

Description of Perception, Attitude, and Behavior of the Pre-Elderly and Elderly towards the Prevention of Covid-19 Transmission in Jabodetabek

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ABSTRAK

Coronavirus Disease 2019 (Covid-19) merupakan kelompok virus RNA yang menyebabkan infeksi saluran pernapasan dengan gejala ringan hingga mematikan. Meskipun semua kelompok usia berisiko untuk tertular, orang dengan usia lanjut memiliki risiko yang signifikan untuk terjangkit dan menjadi lebih parah karena adanya perubahan fisiologis seiring dengan proses penuaan. Hal ini menimbulkan dampak pada fisik serta psikologis seperti tingginya angka kematian, stress, ketakutan, sampai dengan stigma yang negatif. Dampak tersebut mempengaruhi persepsi, sikap, dan perilaku mereka dalam menghadapi pandemik covid-19. Penelitian ini menggunakan desain survei kuantitatif dengan *cross sectional*. Data dikumpulkan dari 190 responden dengan menggunakan *google form* yang disebarluaskan melalui jejaring media sosial. Hasil penelitian menunjukkan mayoritas responden memiliki persepsi yang positif, sikap yang baik, dan perilaku yang cukup dengan masing-masing persentase sebesar 93,7%, 48,4%, dan 53,2%. Lansia dan pra-lansia perlu meningkatkan pengetahuan mengenai pencegahan covid-19 dengan mengakses informasi yang diberikan pemerintah maupun tenaga medis melalui media elektronik maupun media massa.

Kata Kunci: Sikap; Perilaku; Covid-19; Lansia dan Pra-Lansia; Persepsi.

ABSTRACT

Coronavirus Disease 2019 (Covid-19) is a group of RNA viruses that cause respiratory infections with mild to fatal symptoms. Although all age groups are at risk to infected, older people have a significant risk to be infected and becoming more severe due to physiological changes as they age. This has physical and psychological impacts such as high mortality, stress, fear, to the negative stigma. These impacts affect their perception, attitude and behavior in the face of the covid-19 pandemic. This study used a quantitative survey design with *cross sectional*. Data was collected from 190 respondents using *google forms* that were disseminated through social media networks. The results showed the majority of respondents had positive perceptions, good attitudes, and sufficient behavior with each percentage of 93.7%, 48.4%, and 53.2%. Elderly and pre-elderly need to increase knowledge about covid-19 prevention by accessing information provided by the government and medical personnel through electronic media and mass media.

Keywords: Attitude; Behavior; Covid-19; Elderly and Pre-Elderly; Perception.

PRELIMINARY

Coronavirus Disease 2019 (Covid-19) is a group of RNA viruses that causes respiratory tract infections with mild to more serious symptoms such as *Middle East Respiratory Syndrome* (MERS) and *Severe Acute Respiratory Syndrome* (SARS) ¹.

Globally, as of May 7, 2020, the number of confirmed positive COVID-19 cases in the world reached 3,679,499 cases with a death toll of up to 254,199 people with 215 infected countries. The number of confirmed cases in Southeast Asia is 81,808 with a death rate of 2,936 people (3.6%) ¹. Meanwhile, positive confirmed cases of COVID-19 in Indonesia as of May 6, 2020 reached 12,438 cases with a death toll of 895 people. Based on age, positive cases in pre-elderly (45-59 years) were 29.6% and elderly (> 60 years) were 17.4% ².

The COVID-19 pandemic has had a drastic impact on the global population. In many countries, this disease affects most of the elderly. Old age is an aging process that can not be avoided. Although all age groups are at risk of infection, elderly people have a significant risk of contracting it and it can get worse because of the physiological changes with the aging process ¹. This condition is exacerbated by chronic or comorbid diseases such as diabetes mellitus (DM), hypertension, cardiovascular disease, and cerebral-vascular disease.

