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Judul : Education for The Implementation of 6 M and The Covid-19  
Booster Vaccination

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No. Pemeriksaan : 2024.02.06.079

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# EDUCATION FOR THE IMPLEMENTATION OF 6 M AND THE COVID-19 BOOSTER VACCINATION

*by Erika Martining Wardani*

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**Submission date:** 05-Feb-2024 12:06PM (UTC+0700)

**Submission ID:** 2286643086

**File name:** E\_IMPLEMENTATION\_OF\_6\_M\_AND\_THE\_COVID-19\_BOOSTER\_VACCINATION.pdf (348.88K)

**Word count:** 2610

**Character count:** 14594

## EDUCATION FOR THE IMPLEMENTATION OF 6 M AND THE COVID-19 BOOSTER VACCINATION

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Received: September, 14<sup>th</sup>, 2022; Revised: -; Accepted: May, 23<sup>rd</sup>, 2023

### ABSTRACT

Positive cases of covid-19 will still exist if the community is negligent in implementing health protocols and inappropriate information related to continued or booster doses of Covid-19 vaccination in the community can cause doubt and anxiety, and if this is not immediately addressed when the community refuses to do so. booster vaccination because they feel that only one vaccination is enough. **The purpose of this community service activity is to increase knowledge and health behavior in implementing the 6M (Mencuci Tangan, Memakai Masker, Menjaga Jarak, Menjauhi Kerumun, Menjaga Pola Makan Sehat, Istirahat Cukup, dan Mengurangi Mobilitas) and willing to take further doses of Covid-19 vaccination. The method used in this activity is to provide health education to cadres and the public about the importance of implementing 6M and the Covid-19 booster vaccination. This community service activity was carried out for one week, attended by 65 health cadres and the community. The results of this community service activity show an increase in knowledge about the application of health protocols and the importance of the Covid-19 booster vaccination and the community is very enthusiastic about participating in this activity.**

Keywords: 6M implementation, booster vaccination, COVID-19.

## INTRODUCTION

In Indonesia, the Covid-19 pandemic has been designated as a type of disease that causes a public health emergency on March 31, 2020, in accordance with Presidential Decree No. 11 of 2020 concerning the Determination of a Corona Virus Disease (COVID-19) Public Health Emergency (Riyadi & Larasaty, 2020). Transmission of this virus occurs through droplets or body fluids that are splashed on someone or objects around them which is 1-2 meters away through coughing and sneezing. Public knowledge greatly influences behavior in prevention (Karo, 2012).

The increase in the number of Covid-19 cases is happening quite quickly and has spread between countries in a short time. As of March 25, 2020, a total of 414,179 confirmed cases were reported with 18,440 deaths (CFR 4.4%) of which cases were reported in 192 countries/regions. On 9 July 2020, WHO reported 11,84,226 confirmed cases with 545,481 deaths worldwide (Case Fatality Rate/CFR 4.6%) (Kementerian Kesehatan Republik Indonesia, 2020). The number of people who tested positive for infection and cases of people who died continues to increase day by day. Based on WHO data as of September 7, 2021, 223 countries have been affected by Covid-19. The number of Covid-19 sufferers has reached 222,113,000 people with a mortality rate of 2.6% (WHO, 2020).

The Indonesian government has made several efforts to overcome the surge in the spread of COVID-19, among others by implementing health protocols, regional restrictions, limiting community activities, and accelerating vaccination programs (Asyafin et al., 2021; Widayanti & Kusumawati, 2021).

Vaccination is the administration of vaccines that can stimulate the formation of

immunity (antibodies) in the human body. The provision of this vaccine is one of the efforts to reduce the morbidity and mortality due to COVID-19 (Yuningsih, 2020). The types of vaccines given include Sinovac vaccine, Sinapharm vaccine, Moderna vaccine, Astrazeneca vaccine and others (Zahrotunnimah, 2020).

On November 19, 2021, at the global level, the achievement of vaccination reached 41.8% with data that had been completely vaccinated 3.26 M (Our World in Data, 2021). In Indonesia on November 20, 2021, the total target number of people who were vaccinated was 208,265,720 people for dose 1 vaccination reached 134,098,740 people (64.39%), dose 2 reached 88,825,946 people (42.65%) and for vaccine health workers dose 3 reached 1,203,853 people (81.96%) (Kemenkes, 2021).

Vaccination programs cause many problems in society, there are many pros and cons related to this vaccination program. Irresponsible information regarding the COVID-19 vaccine causes anxiety, fear and doubt. This affects perceptions related to the effectiveness of vaccines and attitudes towards vaccination programs.

Based on the results of observations on 10 residents of RW 5, Wonokromo sub-district, it was found that only 5 residents wore masks, while others did not wear masks, and some wore masks but their masks were lowered to their chin. Based on interviews with 10 residents about participating in the COVID-19 vaccination, there are 4 residents who have done the third vaccine, the rest are only the first and second vaccines, they reason that the important thing is that they have been vaccinated even though there is only one COVID-19 vaccine.

Several factors that influence the transmission of Covid-19 include contact with objects that are often touched, not maintaining hand hygiene, not maintaining cleanliness after traveling, not applying coughing and sneezing etiquette, interacting with many people, not self-isolation after returning from a pandemic area (Zendrato, 2020). Health protocol and Covid-19 vaccination as one of the prevention of Covid-19 transmission.

The implementation of 6M is part of the health protocol as an effort to prevent the transmission of Covid-19. However, the implementation of the health protocols in the community is considered less effective because there are still people who do not follow the health protocols, such as not wearing masks when doing activities outside the home and crowding in several public facilities and places to eat. The existence of a trivial assumption by residents of the existence of the virus, this is a behavioral factor of ignoring the advice of health workers.

