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The Overview of Health Protocols for Preventing and Controlling of COVID-19 ; A Qualitative Exploration from Rural Area in Indonesia

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Abstract

Background: The COVID-19 has been spread to all over the world. Numerous people still not obey the health protocols that imposed by government. This study aims to examine in depth the application of health protocols in preventing and controlling of COVID-19 in Muna District. Methods: This research employed an descriptive qualitative research design using semistructured interviews and a purposive sampling approach. The data collection methods was included indept interviews with some key-persons that responsible for COVID-19 prevention and control programs in Muna Regency of Souteast Sulawesi Province of Indonesia and community members. The informants of this study were the the head of COVID-19 task force as key informant; the head of law deparment, a member of the legislative commission for health, a military member and a police, as well as the public. The data was analysed thematically using Nvivo V.12 Plus Software. Results: 1) The role of military and police as supervisors in implementing health protocol has been carried out well. 2) The implementation of individual health protocols has been carried out, however people with low level of awareness was still lacking about the importance of implementing health protocols such as washing hands, maintaining distance and wearing masks. 3) The application of health protocols for business actors has been carried out, however business owners may still open their businesses (finances matter) but they are required to apply health protocols. 4) The implementation of health protocols in community groups has been carried out and there are some members of the community who care about handling the acceleration of COVID-19, together with local governments to assist with the implementation of health protocols. 5) The regional government provides guidance to the community to participate in efforts to prevent and control Covid-19, conduct security/surveillance in every day, target mass crowds in some areas. Conclusion: Supervision and implementation among citizen in rural area must be regulated strictly and community empowerment is crucial.

Keywords: COVID-19; washing hand; physical distancing; mask utilization; Indonesia ; Rural Area

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Background

The novel coronavirus disease 2019 or COVID-19 has become a critical public health issue worldwide. An outbreak of COVID-19 was first occurred in Wuhan (Hubei, China) at the end of 2019, and subsequently

spread to more than 200 countries. Recently, in 17th of April 2021 there were over 138,688,383 confirmed cases and approximately 2,978,935 confirmed deaths worldwide^[1]. As of 17th of April 2021, Indonesia has recorded 1,589,359 positive cases involving 43,073 deaths^[2].

Efforts to deal with the Covid-19 pandemic as a disaster management approach are important to pay attention to active community participation. Public awareness of the virus is a real step in fighting the pandemic so that it does not spread faster. The high rate of transmission has made every country appeal to its people to reduce their outdoor activities^[3, 4].

WHO advises the public to make efforts to prevent Covid-19 transmission by such as washing your hands regularly with soap and water, or cleaning them with an alcohol-based hand rub, keeping a distance of at least 1 meter between you and people who cough or sneeze, avoid touching your face, cover your mouth and your nose when coughing or sneezing. As well as, stay at home if you feel unwell, refrain from smoking and other activities that weaken the lungs, Practice physical distancing by avoiding unnecessary travel and away from large groups of people^[4-6].

In Indonesia, in preventing and overcoming the spread of the COVID-19 virus, efforts from the Government and the role of the community are needed to overcome it. Based on an appeal from the Indonesian government, as an effort to prevent and handle the transmission of the COVID-19 virus, it requires people to maintain a minimum distance of 1 meter and always wash their hands with soap. In addition, the community must remind each other of these calls. The public should also recommend it to avoid traveling to high-risk areas, contact with people with symptoms, and consumption of meat from areas with the COVID-19 outbreak. Basic hand hygiene measures are also recommended, including frequent hand washing and use of PPE such as face masks^[7, 8].

In Indonesia, following up on the Presidential Instruction Number 6 of 2020 concerning the improvement of the discipline of health protocol enforcement in the prevention and control of the 2019 corona virus disease and the instruction of the Minister of Home Affairs number 4 of 2020 regarding technical guidelines for regional head regulations in the context of implementing discipline and law enforcement of health protocols as a preventive effort and controlling the 2019 corona virus disease, the Regional Government of Muna Regency issued a Regent Regulation Number 35 of 2020 concerning the Implementation of Health Protocols in the Prevention and Control of Corona Virus Disease 2019.