To prevent the spreading of covid-19, the government issued a *social distancing* policy. This causes all forms of activity, including communication between elderly and family have to be modified by using technology or virtually. However, not all elderly and pre-elderly age groups are able to use technology well. This impact can lead to feelings of loneliness, anxiety, stress, and depression, which in turn will affect the perceptions, attitudes, and behavior of the elderly and pre-elderly in preventing the transmission of covid-19. Based on this, this study purposes to describe

the perceptions, attitudes, and behaviors of the elderly and pre-elderly towards the prevention of Covid-19 transmission in the Greater Jakarta area.

MATERIALS AND METHODS

The study was conducted using a quantitative survey design with *cross sectional*. The sample in this study was the elderly (> 60 years) and pre-elderly (45-59 years) in the Jabodetabek area with 190 respondents. The sampling technique used was *purposive sampling*. Data were collected using a questionnaire which distributed stronger in the form *google form* and administered through social media networks. The purpose of this study was to describe the perceptions, attitudes, and behavior of the elderly and pre-elderly towards the prevention of covid-19 transmission.

RESULTS AND DISCUSSION

Table 1. Distribution of the Characteristics of the Elderly and Pre-Elderly

Characteristics	total	Percentage (%)
Age		
Elderly (≥ 60 years)	91	47.9
Pre-Elderly (45-59 years)	99	52.1
Gender		
Women	112	58.9
Male	78	41.1
Profession		
Retired	10	5.3
General employees	16	8.4
Entrepreneur	32	16.8
Civil Servants (PNS)	30	15.8
Does not work	78	41.1
Others	24	12.4
Illness		
Hypertension	51	26.8
Diabetes Mellitus (DM)	21	11.1
Stroke	3	1.6
Coronary Heart Disease (CHD)	13	6.8
Rheumatism	11	5.8
No History of Disease	53	27.9
Others	38	20

Based on table 1, the majority of respondents fall into the pre-elderly category or are aged 45-59 years. Women compared to men dominated the gender of the respondents in this study. The majority of respondents do not work and do not have any medical history.

Table 2.

Distribution of Perceptions of the Elderly and Pre-Elderly on Prevention of Covid-19 Transmission.

Perception	total	Percentage (%)
Positive	178	93.7%
Negative	12	6.3%
Total	190	100

Based on table 2, there are 178 respondents (93.7%) who have positive perceptions and only 12 respondents (6.3%) who have negative perceptions. Perception is a process for individuals to interpret, give meaning, and organize thoughts on stimuli, the results of the learning process, and experiences experienced and accepted by individuals. Perception will give birth to a concept or idea that is different depending on each individual even though the object seen is the same ⁴.

The positive perceptions held by the elderly and pre-elderly means that the majority of them already know that Covid-19 is a new type of virus that is dangerous, especially for the elderly and pre-elderly populations. They also know about the signs and symptoms if they are infected with Covid-19. The majority of respondents also perceived that government policies regarding health protocols such as Large-Scale Social Restrictions (PSBB) do not interfere or hinder their social, religious or psychological activities.

Perception can be affected by several factors such as knowledge, education, experience, and information obtained. According to researchers, elderly and pre-elderly who have positive perceptions have received a lot of information about Covid-19. This information can be obtained through electronic media and social media networks provided by the government and health service agencies. Previous research states that there is a lot of information or news that is widely spread in the community so that they can actively learn about Covid-19 ⁵.

Even though the government has provided education regarding the prevention of covid-19 transmission, there are still some elderly and pre-elderly who have negative perceptions. The Covid-19 pandemic makes them feel anxious and afraid of rapid transmission, adverse effects on family health, death, including medical expenses. Education regarding the prevention of covid-19 transmission has been disseminated to the public; the diversity of information on the internet including unverified information can spread widely and become misinformation to the public. The widespread misinformation about covid-19 is one of the important focuses that can cause *xenophobia* (feelings of hatred, fear, anxiety about strangers ⁵).

The provision of continuous education by the government, health service agencies and education needs to be done consistently. In addition, emphasizing to the media about the importance of improving the delivery of education to the public also needs to be done. Accurate sources of information during the Covid-19 pandemic are of essential importance in fighting public health problems.

Table 3 .

Distribution of Attitudes of the Elderly and Pre-Elderly towards the Prevention of Covid-19 Transmission.

