THE DESCRIPTION OF COVID-19 BEHAVIOR PREVENTION IN PT J&T KUPANG CITY EMPLOYEES IN 2021

Lusia Hunggu Humba[1], Noorce Christiani Berek[2], Johny A. R. Salmun[3]

[1]Corresponding Author :lusiahumba@gmail.com
[2] Email :tiani.tarigan.79@gmail.com
[3]Email :johnysalmun26@gmail.com
Public Health Study Program, Faculty of Public Health, University of Nusa Cendana, Kupang (85148), Indonesia

Abstract

Coronavirus Disease 2019 (COVID-19) is an infectious disease that can cause respiratory infections, common cold, and death in various parts of the world. COVID-19 prevention behavior in implementing 5M is very important to prevent and break the chain of COVID-19 transmission. PT J&T is one of the most dominating freight forwarding companies in Indonesia that has abilities to provide fast delivery. Because of COVID-19 spreading, online shopping in Kupang city is increasing, the employees are delivering more stuff and meeting more customers. This poses a risk of exposure to COVID-19 for employees if they do not implement health protocols properly. The purpose of this study was to describe the knowledge, attitudes, and behaviors of COVID-19 prevention among the employees of PT J&T Kupang City. This research is a descriptive quantitative research, taking some samples of 51 people. This study uses a questionnaire in google form. The results of the research on the behavior of PT J&T employees show that most of them have good behavior in implementing 5M correctly, as many as 38 people (74.5%). This study shows the
 importance of discipline in implementing health protocols to prevent the spread of COVID-19 for employees, their families, and the community.

Keywords ; COVID-19, knowledge, attitudes, prevention behavior;

I.   Introduction

At the end of 2019, the world was shocked by the discovery of a new virus, namely Coronavirus Disease 2019 (COVID-19). Coronavirus is an infectious disease caused by a new type of virus, namely Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). Coronavirus disease is a large family of viruses that can cause disease in animals or humans. COVID-19 caused respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). People who are infected COVID-19 virus will get mild, moderate to severe respiratory illness that requires special treatment, but there are also those who recover without requiring special treatment. People who are elderly and have health problems such as cancer, chronic liver disease, hypertension, diabetes and cardiovascular and chronic respiratory diseases have a high risk of being infected with SARS-CoV-2. This disease was first discovered in Wuhan City, Huabei Province, China. Based on the epidemiology, the case is suspected to be related to the seafood market in Wuhan City. On January 7, 2020, China identified pneumonia of unknown etiology as a new type of Coronavirus (Ministry of Health, 2020).

COVID-19 was first reported in Indonesia on March 2, 2020 with two cases total. Data on March 31, 2020, confirmed cases amounted to 1,528 cases and 136 deaths and the COVID-19 mortality rate in Indonesia was 8.9%. On March 11, 2020, the World Health Organization (WHO) officially declared COVID-19 a global pandemic (WHO, 2020).

The development of COVID-19 cases every day is also increasing in Indonesia. Data update as of January 25, 2022, COVID-19 cases in Indonesia reached 4,294,183 confirmed cases, 144,247 cases died, 4,125,080 cases recovered and every day it always increases. DKI Jakarta Province is the area with the highest number of COVID-19 cases, with 886,999 confirmed cases, followed by West Java with 713,986 confirmed cases and Central Java with 487,409 confirmed cases.

East Nusa Tenggara (NTT) is one of the provinces in Indonesia with a fairly low number of COVID-19 cases compared to other provinces, but the incidence rate continues to increase. Through the People Interaction in NTT Province COVID-19 task force, as of January 25, 2022, the total confirmed cases were 64,500 positive cases, 62,494 cases were declared cured and 1,335 cases died (Task Force, 2020).

With the increase in the number of cases of Coronavirus Disease 2019 (COVID-19) in East Nusa Tenggara Province, resulting in not many people going out of their homes, this has led to an increase in the need and desire for online shopping in the city of Kupang, so PT J&T, which is one of the services In the new normal era, can't work from home (work from home), but have to work in the office, therefore the increase in online shopping has resulted in the work of J&T employees increasing, namely delivering more stuff and meeting more customers.

Based on an initial survey at one of the J&T branches in the Kupang city, package delivery by J&T employees before COVID-19 reached 70-80 packages per day, and during the pandemic it increased to more than 100 packages per day, even on December 12, 2021 PT J&T recorded the highest shipments on the national online shopping day (Harbolnas), with a total of up to 25 million packages. This means that the COVID-19 pandemic also has an impact on changes in the system for providing community needs, both daily and basic needs, which also switch through digital access. So that there will be a risk of exposure to COVID-19 for employees if they do not apply health protocols properly when delivering stuff or working in the office. Based on the background above, the purpose of this study was to describe the knowledge, attitudes, and behavior of preventing COVID-19 among employees of PT J&T Kota Kupang.

II. Methods

This research is a type of descriptive quantitative research. The population in this study were all employees of PT J&T Kota Kupang, totalling 110 people. The sample in this study amounted to 51 people and was taken using simple random sampling technique.

There are 3 variables in this study, namely knowledge, attitude and behavior variables. The instrument in this study uses a questionnaire in google form, the questions asked to the respondents have been tested for validity with a significant level of 0.05 and reliability with Cronbach's Alpha 0.70. The way to test it is by testing the questionnaire on other respondents, namely as many as 30 PT JNE employees who have almost the same characteristics as the respondents studied. Validity and reliability tests were carried out with the help of a computer using the SPSS program to analyze the data.

