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Analysis of the Behavior of Health Students and Non-Health Students Towards the Covid 19 Policy in Indonesia

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ABSTRACT

Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by SARS-CoV-2 and has been designated a pandemic by WHO. The Covid-19 outbreak has spread to various countries with an increasing number of cases, so cooperation from various sectors is needed, including the role of students. The purpose of this study was to determine understanding, coping strategies, levels of compliance and adaptive behavior towards COVID-19 in health and non-health students. The research method used is analytic, cross sectional approach in comparative research with accidental sampling technique. The number of each group is 60 respondents. The results of the path coefficient analysis model I, namely understanding (x1) the level of compliance (y) obtained a score (p = 0.002), standard coefficient: 0.261, p-Values: 0.002, 95% CI: 0.133-0.588, then coping strategies (x2) against level of compliance (y) obtained score (p = 0.000), standard coefficient: 0.347, p-Values: 0.000, 95% CI: 0.228-0.641. While the results of the coefficient model II, namely understanding (x1) adaptive behavior (z) obtained a score (p = 0.233), standard coefficient: -.087, p-Values: 0.233, 95% CI: -.318-0.78, then strategy coping (x2) on adaptive behavior (z) got a score (p=0.147), standard coefficient: 0.109, p-Values: 0.147, 95% CI: -0.049-0.321, and level of adherence (y) to adaptive behavior (z) obtained a score (p = 0.000), standard coefficient: 0.655, p-Values: 0.000, 95% CI: 0.499-0.805. The results between understanding and coping strategies have a significant effect on the level of compliance because someone who has good insight and coping strategies certainly has a good level of compliance, while the results are not significant on adaptive behavior because students are still in the adaptation stage of a new life. life so that a process is needed to make it a behavior.

Keywords: adaptive behavior covid-19, students

INTRODUCTION

The world is currently experiencing a deadly epidemic, namely the Covid-19 pandemic. Common signs and symptoms of COVID-19 infection include symptoms of acute respiratory distress such as fever, cough, and shortness of breath. The average incubation period is 5-6 days with the longest incubation period being 14 days. Severe cases of COVID-19 can cause pneumonia, acute respiratory syndrome, kidney failure, and even death (Ministry of Health, 2020). On December 31, 2019, the WHO China Country Office reported a case of pneumonia of unknown etiology in Wuhan City, Hubei Province, China. On January 7, 2020, China identified the case as a new type of coronavirus. On January

30, 2020, WHO declared the incident a Public Health Emergency of International Concern (PHEIC) and on March 11, 2020, WHO had declared COVID-19 a pandemic (Ministry of Health, 2020).

The increase in the number of cases took place quite quickly, and spread to various countries in a short time. As of 9 July 2020, WHO reported 11,84,226 confirmed cases with 545,481 deaths worldwide (Case Fatality Rate/CFR 4.6%). Indonesia reported its first case on March 2, 2020. Cases are increasing and spreading rapidly throughout Indonesia. As of 9 July 2020, the Ministry of Health reported 70,736 confirmed cases of COVID-19 with 3,417 deaths (CFR 4.8%) (Ministry of Health, 2020). Judging from the situation of the spread of COVID-19 which has almost reached all provinces in Indonesia with the number of cases and/or the number of deaths that continues to increase and has an impact on the political, economic, social, cultural, defense and security aspects, as well as for the welfare of the people in Indonesia, the Government of Indonesia has stipulated Presidential Decree No. 11 of 2020 concerning the Determination of the Corona Virus Disease 2019 (COVID-19) Public Health Emergency. The Presidential Regulation stipulates COVID-19 as a type of disease that causes a Public Health Emergency and stipulates a COVID-19 public health emergency in Indonesia which must be carried out in accordance with the provisions of laws and regulations (Ministry of Health, 2020). In this case, as the younger generation, especially students, must have a role in the development of an increasingly fast and complex society, because students as the next generation of the nation must be able to face various changes and problems that exist to answer the challenges of existing changes.

