



Best Practice Activities in Education of Clean and Healthy Life Behaviors in Children With Special Needs in Facing the Covid-19 Pandemic

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ABSTRACT

Covid-19 is a disease caused by the SARS-CoV virus with general symptoms of acute respiratory tract disorders, both mild and severe. This study aims to determine the level of knowledge and attitudes towards children with special needs in complying with health protocols in Education about clean and healthy living behaviour in preventing covid 19 at SLBN 1 Parepare. This study used a quasi-experimental one-group pretest-posttest design. The sample consisted of several students at SLBN 1 Parepare. The sample was divided into two groups, namely the experimental group, as many as 37 and the control group, as many as 36. Sampling was used using the total sampling method for the population. Data analysis using the Mann test. The results showed that knowledge scores increased by after being given Education on clean and healthy living behaviours 2.19, while attitudes increased after being given Education on clean and healthy behaviours by 4.39. This study concludes that there is an effect of best practice activities on clean and healthy living behaviour with browser media on increasing knowledge ($p = 0.000$) and attitudes ($p = 0.000$) of children with special needs, for the school there should be special lessons every month regarding Education about clean and healthy living behaviour in complying with the covid 19 prevention health protocol.

Keywords: media browsing, knowledge, attitude.

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INTRODUCTION

The World Health Organization (WHO) declared the coronavirus a pandemic on March 11, 2020 (Artiga-Sainz et al., 2022). The status of a global pandemic or epidemic indicates that the spread of Covid-19 is taking place so quickly that almost no country can ensure that they are protected from the coronavirus (Pakaya, Ramadhani, Hanapi, Badu, & Iyou, 2021). The coronavirus can quickly 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 coronavirus infection or Covid-19 (Mona, 2020).

Behaviour is an activity of a person concerned and has an overall capacity, including walking, talking, reacting, and dressing (Andriyani, Dharmansyah, & Darmawan, 2022). The key to preventing the transmission of this virus is implementing clean and healthy living behaviours such as washing hands, consuming healthy food, exercising, and getting enough rest (Whitsel et al., 2023). Clean and Healthy Living Behavior (CHLB) are all health behaviours carried out consciously, so that family members or families can help themselves in the health sector and play an active role in health activities in society (Karuniawati & Putrianti, 2020). CHLB is the best step in preventing the spread of this virus, so it needs to be instilled in all levels of society about CHLB knowledge (Andriyani et al., 2022).

Covid -19 does not only end with social distancing. However, it must be accompanied by implementation of clean and healthy living behaviours (CHLB) (Jain, Currie, & Aston, 2022). The World Health Organization (WHO) urges everyone to maintain their health and protect others by frequently washing their hands and practising social distancing (Syafri et al., 2021).

Children with special needs not just have physical disorders but also have mental weaknesses or developmental mental disorders (Tarantino, Makopoulou, & Neville, 2022). Hence, sufferers

experience slowness in abilities, and their physical and psychological development does not follow the rhythm and tempo of normal development (Asrizal, 2016). In essence, children also need Education and guidance like other normal children because children with disabilities also have the potential to be developed; this potential can be fully developed possible if they receive influences or guidance. Education about CHLB and implementing health protocols is needed for children with special needs to open up their insights and knowledge more (Isra, 2022).

The Ministry of Health stated that around 3% of Covid 19 patients were children aged 5 to 14 (Rahayu, 2021). Because of this, health and education protocols are needed regarding CHLB for children, including children with special needs

The implementation of the health protocol will only be optimal if it is supported by community participation, so an effort is needed to increase community compliance in supporting the implementation of the existing protocol (Ginting, Kaban, & Ginting, 2021). Compliance is behaviour according to therapy and health recommendations. It can start from following every aspect of recommendations to complying with plans (Yuliati, 2021). However, there are still people who take it for granted and ignore it, including in the City of Parepare

Implementation of health protocols such as wearing masks, washing hands with soap, and keeping a distance from other people / staying away from crowds should be obeyed to prevent the transmission of Covid-19 (Winarso et al., 2020). However, not all residents comply with these regulations. Residents' non-compliance with implementing health protocols occurs daily and in various places, indoors and outdoors (Pattiasina et al., 2021). Observable violations include not wearing masks, wrongly using masks, and engaging in activities or gathering without maintaining physical distance (Mustopa & Supriadi, 2020).