III. Results

3.1 Table 1 Distribution of Reseacrh Participant Characteristics

Characteristics	Frequency	%
Age		
18-25 year	22	43
26-35 year	24	47
36-45 year	5	10
Gender		
Male	36	71
Women	15	29
Education		
SMA	32	63
D1-D4	9	17
S1	10	20

3.2 Table 2 Description of Knowledge, Attitudes, and Behavior of COVID-19 Prevention in Kupang City J&T
   Employees

Variable	Frequency	%
Knowledge		
Good	47	92
Enough	4	8
Attitude		
Good	43	84
Enough	8	16
COVID-19 Prevention Behavior		
Good	38	74,5
Less	13	25,5

Based on the table of research, table 1 shows the majority of respondents aged 26-35 years (43%), male as many as 36 people (71%), and high school education as many as 32 people (63%). Table 2 of the results of the COVID-19 prevention research by applying 5M (washing hands, wearing masks, staying away from crowds, maintaining distance, and reducing mobility) consists of 3 variables, namely knowledge, attitudes and behavior. The knowledge variable consists of 2 categories, namely stuff and sufficient. Attitudes variable consist of 2 categories, namely stuff and sufficient. While the behavioral variables consist of 2 categories, namely good and bad. The good category means that the respondents have broad insight, agreeable attitudes and the correct application of 5M to prevent COVID-19. The sufficient category means that the respondent has standardized insights and attitudes regarding 5M to prevent COVID-19. While the less category means that respondents have bad behavior in implementing 5M to prevent COVID-19.

The results of the COVID-19 prevention knowledge study showed that most of the respondents had good knowledge of 47 people (92%). Mean while, as many as 4 people (8%) respondents have sufficient level of knowledge. In the attitude variable, most of the respondents have a good attitude in implementing 5M, namely 43 people (84%), and as many as 8 people (16%) of respondents have a moderate attitude. In the behavioral variable, most of the respondents were good behavior, namely 38 people (74.5%) and 13 people (25.5%) less behavior.

IV. Discussion

From the results of the research based on the characteristics of age, gender and education, it shows that on the age characteristics, there are more young respondents. This is because the age affects a person's physical, mental, willingness to work and responsibility. Ages that are still in their productive period usually have a higher level of productivity than workers who are old, so their physical possessions are reduced and limited. The age of young adult workers is believed to be able to build their health by preventing a disease or tackling a disease disorder. To carry out these activities, young workers will be more disciplined in maintaining their health (Aprilyanti, 2017). Based on gender characteristics, most of the respondents are male. The large number of male workers can be caused by the type of work that requires more male workers, namely in lifting and delivering goods to customers. Based on the characteristics of education, most of the respondents graduated from senior high school education. Education provides provisions for someone to be able to understand their roles and functions in the workplace, and provides provisions for workers to be able to anticipate problems that arise in their work. Formal education has a major influence in opening up and understanding the new values that exist in their environment. Someone with a high level of education will find it easier to understand the changes that occur in their environment and that person will absorb changes if they feel it is beneficial for them. Someone who has received formal education is expected to be able to accept and understand health messages through counseling and mass media (Dehotman, 2016).

The three variables, namely knowledge, attitudes, and behavior, show that the majority of respondents have good knowledge, attitudes and behavior in implementing 5M to prevent COVID-19. The increase in COVID-19 cases in the community is supported by the rapid spread of the virus. The process of transmitting COVID-19 is caused by the release of droplets containing SARS-CoV-2 into the air by an infected patient when coughing or sneezing and the person touches a surface so that when other people touch the equipment they can become infected. Therefore, to prevent the transmission of COVID-19, it is very important to have good knowledge of the dangers of COVID-19, an attitude that agrees in implementing 5M, and the behavior of implementing 5M, this of course really determines a person's health status (Guan, et al., 2020).

The results of this study indicate that employees' knowledge about preventing COVID-19 has good knowledge, namely as many as 47 people (92%) in implementing 5M (washing hands, using masks, staying away from crowds, maintaining distance, and reducing mobility). This research conducted by Sari, Nabila, and Atikoh (2020) where there are 69.35% of public who have good knowledge of COVID-19. The attitude of employees in preventing COVID-19 has a good attitude as many as 43 people (84%) in implementing 5M. This research conducted by Purnamasari and Anisa (2020) where people tend to have a positive attitude in responding to the COVID-19 pandemic by (59%). While the behavior of employees in implementing 5M to

prevent COVID-19 mostly has good behavior, namely 38 people (74.5%). This research based on the research conducted by Purnamasari et al. (2020) regarding the level of public behavior of COVID-19 as much as 95.8% of good behavior in preventing COVID-19.

This can be seen when working in the office of employees who are disciplined in implementing health protocols, in order to prevent the spread of COVID-19 and improve health and maintain trust and safety at work. In addition, there are still employees who do not comply with the 5M health protocol to prevent COVID-19. This is supported by research conducted by (Tentama, 2018) which states that this behavior must be based on public awareness, which actually already knows various knowledge related to health protocols or the COVID-19 pandemic but cannot implement it properly in everyday life. This research is also supported by research conducted by (Utami et al., 2020) in DKI Jakarta Province which states that a person's behavior is also an important aspect that needs to be considered in preventing and handling cases of COVID-19.

V. Conclusion

The results of this study provide a comprehensive picture of knowledge, attitudes, and behaviors to prevent COVID-19. There are some employees of PT J&T Kota Kupang who do not carry out COVID-19 prevention behaviors. Employees who good behave in preventing COVID-19 are those who have sufficient and good knowledge and have a positive attitude. Knowledge and attitudes have a significant influence on COVID-19 prevention behavior. Knowledge and attitudes are important domains that can influence a person's behavior in implementing 5M to prevent the spread of COVID-19.

Acknowledgments

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Attachment

Figure 1. One of J&Ts branch offices

Figure 2. When carrying out duties in the office

Figure 3. Filling google Form

Figure 4. Finished research