The spread of Covid-19 is very fast and widespread in Indonesia, to tackle and break the chain of the spread of Covid-19, this determination is very precise because until now the spread of Covid-19 has reached 493 districts / cities spread across 34 provinces or more precisely throughout provinces in Indonesia have recorded Covid-19 cases, from Aceh to Papua [9]. Muna district has been included in the red zone category based on the number of infected people. The status of the red zone in Muna is certainly a sorrow for the Muna, considering that Covid-19 is a type of virus that does not have a vaccine or until now no effective medicine has been found. In such conditions, collaboration between the local government and the community is needed to prevent and break the chain of spreading covid-19 in Muna.

The Muna government has issued various policies, one of which is through a circular, but the circular issued by the Muna regent is considered to have no binding legal force because it is only an appeal where the implementation can or may not be done. So, the Muna regent issued another policy by issuing Regent Regulation Number 35 of 2020 concerning the Application of Health Protocols in the Prevention and Control of Corona Virus Disease 2019 in Muna Regency.

Based on the results of the research obtained, it is concluded that there are still many people who do not comply with the health protocols established by the government besides that the supervision of the implementation of the Regent Regulation on the prevention and control of Covid-19 is considered ineffective because it is not only for the community but the enforcers of local regulations.

Based on the description of the problems above, the author considers it necessary to conduct research on the Application of Health Protocols in the Prevention and Control of Covid-19 in Muna Regency. This research focuses on the application of health protocols in the prevention and control of Covid-19 in Muna district and how factors affect the implementation of health protocols in the prevention and control of Corona virus disease 2019 in Muna district.

Methods

Study Design

This study was used an exploratory qualitative reserach design using semi-structured interviews (IDIs) and a purposive sampling approach. The data collection methods was included indepth interviews with stakeholders and general publics. The IDIs aims to explore the implementation of health protocols in Muna Regency, Southeast Sulawesi Province of Indoensia during the COVID-19 outbreak.

Study setting and study participants

This study conducted on two communities from two different districts in Muna Regency; Batalaiworu District and Katobu District. The population of this district is predominantly Muslim. People living here belong mostly to the middle class to lower middle class. The areas have been selected purposively because the few members of these communities are already known to the coinvestigator. The coinvestigator served as a gate keeper for providing entrance to the general public and the key person of the COVID-19 prevention and control program in Muna Regency. Interview participants will be selected following the

eligibility criteria.

The details of study participants in this study ; as key informant was a The Head of COVID-19 Response Acceleration Task force (Satgas COVID-19). Supporting informant were the head of law department of Muna Regency, a legislative member for health commission, the head of disctrict level health office, member of military (TNI) and a police. For the general publics there were ten indivuals participated.

Eligibility criteria

The following are the criteria for inclusion and exclusion of study participants. Inclusion criteria: Residents of Muna Regency (Batalaiworu District and Katobu District). Exclusion criteria: Those who refused to participate in this study, those who have experienced COVID-19 and were undergoing treatment during the data collection, those who were suspected for COVID-19 and have been isolated/quarantined, and family members of COVID-19 positive cases during the data collection time.

Data Collection Procedures

A semi-structured interview guide was developed for stakeholders and community members. The initial questions on the guide will help to explore participant's perception about the impletentation of COVID-19 health protocols in Muna regency. Additional questions were assesed the compliance of general publics on the health protocols regulation. All semi-structred interviews conducted by face to face interview with strict health protocols. The interviews was scheduled based on the participant's convenient day and time. Interviewed were conduted in December 2020.

