

**Original Article**

**Behavior Of The Elderly In Preventing COVID-19**

Lilik Setiawan <sup>1</sup>

<sup>1</sup> Program Studi D3 Keperawatan Stikes Karya Husada Kediri, East Java, Indonesia

ARTICLE INFO	ABSTRACT
<p>Article History:            Submit : Dec 6, 2022            Revised : Dec 7, 2022            Accepted : Dec 20, 2022</p> <p>Keywords:            Behavior, Elderly, COVID-19</p>	<p><b>Background:</b> The pandemic makes the elderly adapt to the behavior of implementing the protocol health. In this New Normal, many older adults still do not wear a mask, wash their hands or use hand sanitizer, and do not keep their distance. The purpose of the study was to determine the behavior of the elderly in preventing Covid-19 in Ngrejo Village Tanggunggunung District Tulungagung Regency.</p> <p><b>Methods:</b> Descriptive research design, population 377 respondents and sample 38 respondents using purposive sampling technique, research instrument questionnaire sheet. The research was carried out on February 28 – March 26, 2022. Variable of Elderly Behavior in Covid-19 Prevention. Data was analyzed using the mean formula and interpreted quantitatively.</p> <p><b>Results:</b> The results obtained from 38 respondents showed that most of the Majority (63%) have positive Covid-19 prevention behavior and almost half of the respondents (37%) have negative Covid-19 prevention behavior.</p> <p><b>Conclusion:</b> Behavior in influenced by knowledge, attitude, and live together. Through this research, it is expected that respondents who have positive behavior to maintain health protocol behavior, and respondents who have negative behavior to improve behavior according to recommendations from government regarding health protocols such as washing hands. Wearing masks, and keeping a distance</p>

 *Corresponding Author* : Lilik Setiawan  
 *Affiliation* : Program Studi D3 Keperawatan Stikes Karya Husada Kediri, East Java, Indonesia  
 *Email* : Liliks1975@gmail.com  
*” Cite this as* : Setiawan, L. (2022). Behavior Of The Elderly In Preventing COVID-19. Journal of Applied Nursing and Health, 4(2), 283–290. <https://doi.org/10.55018/janh.v4i2.113>



## Introduction

The world was shocked by the emergence of a new type of virus known as the coronavirus. Coronaviruses (CoV) are part of a family of viruses that cause illnesses ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV) (Hairunnisa & Amalia, 2020). The disease caused by the coronavirus, otherwise known as COVID-19, is a new type discovered in 2019 and has never been identified as attacking humans before (CRfWHO World Health Organization, 2020). Covid-19 can attack all ages, but those who fall into the vulnerable category are the elderly. The elderly are at high risk of contracting it because the body's immune ability to fight infection and the speed of the immune response has decreased due to the aging process that occurs in the elderly. (Ministry of Health RI, 2020).

The pandemic has made the elderly adapt to the behavior of implementing health protocols. However, due to limited information about Covid 19, the elderly are less aware of the importance of implementing health protocols. For example, the elderly do not wear masks when leaving the house, do not keep their distance from other people, and do not wash their hands after leaving the house (Nugroho, 2020). During the New Normal era, many older adults still underestimate the use of masks and hand washing because of the stigma and provocation among residents who do not believe in the existence of the Covid-19 pandemic.

On August 28, 2021, based on data from Johns Hopkins University, 215,454,514 positive cases were recorded, and a total of 4,486,086 died. Data from the Covid-19 Handling Task Force on June 28, 2021, positive cases in Indonesia reached 2,135,998. A total of 1,859,961 were declared cured, and 57,561 died. Data from the Covid19.go.id page on July 30, 2021, positive cases reached

3,372,274, 2,730,720 were declared cured, and 92,311 died. Data from the Covid-19 Handling Task Force on August 30, 2021, positive cases reached 4,079,267. A total of 3,743,716 were declared cured, and 132,491 died. The Covid-19 Handling Task Force noted that older adults aged 60 and over significantly contributed to deaths. Within 15 months, approximately 27,797 older adults had died from Covid-19. Age 46-59 years recorded around 19,513. Furthermore, the age of 31-45 years was recorded at around 6,170. One thousand five hundred one aged 19-30 years, 0-5, and 5-18 years recorded around 333. For the Tulungagung Regency area, as of September 14, 2021, there were 16 new confirmed cases, 34 confirmed recovered cases and no deaths.