The implementation of the health protocol and the Covid-19 booster vaccination is expected to prevent the spread of the corona virus infection which is increasingly widespread in the general public. There are health protocols that have been issued by the government as an effort to prevent cases from increasing sharply in the community. The best way to prevent this disease is to break the chain of spread of Covid-19 through vaccination, application of isolation, early detection and basic protection, namely protecting yourself and others by frequently washing hands with running water and soap or using hand sanitizer, using mask and do not touch the face area before washing hands, and apply cough and sneeze etiquette properly.

## OBJECTIVES

### *General Purpose*

After carrying out community service activities, it is hoped that the residents of RW 05, Wonokromo sub-district understand and implement the implementation of the 6M health protocol and the Covid-19 booster vaccination.

### *Special Purpose*

1. Provide education through counseling about the importance of health protocols through 6M
2. Provide education on the importance of participating in the Covid-19 booster vaccination.
3. Distribution of leaflets as an informative communication medium

## PLAN OF ACTION

### *Strategy Plan*

The method applied in this community service activity is a participative educational approach, namely providing health education about the importance of implementing health protocols and the importance of following the Covid-19 booster vaccination. The activity was held at Balai RW 5, Wonokromo District, Surabaya. Followed by health cadres and the community as many as 65 people. The activity will be held on April 5 -12 April 2022.

### *Implementation*

The implementation of community service activities in RW 05, Wonokromo District, Surabaya, includes several stages, namely as follows:

1. Pre-test
2. Provide education about 6M:
  - a. Washing hands (Mencuci Tangan),
  - b. Wearing a mask (Memakai Masker),

- c. Keeping a distance (Menjaga Jarak),
  - d. Staying away of crowded place (Menjauhi Kerumunan),
  - e. Eating healthy meal (Menjaga Pola Makan Sehat),
  - f. Decreasing mobility (Mengurangi Mobilitas).
3. Counseling on COVID-19 booster vaccination.
  4. Discussion (question and answer)
  5. Posttest

**1**  
**Setting**

This community service will be held on April 5 – April 12, 2022 at Balai RW 5, Wonokromo District, Wonokromo Village, Surabaya.

**Target**

Participants in this activity are health cadres and residents in RW 5, Wonokromo District, Wonokromo Village, Surabaya. as many as 65 people.

**RESULTS AND DISCUSSION**

Community service activities regarding "Implementation of health protocols through 6M and COVID-19 Booster Vaccination" as a promotive and preventive effort in preventing the transmission of COVID-19 disease caused by the virus. The average attendance of participants is 99%, and has reached the specified minimum attendance target.



**Figure 1.** Implementation of Health Education



**Figure 2.** Implementation of Counseling

**1**  
The activities carried out were greeted enthusiastically by health cadres and residents with a total participation of 65 people. The characteristics of residents who participated in the socialization of the implementation of the health protocol through 6M and the COVID-19 booster vaccination are shown in table 1.

**1**  
**Table 1.** Characteristics of Respondents

Variable	Respondent (n=65)	
	f	%
Age (Years)		
Late Adulthood (36-45)	15	23.07
Early seniors (45-55)	30	46.15
Late seniors (56-65)	20	30.78
Level of education		
basic education	15	23.07
Middle education	35	53.86
higher education	15	23.07
Job status		
Working	27	41.53
Doesn't work	38	58.47

Source: Primary Data 2022

**1**  
Based on table 1. it can be seen that nearly half of the participants who participated in community service activities (40%) were aged 46-55 years which were included in the early elderly category, most (53.86%) were in secondary education, and most (58%) were not work, based on observations, the average citizen ignores health protocols such as wearing masks but

not covering their noses and mouths because they are not free to breathe.

**Table 2.** Pre-Test and Post-Test Knowledge Level

No	Knowledge	Pre-test		Post-test	
		n	%	n	%
1	Not enough	16	24.6	0	0
2	Enough	26	40	3	4.6
3	Well	23	35.4	62	95.4
Total		65	100	65	100

There is an increase in the knowledge of health cadres and the community after being given knowledge, which initially a small portion (24.6%) lacked, almost half (40%) had sufficient knowledge, to almost all (95.4%) good knowledge. All training participants participated in the whole series of training enthusiastically, because they were supported by good training management and professional resource persons. This is in accordance with the statement Chaghari et al (2017) which states that the success of training is primarily determined by training management.

The enthusiasm of the residents in RW 05, Wonokromo Village, Wonokromo District Surabaya regarding the implementation of 6M and vaccination as an effort to prevent the spread of Covid-19 is very high. This is evidenced by the response of the residents' curiosity through the questions asked. Not only asking questions, the residents also paid attention by noting all the explanations given by the counseling team. Knowledge of each individual is different. Knowledge is the result of knowing and this happens after people sense a certain object. Knowledge and cognitive are very important domains for the formation of one's actions (Notoatmodjo, 2012). Knowledge can be increased by providing health education. However, this health education is influenced by

several factors originating from the respondents.

Public knowledge greatly influences behavior in preventing disease. Therefore, the higher the level of knowledge, the better a person will understand the occurrence of Covid-19 and its prevention through adherence to the 6M health protocol and following the COVID-19 booster vaccination. Because knowledge is an important science to shape a person's actions in doing something (Septianingrum et al., 2021; Karo, 2012).

## CONCLUSION

There is an increase in knowledge and understanding of residents of RW 5 Wonokromo District, Wonokromo Village, Surabaya about the application of health protocols through 6M and COVID-19 booster vaccination.

It is hoped that health cadres in RW 5, Wonokromo District will be active in reminding residents to continue to carry out health protocols and participate in government programs through the COVID-19 booster vaccination program.

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