

Analysis of the Implementation of Social Distancing at the Beginning of a Pandemic as a Response to Preventing the Transmission of Covid-19



Ratna Dian Kurniawati¹, Antri Ariani², Rifaldi Luqman Pratama³, Fikri Mourly⁴, Richa Noprianty⁵

^{1,3}Public Health Study Program, Faculty of Health Sciences, Bhakti Kencana University, Indonesia

²Midwifery study program, Faculty of Health Sciences, Bhakti Kencana University, Indonesia

^{4,5}Anesthesiology study program, Faculty of Health Sciences, Bhakti Kencana University, Indonesia

ABSTRACT: Coronavirus transmission is very fast, making the World Health Organization (WHO) establish the coronavirus as a pandemic on March 11, 2020. The spread of the virus leads to an acute health crisis, so the government issued a policy of limiting the distance and restrictions on human movement which became known as social distancing. This study aims to determine how the response of housewives to the application of social distancing as a preventive measure to prevent COVID-19. This research is quantitative research with a descriptive online survey design. The population in this study were all housewives and parents of the S1 Public Health Study Program Faculty of Health Sciences, Bhakti Kencana University, with a total sample of willing participants to fill in the google form containing 78 people. Based on the results of the study can be presented that almost all housewives respond well to the implementation of social distancing, both of the responses while maintaining a distance by saying hello when the mother sees a neighbor outside the house, waiting to take turns shopping when there is a vegetable seller on the front of the house, refusing to fine when guests are visiting the house with the reason being practiced to keep a distance and keep communicating and socializing with neighbors, relatives, colleagues and friends through social media such as WhatsApp, Line and so on and Most housewives can still forbid their children to come out home with creative activities in the house. The conclusion is that housewives who are part of the community have a good response to implementing social distancing during the COVID-19 pandemic.

KEYWORDS: social distancing; response; prevention of COVID-19; housewife; Pandemic

I. INTRODUCTION

Pandemic Coronavirus Disease (COVID-19) spread in various countries in the first quarter of 2020. World leaders are calling on citizens to conduct social distancing and isolation to prevent transmission of the virus. In social networks, many things can spread contagiously, including viruses. And the way to prevent more widespread is to play a role as an isolate in social networks. This study shows that social networks without the role of isolates have high ties and densities so that there are many opportunities for viruses to spread to network members. Whereas social networks where many members are isolated have fewer ties and lower density which makes the opportunity for the spread of viruses between network members through ties to be lower[1]

Social distance or social distancing is the community asked to avoid attending large meetings or crowds of people. If you have to be around people, keep a distance from others people about 6 feet (2 meters). However, Gordon said, it was unclear how many of these "crowds" should be avoided. Are four people in the crowd? Or must there be hundreds? Social distancing is implemented by the government to limit human interaction and prevent people from the crowd to avoid the spread of co-19[2]

However, generally what is meant by a crowd is a shopping center, cinema, or stadium. "The crowd is a moving subject. Although the number 25 is often quoted (as an explanation for the crowd), there is currently no official definition, and that can change," Gordon said. While it might be disappointing to hear that so many sporting events, festivals, and other gatherings are canceled, there is a public health reason for this action. This cancellation helps stop or slow down the spread of the disease which allows the healthcare system to be better prepared to treat patients over time. Canceling events that tend to attract the attention of many people is an example of social distance. Social distance deliberately increases physical space between people to avoid the spread of disease.

Analysis of the Implementation of Social Distancing at the Beginning of a Pandemic as a Response to Preventing the Transmission of Covid-19

Task Force (Satuan Tugas) for overcoming COVID-19, conducts a series of activities to prevent transmission of the Coronavirus. One of them is to encourage policymakers to tighten the implementation of Social Distancing / Physical Distancing in the community. To strengthen, Social Distancing and also see the distribution of information circulating in the community related to this virus[3]

The number of coronavirus cases worldwide continues to increase, health officials are encouraging people to do anything to limit the spread of the disease. In addition to recommendations such as frequent hand washing and avoiding touching your mouth or eyes, more serious steps can be taken to stop the spread of COVID-19, such as self-quarantine. Although not everyone is advised to carry out self-quarantine, this tactic can be useful in protecting others from the spread of infectious diseases.