This study aims to determine the level of knowledge and attitudes towards children with special needs in complying with health protocols in Education about clean and healthy living behaviour in preventing Covid 19 at SLBN 1 Parepare.

METHOD

This study used a quasi-experimental design with two groups with comparative controls. The location of research was carried out at the State Special School 1 Parepare. The research was conducted on October 01 – October 08 2021. The population in this study were all children with special needs aged 6-17 years at the Parepare 1 State Special School. The total population is 73. The sample is all children with special needs. Sampling was carried out using the total sampling method. The sample was divided into two groups: the treatment group of 37 people and the control group of 36 people. The treatment and control groups will each be measured for their knowledge and attitudes before being given the intervention and after being given the intervention. The treatment group was given Education about CHLB prevention of covid 19. They were using media browsers. The instrument used in this study was a questionnaire used to measure increased knowledge and attitudes about CHLB prevention of Covid 19 and health promotion media (browsers). Data are presented in tabular form.

RESULTS AND DISCUSSION

A. Results

Table 1. Distribution of Respondents' Characteristics Based on Age, Gender, and Groups at State Special School (SLB) Parepare

Characteristics	N	%
Age (Years)		
6	4	5,5
8	12	16,4
9	15	20,5
10	6	8,2
11	12	16,4
12	5	6,8
13	8	10,1
14	2	2,7
15	5	6,9
16	1	1,4
17	3	7,1
Gender		
Man	48	65,8
Woman	25	34,2
Group		
Treatment	37	50,7
Control	36	49,3
Total	73	100.0%

Source: primary data

Table 1 shows the characteristics of the respondents in this study based on age, primarily found in the 19-year-old group, namely 15 respondents (20.5%). The characteristics of the male sex the most, namely 48 people (65.8%). Then in the characteristics of the Treatment Group, the most were 37 people (50.7%).

Table 2. Knowledge and Experimental Groups and Groups Control Pretest and Posttest at Parepare Public Special School

Respondent knowledge	Pretest		Post-test		P	Δ	P
	Mean SD	Min-Max	Mean±SD	Min-Max Pre post		Pre post	Value
Treatment	9.35±753	8-12	11.54 ± 1.282	9-13	0.000*	↑ 2.19	0.000**
Control _	9.50±910	8-12	9.50±910	8-12	1,000*	↑ 0	

Wilcoxon Signed Test ** Mann-Whitney test

Table 2 shows that knowledge has increased in the treatment group by 2.19, and the control group has increased by 0 based on the Wilcoxon Signed Test. after (p=1.000). Based on the Mann-Whitney statistical test results, this difference was significant between the experimental group and the control group (p=0.000). So there was an increase in knowledge after being given Education to children with special needs in complying with health protocols during the Covid-19 pandemic at Parepare State Special School.

Table 3. Attitudes and Experimental Groups and Groups Control Pretest and Posttest at Parepare Public Special School

Respondent's attitude	Pretest		Post-test		<i>P</i>		Δ	<i>P</i>
	Mean SD	Min-Max	Mean $\pm$ SD	Min-Max	Pre test	Post test	Value	
Treatment	7.41 $\pm$ 832	6-10	11.70 $\pm$ 1.450	7-13	0.000*	4,29	0.000**	
Control	7.61 $\pm$ 766	6-9	7.61 $\pm$ 766	6-9	1,000*	$\uparrow$ 0		

*Wilcoxon Signed Test ** Mann-Whitney test

Table 3 shows that attitude has increased in the treatment group by 4.29, and the control group has increased by 0 based on the Wilcoxon Signed Test. There is a difference in knowledge of the treatment group before and after ($p = 0.000$). In the control group, there is no difference in knowledge before and after ($p = 1.000$) based on the results of the Mann-Whitney statistical test showed that this difference was significant between the experimental group and the control group ($p = 0.000$). So there was an increase in knowledge after being given Education to children with special needs in complying with health protocols during the Covid-19 pandemic at Parepare State Special School.

