

The Role of Families in Preventing COVID-19 in High-Risk Elderly Individuals is Examined in Relation to the Behavior of PHBS Adaptation to New Habits (AKB)

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ABSTRACT

Elderly people have seen a decrease in a number of areas, including social, psychological, and physical. The ability and independence to practice Clean and Healthy Living Behavior (PHBS) in an effort to prevent COVID-19 will be significantly impacted by this constraint. Because the majority of the elderly have concomitant conditions (diabetes mellitus, hypertension, etc.), they are likewise classified as having a high risk of contracting COVID-19. Family support is one of the elements associated with PHBS for the elderly. This study aims to ascertain how family responsibilities impact PHBS adaptation to new habits (AKB) behavior in high-risk elderly individuals in an effort to prevent COVID-19.

Keywords: Family Role, New Habit Adaptation, PHBS Behavior

BACKGROUND

Because Covid-19 can cause infections with mild to severe symptoms and even cause death, the pandemic has raised concerns around the world. For those who have COVID-19, coughing, fever, sneezing, and shortness of breath are the most typical symptoms. (Indarjo & Aprilianingtyas, 2022).

According to WHO data, there were 152,534,452 confirmed cases of COVID-19 worldwide as of May 3, 2021, and 3,198,528 (2.1%) fatalities. There have been 1,682,004 confirmed positive cases of COVID-19 in Indonesia, with 1,535,491 (91.3%) people recovering and 45,949 (2.7%) people losing their lives. The age group of ≥ 60 years old has the highest mortality rate (48.7%), followed by the 46–59 age group (35.9%). (Indarjo & Aprilianingtyas, 2022). An especially vulnerable demographic is the elderly, who have a significantly.

Data on 40 old persons in Manggis Hamlet, commencing at age 60, is based on an initial survey that was carried out in March 2022 in Perrang Village. Approximately 50% of the population living in the hamlet has been exposed to COVID-19. There are 22 confirmed cases of COVID in Manggis Hamlet, four elderly people aged 60 and older were exposed, eight elderly people aged over 60 were exposed, three elderly people died from COVID, and twenty elderly people received dose 1 of the vaccine. The older population is susceptible to Covid-19 infection.

The first line of defense against COVID-19 is to stay at home and avoid social situations. Children and families, particularly the elderly, are taught not to go anywhere first, to wash their hands with soap after doing activities and every time they finish being outside, to wear masks when they leave the house, to keep their distance from others, to avoid touching their faces after washing their hands, and most importantly to eat wholesome food and think positively at all times. Stay away from vulnerable groups to protect them. Provide the information, assistance, and attention that are required. Sukiman (2021)

The purpose of this study is to ascertain how family responsibilities affect PHBS adaptation to new habits (AKB) behavior in high-risk.

METHODS

This research used a cross-sectional, observational design. The Simple Random Sampling technique was used to select 36 responders from the study's population of 40 senior people. Then, $\alpha = 0.05$ for the Spearman Rank Correlation Test. Family role is the study's independent variable, and PHBS behavior adaption to new habits is its dependent variable. A questionnaire is used as the measuring instrument in this investigation.

RESULTS

Table 1. Characteristics of Respondents

Characteristic	N	%
Age		
60 - 65 Years	15	42%
66 - 70 Years	6	17%
71 - 75 Years	7	19%
76 - 80 Years	8	22%
Gender		
Male	11	31%
Woman	25	69%
Family Role		
Less Support	8	22%
Support	23	64%
Highly Supportive	5	14%
PHBS Adaptation to New Habits		
Less	2	6%
Enough	23	64%
Good	11	31%
Sum	36	100%

Source: Data analysis results, 2022.

Table 2. Results of the Analysis Test of PHBS Behavior of Adapting to New Habits (AKB) is reviewed from the role of the family in efforts to prevent Covid-19 in the elderly at high risk

		Family Role	PHBS Behavior Adapts to New Habits
Spearman's rho	Family Role	Correlation Coefficient	1.000
		Sig. (2-tailed)	.698**
			0,00

	N		36
	Correlation Coefficient	.698**	1.000
PHBS Behavior Adapts to New Habits	Sig. (2-tailed)	0,00	
	N	36	36

Based on the results of the analysis using the Spearman rank test, $P\text{-value} = 0.000 < \alpha = 0.05$, with a correlation coefficient of 0.698 which means a strong correlation, then H_0 is rejected and H_1 is accepted which means that there is an influence on the role of the family on the behavior of PHBS adaptation to new habits (AKB) in efforts to prevent covid-19 in the elderly at high risk.

DISCUSSION

The role of families in efforts to prevent covid-19 in high-risk elderly

The function of families in Burneh district's COVID-19 prevention initiatives the majority of respondents (23, or 64%) in the supporting group are known to have a family role. The elderly's health is maintained in large part by the family. The elderly can live better lives with the support of their families. The elderly require support and assistance from their families in order to perform daily tasks. Elderly adults with functional limitations typically require assistance with everyday tasks like eating, drinking, bathing, and cleaning. (2020, Samsudin).

In addition to providing nursing care while the elderly are ill, the family's informal role is more complicated and includes serving as a motivator, educator, and facilitator.

The implementation of PHBS is highly recommended to all people in Indonesia even though the Covid-19 outbreak has decreased. Because maintaining body immunity is very important to keep the body healthy. However, many Indonesian people do not understand the importance of a healthy lifestyle. Especially in the elderly community who must be in the care of their families.

PHBS behavior adapts to new habits in an effort to prevent Covid-19 in high-risk elderly

It is known that the majority of respondents 23 in total have PHBS behavior, which involves adjusting to new routines. (64%).

One of the most powerful and simple methods for stopping the spread of COVID-19 is Clean and Healthy Living Behavior (PHBS), which may be implemented at all societal levels. Since one of the reasons why the Covid-19 chain of dissemination is still uncontrollable is a lack of public awareness regarding the implementation of Clean and Healthy Living Behavior (PHBS).

PHBS can be applied by forming routines including eating a healthy diet, exercising frequently, and keeping the surroundings clean. In order to successfully adopt PHBS, community empowerment is crucial because the first stage.

The effect of family roles on the behavior of PHBS adaptation to new habits (AKB) in high-risk elderly in efforts to prevent covid-19

With a correlation coefficient of 0.698, indicating a strong correlation, the more they support the role of the family, the better the behavior of PHBS to adapt to new habits in efforts to prevent Covid-19. The results of the analysis test using Spearman rank showed that the p-value was $0.000 < \alpha = 0.05$, and H_0 was rejected and H_1 was accepted. This indicates that the role of the family influences PHBS behavior of new habit adaptation (AKB) in high-risk elderly people in efforts to prevent COVID-19.

In order to accomplish a goal, a role is a component of the required conduct that is in line with the social position that is held. Thus, it alludes to the function of the family in which the conduct.

CONCLUSION

1. Most of the respondents had a family role in the supporting category, namely 23 respondents (64%).
2. Most of the respondents had PHBS behavior of adapting to new habits in the sufficient category, namely 23 respondents (64%).
3. There is an influence on the role of the family in the behavior of PHBS adaptation to new habits (AKB) in efforts to prevent covid-19 in high-risk elderly people in Manggis Hamlet ($P\text{-value}=0.000 < \alpha=0.05$) with a correlation coefficient of 0.698 which means a strong correlation, shows that the more they support the role of the family, the better the behavior of PHBS to adapt to new habits in efforts to prevent Covid-19.

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