This study aims to determine how the response of housewives to the application of social distancing as a preventive measure to prevent COVID-19.

II. STUDY METHOD

This research is quantitative research with a descriptive online survey design. This study describes the object or event that aims to determine the circumstances that occur at present. The population in this study were all housewives' parents/guardians of the S1 Public Health Study Program Faculty of Health Sciences, Bhakti Kencana University. The sample in this study was all housewives and parents of active students who were willing to take part in filling in the Google form containing a response analysis of the application of social distancing as a preventive measure to prevent COVID-19.

The data in this study were obtained through a Google form that was shared online with housewives. The instrument in this study was in the form of a questionnaire which included some questions regarding the response analysis about the application of social distancing as a preventive measure for COVID-19 prevention by using the Google form application.

III. RESULTS AND DISCUSSION

Based on the results of the study, 78 housewives were willing and had the role to fill in the questionnaire via Google form were 78 people, with the results can be seen in the table below.

Table 1 regarding housewife's responses to the application of social distancing during the COVID-19 pandemic

	Frequency	Percent
When the mother sees a neighbor outside the house during the COVID-19 pandemic		
greet by keeping a distance	76	97,4
invite to chat as usual while sitting in a park chair	2	2,6
When there was a vegetable collector in front of the house during the COVID-19 pandemic		
waiting for mom to finish new mother out of the house	71	91,0
waiting for the other mothers to come out too	2	2,6
waiting for another vegetable handyman	5	6,4
When there are guests during the COVID-19 pandemic		
refuse subtly doing distance	68	87,2
talk while keeping a distance	5	6,4
don't open the door	4	5,1
close the door	1	1,3
Communication and socializing with neighbors, relatives, colleagues, and friends during the COVID-19 pandemic		
social media like WhatsApp, line, etc	75	96,2
recitation	3	3,8
When some mother's children want to leave the house during the COVID-19 pandemic		
make a joint activity at home	56	71,8
scolded	18	23,1
delivered outside the house	3	3,8
left alone	1	1,3
Total	78	100,0

Analysis of the Implementation of Social Distancing at the Beginning of a Pandemic as a Response to Preventing the Transmission of Covid-19

Social distancing can be done by everyone or directly coordinated by the local government. Forms of social distancing by individuals are not going to crowded places such as shopping centers, food courts, large events that are attended by many people, public spaces, places of tourism, and others. In addition, social distancing can be practiced by keeping a minimum distance of two meters from other people. With this distance, it is recommended not to do a handshake or hug when meeting each other. Meanwhile, social distancing is regulated directly by the government such as postponing large events and closing public spaces[4]

According to various sources, experts claim the practice of social distancing was successful based on studies in the 1918 Spanish influenza pandemic. A study released in 2007 stated that cities in Spain that practiced social distancing such as prohibiting meetings in public places to close schools, succeeded in suppressing the death rate significantly. For the coronavirus case itself, there is no scientific research that studies the effects of social distancing. However, when referring to the influenza pandemic experience in Spain, there is great potential that social distancing practices can reduce coronavirus transmission[5]

Based on the results of the study can be presented that almost all housewives respond well to the implementation of social distancing, both of the responses while maintaining a distance by saying hello when the mother sees a neighbor outside the house, waiting to take turns shopping when there is a vegetable seller on the front of the house, refusing to subtle when guests are visiting the house with the reason being practiced to keep a distance and keep communicating and socializing with neighbors, relatives, colleagues, and friends through social media such as WhatsApp, Line and so on.

