

Gambaran Pengetahuan, Sikap dan Keterampilan tentang Protokol Kesehatan COVID-19 pada Remaja di SMA Negeri Kota Depok = Knowledge, Attitudes, and Skills regarding COVID-19 Health Protocols for Adolescents in Depok City Public High School

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Abstrak

Kasus COVID-19 terus mengalami peningkatan dan ditemukan pada semua usia. Kasus COVID-19 remaja di Kota Depok menempati urutan kedua pada bulan Oktober 2021 sebanyak 15.524 kasus. Remaja menjadi kelompok berisiko COVID-19 karena memiliki aktivitas besar dan kebiasaan berkelompok. Remaja yang terinfeksi COVID-19 menampilkan gejala ringan atau tidak bergejala karena sistem imunitas yang baik. Pada Januari 2022, Dinas Pendidikan mengeluarkan surat edaran Pembelajaran Tatap Muka Terbatas kepada seluruh sekolah menengah di Kota Depok. Kasus COVID-19 pada remaja dan temuan kasus berulang di Sekolah Menengah Atas Negeri (SMA) berpotensi menjadi cluster transmisi COVID-19. Pencegahan COVID-19 dilakukan dengan protokol kesehatan dan kepatuhan remaja dipengaruhi oleh pengetahuan, sikap dan keterampilan baik tentang protokol kesehatan. Penelitian ini bertujuan untuk mendeskripsikan gambaran tingkat pendidikan, sikap dan keterampilan tentang protokol kesehatan COVID-19 pada remaja di SMA Negeri Kota Depok. Penelitian deskriptif kuantitatif menggunakan desain cross-sectional pada 178 responden dengan teknik cluster sampling. Analisis univariat dengan uji proporsi. Hasil penelitian menunjukkan tingkat pengetahuan remaja tentang protokol kesehatan dalam kategori baik (64,6%), sikap remaja tentang protokol kesehatan dalam kategori baik (57,3%), dan keterampilan remaja tentang protokol kesehatan dalam kategori baik (52,2%). Berdasarkan hasil penelitian dapat disimpulkan pengetahuan remaja yang baik tentang protokol kesehatan mempengaruhi terbentuknya sikap yang baik dan melakukan keterampilan tentang protokol kesehatan. Penelitian ini merekomendasikan remaja meningkatkan perilaku pencegahan COVID-19, serta sekolah dan puskesmas dapat memberikan penyuluhan dan memfasilitasi pemberian informasi kepada remaja tentang protokol kesehatan.

Cases of COVID-19 continue to increase and are found at all ages. Juvenile COVID-19 cases in Depok City ranked second in October 2021 with 15,524 cases. Teenagers are a risk group for COVID-19 because they have large activities and group habits. Adolescents infected with COVID-19 display mild or asymptomatic symptoms due to a good immune system. In January 2022, the Education Office issued a Circular Letter of Limited Face-to-Face Learning to all secondary schools in Depok City. COVID-19 cases in adolescents and the finding of repeated cases in State High Schools (SMA) have the potential to become COVID-19 transmission clusters. Prevention of COVID-19 is carried out with health protocols and adolescent compliance is influenced by good knowledge, attitudes and skills about health protocols. This study aims to describe the description of the level of education, attitudes and skills regarding the COVID-19 health protocol in adolescents at Depok City Public High School. This quantitative descriptive study used a cross-sectional design on 178 respondents with a cluster sampling technique. Univariate analysis with proportion test. The results showed that the level of knowledge of adolescents about health protocols was in the good category (64.6%); adolescent attitudes about health protocols were in the good category (57.3%), and adolescent skills about health protocols were in the good category (52.2%). Based on the results of the

study, it can be concluded that good adolescent knowledge about health protocols affects the formation of good attitudes and skills regarding health protocols. This study recommends that adolescents improve their COVID-19 prevention behavior, and that schools and health centers can provide counseling and facilitate the provision of information to adolescents about health protocols.