Based on the results of research from Ranny Rahimulyani, Reni Zulfitri, Arneliwati (2021), which was conducted in Payung Sekaki District, it was found that most of the elderly had positive behavior in preventing the transmission of Covid-19, namely as many as 52 people (53.1%). In a pandemic like this, it is sometimes difficult for the elderly to understand some of the appeals given by the government regarding efforts to protect themselves from being exposed to the coronavirus. The elderly need protection, and access to accurate information, especially regarding maintaining physical and mental health during a pandemic. The life of the elderly can be maintained if supported by good welfare and quality of life, where the elderly remain physically, psychologically, and socially healthy and can be productive. Having adequate knowledge and a supportive attitude will directly influence preventive behavior against Covid-19, including wearing a mask, maintaining a minimum distance of 1 m, and washing hands (Yousif et al., 2020).

Ignoring health protocols can result in the transmission of Covid-19 accelerating, filling hospitals due to the growing number of cases and increasing the number of patients who have died.

The Ministry of Health of the Republic of Indonesia (2020) provides solutions for preventive behavior that the elderly group can carry out. 13 behaviors can be applied, namely staying at home/nursing homes, maintaining distance, maintaining hand hygiene by washing hands / using hand sanitizer, elderly companions always using masks, etc.

The behavior of preventing Covid-19 in each elderly is different. Therefore the author is interested in researching "Behavior of the Elderly in the Prevention of Covid-19 in Ngrejo Village, Responsibility Gunung District, Tulungagung Regency". The behavior of preventing Covid -19 in each elderly is different, so the problem formulation is appropriate, namely "How is the behavior of the elderly in preventing Covid-19 in Ngrejo Village, Responsibility Gunung District, Tulungagung Regency?". To find out how the behavior of the elderly in the prevention of Covid-19 in Ngrejo Village, Responsibility Gunung District, Tulungagung Regency.

## Methods

The research design used was descriptive research. The population in this study were all elderly living in Ngrejo Village, Responsibility Gunung District, Tulungagung Regency, totaling 377 respondents. The sample in this study was some of the elderly who lived in Ngrejo Village, Responsibility Gunung District, Tulungagung Regency, with as many as 38 respondents. The sampling technique in this study used Purposive Sampling, namely sampling based on specific considerations such as characteristics or characteristics of a previously known population (Notoatmojo, 2012). The variable in this study is a single variable, namely the behavior of the elderly in preventing Covid-19. Ethical Clearance with No. 037/EC/LPPM/STIKES/KH/II/2022.

## Results

Tabel 1. Research result

No	Category Behavior	Rating	Frequency	Percentage
1	Positive		24	63 %
2	Negative		14	37 %
	Total		38	100%

Data source: Special Questionnaire Data, Listy Nurfadilah, 2022

Based on the above table of 38 respondents or the elderly shows that the majority of respondents, namely 24 respondents (63% ), had a positive attitude towards preventing Covid-19, and almost half of the respondents, namely 14 respondents (37%), were included in the negative attitude towards preventing Covid-19.

## Discussion

The results of the research conducted on February 28 - March 26, 2022, in Ngrejo Village, Responsibility Gunung District, Tulungagung Regency, found that out of 38 respondents, the majority of respondents, namely 24 respondents (63) had positive behavior toward preventing Covid-19 and almost half, namely four respondents (37 %) have negative behavior towards preventing Covid-19. Behavior is one-factor affecting health besides the environment, health services, and heredity. Behavior is an action or activity carried out by humans (Notoatmojo, 2012). Covid-19 prevention behavior is an action taken by someone to prevent Covid-19. Behavior is a response to something, which then becomes a habit because it becomes a value that has been believed. Behavior is an action resulting from a stimulus-response to the environment that can or cannot be observed. Much information about preventing the transmission of Covid-19 has been conveyed from print, social, and electronic media. Recommended prevention includes avoiding traveling to public places, using masks, and washing hands (Hakim, 2021).

Factors that influence behavior are knowledge, attitudes, and living together.

Someone with good knowledge is expected to apply good behavior. Wulandari's research (2020) explains that knowledge is a cognitive domain that forms the basis for someone to behave in health. Moudy (2020) explains that knowledge is a cognitive domain that influences one's actions. Attitude is readiness or willingness to act. Attitude does not include action or activity but is a predisposing factor for an action or behavior. Attitude is still a closed reaction, not an open reaction. It can be explained again that attitude is a reaction to objects in their environment. The results showed that most respondents, namely 24 (63%), had positive behavior in preventing Covid-19. This research is supported by the results of Ranny Rahimulyani (2021), which was conducted on 98 respondents at Payung Sekaki and found that most of the elderly had positive behavior in preventing transmission of Covid-19, namely as many as 52 people (53.1%).