IDIs with Stakeholders and General Public

The inteviews was conducted among the stakeholders that responsible for the pevention and control program in Muna Regency. As wellas, there were 10 persons participated in this IDIs to explore the perceptions about the implementation of health

protocols in Muna Regency. The investigators did not continue the interview due to the saturation of the data already achieved from 10 informants. Data saturation is the point when no new themes emerge from additional interviews. Face to face interview was conducted with strict health protocols. Further, informed consent was given before the interview began. It reveals that every informant agreed that the interview could be audio-recorded and that written notes could be taken. The interview was conducted for around 30-40 minutes for each person in Bahasa Indonesia and Muna language. All informants should be assured that their information will remain confidential and that no identifying features could be mentioned on the transcript. The major themes included a general discussion about participants' knowledge and perception about the COVID-19 pandemic, and the issue about the implementation of the health protocols. The data recording was transcribed by a transcriptionist within 24 hours of the interviews. An interview guide for IDIs is shown in Table 2.

Data Analysis

All the data were transcribed and translated into English language by listening to the audio recordings in order to conduct a thematic analysis. Nvivo version 12 software was used to import, organize and explore

data for analysis. Two independent researchers read the transcripts at various times to develop familiarity and clarification with the data. An iterative process was employed to help the researchers to label the data and generate new categories to identify new themes. The recorded text divided into shortened units and labelled as a 'code' without losing the main essence of the research study. Subsequently, codes will be analysed and merged into comparable categories. Lastly, the same categories were grouped into subthemes and final themes. For ensuring inter-rater reliability, two independent investigators performed the coding, category creation and thematic analyses. Discrepancies between the two investigators were resolved through consensus meetings to reduce researcher bias.

Ethics and dissemination

All informants were asked to sign an informed consent prior to participate in this study. The informed consent form was signed directly before the interview began. Ethical approval for this study has been obtained from the Ethical Office of Universitas Muslim Indonesia. The study results disseminated to the scientific community and to the research subjects participating in this study. The findings might help us to explore the implementation of health protocols of COVID-19 prevention and control programmes.

Results

Table 1. Characteristic of The Informants

Code	Age	Education	Position	Interview Location	Informant's Status
Mr. A	52	Master	The Head of Health District Office	Health District Official	Key Informant
Mr. B	45	Undergraduate	The Head of Law Department	Regional Government Office	Supporting Informant
Mr. C	32	Undergraduate	Legislative Member of Health Commission	Regional Legislative Official	Supporting Informant

Cont... Table 1. Characteristic of The Informants

Mr. D	44	SHS	TNI / Military member	TNI's regional official	Supporting Informant
Mr. E	30	SHS	Police Member	Police's regional official	Supporting Informant
Mr. F	32	Undergraduate	General public	Gatot Subroto Street	General Informant
Mr. G	37	SHS	General public	Laino Traditional Marker	General Informant
Mr. H	45	SHS	General public	Kelapa Street	General Informant
Mrs. I	44	Undergraduate	General public	Mawar Street	General Informant
Mr. J	39	Undergraduate	General public	Laino Traditional Marker	General Informant
Mr. K	27	SHS	General public	Laino Traditional Marker	General Informant
Mrs. M	29	Undergraduate	General public	Gatot Subroto Street	General Informant
Mrs. N	36	SHS	General public	Gatot Subroto Street	General Informant
Mr. O	42	SHS	General public	Seroja Street	General Informant

*Senior High School

Table 2. Interview Guideline

No	Theme	Questions
	The Implementation of Health Protocols	1. How is public awareness about the importance of wearing masks, washing hands and physical distancing?
		2. What are the regulation in Muna Regency regarding health protocols in order to prevent and control of Covid-19?
		4. What are the government doing to make the rules related to the implementation of health protocols will be run well?
		5. What is the government's action in overcoming violations of the implementation of health protocols in Muna District?
		6. How effective is the application of health protocols in the prevention and control of Covid-19 in Muna District?
		7. How is the supervision of local governments regarding the implementation of health protocols in the prevention and control of Covid-19 in Muna District?
		The Determinants
	2. How do law enforcement factors influence the implementation of health protocols in the prevention and control of Covid-19 in Muna District?	
	3. What are the community factors that influence the implementation of health protocols in the prevention and control of Covid-19 in Muna District?	
	4. What are the facilities and infrastructure factors that influence the implementation of health protocols in the prevention and control of Covid-19 in Muna District?	

