



# Implementation of the 5M Health Protocol by the Community in Bakubakulu Village, Palolo District, Sigi Regency

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## ABSTRACT

Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). SARS-CoV-2 is a new type of coronavirus that has never been previously identified in humans. Common symptoms of COVID-19 infection include symptoms of acute respiratory problems such as fever, cough and shortness of bresath. One of the obstacles in implementing health protocols is that there are still people who do not believe in the existence of the COVID-19 disease, so many people do not comply with the 5M health protocol. The aim of the research is to determine the implementation of the 5M Health Protocol by the community in Bakubakulu Village, Palolo District, Sigi Biromaru Regency. Descriptive research type. The research variable is the implementation of the 5M health protocol. The data used is primary and secondary data. Data analysis uses univariate analysis. The population in this study was 619 people and the sample was 41 people. The results of this research show that 68.3% of people implement the 5M health protocol and 31.7% do not implement the 5M health protocol. The conclusion of this research is that more and more people are implementing the 5M health protocol in Bakubakulu Village, Palolo District, Sigi Biromaru Regency. It is recommended that the Bakubakulu village government be able to discipline people who still have not implemented the 5M health protocol to prevent the spread of COVID-19, people can regularly look for information in print media.

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## 1. Introduction

On 31 December 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 cases as a new type of coronavirus. On January 30 2020, the World Health Organization designated this incident as a Public Health Emergency of International Concern (PHEIC) and on March 11 2020, WHO declared COVID-19 a pandemic (Kemenkes, 2020)

Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). SARS-CoV-2 is a new type of Coronavirus that has never been previously identified in humans. There are at leasttwo types of coronavirus are known to

cause diseases that can cause severe symptoms such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome Coronavirus (SARS). (Republik & Indonesia, 2020) Common signs and symptoms of COVID-19 infection include symptoms of acute respiratory problems such as fever, cough and shortness of breath. The average incubation period is 5 - 6 days with the longest period being 14 days. In severe cases of COVID-19 it can cause pneumonia, acute respiratory syndrome, kidney failure and even death (Kemenkes, 2020).

The increase in the number of cases occurred quite quickly and spread to various countries in a short time. As of May 19 2021, the number of confirmed cases was 164,878,299 with 3,418,013 deaths worldwide. The increase in positive cases of COVID-19 occurs all the time so that the government carries out many activities in the form of outreach, assistance and other activities aimed at preventing the transmission of COVID-19 (Johns Hopkins, 2021)

The increase in the number of COVID-19 cases in Indonesia occurred in a short time and requires immediate treatment. Indonesia reported its first case on March 2 2020. Cases are increasing and spreading rapidly throughout Indonesia. As of May 19 2021, there were 1,750,000 confirmed cases of COVID-19 with 48,669 deaths (Jhon Hopkins, 2020).

The corona virus can easily spread and infect anyone regardless of age. This virus can be transmitted easily through contact with sufferers. Unfortunately, until now there is no specific drug to treat cases of corona virus infection or COVID-19. It is for this reason that governments in several countries have decided to implement a lockdown or total isolation or quarantine (Mona, 2020). Currently, the spread of COVID-19 from human to human is the main source of transmission, so the spread is becoming more aggressive. Transmission of COVID-19 from symptomatic patients occurs through droplets released when coughing or sneezing (Susilo et al., 2020)

Based on the Central Sulawesi Province COVID-19 Daily Report Data as of May 19 2021, there were 12,724 confirmed cases with a total of 353 deaths. Society now has to adapt to life patterns in the era of the COVID-19 pandemic. One of them is a new habit pattern regarding the discipline of COVID-19 health protocols which aims to reduce the transmission of the COVID-19 virus outbreak (Farokhah et al., 2021)

Transmission of COVID-19 can occur through direct, indirect, or close contact with an infected person through infected secretions such as their saliva and respiratory secretions or respiratory droplets. Transmission of respiratory droplets can occur when a person is in close contact (within 1 meter) with an infected person who has symptoms of respiratory problems (e.g. coughing or sneezing). In this situation, saliva droplets carrying the virus can reach the mouth, nose or eyes of the infected person. susceptible and can cause infection (Organization, 2020).

The high rate of transmission of COVID-19 cases is still caused by various problems. These problems are especially common among the community. One of them is the lack of public concern and awareness regarding the threat of the COVID-19 pandemic. This is demonstrated by the lack of public awareness in maintaining cleanliness and protecting themselves from COVID-19. People who do not apply health protocols when outside the home are still often found in various public environments. This is important to pay attention to in order to reduce the transmission rate of positive COVID-19 cases (Organization, 2020).

