



# Cultural Review of Student Compliance in The Western Region of Indonesia to Health Protocols

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## ABSTRAK

Protokol kesehatan membantu mencegah penularan Virus Corona (COVID-19), namun budaya kepatuhan masyarakat terhadap protokol kesehatan Covid-19 di setiap daerah tidak merata, yang disebabkan pengaruh budaya lokal di berbagai daerah-darrah di Indonesia yang berbeda. Penelitian ini dimaksudkan untuk mendeskripsikan dampak budaya kepatuhan terhadap protokol kesehatan saat pandemi pada pelajar di Wilayah Indonesia Bagian Barat. Pendekatan penelitian ini adalah kuantitatif dengan jenis penelitian korelasional melalui purposive random sampling yaitu 268 mahasiswa Fakultas Keguruan dan Ilmu Pendidikan HKBP Nommensen Universitas Pematangsiantar angkatan 2018 dan 266 mahasiswa Fakultas Keguruan dan Ilmu Pendidikan (FKIP) Universitas UHKBPNP angkatan 2019, sebanyak 534 sampel. Instrumen pengumpulan data menggunakan angket, teknik analisis data menggunakan uji Kendall's Taub. Hasil penelitian diperoleh nilai signifikansi  $0,018 < 0,05$  bahwa ada hubungan antara variabel budaya kepatuhan terhadap protokol kesehatan. Nilai koefisien korelasi sebesar 0,554, bahwa tingkat hubungan antara variabel budaya kepatuhan terhadap protokol kesehatan selama masa pandemi tergolong kuat. Arah hubungan antar variabel memiliki nilai positif sebesar 0,554. Ini menunjukkan tingkat budaya ketaatan yang dialami oleh mahasiswa FKIP angkatan 2018 di HKBP Nommensen Universitas Pematangsiantar dan mahasiswa FKIP angkatan 2019 di HKBP Nommensen Universitas Pematangsiantar berdasarkan protokol kesehatan.

## ABSTRACT

Health protocols help prevent the transmission of Corona Virus (COVID-19), but the culture of people's adherence to the Covid-19 health protocol in each region is uneven, which is due to the influence of local culture in various blood areas in Indonesia. This study is intended to describe the impact of a culture of adherence to health protocols during a pandemic on students in the Western Indonesia Region. The research approach is quantitative with the type of correlation research, through purposive random sampling, namely 268 students of the Faculty of Teacher Training and Education HKBP Nommensen Pematangsiantar University class of 2018 and 266 students of Faculty of Teacher Training and Education (FKIP) University UHKBPNP class 2019, a total of 534 samples. The data collection instrument used a questionnaire, the data analysis technique used the Kendall's Taub test. The results obtained a significance value of  $0.018 < 0.05$ , that there is a relationship between the cultural variables of adherence to health protocols. The correlation coefficient value is 0.554, that the level of relationship between the cultural variables of adherence to health protocols during the pandemic is strong. The direction of the relationship between variables has a positive value of 0.554. Shows the level of obedience culture experienced by students of the Faculty of Teacher Training and Education class 2018 at HKBP Nommensen Pematangsiantar University and students of the Faculty of Teacher Training and Education batch 2019 at HKBP Nommensen Pematangsiantar University based on health protocols.

## 1. INTRODUCTION

The pandemic period unites the world, because it has a global impact at the same time by isolating, limiting and changing the way of life of people in all countries (Arnold et al., 2020; Szromek & Wolniak, 2020). Why not, thousands of millions of people in the world are infected with the Covid-19 virus in a very fast time (Y. Li et al., 2020; Spinelli & Pellino, 2020). Changes made by all countries tend to be the same, namely adopting a healthier lifestyle based on the Corona Virus (COVID-19) health protocol set by

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each country according to the country's needs. In Indonesia, the recommendations for health protocols drawn up by the Centers for Disease Control and Prevention (4 April 2020) urge the general public to limit face-to-face meetings, maintaining a minimum distance of six feet, not allowing mass gatherings, wearing masks when outside the home or meeting other people. Others, regularly wash hands and cover mouth when coughing or sneezing using the arm. Indonesia provides directives for the Covid-19 health protocol, including: (1) prohibiting the use of public transportation for suspected Corona Virus (COVID-19), (2) covering the mouth when coughing or sneezing, (3) must wear a mask, (4) if the body temperature is 38o C or more accompanied by cough and runny nose, prohibited from traveling, quarantine at home or referred to a hospital, and, (5) washing hands with soap or hand sanitizer (Jamroni et al., 2021; Wu et al., 2019).