The Role of Supervisors in Implementing Health Protocols

The role of the TNI or Military

Based on the interview, information was obtained about the role of the TNI as policy supervisor in implementing health protocols as revealed in the following interview results:

“In accordance with the president’s direct instructions, namely the president and the TNI commander, we swiftly carry out directives in terms of supervision in order to comply with this health protocol, because the covid-19 outbreak is very dangerous and affects the security and stability of the country, so we, as the TNI, have the role as The last guard of national defense needs to swiftly carry out instructions from the president and the TNI high commander to carry out this order professionally because again this is related to the State “(Mr D, 44 years).

From the explanation above, it is quite clear that the involvement of the TNI in monitoring policies on implementing health protocols and handling Covid-19 in Indonesia is very necessary. The involvement is carried out by observing the parameters of the situation, even the more widespread involvement in the law enforcement and economic sectors even though the PSBB policy has been stopped.

COVID-19 Response Acceleration Task force (Satgas COVID-19)

Based on the interview, information was obtained about the role of the Covid-19 Task Force as a policy supervisor in implementing health protocols as revealed in the following interview results:

“For supervision, we continue to do it based on how it is implemented in the community and kWe together with the security forces, in this case the TNI / POLRI, we always supervise the policies that have been carried out by the Government, namely we as technical officers together with our friends at

the Puskesmas monitor or carry out activities in the field for investigations cases, so if there is information from the profession or notification so we know. So we have a group for prevention so we also have to follow up and supervise it, something like that ”(Mr A, 52 years old).

Based on the statement of a community informant who is in the Batalaiworu District, according to Mrs. I, this is not in line with the following:

“Regarding the implementation of the Covid-19 task force service, the supervision service is considered ineffective because we, the community, are not given an initial understanding in terms of complying with existing health protocols, we are only advised, for example, we are required to use masks, keep our distance, and wash our hands, however. We are not educated on the procedures and reasons why we should use it or implement this health protocol, because there is a different understanding from people whose education level is undergraduate with us people whose education may be below average so it is people like this who need to be given an understanding so that the implementation of supervision on the implementation of this health protocol can run and be carried out well ”(Mother I, 44 years).

The explanation above related to the implementation of the supervisory role of the Covid-19 task force has been done well. However, in the view of the community it is still considered ineffective because the community is not given an initial understanding in terms of complying with the implementation of health protocols. In addition, there needs to be regulations made based on facts in the field.

General Public

Based on the interview, it was obtained information on the role of the civilian government as policy supervisor in implementing health protocols as revealed in the following interview results:

“Yes, the Satpol PP agency was given additional tasks in terms of monitoring and enforcing the enforcement of policies issued by the new regional government in the form of a regulation on the implementation of health protocols in the prevention and control of Covid-19 in Muna as well” (Mr. B, 45 years).

The information above Mr. B, as the Head of Law in Muna Regency regarding the role of the civilian government as a policy supervisor in implementing health protocols, it is quite clear that the civilian government is in handling covid-19 in Muna district. given additional tasks in terms of supervising and enforcing policies issued by the Muna regional government in the form of a Regulation on ² the implementation of health protocols in the prevention and control of Covid-19 in Muna District.

Based on the statement of a community informant who is in the batalaiworu sub-district, Mr. O stated that it is in line with the role of the civilian government as a policy supervisor for implementing health protocols. However, on the one hand, there is still a tendency in the behavior of an officer in taking action or warning against people who violate health protocols.