The results of previous research show that there have been many efforts by regional governments to carry out communication strategies to the people of their respective regions, either through coercive, informative, canalizing, educative, or persuasive techniques in packaging messages in the form of instructions to appeal to the public to prevent transmission of the COVID-19 chain. . However, it cannot be denied that this effort certainly requires support from various parties so that maximum results can be achieved, especially in efforts to reduce the rate of transmission of COVID-19. (Zahrotunnimah, 2020).

Based on data from the Sigi Biromaru District Health Service, the number of COVID-19 cases as of May 19 2021 was 1125 cases with 25 deaths. COVID-19 in Sigi Biromaru Regency continues to increase, on June 11 2021 there was an increase in the number of cases by 7 cases, bringing the number of confirmed cases to 1133 cases.

Bakubakulu Village is a COVID-19 resilient village. A COVID-19 resilient village is a village that is able to prevent the entry of COVID-19 into the village area. Even though Bakubakulu Village is a COVID-19 Resilient Village, data from the Palolo Community Health Center shows that there are COVID-19 cases in Bakubakulu Village. Until now the number of COVID-19 cases is 2 cases.

Based on the background description above and the data the researcher obtained, the researcher is interested in conducting research with the title "Implementation of the 5M Health Protocol by the Community in Bakubakulu Village, Palolo District, Sigi Biromaru Regency". Based on the background stated in the introduction, the researcher formulated the problem, namely How is the 5M Health Protocol Implemented by the Community in Bakubakulu Village, Palolo District, Sigi Biromaru Regency.

with this research, it is hoped that people will implement the 5M health protocol because people always wear masks when leaving the house, always wash their hands after every activity, do not attend events that gather many people, maintain a distance of up to 1 meter from people around them when outside the house and do not touching/shaking hands with strangers and not using public facilities during the COVID-19 pandemic. People who do not implement the 5M health protocol are because people rarely carry hand sanitizer, rarely exercise during the pandemic, and often travel out of town.

## 2. Methods

This research uses a type of descriptive research, namely research that aims to describe the phenomena found (Dharma, 2013), namely regarding the implementation of health protocols using masks, washing hands with soap and running water, maintaining distance, staying away from crowds, limiting mobilization (5M) in the village. Bakubakulu, Palolo District, Sigi Biromaru Regency. This research was carried out on 10-24 July 2021 in Bakubakulu Village, Palolo District, Sigi Biromaru Regency. The variable in this research is the implementation of the 5M health protocol. Implementation of Health Protocols is action (behavior) carried out by the community in accordance with established rules and regulations so that they can carry out activities safely during the COVID-19 pandemic. How to measure interviews, measuring tools, questionnaires, ordinal measuring scales. Measure Result 0 = Not Applicable (If Respondent's Answer Score < Median) (28) 1= Implemented (If Respondent's Answer Score ≥ Median) (28). This questionnaire uses a Likert Scale, a questionnaire stating the implementation of health protocols adopted from Julianti Pratywi's research, and consists of 10 statements with answer options: Always (SL), Sometimes (KK) and Never (TP). For scoring, if the respondent chooses SL, they are given a score of 3, KK is given a score of 2 and TP is given a score of 1. Data analysis in this study is univariate analysis which is carried out to determine the frequency distribution of each variable included in the research variables. The method of collecting data is before conducting interview, the respondent must state that he is willing to be a respondent in this research and the completed questionnaires are collected in their entirety and then the researcher checks their completeness. The population is the entire object being studied (Notoatmodjo, 2005). The population in this study was the entire community in Bakubakulu village aged 16 - 55 years, totaling 619 people.

## 3. Results, Analysis and Discussion

The results of research conducted by researchers (Table 4.5) show that of the 41 respondents, the results were that 28 respondents (68.3%) implemented the 5M health protocol, and 13 respondents (31.7%) did not implement the 5M health protocol.

According to researchers' assumptions, people who implement the 5M health protocol are because people always wear masks when leaving the house, always wash their hands after every activity, do not attend events that gather many people, keep a distance of up to 1 meter from people around them when outside the house and do not touching/shaking hands with strangers and not using public facilities during the COVID-19 pandemic. People who do not implement the 5M health protocol

are because people rarely carry hand sanitizer, rarely exercise during the pandemic, and often travel out of town.

People who implement the 5M health protocol are influenced by education. A high level of knowledge is supported by the level of education. Most respondents are at a high level of education (High School), but respondents who have a low level of education also do not necessarily have a low level of knowledge regarding COVID-19 because many health promotion media are increasingly focused on providing knowledge to the public regarding the COVID-19 disease, along with prevention and treatment. Therefore, the government must have the right strategy to disseminate information regarding COVID-19 and its prevention so that it can increase knowledge, especially for people who are considered at risk and have low knowledge about this disease.