General data shows that all 38 respondents (100%) have received information about Covid-19 from television. This will increase knowledge that it will affect the behavior of respondents because there is information about preventing Covid-19. Respondents will realize how important it is to implement health protocols recommended by the government to break the chain of transmission of Covid-19. This is supported by research (Elygio, 2020) which shows a relationship between access to information and Covid-19 prevention behavior. The study results stated that most respondents (63%) had good access to Covid-19 prevention. This was evidenced by the fact that all respondents had received information about Covid-19. With sound sources of information, a person will have extensive knowledge about Covid-19, influencing a person's behavior.

Living together affects the behavior of Covid-19 prevention. The majority of respondents, 32 respondents (84%), live with their husband/wife because they live in the same house with their husband/wife. There

will be people who remind each other and support each other so that this will motivate them to consistently implement health protocols such as wearing a mask, washing hands, keeping a distance, and staying away from crowds. This is in line with research (Kundari, 2020), which states that there is a relationship between family support and Covid-19 prevention behavior. This is because the family includes the closest environment with a strong relationship so that the family has a significant role and support for the behavior of the elderly in preventing Covid-19.

The level of education has little effect on a person's behavior toward the prevention of Covid-19. The majority of respondents, 37 (97%), had only an elementary school education, and 1 (3%) had a junior high school education. Low education does not guarantee someone to behave negatively because it is proven from 38 respondents 37 respondents have elementary school education, so that one's level of education does not fully influence negative behavior. This is supported by research from Okta Putri (2021), which shows that there is no relationship between education and Covid-19 prevention behavior because education is not only obtained from school (formal) but also in the family, community, and other media, such as magazines, television, and the internet.

Age has less influence on a person's behavior because almost all respondents (34 respondents) (89%) are aged 60-70 years, and a small proportion of respondents, four respondents (11%), are aged 71-74. Even in their old age, they can still behave according to the government's recommendations. This is supported by the research of Ranny Rahimulyani et al. (2021), which states that the majority of elderly aged 60-69 years mostly have good knowledge and attitudes, but the actions of the majority of older adults are sufficient in preventing the transmission of Covid-19.

The results showed that almost half of the respondents, namely 14 (37%), had

negative behavior in preventing Covid-19. This is in line with Yudi Apriaji's research (2021) which stated that most respondents did not comply with the health protocol for preventing Covid-19 through 3M (86.7%). For not wearing a mask, keeping your distance, and washing your hands. One of the factors influencing non-compliance in implementing health protocols is that many still think the coronavirus does not exist. This can be affected by Covid-19 sufferers because 38 respondents (100%) have never suffered from Covid-19, so that will make someone think that Covid-19 does not exist, so they will ignore the health protocols that the government has recommended.

## Conclusion

Based on research on Elderly Behavior in the Prevention of Covid-19 in Ngrejo Village, Responsibility Gunung District, Tulungagung Regency, most respondents have positive behavior in preventing Covid-19. The results of this study are expected to be used as a means for scientific thinking and can add insight to future researchers regarding Covid-19 Prevention Behavior. Respondents with positive Covid-19 prevention behavior can maintain health protocol behavior implemented by harmful governments and improve behavior according to government recommendations regarding health protocols.

## Authors Contributions

The author carries out tasks from data collection, data analysis, making discussions to making manuscripts

## Conflicts of Interest

All research teams agree with the final results of this study, and there is no conflict of interest in this study.

## Acknowledgment

Thank you to the respondents and to those who have helped in this research

## References

- Aiello AE, Perez V., et al (2012). *Facemasks, Hand Hygiene, and Influenza among Young Adults: A Randomized Intervention Trial*. Vol 7
- Arikunto (2015). *Action Research*. Yogyakarta: Aditya Media
- Astutik Dwi (2019). *Loneliness Relationship with Psychological-Well Being in the Elderly in the Sanan Wetan Village, Blitar City*. Thesis. Surabaya: Faculty of Nursing, Airlangga University. Published Online : 9-11
- A.Wawan & Dewi M. (2011). *Theory and Measurement of Knowledge, Attitudes, and Human Behavior*. Print II. Yogyakarta: Nuha Medik
- Azwar, Saifudin (2013). *Human Attitude Theory and Measurement*. Yogyakarta: CNN Indonesia Learning Library
- (2021). *RI Covid Data: 27,797 Elderly Died During the Pandemic Period*. <https://www.google.com.amp/s/www.cnnindonesia.com/nasional/20210624130752-20-658853/data-covid-ri-27797-elderly-died-all-pandemic-period/>
- Tulungagung District Health Office (2021). *Developments of Covid-19 in Kab. Tulungagung*. <https://dinkes.tulungagung.go.id/2021/09/14/hello-world/amp/>
- Elygio, LRD, Widjanarko, B., & Handayani, N (2020). *Knowledge, Attitudes, And Access To Information Related To The Prevention Practices During The Covid-19 Pandemic (A study to undergraduate students of Public Health Diponegoro University)*. *Journal of Public Health for Tropical*