“The supervision carried out by the civilian government, in this case the Satpol PP, I think has been carried out well, but on the one hand there is still a tendency in the behavior of an officer to take action against or warn the public because in the field, this officer reprimands the public for violating health protocols that are not accompanied. by providing an understanding of the community who violates” (Mr. O, 42 years)

Individual application of health protocols

Based on the interview, information was obtained about the application of individual health protocols as revealed in the following interview results:

“Regarding the application of individual health protocols, in this case public awareness of the

importance of using masks is strongly recommended to prevent the spread of the virus. in addition, using a mask, wash hands, and keep our distance as we protect ourselves and those around us so as not to be exposed to this virus, considering that Covid-19 is a type of virus that spreads very quickly and cannot be predicted so it is necessary to implement health protocols in standard activities to prevent it. Just earlier because of the more specific transmission, we do not know what kind of transmission, because to prevent it, such as wearing a mask, washing hands and maintaining distance is the same as preventing the spread of Covid-19 from spreading “(Mr A, 52 years)

Based on the statement of a community informant who is in the Katobu sub-district, Mr. G stated that the implementation of individual health protocols had been implemented properly. However, there are still those who do not comply with the policy of implementing health protocols because the people affected by the Covid-19 virus are already in trouble or have minimal income and must no longer be burdened by the rules related to the implementation of health protocols, there are sanctions for not using masks, and bringing hanzsanitizer, who is to buy them.

Application of health protocols to business actors

Based on interviews, information was obtained about the application of health protocols to business actors as revealed in the following interview results:

“Regarding the connection with the implementation of health protocols as a business actor, it has had a very significant impact or effect since the Covid-19 pandemic. so that we, the local government, apply health protocols to business actors to comply with local government recommendations in terms of holding places for washing hands, wearing masks, and maintaining distance. So from these recommendations the public can judge the business actor that their place of business applies the health protocol as recommended by the government or the covid task force” (Mr B, 45 years old)

The explanation above is related from the application of health protocols to business actors that in implementing health protocols they always comply with directions and apply health protocols themselves for the convenience of the community / visitors.

3 **Prevention and control of Covid-19 from the aspect of reducing the transmission of Covid-19 in Muna District.**

Based on interviews, information was obtained about the 3 prevention and control of covid-19 from the aspect of reducing the transmission of covid-19 in Muna district as revealed in the following interview results:

“In prevention and control, the local government provides guidance to the community to participate in efforts to prevent and control the 2019 corona virus disease (covid-19), conduct security / surveillance which is carried out every day targeting the crowd in the Muna district area, effective law enforcement efforts against violations. health protocol, prohibits the implementation of community activities that collect large numbers of people including the implementation of religious activities and the like, 12 provides information on the prevention and control and handling of the spread of the corona virus disease (covid-19), informs the sub-district task force and coordinates with local health officials in finding members of the public who are suspected of meeting the symptoms of the corona virus disease (covid-19). (Mr A, 52 years)

Likewise, it is different from Mr. J's statement, stating the following:

“Yes, if you look at the conditions that have occurred in the past, the decline in Covid-19 transmission right now is actually a bit difficult if you want to know because to be honest, we, especially people like us, are not well informed about the number of decreasing numbers of Covid-19 transmission, besides that there is no official information. from the covid-19 task force, such as the demand for data

related to the ups and downs or the entry and exit of covid-19 patients “(Mr J, 39 years)

The explanation above is related from the 3 prevention and control of covid-19 from the aspect of reducing the transmission of covid-19 in the Muna district, prevention and control, the local government provides guidance to the community to participate in efforts to prevent and control Corona Virus Disease 2019 (COVID-19), to carry out security or supervision every time, especially the day targeting the crowd in the Muna Regency area.

Discussion

The Role of Supervisors in Implementing Health Protocols

Based on the results of the interviews, this research will discuss the relationship between research findings and related theoretical theories which are described as follows: this research is in line with the theory Aulia Fitri (2020)The TNI conducts supervision and handling of the Covid-19 pandemic and is in line with the circular issued by the Regent of Muna regarding the application of health protocols in the prevention and control of Covid-19 in Muna^[10]. This research is in line with Kurniawan (2020) Police put forward preventive and discretionary measures for the sake of public security and order. This is also in line with the circular policy issued by the Muna Regent regarding the application of 7 health protocols in the prevention and control of Covid-19 in Muna^[11]. The explanation above is not in line with based on a circular issued by the Muna Regent regarding the application of 8 health protocols in the prevention and control of Covid-19 in Muna.