In an effort to overcome the virus outbreak, cooperation from various sectors is needed, one of which is the role of students. Students can be defined as individuals who are studying at the university level. Students are considered to have a high level of intelligence, intelligence in thinking and planning in action. Based on the Journal quote from Yamaliza et al, (2020) that as educated humans and part of society, students have a complex and comprehensive role so that they are grouped into three functions, namely agent of change, social control and iron stock. Students as iron stock means students are future leaders of the nation, replacing the existing generation and continuing the baton of development and change. Students as agents of change, namely students always have smart ideas and thoughts, students are able to change the paradigm that develops in a group and make it directed according to common interests. Students' critical attitude often makes big changes and students have a great passion for making changes. Students as agents of social control are expected to be able to control social conditions in their surrounding environment and students are required to socialize and have sensitivity to the environment. As the younger generation, especially students, of course, they have a role in the development of an increasingly rapid and complex society, so that students become part of overcoming the outbreak.

So the general objective of this study is to determine the level of understanding of Presidential Regulation No. 11 of 2020 and coping strategies for compliance with the application of health protocols on adaptive behavior in health students and non-health students during the Corona Virus Disease (Covid -19) pandemic and the specific objectives of this study is to identify between health students and non-health students related to the understanding of Presidential Regulation No. 11 of 2020, coping strategies, compliance and adaptive behavior during the Corona Virus Disease (Covid-19) pandemic. The results and benefits of this research are expected to add insight to the development of public health science, gain knowledge based on scientific truth, as well as further research on student behavior related to public health.

METHODS

This type of research is an analytic study, with a cross sectional approach to comparative research. The population in this study were Health Students and Non-Health Students in the East Java region. The samples in this study were health students and non-environmental health students in the East Java region who incidentally met with researchers and were then used as samples. The location of this research is in the East Java region with respondents from health students and non-health students who incidentally met with researchers and then used as samples. This research was conducted for 2 months, from January to February 2021.

The independent variable of this study is understanding and coping strategies, the intervening variable is compliance and the dependent variable is adaptive behavior. The researcher uses Accidental Sampling, which is a technique of determining the sample based on chance, namely the respondent who incidentally meets the researcher and is then used as a sample. The instrument used in this research is

google form (questionnaire). As for this research, it has gone through a health ethics test with no SK 2465/KEPK/VIII/2021.

RESULTS

The results of data collection total research subjects were 120 students consisting of 60 health students and 60 non-health students with 31 men (26%) and 89 women (74%), the average age of the subjects between women and men is 18-49 years.

Table 1. Data Normality Test Results and Different Test Results

Variabel	Sampel	df	Data Normality Test Sig,	Statistic test *p*
Understanding	Health Student	60	0,200	
	Non-Health Students	60	0,00	0,933
Coping Strategy	Health Student	60	0,169	
	Non-Health Students	60	0,200	0,007
compliance level	Health Student	60	0,007	
	Non-Health Students	60	0,200	0,666
Adaptive Behavior	Health Student	60	0,200	
	Non-Health Students	60	0,200	0,743

The results of table 1 show that the understanding between health students and non-health students using the Mann Whitney test is p> 0.05 (p = 0.933) that is there is no significant difference between the two groups, then the results of coping strategies between health students and non-health students with independent t-test test that is p < 0.05 (p = 0.007) that is there is a significant difference in the two groups, then the results of the level of compliance of health and non-health students with the Mann Whitney test obtained p> 0.05 (p = 0.666) ie there is no significant difference in the two groups, and the results of adaptive behavior in health students and non-health students with independent t-test test is p < 0.05 (p = 0.743) that is there is no significant difference in the two groups.

