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Motivation with Compliance of Health Protocol Implementation



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Abstract

The transmission of COVID-19 can be prevented by implementing health protocols. However, the community compliance rate is still low. The purpose of this study is to prove whether there is a relationship between motivation and adherence to health protocols. This study used a cross sectional design. The population in this study were students from Tribhuwana Tungadewi University in Malang. A sample of 96 respondents was taken randomly from 6 faculties. Motivation and compliance were measured using a questionnaire. Data were analyzed using Pearson's test with $\alpha=0.05$. The results showed that the mean value of motivation was 30.09 (SD=5.772), the average value of compliance with the application of health protocols was 25.75 (SD=6.217) and there was a significant relationship between motivation and compliance with the application of health protocols ($p=0.000$; $r=0.583$). Strong motivation will have an impact on the high rate of adherence to the implementation of health protocols. So, it is important for students to improve and maintain their motivation in implementing health protocols correctly.

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INTRODUCTION

The number of cases of Covid-19 from time to time is still high. The causes are the very easy spread and transmission, the covid-19 vaccine that cannot be given to the public, and the COVID-19 antiviral drug has not been found (Suni, 2021). The government is trying to prevent the spread and transmission of COVID-19 by issuing regulations through the Instruction of the Minister of Home Affairs No. 15 of 2021 concerning the Implementation of the 2019 Coronavirus Emergency Community Activity Restrictions in the Java and Bali Regions. The government also issued a regulation through the Decree of the Minister of Health Number HK.01.07/Menkes/382/2020 concerning Health Protocols for the Community in Public Places and Facilities in the Context of Prevention and Control of Covid-19. The government has also formed a special task force for COVID-19 from various sectors, including the police and the army. One of the tasks of the COVID-19 Task Force is to ensure that the public follows the health protocols. However, various public perceptions about COVID-19 have triggered the emergence of pros and cons to health protocol regulations. So, the facts found in the community are that there are still many people who have not implemented health protocols, such as not wearing masks and crowding.

The number of cases of COVID-19 in the world at the beginning of 2021 reached 2.7 million new cases. This figure is up by 2% from the previous week (WHO, 2021). Meanwhile in Indonesia in early February the number of cases of COVID-19 reached 1,111,671 cases with the addition of 11,984 new cases. In East Java, the number of cases of covid-19 at the end of February 2021 reached 119,479 cases (Satgas Covid-19 National, 2021), and in Malang the number of cases of covid-19 in the same month reached 5,956 cases (Satgas Covid-19 Kab. Malang, 2021).

One of the causes of the high incidence of COVID-19 cases is the low public awareness in implementing health protocols (Safitri, et al., 2021).

The most common violation of health protocols in the community is that people do not use masks when leaving the house or meeting other people and crowding (Sugeng, et al., 2020). The low awareness of the public to use masks is because it is not comfortable to breathe when wearing a mask. Breathing becomes difficult or heavy when wearing a mask (WHO, 2020). In addition, the low use of masks is also triggered by low public awareness. As a result, motivation to prevent the spread and transmission of COVID-19 is low (Sugeng, et al., 2020).

Several ways to improve community compliance in implementing health protocols are to involve relevant parties including the apparatus who will carry out control and supervision (Sugeng, et al., 2020). Law enforcers must be firm in taking action against people who violate health protocols. In addition, strengthening the role of public health center to overcome the pandemic through preventive and promotive efforts must also be optimized. Health workers at the public health center have a strategic role, namely educating the public to implement health protocols. The government must also carry out stricter supervision by checking areas that are the epicenters of the spread of COVID-19 (Suni, 2021).

METHOD

This study used a cross sectional design. Researchers measured motivation (independent variable) and adherence to health protocol implementation (dependent variable) at the same time without doing any intervention. The population in this study were students from Tribhuwana Tunggaladewi University in Malang. The criteria for the target population in this study are active students who live in Malang and students who often come to campus. If there are students who do not fill out the questionnaire completely, the researchers drop out. A sample of 96 respondents was taken randomly from 6 faculties. Motivation and compliance were measured using a questionnaire. Data were analyzed using Pearson's test with $\alpha=0.05$.

RESULT

Table 1 General data of respondents

Characteristics	<i>f</i>	%
Gender		
Male	36	37.5
Female	60	62.5
Age		
19 years	6	6.3
20 years	12	12.5
21 years	24	25.0
22 years	9	9.4
23 years	30	31.3
24 years	9	9.4
25 years	6	6.3
Semester		
2nd	9	9.4
4th	6	6.3
6th	48	50.0
8th	9	21.9
10th	3	3.1
Faculty		
Health science	60	62.5
Technique	9	9.6
Agriculture	9	9.6
Social and political science	3	3.1
Economy	12	12.5
Educational science	3	3.1
Total	96	100%

Based on the table above, it shows that most of the respondents are female (62.5%), almost half of the respondents are 23 years old (31.3%), half of the respondents are taking the sixth semester (50.0%), and most of the respondents came from the faculty of health sciences (62.5%).