Attitude	total	Percentage (%)
Well	92	48.4
Enough	76	40.0
Less	22	11.6
Total	190	100

It can be seen in table 3 that less than half, namely as many as 92 respondents (48.4%) have a good attitude in preventing covid-19 transmission, there are 76 respondents (40.0%) who have sufficient attitudes in preventing covid-19 transmission, and there are still 22 respondents (11.6%) who have less attitudes in preventing the transmission of covid-19.

Attitude is a general feeling that expresses one's willingness and unwillingness towards an object to do something. Attitude will be followed by an action that refers to the current situation ⁶. This study shows that the majority of the elderly and pre-elderly have a good attitude in preventing the transmission of covid-19. There are several factors that can influence a person's attitude, one of which is knowledge. The high level of knowledge a person has causes him to be positive towards something, while the lack of knowledge that is owned causes him to be negative.

In Indonesia, as many as 98.36% of respondents have been exposed to explanations about Covid-19 and only 1.64% stated that they do not know about the Covid-19 pandemic. One of the sources for increasing knowledge is the internet and social media. Indonesia has a high penetration of the internet and the use of social media up to 64.8%, this source is preferred in disseminating information, especially in the presence of social restrictions ⁷.

This research is in line with previous research where the majority of respondents have an optimistic attitude towards Covid-19 where they have the belief that Covid-19 will be successfully

controlled. This is due to the supervision or strict measures taken by the government in preventing the transmission of covid-19⁸.

Table 4 .

Distribution of the Behavior of the Elderly and Pre-Elderly against Covid-19 Transmission

Prevention

Behavior	total	Percentage (%)
Well	68	35.8
Enough	101	53.2
Less	21	11.1
Total	190	100

In table 4 it can be seen that there are 68 respondents (35.8%) who have good behavior in preventing the transmission of covid-19, 101 respondents (53.2%) have sufficient behavior in preventing the transmission of covid-19, and as many as 21 respondents (11 , 1%) who have insufficient behavior in preventing the transmission of covid-19.

The majority of respondents in this study had sufficient behavior in preventing the transmission of covid-19. P Flood protection is done is like doing cough etiquette by covering your mouth using a tissue or upper sleeve. Then, stay at home if you do not have urgent needs, use a mask, wash your hands as often as possible, keep your distance, and ask for help from children, relatives, or neighbors to spend your daily needs. Respondents who have carried out prevention behavior of Covid-19 transmission indicate that they already have knowledge obtained through mass media and electronics. In addition, they have realized that those aged ≥ 45 years have a high risk of contracting Covid-19. This is because the increasing age of a person will decrease the ability of the immune system to fight microorganisms. This indicates a willingness on the respondent to make a change in behavior for a pandemic k covid-19⁹.

In this study, it did not only show that respondents had prevented transmission of covid-19. However, there are still 11.1% of respondents who have not or are lacking in preventing the transmission of Covid-19. According to researchers, this is because respondents are not familiar with new behaviors or habits. This can happen when something has not yet been felt and must be done. *Budaya* or habits have an influence in deciding the action taken. The habits mentioned for example are carrying out social activities where people meet or gathering, or at special moments such as holiday celebrations or family events, during a pandemic they have to limit social activities and stay at home. This has created a new culture that forces people to meet each other through online media or there are restrictions. This is what makes it difficult for the community to prevent the transmission of covid-19. While on the other hand, the requirement of tools and materials to prevent from the covid-19 transmission, such as masks, *hand sanitizer*, face cover (*face shield*) or other tools has increase significantly. Not all people can meet the needs for these tools and materials, besides the price increases along with the increasing need⁹.

CONCLUSION

The majority of the elderly and pre-elderly in Jabodetabek have positive perceptions, good attitudes, and adequate behavior in preventing Covid-19 transmission. Providing health education regarding the prevention of transmission and healthy living in the elderly and pre-elderly by the government and educational institutions is still required. Providing health education can be performed by virtual or *online* and provided to the elderly and pre-elderly, *caregivers*, or families. The results of this study also indicate that although pre-elderly and elderly people know well, and have a positive attitude in preventing Covid-19, supporting for equipment and materials to prevent Covid-19 transmission is needed.

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