Table 2. Path Analysis on Understanding and Coping Strategies with Level of Compliance with Adaptive Behavior

Path	Standart Coefficient	Std. Error	p-Values	CI 95%	Result
U → CL	0,261	0,115	0,002	0,133-0,588	Supported
CS → CL	0,347	0,104	0,000	0,228-0,641	Supported
U → AB	-,087	0,100	0,233	-,318-0,78	Unsupported
CS → AB	0,109	0,093	0,147	-,049-0,321	Unsupported
CL → AB	0,655	0,077	0,000	0,499-0,805	Supported

Table 2, the results of path analysis on the path coefficient model I, namely understanding (x1) of the level of compliance (y) obtained a score (p = 0.002), with standard coefficient: 0.261, p-Values: 0.002, 95% CI: 0.133-0.588, Then the coping strategy (x2) on the level of compliance (y) obtained a score (p = 0.000), with a standard coefficient: 0.347, p-Values: 0.000, 95% CI: 0.228-0.641. While the results on the coefficient model II, namely understanding (x1) of adaptive behavior (z) obtained a score (p = 0.233), with a standard coefficient: -.087, p-Values: 0.233, 95% CI: -.318-0.78 , then coping strategies (x2) on adaptive behavior (z) obtained a score (p = 0.147), with a standard coefficient: 0.109, p-Values: 0.147, 95% CI: -0.049-0.321, and the level of compliance (y) towards behavior adaptive (z) got a score (p=0.000), standard coefficient: 0.655, p-Values: 0.000, 95% CI: 0.499-0.805. Based on these results, understanding and coping strategies affect the level of compliance but have no effect on adaptive behavior.

DISCUSSION

The results showed that the understanding between health students and non-health students using the Mann Whitney test, $p > 0.05$ ($p = 0.933$) was no significant difference between the understanding of health students and non-health students. The average understanding score of health students (60.77) is better than non-health students (60.23). Quoting through Notoatmodjo, (2003) which states that the five senses are very influential in the process of absorbing material and everyone has the ability limited to absorbing information. It can be concluded that the health student group has a better level of knowledge than the non-health student group because health students are used to getting health-related material during lectures or outside of lectures by involving the five senses. The results showed that there was no significant difference in the opinion of the researcher because the COVID-19 pandemic outbreak was an extraordinary event that became the center of attention for all elements of society, including students. The outbreak of the COVID-19 pandemic has claimed many victims so that many media provide information on a regular basis regarding the incident. This has an impact on the level of knowledge of all elements of society, including students. It is very easy for students from various majors to access information about the outbreak so that students who are not from the health department also have almost the same knowledge as health students. This is in accordance with the research of Kristamuliana et all, (2020) which shows that more than 50% of respondents have good knowledge about Covid-19 and the rest have moderate knowledge and none even has low knowledge and these results are also in line with research conducted by Yanti et al, (2020) who said that 99% of Indonesians have good knowledge about Covid 19. Most of the respondents, namely 59.0%, have the same Bachelor degree as this study.