Table 2 Distribution of motivation and compliance with the application of the respondent's health protocol

Variables	Mean	SD
Motivation	30,09	5,772
Compliance	25,75	6,217

Based on the table above, it shows that the average value of respondents' motivation is 30.09 (SD=5.772) and the average value of compliance with the application of the health protocol of respondents is 25.75 (SD=6.217).

Table 3: Bivariate analysis of motivation and compliance with the application of the respondent's health protocol

	Compliance
Motivation	r=0.583 p=0.000 n=96

Based on the table above, it shows that there is a significant relationship between motivation and compliance with the application of health protocols in students at Tribhuwana Tunggal University Malang ($p=0.000$) with the strength of the relationship in the moderate category ($r=0.583$) and a positive correlation value. This shows that the better the motivation, the better the compliance in implementing health protocols.

DISCUSSION

The results of this study found that there was a significant relationship between motivation and adherence to the application of health protocols. This result is supported by a high mean value of motivation and a high mean value of compliance with the application of health protocols. The high mean value of motivation is supported by the high mean value of each indicator, which includes changes in energy or energy within a person, the emergence of feelings that lead to one's behavior, and reactions to achieving goals. Likewise, the high average value of motivation is supported by almost all indicators that have a high average value, which includes using masks, keeping a distance or avoiding crowds, washing hands using hand sanitizer or soap, and maintaining body resistance by consuming balanced nutrition. Previous research has also shown that there is a significant relationship between motivation and compliance with the use of personal protective equipment (Rahmawati and Febriyanto, 2020). Research conducted by Hanum, Poetri, Yasir and Marlinda (2019) also stated that there was a relationship between motivation and medication adherence in patients with hypertension. Likewise, the results of research by Kustriyani, Susanti and Arifianto (2017) which show that there is a significant relationship between motivation and nurses' compliance in using personal protective equipment.

Compliance is behavior in accordance with existing recommendations or rules. One of the factors that influence compliance is motivation (Kozier, 2010). Motivation is an internal force that encourages someone to act or do something. Motivation is also defined as an impulse within a person to try to make changes in behavior for the better in meeting their needs (Hamzah, 2013). During the COVID-19 pandemic, the government issued a regulation through the Decree of the Minister of Health No. HK.01.07/Menkes/382/2020 concerning Health Protocols for the Community in Public Places and Facilities in the Context of Prevention and Control of Covid-19. Through this regulation, everyone in public places such as campuses must implement health protocols, namely using personal protective equipment (masks), washing hands, maintaining distance and avoiding crowds. A person is said to be obedient if he applies these 3 things. However, the condition of a pluralistic society with different backgrounds and different understandings of COVID-19 is very likely

to result in different compliance. Most of the knowledge about covid-19 among students was found to be lacking and efforts to prevent the transmission of covid-19 were also in the poor category (Alfikrie, Akbar & Anggreini, 2021).

The health protocol is intended to prevent the transmission of COVID-19. The health protocols include wearing masks, washing hands, maintaining social distance and avoiding crowds. A good understanding of the intent and purpose of implementing this health protocol will have an impact on a person's awareness to apply the health protocol. Good self-motivation to take care of yourself, family and relatives is an important thing that must be maintained to implement health protocols as well as possible. The better the motivation in a person, the better his compliance in implementing health protocols. Even though they have received the covid-19 vaccine, everyone must still wear a mask and keep a distance so as not to trigger transmission. This is because someone who has been vaccinated still has the possibility of contracting COVID-19. There are many facts in the community who have received the vaccine but are still exposed to COVID-19. Therefore, every individual must have awareness, motivation and also a commitment to always apply health protocols, especially when in public places such as campuses, shopping places, places of worship and others until conditions are declared safe from COVID-19.

CONCLUSION

Motivation has a significant relationship with compliance with the application of health protocols in students at Trihuwana Tungadewi University Malang ($p=0.000$) with the strength of the relationship in the moderate category ($r=0.583$). High compliance goes hand in hand with high motivation.

SUGGESTION

Institutions need to maintain and improve health protocol procedures for every academic community, especially students. It is also important to give health education to students in order to create a strong motivation to implement health protocols.

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CONFLICTS OF INTEREST

The first author contributed in developing ideas and writing the manuscript, while the second author contributed in collecting research data.

AUTHOR CONTRIBUTIONS

Give a brief explanation on contribution of each author.

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