

# Community Compliance In Compliance With Post-Vaccination Health Protocol In West Nusa

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## Abstract

*This study aims to assess the extent to which the people of West Nusa Tenggara adhere to the health protocol after the first and second doses of vaccination. This research is quantitative descriptive. The collection technique used a questionnaire. For data analysis using the three box method. The results showed that the obedience index of the people of West Nusa Tenggara in complying with health protocols during the post-vaccination Covid-19 pandemic was in the high category.*

**Keywords:** Community Obedience, Health Protocol, Covid-19, Vaccination

## I. INTRODUCTION

Since 2019, the world has been shocked by the presence of a virus that attacks humans, namely the Coronavirus Disease or more familiarly known as Covid-19. This virus was first discovered in the city of Wuhan, China in August 2019. This virus has spread to all corners of the world including the province of West Nusa Tenggara. As of December 31, 2021, the number of people who have been confirmed positive for Covid-19 has reached 27,780. As for the details that were confirmed positive for COVID-19 in the last two years in West Nusa Tenggara Province.

**Table 1.** Number of People in West Nusa Tenggara Confirmed by Covid-19

Description	2020	2021
Still Isolation	713	12
Healed	4,724	26,852
Die	288	916
Amount	5,725	27,780

Source: <https://corona.ntbprov.go.id/> (2022)

Throughout 2021, the addition of Covid-19 patients reached 22,055 people with the number of recoveries reaching 22,128 people with deaths reaching 628 people. Then the number of patients who are still in isolation as of December 31, 2021 has also decreased drastically, which is only 12 people.

The existence of Covid-19 is the concern of all elements, where the government has provided vaccines to the public in order to prevent the spread of Covid-19. The existence of this vaccine program can reduce transmission or

transmission of Covid-19, can reduce mortality and morbidity due to the Covid-19 virus. With the provision of this vaccine is expected to increase the immunity of the community. The provision of the Covid-19 vaccination aims to protect the public from Covid-19 infection which can cause illness and death (Ritunga,*et al*, 2021).

After the community got the vaccine, they also continued to maintain their adherence to the health protocol. Where the results of the study by Abo and Smith (2020) show that administering the vaccine will have a significant positive effect on the overall risk if a large proportion of the population receives the vaccine or if the vaccine is used to complement existing preventive measures such as hand washing with soap, use of masks, and keep your distance. However, many of the public see the wrong meaning of vaccination, where people think that if they have been vaccinated, they will be immune enough not to be exposed to Covid-19, thereby underestimating adherence to health protocols. In line with the results of research conducted by Hutapea and Hutapea (2021) that UNAI students who have been vaccinated have not fully complied with the health protocol. Students sometimes keep their distance and limit themselves, especially in reducing the frequency of interaction with non-residents. But on the other hand there are no students who do not comply with the use of masks and wash their hands, although sometimes there are still students who find it difficult to do so.

## **II. LITERATUR REVIEW**

### **I. Covid-19**

Covid-19 or coronavirus is a contagious disease, this virus can attack anyone, but it mostly affects the elderly. This virus causes disorders of the respiratory system, also causes infections in the lungs. This virus began to spread to Indonesia since the beginning of 2020 (Chudori danZulbaidah, 2021). The Covid-19 pandemic is certainly a big challenge for Indonesia, this pandemic has had a great influence and caused many changes and led to many policies being issued.

So, the community has an important role in breaking the chain of transmission of Covid-19. Covid-19 is thought to spread between people mainly through respiratory droplets produced during coughing. These sparks can also be generated from sneezing and normal breathing. In addition, the virus can be spread by touching a contaminated surface and then touching someone's face. Covid-19 is most contagious when people who have it have symptoms, although it's possible to spread it before symptoms appear.

The time period between exposure to the virus and the appearance of symptoms is usually about five days. but can range from two to fourteen days. Common symptoms include fever, cough, and shortness of breath (Anggraini, et al, 2022).

### **II. Vaccination**

Vaccination is a process in a person's body, where a person becomes immune or protected from disease so that when one day there is a disease around him, he will not

get sick or only experience mild illness, by giving vaccines. The existence of this vaccination aims to provide specific immunity against a certain disease so that if one day you are exposed to the disease, you will not get sick or only experience mild illness.*et al*, 2021).