The results of the research on coping strategies between health students and non-health students using the Independent T-Test test, obtained the results of coping strategies $p < 0.05$ ($p = 0.007$) which indicates that there is a significant difference between coping strategies in health students and non-health students . The average score of coping strategies for non-health students (36.60) is better than that of health students (34.61). There are significant differences in results with the average value which indicates that non-health students are better than health students. This is because in the opinion of the researcher, in the current situation of the COVID-19 pandemic, health students are more often involved in health crisis activities, such as being part of the Covid-19 Task Force (SATGAS) volunteers in their respective regions, which of course have the risk of being exposed to the Covid-19 disease outbreak. -19 and health students are often faced with several confirmed victims of the disease, so this will certainly have an impact on coping strategies for health students. This is almost the same as the statement from Kim, (2018) that during the pandemic medical students (Health) are considered to be at higher risk of infection due to clinical practice and increase the risk of exposure to viruses, so there are still students with poor coping strategies. In another case, Hidayah et al's research (2020) regarding "Stress Levels and Coping Strategies for Nursing Students during the Covid 19 Pandemic" that from the results of the study it was found that 27.9% of nursing students had moderate stress levels and about 5% experienced stress. heavy during the Covid-19 pandemic, it means that there are still some of these nursing students who do not have good coping strategies so that these students fall into the category of severe stress. In this regard, of course, there are many ways to improve good coping strategies, including increasing positive thinking. . Based on the results of this study, 43% of respondents often increase positive thoughts through positive self talk (talking to themselves about positive things) and 38% of respondents often increase positive thoughts through reminiscing about pleasant experiences. These results are in accordance with Wijayanti's research (2013) which says there are several ways to make good coping strategies, namely self-control, positive thinking, always doing something good and paying attention to yourself. The same research is also described by Rositoh et al, (2012) which explains that by making efforts to control oneself so as not to be affected by the problems experienced by making adjustments and making friends with the circumstances being lived. Based on the forms of coping strategies, there are 2 (two) strategies in coping, namely: Emotional Focused Coping and Problem Focused Coping. In the results of this study, 36% of respondents used a Problem Focused Coping strategy and 58% of respondents in the category of sometimes used a Problem Focused Coping strategy. This is different from Kristamuliana's research, (2020) regarding "the level of knowledge and coping strategies of the Indonesian people facing the Covid 19 pandemic" that emotional-focused coping strategies are more likely to be used by respondents, which is 52.8%. This is contrary to a survey conducted in Germany in 2020 which showed that Germans were more likely to use focused coping

strategies (Gerhold et al., 2020). According to the conclusion of research by Huang et al, (2020) that coping strategies are influenced by fear and anger. Someone who is more afraid will be more likely to use problem-focused coping strategies while someone who is angry will be more likely to use emotion-focused coping strategies. The closer to Covid-19, the more anxious and angry people will be.

The results of the study on the level of adherence in health students and non-health students using the Mann Whitney test, $p > 0.05$ ($p = 0.666$) that there was no significant difference between the level of adherence in health students and non-health students. The average score of the level of compliance in health students (61.87) is better than non-health students (59.13). The results of the study showed that the level of compliance between health students and non-health students was almost the same, but from the study the behavior that was very often carried out by respondents was using masks when leaving the house, there were 63 of 120 respondents (53%) who used masks very often. when leaving the house and 1% of respondents do not have this behavior. These results are in accordance with research from Saputra, (2020) conducted in the city of Padang regarding student compliance in using masks during the covid-19 pandemic with the result that quite a number of students consistently use masks when leaving the house during this pandemic with a percentage of 80 %, while students who do not always use masks when outside the home only have a percentage of 20%. This is because students have the principle that if they go not too far from home, there is no need to use a mask and feel uncomfortable when they have to always wear a mask. In this compliance study, it is not only on the use of masks which is very often done but there are other behaviors such as washing hands which is the second largest number of respondents who are very often carried out, namely 48 out of 120 respondents (48%) very often wash their hands with the remaining 46 % in the category of frequent and 16% in the category of occasionally washing hands. The results of this study are in accordance with Latifa's research, (2021), most of these students comply with using masks and washing hands with the results of students who obediently wearing masks as much as 84.5% and students who obediently washing their hands as much as 72.7%. The results of this study are also in line with the research of Yanti et al (2020), which is that most of the respondents' behavior that complies with the Health protocol is in the good category of 41.7%, while the rest are in the sufficient category of 35.3% and the less category of 23%. Different results were found in the study of Drisposwana Putra et al, (2021) regarding the level of compliance of health students with health protocols after more than one year during the Covid-19 pandemic, namely 65% of health students stated that they did not comply with health protocols. In the opinion of researchers, students are individuals who are considered to have good knowledge and insight. Students are also considered to have intelligence in thinking and planning in acting so that students are considered capable of having a high level of compliance. The results of the average value which states that health students are better than non-health students because health students already know about health comprehensively, compared to non-health students. Health students with their routines are more often faced with health problems so that it has become a habit (habit) to comply with health-related matters and health students have a role to carry out health promotion as a preventive effort (prevention) of the emergence of a disease.