B. Discussion

Clean and Healthy Living Behavior in Schools is a set of behaviours based on awareness resulting from learning healthy living knowledge (Susanto, Sulistyorini, Wuryaningsih, & Bahtiar, 2016). So that they are independently able to prevent disease, improve health, and play an active role in healthy living behaviour in realizing a healthy and clean environment (CHLB).

Best practice activities (best practices) are one way to increase the success or improve the quality of schools by school principals or teachers as educators in schools (Indrawaty, Sulastini, & Handayani, 2022) state that best practice activities are organized by education and learning units as efforts to educate children to grow into individuals with noble character. A best practice is not only a theoretical activity in the education and learning process. This activity is prioritized on active activities, meaning that all school members must actively carry out this activity.

The results of this study indicate that the average value of the treatment group before the intervention was 9.35, which increased to 11.54, while the attitude before the intervention, namely 7.41, increased by 11.70. This shows that knowledge is 2.19, and the control group has increased by 0 based on the Wilcoxon Signed Test. There is a difference in knowledge of the before and after treatment groups ($p=0.000$), and in the control group, there is no difference in knowledge before and after ($p=1.000$). Based on the Mann-Whitney statistical test results, this difference was significant between the experimental group and the control group ($p=0.000$). So, there was an increase in knowledge after being given Education to children with special needs in complying with health protocols during the Covid 19 pandemic at the Parepare State Special School. Knowledge of the treatment group before and after that is ($p = 0.000$), and in the control group, there was no difference in knowledge before and after ($p = 1.000$). Based on the Mann-Whitney statistical test results, this difference was significant between the experimental group and the control group ($p=0.000$). So, there was an increase in knowledge after being given Education to children with special needs in complying with health protocols during the Covid-19 pandemic at Parepare State Special School.

This increase in score indicates a difference in the average score of knowledge and attitudes before and after being given Education about clean and healthy living behaviour during the Covid-19 pandemic. Based on the SPSS test that has been carried out ($P = 0.000$; $\alpha = 0.05$), H_a (alternative hypothesis) is accepted because the p -value ≤ 0.005 , so H_o is rejected at the price level of significance (α) = 5% so that the alternative hypothesis is accepted. Thus, this study concludes that

there are differences in knowledge and attitudes before and after being given Education about Clean and Healthy Living Behavior during the Covid 19 pandemic for children with special needs at Parepare State Special School.

These results follow previous research by Istiqomah in his research which is one of the Clean and Healthy Living Behaviors (CHLB), such as washing hands properly and maintaining a healthy lifestyle during the Covid pandemic, based on statistical tests, produces a p-value of $0.000 \leq 0.005$. These results mean that there has been a change after being given Education on clean and healthy living behaviours through the media browser for children with special needs at Parepare State Special School.

Best practice activities in Clean and Healthy Behavior Education (CHLB), such as the behaviour of washing hands with soap properly and other healthy lifestyles, such as diligently exercising and maintaining a clean environment (Oktavia et al., 2022) around can be one way to increase the degree of public health. Based on the research results obtained through the results of the pretest and post-test showed a significant level value of $p = 0.000 < 0.05$, it was concluded that there was a change between the knowledge and attitudes of the respondents before and after being given Education. Through media brochures about clean and healthy living behaviour in dealing with the Covid 19 pandemic in children with special needs at Parepare State Special School (SLB).

CONCLUSION

The results showed that there was an effect after being given Education about clean and healthy living behaviour on changes in the knowledge and attitudes of children with special needs in complying with the Covid 19 Prevention Health protocol at Parepare State Special School ($p=0.000$). Based on the research results above, researchers can provide suggestions; for Children with Special Needs, it is necessary to increase knowledge and attitudes and understand information regarding clean and healthy living behaviour in complying with reliable health protocols for preventing Covid 19. For the school, we know that children with special needs need exceptional guidance from the teacher at the Parepare State Extraordinary School and that there should be special lessons every month regarding Education About clean and healthy living behaviour in complying with the health protocol for the prevention of Covid 19, the support from the school very plays a role in the knowledge and attitudes of students with special needs the active role of caregivers and children at school makes it easier to maximize knowledge and attitudes in changing student behaviour in the school environment.

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