The World Health Organization (WHO) has categorized the coronavirus as a pandemic. WHO defines a pandemic as the spread of new diseases throughout the world. WHO has also recommended Indonesia take urgent action to reduce transmission and prevent further spread. One of them, increasing the socialization of public health measures such as maintaining hand hygiene and practicing social distancing. Some countries have advocated the implementation of social distancing practices for their citizens, one of which is the US[6] Other examples of social distancing to avoid larger crowds or crowded spaces, as recommended by John Hopkins include working from home instead of at work, closing schools or switching to online classes, meeting others by telephone or video calls instead of directly and cancel or postpone conferences and large meetings[7]

Most housewives can still forbid their children to leave the house creatively to make activities in the house. In the family, mothers are expected to play a role as a strong and intelligent family support in the new normal era, because mothers play an important role in the future of the family and even this nation[8] Coronavirus is a pandemic that is easily spread contagiously. This virus can attack anyone who is connected with a virus carrier in a social network. Therefore, the people of Indonesia as one of the corona-affected countries must make efforts to prevent the spread, namely by social distancing and self-isolation. With this step, a person must assume the role of an isolate with a negative connotation: no power, loneliness, boredom, and so on. An isolate also makes the network density decrease and is not centered in the middle of the network. But the effort and sacrifice to be isolated are worth the risk that must be faced if ignored. Because we are unable to stop the coronavirus, what can be done is to prevent it from spreading more widely[1] The Minister invited all community leaders, traditional leaders, educators, religious leaders, officials at all levels, community leaders, celebrities, and social media activists to jointly campaign for health protocols to overcome the spread of the coronavirus[9]

The status of a global pandemic or epidemic indicates that the spread of COVID-19 took place so fast that almost no country in the world can ensure that they are protected from the coronavirus[10] This is what drives the government to improve social distancing prevention policies (social restrictions) based on the independent isolation of society which is then accompanied by law enforcement in preventing the occurrence of mass concentration and excessive social activities in the public sphere[11] Mothers in the household have more roles in striving for family health, mothers are managers in the household who ensure the health of family members in healthy and safe conditions[12] By continuing to ensure that all family members are healthy by limiting activities outside the home that are not necessary.

In fact yes, not only children who feel lost freedom of their daily activities. Adults and even the elderly are experiencing similar conditions. According to the CDC, people over the age of 60 and people with comorbidities should consider quarantining themselves if a coronavirus outbreak occurs in a community because older people are at higher risk of contracting the virus[6] Quarantine is one of the ways the government does to stop the spread of infectious diseases. Quarantine is generally carried out on people or groups who have no symptoms but are affected by the disease. Quarantine keeps them away from others so that they do not infect anyone. Quarantine is not the only way to protect yourself during an outbreak like this COVID-19 coronavirus. Infectious disease specialist Steven Gordon, MD from the Cleveland Clinic explains that there are several ways to keep away from disease, one of which is social distance or social distancing[13] Quarantine is carried out by people who show symptoms exposed to COVID-19, if they do not show any symptoms then there is no need to change their daily routine[14]

Analysis of the Implementation of Social Distancing at the Beginning of a Pandemic as a Response to Preventing the Transmission of Covid-19

There is a slight difference between self-quarantine and self-isolation. According to John Hopkins, people who have been exposed to the new coronavirus and who are at risk of COVID-19 can practice self-quarantine. Health experts recommend quarantining yourself lasts for 14 days. Two weeks is enough to know whether they will become sick and infect others[7] The World Health Organization (WHO) says quarantine can be recommended for individuals who are believed to have been exposed to infectious diseases such as COVID-19 but are asymptomatic. Besides monitoring, if symptoms develop, being in quarantine means that someone who might be exposed will not transmit the disease to others, because they live at home. For people who are confirmed to have COVID-19, isolation is the right step.

Isolation is a healthcare term that means to keep people infected with infectious diseases from those who are not infected. Isolation can occur at home or in a hospital or treatment facility. Special personal protective equipment will be used to treat these patients. Initially, WHO asked those who had traveled to countries with high coronavirus infection rates to quarantine themselves after they returned. However, the CDC also recommends that individuals quarantine themselves for people who are at moderate and high risk, meaning those who have had close contact with an infected person or have had limited contact with an infected person for a short period. Those who feel sick should also stay at home and consider quarantining themselves even though the symptoms appear mild[7]

Quoting Mike Ryan, Executive Director of the WHO Health Emergency Program, the most important thing is not on regional quarantine, but on effective public health measures, finding those who are sick, tracking social contacts, and isolating them[11]