This statement is supported by (Sulistyaningtyas et al., 2020) who states that good knowledge can be supported by receiving information circulating in society about COVID-19 through effective media.

According to the Big Indonesian Dictionary (KBBI), implementation is the process, method, act of applying. It can be concluded that application is an action or practice of practicing theories, methods and other things to achieve certain goals and for an interest desired by a group or group that has been planned and arranged in advance, states that behavior is influenced by three factors, namely: predisposing factors which include age, work, education, knowledge and attitudes, enabling factors (Enabling Factors) which are manifested in physical environment and distance to health facilities, and reinforcing factors which are manifested in the support provided by outsiders and community leaders. (Fauzi, 2014)

Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). SARS-CoV-2 is a new type of Coronavirus that has never been previously identified in humans. There is at least two types of coronavirus are known to cause diseases that can cause severe symptoms such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome Coronavirus (SARS). The coronavirus is zoonotic (transmitted between animals and humans). COVID-19 can be transmitted from human to human through coughing/sneezing (droplets). People who are most at risk of contracting this disease are people who have close contact with COVID-19 patients, including those caring for COVID-19 patients. Prevention and mitigation measures are key to implementation in health and community services. The most effective preventive measures in the community include: (1) practicing hygiene using hand sanitizer if hands are not visibly dirty or washing hands with soap if hands are visibly dirty; (2) avoid touching eyes, nose and mouth; (3) practice coughing or sneezing etiquette by covering your nose and mouth with the inside of your upper arm or a tissue, then throw the tissue in the trash; (4) wear a medical mask if you have respiratory symptoms and perform hand hygiene after disposing of the mask; (5) maintain a distance (at least 1 meter) from people experiencing symptoms of respiratory problems (Kemenkes, 2020).

The COVID-19 pandemic has been going on since early 2020. The government has made various efforts to prevent the spread of this virus. The government has made several efforts, including large-scale social restriction policies (PSBB) and adaptation to new habits (IMR). This policy encourages people to adjust their behavior in accordance with the health protocols set by the government. People must change their lifestyle with a new order and adapt to new habits (New Normal) so they can live productively and avoid the transmission of COVID-19. Discipline in implementing the principles of a cleaner and healthier lifestyle is the key to suppressing the transmission of COVID-19 in society, so that it is hoped that the COVID-19 outbreak can end soon (Liu et al., 2020). The increase in positive cases of COVID-19 in several areas has increased quite sharply. The high number of patients positive for the corona virus has caused many hospitals to run out of treatment rooms. According to (Septiana, 2021), the trend of COVID-19 cases in Indonesia is not only caused by new variants but also by people starting to ignore health protocols.

The community has an important role in breaking the chain of transmission of COVID-19 so as not to create new sources of transmission/clusters in places where people move, interact between people and gather large numbers of people. Society must be able to return to its activities in the COVID-

19 pandemic situation by adapting to new habits that are healthier, cleaner and more obedient, which are implemented by all components in society and utilize all existing resources. The community's role in breaking the chain of transmission of COVID-19 (risk of infection and transmission) must be carried out by implementing health protocols (Kemenkes, 2020).

The results of research conducted by (Pakaya et al., 2021), show that on average the respondent's compliance index for implementing health protocols reached 7.74 from 13 questions regarding community compliance in implementing health protocols. The average compliance index for male respondents is lower than for female respondents, and there is a tendency that young people are more indifferent to the implementation of health protocols with a relatively lower average compliance score compared to older people.

The results of research by (Yanti et al., 2020), show that respondents who kept their distance were 18,642 men (68.7%) and 29,780 (77.5%) women. Respondents who washed their hands or used hand sanitizer were 19,130 men (70.5%) and 31,970 (83.6%) women. Respondents who used masks were 24,014 men (88.5%) and 36,428 (94.8%) women. Respondents who avoided shaking hands with other people were 20,433 (75.3%) men and 33,507 (87.2%) women. This means that female respondents are much more compliant in their behavior in implementing health protocols compared to male respondents.

#### 4. Conclusions

By increasing self-awareness regarding the implementation of health protocols in accordance with government recommendations, people can avoid the Covid-19 virus. The effectiveness of implementing 5M can be seen from the absence of cases of death caused by the Covid-19 virus in Bakubakulu Village, Palolo District, Sigi Regency.

Based on the results of research and discussions conducted by researchers, it can be concluded that of the 41 respondents, the results were that 28 respondents (68.3%) implemented the 5M health protocol, and 13 respondents (31.7%) did not implement the 5M health protocol. So it can be concluded that the people in Bakubakulu Village, Palolo District, Sigi Biromaru Regency are more likely to implement the 5M health protocol.

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