In administering the vaccine, it is necessary to pay attention to the safety of the vaccine. A safe vaccine is a long-term solution in the face of Covid-19. To ensure the effectiveness of the vaccine, DeRoo,*et al*, (2020) suggest the need for careful planning to ensure the preparedness of the general public and the health community concerned. According to Junaedi, et al (2022) to reduce morbidity and mortality due to Covid-19, an effective and safe vaccine must be given quickly and widely to the community as soon as it is available. However, the availability of vaccines alone is not sufficient to guarantee broad immunological protection, vaccines must also be accepted by the health community and the general public.

### III. METHODS

This research is quantitative descriptive. This research was conducted in West Nusa Tenggara Province. In determining the sample, the researcher used the Rao formula, namely the formula:

$$n = \frac{Z^2}{4 (moe)^2}$$

$$n = \frac{1,96^2}{4 (0,1)^2}$$

$$n = 96$$

Description :

N = Number of samples

Z = The level of confidence required in determining the sample 95% = 1.96

Moe = Margin of error or maximum error that can be tolerated, usually 10%

Based on the above formula, it can be seen that the number of samples used in this study were 96 people and then rounded up to 100 respondents. The respondents who filled out this questionnaire were the people of West Nusa Tenggara who had received the first and second doses of the vaccine.

The indicators used in this study are related to community compliance in complying with health protocols, namely washing hands with water and soap, avoiding touching the face area, carrying out sneezing etiquette, avoiding crowds, avoiding physical contact, using masks, carrying and using hand sanitizers, limiting oneself using public transportation, trying to always be at home, exercising regularly, and getting enough rest (Putra, et al, 2020). The data collection technique used a questionnaire. The questionnaire was measured using a Likert scale with alternative answers namely always, often, sometimes, almost never, never. Then the respondents' answers can be developed with the following formula:

$$((F1x1) + (F2x2) + (F3x4) + (F4x4) + (F5x5))$$

Where F is the frequency of respondents' answers. Then determine the index value by dividing the accumulated indicator value by the number of scales used. Finally, using the range value criteria, namely using the three box method. According to Ferdinand (2012) the three box method is divided into three categories as follows:

10.00 – 40.00= Low

40.01 – 70.00= Medium

70.01 – 100= Height

#### IV. RESULT AND DISCUSSION

##### 1. Respondent Profile

Below is a table of respondents' profiles in this study.

**Table 2.** Profile of Respondents

Description	Amount	Percentage
Age		
Generation Z (8-23 Years Old)	74	74%
Millennial Generation (24-39 Years Old)	24	24%
Generation X (40-55 Years Old)	2	2%
Total	100	100%
Education		
Junior High School (SMP)	1	1%
High School (SMA)	65	65%
3-year diploma	2	2%
Diploma 4/Strata 1	30	30%
Postgraduate (Strata 2/Strata 3)	2	2%
Total	100	100%
Gender		
Man	45	45%
Woman	55	55%
Total	100	100%

Source: Processed data (2022)

Based on the table above, when viewed from age, the majority of respondents are Generation Z, namely the age range of 8-23 years as many as 74 respondents. then based on education, the majority of 65 respondents are high school graduates (SMA). In terms of gender, 45% of respondents were male and the remaining 55% of respondents were female.

##### 2. Community Obedience in Obeying Post-Vaccination Protocol

###### a. Washing Hands Using Water and Soap

The following table presents the community's obedience to washing hands using soap and water.

**Table 3.** Community Obedience to Washing Hands

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	0	1	15	31	53	436	87%	Tall
2	0	2	23	42	33	406	81%	Tall
3	0	2	23	42	33	406	81%	Tall

Source: Processed data (2022)

Based on the table above, 53 respondents always answered the first statement that they always wash their hands with running water. Then the second statement that more than 50 respondents answered that they always wash their hands using antiseptic soap and the third statement that after they wash their hands they always dry their hands with a clean towel or tissue. So that it can be concluded that the respondent's obedience to washing hands using water and soap is high.

**b. Avoiding Touching the Face Area**

Then to assess the community's obedience in complying with post-vaccination health protocols, it can be seen from them avoiding touching the face area. Where the results of the questionnaire show the data as shown in the table below.