There is no guarantee that the policy will be obeyed by the public, while social distance policy requires everyone's compliance to be effective. Given the culture in Indonesia which is very community-based. One of them is based on Indonesian characters who often do social interactions, people are accustomed to interacting both in their residential environment and in other places such as in the market (most markets in Indonesia are categorized as traditional markets where interactions between sellers and buyers, as well as in among fellow buyers is quite high, this differs from modern markets such as supermarkets where social interaction between sellers and buyers is very minimal), such conditions lead to high social interactions among people. Another example is the majority of Indonesian people who are Muslim, social interaction in places of worship (mosques) is carried out five times a day which opens opportunities for people to frequently interact with intensity. Based on cultural conditions as described above, the social distance policy is the right policy taken by the central government, this still directly provides access to the community to continue social interaction, regardless of whether there are limitations to the community to always maintain physical distance between fellow communities[15]

Other factors that contribute to the success of Covid-19 prevention are not solely due to the isolation of the area that stands alone, but the effectiveness in breaking the chain of virus transmission with rapid tests and door-to-door for case identification, contact tracing, isolation, and quarantine of infected and mass treatment, which supported by a massive repressive state apparatus in law enforcement through the arrest and censorship of freedom. This was later criticized as a violation of human rights by Western countries and did not get too much place in the publication of pro-government media in the RRC. The extent to which the effectiveness of the policy lies precisely in the participation of the support of all citizens and the role of the government apparatus to ensure social compliance[11]

The responses given by housewives varied. The COVID-19 pandemic has had an impact on freedom of activity. Moreover, the Indonesian people are known for their cooperation and caring for each other, this pandemic is very torturous in social interaction. Even residents are suspicious of each other and avoid each other for fear of infection. The knowledge that is still limited about the causes, effects, and ways to prevent transmission of COVID-19 has even led to prejudice as a disease that causes disgrace. Sufferers who die and their families will become conversation and shunned from society. So this needs to be addressed. The dissemination of information as education is expected to be a stimulus to change people's behavior, especially the perspective on the pandemic. Knowledge can change individual behavior. Where knowledge is a stimulus to change behavior with various methods or ways. The provision of massive information will increase knowledge which will be the driving force for lasting behavior change. So it needs effort with various media. Video can be an effective medium to change the way citizens view COVID-19[16]. Collaboration with all parties is needed in dealing with the COVID-19 pandemic. Partnerships need to be built properly, starting from advocacy, atmosphere building, and empowerment. It is necessary to build a sense of togetherness without carrying out activities that have the potential to cause the transmission of COVID-19. Advances in science and technology are developing rapidly, especially during the pandemic. The positive side in various fields by not giving up on circumstances. Health cadres can be agents of change who can directly touch the community, considering that health cadres are part of the community and most of the cadres are housewives[17]. Good knowledge will encourage good behavior. Print and electronic media are the right and easy media to access information about preventing the transmission of COVID-19. This experience can be a stimulus that will shape the

Analysis of the Implementation of Social Distancing at the Beginning of a Pandemic as a Response to Preventing the Transmission of Covid-19

process of thinking and analyzing concepts. The next process is the formation of behaviors to prevent the transmission of COVID-19. Indirectly, this process changes behavior, especially the motivation for implementing the COVID-19 transmission prevention protocol[18].

IV. CONCLUSIONS

Most housewives have a good response in implementing social distancing during the COVID-19 pandemic. Given the role of mothers who must protect their families, mothers obey the government's recommendations to implement social distancing. To continue to prevent transmission of COVID-19, mothers must always remind their family members to always keep their distance, limit activities outside the home, always wear masks, and wash their hands with soap or by using hand sanitizers.

ACKNOWLEDGMENT

Thank you to the housewife who is the parent of the S1 Public Health Study Program Faculty of Health Sciences, Bhakti Kencana University who has assisted researchers. To the University of Bhakti Kencana especially the Faculty of Health Sciences which has permitted to carry out this research. To all those who could not be mentioned one by one who had assisted so that the implementation of this research was carried out smoothly.

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