Individual application of health protocols

This research is in line with A circular issued by the regional government of Muna district, in this case the regent's regulation policy number 35 of 2020 concerning the application of 1 health protocols in the prevention and control of corona virus disease 2019. in the regent's regulation it is explained as guidelines

for implementing health protocols as an effort to prevent and control covid- 19 as stipulated in Muna Regent Regulation Number 35 of 2020.

Application of health protocols to business actors

This research is in line with Nismawati (2020) micro business actors remain open and implement health protocols and comply with a circular issued by the regional government of Muna district, in this case the regent's regulation policy number 35 of 2020 concerning the application of health protocols in the prevention and control of corona virus disease 2019. in the regent's regulation it is explained as guidelines for implementing health protocols as an effort to prevent and control Covid 19 as stipulated in Muna Regent Regulation number 35 of 2020 [12].

Application of health protocols to community groups

This research is in line with a circular issued by the regional government of Muna district, in this case the regent's regulation policy number 35 of 2020 concerning the application of health protocols in the prevention and control of corona virus disease 2019. in the regent's regulation it is explained as in the guidelines for implementing health protocols as an effort to prevent and control Covid- 19 as stipulated in Muna Regent Regulation number 35 of 2020.

This research is in line with Indriyani and Virus (2020) efforts to prevent the spread of covid-19. and in line with the circular issued by the regional government of Muna district, in this case the regent's regulation policy number 35 of 2020 concerning the application of health protocols in the prevention and control of corona virus disease 2019. the regent's regulation explains as guidelines in implementing health protocols as an effort to prevent and control of Covid-19 as regulated in Muna Regent Regulation number 35 of 2020 [13].

Conclusion

Based on the results of the research in this study, it can be concluded that: the role of policy supervisors in implementing health protocols, namely the TNI / Polri, has been carried out by carrying out their duties related to the role of policy supervisor in implementing health protocols in schools. Individual health protocols have been implemented, but there are still people who are less aware of the importance of implementing health protocols such as washing hands, maintaining distance and wearing masks. Further, the application of health protocols to business actors has been carried out, in this case business owners may open their businesses but are required to apply health protocols according to applicable regulations. because it is related to finances and shop owners feel at a loss if they do not open their business. As well as, the implementation of health protocols in community groups has been carried out and there are some who are members of the community circle who care about the handling of the acceleration of Covid-19 in Muna District, in this case with the local government to help with the implementation of health protocols. In addition, prevention and control of covid-19 from the aspect of reducing the transmission of covid-19 in the Muna district in prevention and control, the local government provides guidance to the community to participate in efforts to prevent and control covid-19, conduct security / surveillance which is carried out every day targeting the mass crowd in Muna regency area.

Suggestions

During the corona virus pandemic (COVID-19) the local government should urge and advise all members of the district to always obey government rules and recommendations, by implementing the health protocol "social distancing / physical distancing" to keep your distance, always wear a mask , always wash your hands diligently, be vigilant and be careful when the arrival of foreigners or immigrants from outside the area, and get used to a healthy lifestyle by keeping

the environment clean and exercising diligently.

Furthermore, it is better if the implementation of individual health protocols by the community must have a level of awareness of the importance of implementing health protocols such as washing hands, maintaining distance and wearing masks. It is better if business actors and the government provide transaction patterns between consumers and producers via online in order to avoid meetings that can result in the spread of the virus. Besides that, the government also guarantees business actors against the losses caused by covid-19. The application of health protocols to community groups must be more concerned about the dangers of covid-19.

Regarding the prevention and control of Covid-19 from the aspect of reducing the transmission of Covid-19 in Muna District in prevention and control, the local government should provide guidance to the community to participate in efforts to prevent and control Covid-19. In addition, for further research, it is expected to conduct research by comparing first making observations and seeing how important the policy of implementing health protocols is in prevention and control.

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Conflict of Interest: None

Ethical Clearance: Ethical Clearance taken from Health Research Ethic Commission, Universitas Muslim Indonesia.

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