dalam menerapkan protokol kesehatan.

Kata kunci: Kesadaran Diri, Pengetahuan, Sikap

INTRODUCTION

Coronavirus is a group of viruses capable of inducing illness in both animals and humans. Various coronaviruses are recognized for causing respiratory infections in humans, which can vary from mild symptoms like coughs and colds to severe conditions, including Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). Recently identified, a novel coronavirus is responsible for the disease known as COVID-19 (WHO, 2020). The world was shocked by the existence of an infectious virus that was first discovered in Wuhan City, Hubei, China on December 1, 2019. Almost all countries are currently affected due to the spread of COVID-19. This is a burden for public health (WHO, 2020).

On March 2, 2020, the COVID-19 virus entered Indonesia, beginning with the emergence of a COVID-19 case that was officially recognized by the Indonesian president. Since then, the number of confirmed cases has been widely reported daily through electronic media. In mid-March 2020, the President urged all people to maintain distance in interacting with others and always wear masks in accordance with government recommendations. The number of COVID-19 cases in the world, based on Worldometers data until the end of January 2023, amounted to 663,640,386 cases. Of that number, 663,640,386 people died, and 6,713,093 people were declared cured. Meanwhile, in Indonesia, the total confirmed COVID-19 cases until the end of January 2023 are 6,728,184 cases with a total of 160,788 deaths (Worldometers, 2022).

In Central Java province, the number of cases reached 655,844 people with a total of 620,056 recoveries or completed isolation and 33,999 deaths. And for Cilacap Regency itself, the number of Covid-19 cases is 36,085 people with a death rate of 2,036 and 34,040 people have been declared cured. Meanwhile, Central Cilacap District is the location with the highest number of Covid-19 cases in Cilacap Regency, with a total of 2,545 Covid-19 positive patient cases as of the end of January 2023. The surge in the number of Covid-19 cases occurred from July 2021 to March 2022. However, from April 2022 to June 2022, cases of Covid-19 incidents have begun to show a decrease in the number of cases every day (Dinkes, 2022).

With the occurrence of this Covid-19 case, the government has established steps or actions that we must apply in our daily lives. The legal basis used is the Decree of the Minister of Health of the Republic of Indonesia Number HK.01.07/menkes/382/2020 concerning health protocols for the community in public places and facilities in the context of preventing and controlling Corona Virus Disease 2019 (covid-19).

From the results of observations and interviews that have been conducted in Central Cilacap District with a total of 10 respondents, the results were obtained as many as 6 respondents had good knowledge but did not implement health protocols well and as many as 4 respondents had implemented health protocols well in daily life.

METHOD

This research is a type of analytical research because this research aims to find out the relationship of knowledge and attitudes with self-awareness in the implementation of health protocol in Cilacap sub-district Post-pandemic. The design used in this research is cross sectional. In this cross sectional study, the research began by identifying respondents with observations and interviews that have been conducted in Central Cilacap District with a total of 10 respondents, the results were obtained as many as 6 respondents had good knowledge but did not implement health protocols well and as many as 4 respondents had implemented health protocols well in daily life. The instrument used was a structured questionnaire. Data were analyzed with chi-square test.

RESULT AND DISCUSSION

The Association of Knowledge and Self-Awareness in Implementing Health Protocols

Table 1. The Association of Knowledge and Self-Awareness in Implementing Health Protocols
Self Awareness

Knowledge	Good		Not Good		Total		PR	p-value
	N	%	N	%	N	%		
Good	44	61,1	28	38,9	72	51,8	2,918 (1.306-6,522)	0,008
Not Good	14	35,0	26	55,0	40	48,2		
Total	58	96,1	54	93,9	112	100		

Table 1 shows that there are more people with a good level of knowledge in Central Cilacap District than people with a low level of knowledge. Of the 72 respondents (51.8%), 44 respondents (61.1%) who have knowledge with a good category have a good level of self-awareness in implementing health protocols and 28 respondents (38.9%) lack self-awareness in implementing health protocols. Meanwhile, the number of respondents who have knowledge with a category of less than 40 respondents

(48.2%) of which consists of 14 respondents (35%) have a level of self-awareness both in implementing health protocols and 26 respondents (55%) lack self-awareness in implementing health protocols.