- and Coastal Region, 3(2)  
<https://doi.org/10.14710/jphtcr.v3i2.9500>
- Ezalina, Deswinda, Erlin Fitriy (2021). Covid-19 Prevention Education for Elderly Nursing Home Husnul Khotimah Pekanbaru. *Jmm (Journal of Independent Society)*, 5(1)  
<https://doi.org/10.31764/jmm.v5i1.3820>
- Fehr AR, Perlman S. (2015). Coronaviruses : An Overview of Their Replication and Pathogenesis, *Methods Mol Biol*
- Gultom Fades Br, Widiyarti Diyas, Tionanda Noviyana A, Wijaya Dicky S, Andistya Sindy (2021). Socialization of Covid-19 Prevention Through Making Paper Soap and Instant Masks for Elderly Groups of Karang Anyar II Village, North Bengkulu Regency. *Indonesian Journal of Community Service and Innovation (IJCOSIN)*, 1(1)  
<http://journal.ittelkom-pwt.ac.id/index.php/ijcosin>
- Hairunisa N & Amalia H (2020). New Corona Virus Disease 2019 (COVID-19). *Journal of Biomedical and Health*, 3(2)  
<https://doi.org/10.18051/JBiomedKes.2020.v3.90-100>
- Hakim, AL (2021). Health Promotion and Physical Distancing Policy towards COVID-19 Prevention Behavior. *KELUWIH : Journal of Health and Medicine*, 2(2).  
<https://doi.org/10.24123/kesdok.v2i2.3985>
- Harlina Rokhimah Puji (2020). Description of Uric Acid Levels in the Elderly. *Scientific Writing*. Jombang : Diploma III Health Analysis STIKES Medical Scholar. Published Online
- Hidayat, AA (2011). *Midwifery Research Methods and Data Analysis Techniques*. Salemba Medika
- Jenie Iklas Muhammad, Noor Zulkah, Husna Maya Um, Herjuna Muhammad, Perdana Lutfi Putra (2020). Empowerment of Elderly Posyandu Cadres during Pandemic .  
*Proceedings of the National Seminar Program*  
 , NF, Hanifah, W., Azzahra, GA, Islam, NR, & Nisa, H. (2020). The Relationship between Social Support and Social Media Exposure to COVID-19 Prevention Behavior in Jabodetabek Area Communities in 2020. *Health Research and Development Media*, 30(4), 281-294.  
<https://doi.org/10.22435/mpk.v30i4.3463>
- Liputan6 (2021). August 28 2021: 215 Million World Covid-19 Cases, India Sets a New High Record.  
<https://www.google.com/amps/s/m.liputan6.com/amp/4643672/28-august-2021-215-million-world-covid-19-cases-india-scored-anew>
- Liputan6 (2021). Update Monday August 30 2021: 4,079,267 Positive for Covid-19, 3,743,716 Recovered, 132,491 Died.  
<https://www.google.com/amp/s/m.liputan6.com/amp/4644952/update-Monday-30-August-2021-4079267-positive-covid-19-recovery-3743716-died-132491>
- Merdeka.Com (2021). Update on Covid-19 Cases in Indonesia As of June 28 2021.  
<https://www.google.com/amps/s/m.merdeka.com/amp/events/update-cases-covid-19-in-indonesia-as-28-juni-2021.html>
- Moudy, J., & Syakurah, R. A (2020). Knowledge Regarding Efforts to Prevent Coronavirus Disease (COVID-19) in Indonesia. *Higeia Journal of Public Health Research and Development*, 4(3)
- Mujiburrahman, M., (2020). Relationship between Knowledge and Behavior of Covid-19 Prevention in Communities in Potorono Banguntapan Hamlet,