The results of the research on adaptive behavior in health and non-health students using the Independent t-test, were $p < 0.05$ ($p = 0.743$) which indicated that there was no significant difference between adaptive behavior in health students and non-health students. In the opinion of the researcher, the results are due to the fact that the COVID-19 outbreak is an extraordinary event that has become the center of attention of the world's population, in this case students. This extraordinary event has been recorded by many media which have become routine consumption in daily news and high curiosity in students so that students from various fields and majors certainly understand the spread of the covid-19 virus. This certainly has an impact on changes behavior in all students, both health students and non-health students. As an effort to protect themselves from the dangers of the disease outbreak, of course the students began to get used to good adaptive behavior. The average score of adaptive behavior in health students (53.75) is better than non-health students (51.43). These results are in accordance with the research of Putu et al, (2020) regarding clean and healthy living behavior in students during the Covid-19 pandemic, which consists of students from health faculties and non-health faculties that health faculty students have a greater total positive behavior. compared to non-health faculty students with a percentage of 50.8% in Health faculty students and 49.2% in non-health faculty students. According to Notoatmodjo (2003) behavior is influenced by 3 main factors, namely predisposing factors (one of which is knowledge), enabling factors (facilities) and reinforcing factors. This is different from the

opinion of Suryani, (2018) that the level of knowledge cannot be used as a benchmark regarding a person's clean and healthy living behavior, but can only be used as a risk factor regarding clean and healthy living behavior. Suryani, (2018) also states that the level of knowledge such as one's faculty or department cannot be used as a differentiating factor regarding clean and healthy living behavior. Differences in the level of knowledge can only be used as a risk factor for clean and healthy living behavior, besides that the knowledge possessed by a person is not only obtained through formal learning. Knowledge possessed by a person regarding clean and healthy living behavior can also be obtained through the surrounding environment or the results of exploration from the individual himself, especially in the era of globalization like now, where knowledge can be accessed easily and quickly. In the opinion of researchers, students have a role as agents of change so that students are required to be able to act on the occurrence of a positive change. Students are also known as individuals who have intelligence in thinking and planning in acting which are trusted by some people. In the current covid-19 pandemic situation, students are required to be able to have adaptive behavior that can be applied in their respective environments and be able to invite the surrounding community to live healthy. So this does not only apply to health students but also applies to all students from various fields as role models in the community.

The results of path analysis (path analysis) on understanding and coping strategies with the level of adherence to adaptive behavior in health students and non-health students, namely the understanding variable (x1) has a significant influence on the compliance level variable (y). These results are in accordance with the statement of Notoatmodjo, (2011), namely good knowledge about the dangers of certain diseases, has an impact on individuals to have good preventive behavior, which means that knowledge has an impact on preventive behavior (compliance) towards something. These results are also in accordance with the results of Sari & Atiqoh's research, (2020) that there is a relationship between public knowledge and compliance with the use of masks as an effort to prevent Covid-19. significant effect on compliance behavior. However, the next result shows that the understanding variable (x1) does not have a significant effect on the adaptive behavior variable (z). These results are different from the statement from Notoatmodjo, (2014) that knowledge is the result of knowing and will appear after someone has sensed something, such as the senses of sight, hearing, smell, taste and touch. While most of human knowledge is obtained through the senses of sight and hearing, then knowledge is important to shape one's behavior. Meanwhile, according to Sunaryo (2004) knowledge or cognitive becomes an important domain in shaping one's actions or behavior. The level of knowledge in the cognitive domain includes six levels, including knowing, understanding, applying, analyzing, synthesizing and evaluating. Someone who already knows about certain information, then he will be able to determine and make decisions, in other words, when someone has information about Covid-19 then he will be able to determine how to behave towards Covid 19 (Achmadi, 2013). This is in accordance with the results of research by Purnamasari & Raharyani, (2020) in Wonosobo which showed a relationship between knowledge and community behavior about Covid 19. Likewise with the results of research from Istiningtyas, (2010), namely research respondents (students) were mostly at the level of high knowledge, most have a positive attitude and most have a healthy lifestyle behavior. There is a significant relationship between knowledge about a healthy lifestyle with healthy lifestyle behavior and there is a relationship between attitudes towards a healthy lifestyle and a healthy lifestyle behavior.