The basis of the preparation of health protocols is considered to be able to help prevent the transmission of Corona Virus (COVID-19), its spread through droplets or fluids released by patients infected with Covid-19 and then infect other healthy people through the nose, mouth and or eyes (Y. Li et al., 2020; Susil et al., 2020). Patients infected with Covid-19 will experience lung damage, because the virus enters quickly into respiratory cells so that the lung organs cannot perform the task of oxidizing blood, eventually difficulty breathing, heart failure, and/or inflammation of the brain due to blood clots. early clinical symptoms such as coughing, shortness of breath, fever and x-ray results there is an infiltrate of pneumonia in the lungs (Khachfe et al., 2020; Maryanti et al., 2020). Data recorded as of August 2020 regarding the spread of Corona Virus (COVID-19) in Indonesia totalled 523,000 cases of patients infected with Covid-19, for patients who were declared cured there were 437,465, while patients who died were 16,521, with a death rate of 3.4%, while the case data for only occurred in regions, taking the example of North Sumatra Province, there were 13,091 cases of patients infected with Corona Virus (COVID-19), data on patients who recovered 11,912 people and 523 patients died, with a mortality rate of 4.6% (Kirana et al., 2020). It was reported that data on the spread of Corona Virus (COVID-19) until December 9, there was an addition of positive confirmed cases of Corona Virus (COVID-19) which had reached 592,900 patients. This number has increased by 6,058 cases, when compared to the last data on the previous day. On the other hand, the recovery rate for Corona Virus (COVID-19) patients in Indonesia is also reported to continue to grow. It is recorded that the cure rate has reached 487,445 people. Meanwhile, the death toll confirmed positive for Covid-19 is 18,171 people (Sari et al., 2020).

From the data above, it is clear that there has been a spike in the number of confirmed Corona Virus (COVID-19) cases, which is allegedly due to changes in behaviour, mainly due to the declining level of public compliance with health protocols. Currently, the level of compliance in Indonesia only reaches 59.20%. Long holidays starting from Idul Fitri, Independence Day in August, and long holidays from October 28 to November 1 led to an increase in cases 10 to 14 days later. This can last up to 12 weeks later. Increase between 50% to more than 100% to reach 6,000-8,000 per day (Qomariyah, 2021). According to the Central Statistics Agency report the level of compliance of respondents during the past week, especially when outside the home, has been good, in practice female respondents are much more obedient in the behaviour of implementing health protocols than male respondents. Meanwhile, respondents' perceptions of the effectiveness of health protocols in preventing Corona Virus (COVID-19) infection are very effective. The non-implementation of health protocols by the community is due to no sanctions if they do not apply health protocols, so this factor is one of the reasons people then become less compliant with health protocol regulations. In addition, the reasons for being bored are being quarantined at home for months, needing entertainment, buying family needs and being desperate to do activities in public by ignoring health protocols (Falvey et al., 2020). However, Corona Virus (COVID-19) transmission data is still changing, it cannot be used as a benchmark for disobeying health protocols (Anderson et al., 2020). In addition, the impact of Corona Virus (COVID-19) will last quite a long time both in terms of health and psychology, so it is very important for the community to always comply with health protocols to avoid outbreaks of this infectious disease, until an effective vaccination is found to prevent transmission (Brooks et al., 2020).

Likewise, the change from the government's policy of large-scale social restrictions to the new normal policy. Giving the impact of misconceptions on society, the meaning of new normal, which assumes that life activities return to normal as before the Corona Virus (COVID-19) hit. Even though the meaning of the new normal is a significant change in the rules of society by adopting a way of life that can coexist with the Corona Virus (COVID-19) (Dewi, 2020). The government cannot guarantee minimizing transmission or death from the corona virus (COVID-19), therefore maintaining one's own health so as not to get infected is the individual himself (Anderson et al., 2020). It was found that there was a low level of obedience to students in following the corona virus (COVID-19) health protocol, because they did not understand the exact definition of personal hygiene during this pandemic (Mishra et al., 2020). The results of another study also conveyed that the public's adherence to the corona virus (COVID-19) health protocol

in each region was uneven, which was caused by, among other things, misinformation, policies at each regional leader who were less assertive and local culture in each region also influenced (Brzezinski et al., 2020). So the need for a region to have a firm leader and in full power, because this provides a great opportunity to be able to regulate and force community members to comply with the policies they make (Kelman & Fisher, 2016). Supported by the Indonesian people with their cultural characteristics that characterize the culture of gotong royong and work together in the division of tasks, basically having obedience to leaders who are clear, firm and fair (democratic) (Ent & Baumeister, 2014).