- Bantul, Yogyakarta. *Integrated Nursing Journal*, 2(2), 131 <https://doi.org/10.32807/jkt.v2i2.85> accessed 10 September 2021
- Nakoe MR, et al (2020). Differences in the Effectiveness of Hand-Sanitizer with Washing Hands Using Soap as a Form of Covid-19 Prevention. *Jambora Journal in Health Science and Research* 2(2)
- Notoatmojo (2012). *Health Research Methodology* (Jakarta, ed. Rineka Cipta)
- Notoatmojo (2012). *Health Promotion and Health Behavior: Jakarta: Rineka Cipta*
- Nubatonis Robinson (2015). Correlation between Elderly Behavior and Hypertension Incidence at the Ngelegok Health Center, Blitar Regency. *Thesis*. Blitar: S1 Nursing Education Patria Husada. Published Online
- Nugroho HS (2020). The Fate of the Elderly Posyandu During the Covid-19 Pandemic. *Population sovereignty*. <https://surveymeter.org/en/node/571>
- Nursalam (2017). *Nursing Science Research Methodology: Practical Approach 4th Edition*, Jakarta: Salemba Medika.
- Padilla (2013). *Gerontic Nursing*. Yogyakarta: Nuha Medika
- Pieter H. Z & Lubis NL (2010). *Introduction to Psychology in Nursing*. Jakarta; Kencana
- Prastyawati Maylina, Fauziah Munaya, Ernyasih, Romdhona Nur, Herdiansyah Dadang (2021). Factors Associated with the Behavior of Prevention of COVID-19 FKM UMJ Students in the 2020 COVID-19 Pandemic. *Journal of Community Health Research and Development*, 1(2) <https://jurnal.umj.ac.id/index.php/AN-NUR>
- Putra PSR, Pratiwi Reski D (2020). Description of Knowledge, Attitudes, Behaviors, and Efforts to Prevent the Covid-19 Pandemic in Students of S1 Administration Study Program at STIKES Pelamonia Makassar Hospital. *Proposal*. Makassar: STIKES Pelamoni Hospital Administration Study Program. Published Online : 1-17
- Putri Okta et al (2021). Factors Associated with Community Behavior in the Prevention of Covid-19 in the Working Area of the Kenali Besar Health Center, Alam Barajo District. *MEDIC*, 4(1)
- Rahanimulyani Ranny, Reni Zulfitri, Arneliwati. (2021). Description of the Behavior of Prevention of Covid-19 Transmission in the Elderly Group in the Payung Sekaki District Area. *Come Fkp*, 8(1) (January-July) 2021, 36-37 accessed September 10, 2021
- Sari, NN, Agata, A., & Patria, A (2020). Factors Affecting COVID-19 Disease Prevention Behavior in Bandar Lampung, Indonesia. *Journal for Quality in Public Health*, 4(1). <https://doi.org/10.30994/jqph.v4i1.129>
- Sugiono (2015). *Methods Research Educational (Quantitative, Qualitative and R&D Approaches)*. Alfabeta
- Tribunnews (2021). Breaking News Update Corona Indonesia July 30 2021: Added 41,168 Cases, Total 3,372,374 Positive. <https://www.google.com/amp/s/m.tribunnews.com/amp/corona/2021/07/30/breaking-news-update-corona-indonesia-30-juli-2021-plus-41168-cases-total-3372374-positive>
- Wang H., et al (2020). The Psychological distress and coping styles in the early stages of the 2019 coronavirus disease (COVID-19) epidemic in the general mainland Chinese population. <https://doi.org/10.1371/journal.pone.0233410>

- World Health Organization (2020). Weekly Operational Update on COVID-19. <https://www.who.int/health-topics/coronaviruses>
- Wulandari, A., Rahman, F., Pujianti, N., Sari, AR, Laily, N., Anggraini, L., Muddin, FI, Ridwan, AM, Anhar, VY, Azmiyannoor, M., & Prasetyo, D .B (2020). The Relationship between Individual Characteristics and Knowledge of Prevention of Coronavirus Disease 2019 in Communities in South Kalimantan. *Indonesian Public Health Journal*, 15(1) <https://doi.org/10.26714/jkmi.15.1.2020.42-46>
- Yousif, W., et al (2020). Assessment of Knowledge, Attitudes, and Perception of Health Care Workers Regarding COVID-19, A Cross-Sectional Study from Egypt. *Journal of Community Health*. <https://doi.org/10.1007/s10900-020-00882-0>
- Apriaji Yudi et al (2021). Determinants of Covid-19 Prevention Behavior in Pontianak City Mosque Congregation. *JURNAL KESEHATAN PUBLIC INDONESIA (The Indonesian Journal of Public Health)*, 1(16). <https://jurnal.unimus.ac.id/index.php/jkmi,jkmi@unimus.ac.id>
- Zhou W (2020). Coronavirus Prevention Guidebook: 101 Science-Based Tips That Can Save Your Life. Wuhan Center for Disease Control and Prevention