However, the results of this study are almost the same as the results of Ramadhani et al. (2020) there is a relationship between knowledge and Covid 19 prevention behavior with a weak relationship level, meaning that in this study the level of understanding does not have a strong relationship with adaptive behavior. The results of this study indicate that there is a relationship between knowledge and Covid 19 prevention behavior but with a weak level of relationship. Based on the results, the coping strategy variable (x2) has a significant effect on the level of compliance variable (y) but does not have a significant effect on the adaptive behavior variable (z). This means that if the coping strategy at that time was bad then it affected the level of compliance but did not significantly affect adaptive behavior.

In the opinion of researchers, the understanding variable has a significant influence on the level of compliance variable because someone who has broad insight and good knowledge certainly has the ability to make good decisions, such as the use of masks: if someone knows the impact if they do not comply with health protocols in If you wear a mask, then that person will certainly take the decision to comply with the health protocol recommendations by using a mask. So if someone has good knowledge then that person has a great opportunity to comply with the recommendations that have been set.

However, the results of the understanding variable have no significant effect on the adaptive behavior variable because most people are still in the adaptation stage of a new life. So that people still get used to healthy behavior and to become a habit it takes a long time and requires a process. As for the opinion of researchers related to the coping strategy variable has a significant influence on the level of compliance variable because someone who has a good coping strategy (focusing on the problem) certainly has the ability to make good decisions, for example, there is someone who feels afraid of contracting the disease from other people but if that person is able to control himself by focusing on the problem of course, then that person will find a solution so as not to contract the disease and be able to apply it by using a mask. So if someone doesn't have a good coping strategy then someone will tend to just blame the situation but no effort in finding a solution, so that it will add new problems in the future. However, the results of the coping strategy variable have no significant effect on the adaptive behavior variable because most people are still in the adaptation stage of a new life. So that people still get used to healthy behavior and of course to become a habit it takes a long time and requires a process.

CONCLUSION

The conclusion of this study is the results of research findings related to understanding in Health students and non-Health students is that there is no significant difference between understanding in health students and non-Health students. The average score of understanding in health students is better than non-health students. While the research findings related to coping strategies for health students and non-health students are that there is a significant difference between coping strategies for health students and non-health students. The average score of coping strategies for non-health students is better than that of Health students. Then related to the level of adherence to health students and non-health students, there is no significant difference between the level of adherence to health students and non-health students. The average score for the level of adherence to health students is better than non-health students, and next related to adaptive behavior in health students and non-health students, there is no significant difference between adaptive behavior in health students and non-health students. The average score of adaptive behavior in health students is better than non-health students. The results of path analysis on understanding and coping strategies with the level of compliance with adaptive behavior are in the coefficient path model I the understanding variable (x1) and the coping strategy variable (x2) have a significant effect on the compliance variable (y). While in the coefficient path model II, namely the understanding variable (x1) and the coping strategy variable (x2), there is no significant effect on adaptive behavior (z).

Suggestions in this study are health universities need a program that can reduce poor coping strategies for health students before the student accepts assignments in the field of health services and for non-health universities there needs to be regular socialization about the covid-19 pandemic to reduce the risk of exposure. the disease, then for health students must be able to find programs to control coping strategies during the pandemic, while non-health students can add valid information about the covid-19 outbreak so that they are disciplined in implementing the covid-19 health protocol, then for further researchers to carry out research regarding awareness of the importance of using masks and research on culture in implementing the COVID-19 health protocol.

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