The value of compliance in developed countries is higher than in developing countries, due to subjective well-being, namely subjective well-being such as happiness, life satisfaction and rarely experiencing unpleasant emotions in developed countries is better than developing countries. This fact is found in developed countries in the fields of economy and technology. Due to technological advances, almost all people can access information from the internet, while in developing countries the lack of information is due to limited access and lack of technological capabilities, one of the reasons for the many factors is the lack of compliance with the Covid-19 health protocol (Armenta et al., 2015; C.-H. Li & Tsai, 2014; Liu & Yu, 2015; Zareipour et al., 2021). In addition, the characteristics of the culture of obedience in Indonesian society to regulations tend to be weak, such as in concrete things, they are more confident in abstract things, such as principles (Siahaan et al., 2021). They tend to be religious, obedient in performing religious worship without the need for supervision. This obedience is oriented to vertical values (Divinity) and the attitude of the leader in providing an example of the value of obedience (Sari & Jamain, 2019). So, in a health emergency during a pandemic, the Indonesian government provides health protocol interventions to the community that are tailored to the cultural characteristics of each region (Arnold et al., 2020). Community agents who can be examples of compliance with health protocols are young intellectuals, namely students. Because they are more active, agile and able to touch the layers of society, they are able to encourage positive changes around their social environment so that they can become agents of health promotion and disease prevention. These young people have also realized that health protocols in the new normal period are important to obey (Pelangai et al., 2020). The knowledge of students in Nigeria, India, Uganda and Indonesia about prevention and understanding of health protocol procedures is known to be quite good and was appointed as an informant agent to provide socialization of the Covid-19 protocol in lower levels of society (Agarwal et al., 2020; Rakhmanov & Dane, 2020; Ssebuufu et al., 2020).

Compliance is a very basic problem during this Covid-19 pandemic. This means that compliance is the key to the successful implementation of the health protocol. Previous research states that compliance is related to awareness of the dangers of Covid-19 (Harlianty et al., 2020). In this case, obedient behavior can represent that the community has understood the impact of Covid-19. People's behavior to obey is influenced by several factors. These factors include authority or figures who have a role or influence, scarcity, social validation, behavior reciprocation, behavioral consistency and commitment (Rousseau & Deschacht, 2020). Research related to compliance during this Covid-19 pandemic is compliance driven by economic conditions, intrinsic motivation such as when individuals feel able to comply (Bargain & Aminjonov, 2020; Wright et al., 2020). In addition, there are also some indications that the extrinsic reason for obedient behavior is the possibility of punishment and the enforcement of justice (C. P. R. Folmer et al., 2021; C. R. Folmer et al., 2020). In addition, the impact of Covid-19 will last for quite a long time both in terms of health and psychology, so it is very important for the community to always comply with health protocols to avoid outbreaks of this infectious disease, until an effective vaccine is found to prevent this disease. transmission occurs (Brooks et al., 2020). Therefore, it is important to examine students' cultural adherence to health protocols, specifically studying the western part of Indonesia.

## 2. METHODS

This study used a descriptive survey research design to collect statements from a representative sample of the student population (Sugiyono, 2010). The population in this study were students of the Faculty of Teacher Training and Education, University of HKBP Nommensen. Pematangsiantar class of 2018 and students of the Faculty of Teacher Training and Education, University of HKBP Nommensen. Pematangsiantar class of 2019. For sampling using a purposive random technique, with a total population of 1233 students' class 2018 at the Faculty of Teacher Training and Education, University of HKBP Nommensen. Pematangsiantar, based on an error rate of 10%, the sample taken was 268 students, while the total population was 900. In the class of 2019 students at the Faculty of Teacher Training and Education, University of HKBP Nommensen Pematangsiantar, sampling was based on an error rate of 10%, namely 266 students. The total sample taken is 534 students.

The study uses two instruments that have been compiled based on research instruments on the culture of obedience (Eagly, 2017; Fisher, 2018; Kelman & Fisher, 2016) and the health protocol instrument was adapted based on the Corona Virus Disease (Covid-19) Prevention and Control Guidelines document: As of 27 March 2020. The obedience culture instrument consists of 25 (twenty five) statement items and the health protocol instrument includes 25 (twenty five) statement items. The statement items on the two instruments are presented on a point scale of answer choices, namely: 1 = "Strongly Agree," 2 = "Agree," 3 = "Disagree," 4 = "Strongly Disagree." This study uses a quantitative approach with the type of correlation research, namely knowing the level of relationship between several variables, between two or more variables without any effort to influence these variables and manipulate variables (Mutch, 2013; Wallen & Fraenkel, 2013). The distribution of two questionnaires was given randomly to students who were in the two state universities. The distribution of the questionnaires is shared online through chain shares from social media groups, which are entrusted from one sample to another. The distribution of the online questionnaire uses the Google Form application. Considering that it is not possible to distribute directly in a pandemic condition like this, the distribution of instruments is limited to 3 (three) months from August to October in 2020. From the total population in question, the sample as referred to is captured.