The results of data analysis using the chi-square test showed a p-value of 0.008 ($p < 0.05$) it is mean that there's a correlation of public knowledge with self-awareness in implementing health protocols in Central Cilacap District. The prevalence ratio of 2,918 was obtained from the calculation of the Risk Estimate which showed that respondents with good knowledge 2,918 times had the opportunity to have self-awareness in implementing health protocols compared to respondents with less knowledge.

According to Natoatmodjo in (Septiyani & Vanessa, 2021), knowledge is a person's ability to influence the actions taken. The relationship of knowledge and public self-awareness is known because knowledge shows a person's understanding of something in any form (Iswari, 2021).

The close relationship of knowledge and high self-awareness supports the results of the current study, where a significant relationship of knowledge and self-awareness was found. The results of this study are also in line with research (Hanin, 2021) which states that self-awareness is influenced by a good level of knowledge. This result is supported by the theory that knowledge is one of the factors that affected a person's self-awareness. The more information you have, it can influence or increase the knowledge of a person and with this knowledge it can give rise to awareness that eventually a person will behave according to the knowledge he has (Gloria & Sulistiowati, 2018).

Knowledge and self-awareness have a very close relationship and affect each other. Knowledge is an important foundation for the development of a person's self-awareness. With enhanced knowledge, it allows a person to reflect on their experiences and learn from mistakes in order to grow into a better person. Knowledge is also able to make a person choose the right decision by considering various options and their consequences. Good self-awareness will ultimately help a person achieve their goals with the knowledge they have gained (Frankl, 2018).

The Association of Attitude and Self-Awareness in Implementing Health Protocols

Table 2. The Association of Attitude and Self-Awareness in Implementing Health Protocols

Sikap	Self Awareness				Total		RP	p-value
	Good		Not Good					
	N	%	N	%	N	%		
Positive	43	58,9	30	41,1	73	51,8	2,293 (1,035-5083)	0,039
Negative	15	38,5	24	41,5	39	48,2		
Total	58	97,4	54	82,6	112	100		

Table 2 shows that there are more people with good attitudes in Central Cilacap District than people with negative attitudes. Of the 73 respondents (51.8%), people who have attitudes with a positive category, as many as 43 respondents (58.9%) have a good level of self-awareness in implementing health protocols and 30 respondents (41.1%) lack self-awareness in implementing health protocols. Meanwhile, the proportion of participants having a negative attitude category was 39 respondents (48.2%), of which 15 respondents (38.5%) had a good level of self-awareness in implementing health protocols and 24 respondents (41.5%) lacked self-awareness in implementing health protocols.

The results of data analysis using the chi square test showed a p-value of 0.039 ($p < 0.05$) which means that there is a relationship of people's attitudes towards self-awareness in implementing health protocols in Central Cilacap District. The prevalence ratio of 2,293 was obtained from the calculation of

the Risk Estimate which showed that respondents with a positive attitude 2,293 times had the opportunity to have self-awareness in implementing health protocols compared to respondents with negative attitude.

The results of this study are in line with (Septiyani & Vanessa, 2021) a positive attitude will make people implement health protocols naturally which forms awareness to deal with the COVID-19 pandemic. As well as making people take concrete actions such as wearing masks, washing hands, maintaining distance, consuming nutritious food, getting enough rest to reduce exposure to COVID-19.

Attitude also affects a person's self-awareness to understand themselves, including thoughts, feelings, and behaviors. When a person has a positive / good self-awareness, then they are more able to make good decisions for themselves, build a healthy life and achieve goals. In this study, If a person has a good attitude when implementing health protocols, so there is a positive/good self-awareness. (Safitri, 2021).

CONCLUSION

Based on the research result and discussion, the conclusions of this research are there is an association of knowledge and self-awareness in implementing health protocols in the Central Cilacap District Community (p-value = 0.008). Knowledge and self-awareness have a very close relationship and affect each other. Knowledge is an important foundation for the development of a person's self-awareness. With increased knowledge, it allows a person to reflect on their experiences and learn from mistakes in order to grow into a better person. And there was a correlation of attitude and self-awareness in Central Cilacap District Community (p-value = 0.039). A positive attitude will encourage people to naturally implement health protocols, raising awareness about the COVID-19 pandemic.

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