### 3. RESULTS AND DISCUSSIONS

#### Results

##### Analysis of Research Results

The results of the presentation are as presented in Table 1.

Table 1. Nonparametric correlations

	Correlation	Obedience Culture	Health Protocol
<b>Kendall's Tau-b</b>	Correlation Coefficient	1.000	0.554
	Obedience culture Sig.(2-tailed)	*	
	N	534	534
	Correlation Coefficient Protokol	554	1.000
	Sig.(2-tailed) Health	-0.018	*
	N	534	685

Based on the results of the analysis in Table 1, it is known that the significance value or Sig.2 (2-tailed) between the cultural adherence variable and the Covid-19 health protocol during the pandemic is  $0.018 < 0.05$ , so it can be concluded that there is a relationship between the cultural obedience variable and the health protocol Covid-19 during a pandemic. The correlation coefficient value of 1.00 means that the relationship is perfect. It is known that the correlation coefficient between the cultural observance variable and the health protocol is 0.554, so it can be concluded that the level of the relationship between the cultural observance variable and the Covid-19 health protocol during the pandemic is a strong relationship. For the direction of the relationship between variables seen from the number of correlation coefficients between the cultural observance variable and the health protocol, a positive value is 0.554. Shows the level of cultural obedience experienced by the 2018 UHKBPNP Faculty of Teacher Training and Education students and the 2019 UHKBPNP Faculty of Teacher Training and Education students at HKBP University is high based on the Covid-19 health protocol during the pandemic, then H1 applies the cultural obedience variable with the Covid-19 health protocol during the pandemic significantly.

#### Discussion

This research is important to do to review students in western Indonesia on the culture of adherence to health protocols. It is hoped that this study will explore further so that it can help the government, especially the governments of the Indonesian provinces in the western region. Humans cannot be separated from culture. Culture is the process of human growth and development living in a group that has values and norms which are then called society. Values and norms that develop in society become principles in their lives. Each culture of society has its own characteristics which because culture is the result of the thought process and work of a society. Culture has great values and cannot be

separated from society. Therefore, culture can be used as a way to get to know and understand a particular society (Inglehart, 2018).

It turned out that there was a positive relationship between the culture of obedience and health protocols during the pandemic, indicating that students obeyed the rules recommended by the government regarding the health protocols submitted by the Indonesian government. The trend of the results obtained illustrates that during the pandemic period no one goes out of town, changes mask every day after use, diligently washes hands, limits himself to gathering with his friends, when coughing/sneezing covers mouth and nose with a tissue or back of the arm and is diligent in drinking vitamins/honey every day. Obedience to this behaviour was found to have a good impact on the psychological well-being of individuals, so to be able to avoid anxiety, fear and stress during this pandemic, it is highly recommended for individuals to cultivate a culture of obedience to health protocols (Arnold et al., 2020).

This finding refutes the findings of previous research in developing countries which tend to be low in obeying the rules set by their country, it is different in Indonesia, which is a developing country, especially the island of Sumatera (Armenta et al., 2015; Chigr et al., 2020; C.-H. Li & Tsai, 2014; Liu & Yu, 2015; Song et al., 2020). In addition, the researcher assumes that the inherent cultural characteristics, the level of education affect the level of knowledge that ultimately shapes individual behaviour. Where their students tend to be able to think rationally, understand conditions objectively and be able to use their intelligence to solve social problems by adjusting behaviour and harmonious attitudes (Sari & Setiawan, 2020). One of the components of compliance behaviour is being able to evaluate and critically think to understand the implementation of a policy from a positive point of view (Kelman & Fisher, 2016).

To be able to improve cultural adherence to the Covid-19 health protocol, the Indonesian government can intervene in protocols, one of which is through technology-based health counselling, which is guided by the guidelines issued by the World Health Organization, Centers for Disease Control and Prevention as the latest information and world health authorities. Thus, the results of this technology-based health education are effective, feasible and accepted by the community and the health medical team at large (Kemp et al., 2020). A health protocol counselling module is needed with one of the points being information to the public on how to maintain a healthy life, control the situation during a pandemic and how to deal with stress (Arnold et al., 2020; Dong & Bouey, 2020).

#### 4. CONCLUSION

There is a relationship between a culture of obedience and health protocols during a pandemic for students. The level of closeness of the strong relationship between the culture of obedience and health protocols during a pandemic. The positive direction of the relationship shows the level of obedience culture experienced by students based on health protocols during the pandemic. The recommendations that can be drawn from this research are that this research needs to be carried out in other areas with different cultures from those with different regions and respondents in Indonesia for comparison. In addition, an in-depth exploration is needed to be able to analyze the factors that encourage students' close adherence to health protocols.

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