**Table 4.**Community Obedience to Avoid Touching the Face Area

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	1	2	29	40	28	392	78%	Tall
2	1	2	29	40	28	392	78%	Tall

Source: Processed data (2022)

Based on the table above, respondents answered that they often wash their hands using antiseptic soap or hand sanitizer before touching the face area. Where the obedience index value shows 78%, this proves that the high obedience of the people of West Nusa Tenggara in complying with health protocols.

**c. Implementing Sneezing**

Below is the distribution of respondents' answers regarding the obedience of the people of West Nusa Tenggara in complying with the post-vaccination health protocol, namely carrying out sneezing etiquette.

**Table 5.** Community Obedience To Implement Sneezing

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	1	0	12	28	59	444	89%	Tall
2	0	0	5	31	64	459	92%	Tall
3	1	0	30	40	29	396	79%	Tall

Source: Processed data (2022)

From the table above, it can be seen that as many as 59 respondents answered always, where they always covered their nose and mouth when coughing/sneezing with a tissue or with the inside of their sleeves. Then the majority of respondents answered that they always throw used tissues into the trash. And as many as 40 respondents answered often, where after coughing/sneezing, they washed their hands using a hand zanitaizer. It can be concluded that the obedience of the people of West Nusa Tenggara regarding the etiquette of sneezing during the Covid-19 pandemic is categorized as high.

#### d. Avoid the Crowds

The following table presents the frequency of respondents' answers regarding community compliance in complying with health protocols in terms of avoiding crowds.

**Table 6.** Community Obedience to Avoid Crowds

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	5	4	17	25	49	409	82%	Tall
2	5	4	15	27	49	411	82%	Tall
3	4	5	23	30	38	393	79%	Tall

Source: Processed data (2022)

Based on the table above, the majority of respondents answered that they always work from home when the area around them enters the red zone, then they also do not attend social activities located in the red zone area, and avoid going to stalls or markets that are included in the red zone. Based on the index value above, it can be concluded that the obedience of the people of West Nusa Tenggara in complying with health protocols in this case the behavior of avoiding crowds is in the high category.

#### e. Avoiding Physical Contact

The following table presents the frequency of respondents' answers regarding community compliance in complying with health protocols in terms of avoiding physical contact.

**Table 7.** Community Obedience To Avoid Physical Contact

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	2	3	28	21	46	406	81%	Tall
2	1	2	36	32	29	386	77%	Tall

Source: Processed data (2022)

From the table above, it can be seen that the majority of respondents answered that during the Covid-19 pandemic they did not shake hands when interacting with other people and always kept their distance when doing activities outside the home.

However, it is undeniable that there are respondents who answered almost never after they received the first and second vaccines to comply with the health protocol, namely avoiding physical contact. It can be concluded based on the index value that the obedience of the people of West Nusa Tenggara in complying with health protocols during the pandemic period after receiving the first and second vaccines related to avoiding physical contact is in the high category.

#### f. Using Mask

Below is the distribution of respondents' answers regarding the obedience of the people of West Nusa Tenggara in complying with the post-vaccination health protocol, namely using masks

**Table 8.** Community Obedience to Using Masks

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	0	1	12	21	66	452	90%	Tall
2	0	0	8	21	71	463	93%	Tall
3	0	1	7	24	68	459	92%	Tall
4	8	4	13	27	48	403	81%	Tall

Source: Processed data (2022)

Based on the table above, more than 50% of the respondents answered always. Where when they are active outside the house they always wear a mask. The masks they use always cover the nose, mouth and chin area. After they put on a medical mask, the medical mask is thrown into the trash. As many as 48% of respondents answered always, where after they used non-medical masks, the masks were washed using detergent. Based on the index value, the number is above 70%, so it can be concluded that the obedience of the people of West Nusa Tenggara in complying with health protocols after vaccination is in the high category.

#### g. Carrying and Using Hand Sanitizer

The following table presents the frequency of respondents' answers regarding community compliance in complying with health protocols in terms of carrying and using hand sanitizers.

**Table 9.** Community Obedience to Bring and Use Hand Sanitizer

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	2	3	27	25	43	404	81%	Tall
2	0	4	33	23	40	399	80%	Tall

Source: Processed data (2022)

Judging from the table above, it can be concluded that the obedience of the people of West Nusa Tenggara in complying with post-vaccination health protocols in terms

of carrying and using hand sanitizers can be categorized as high. This is because the majority of respondents answered that every time they go out of the house, they always carry a hand sanitizer. Then, they always use hand sanitizer when touching public facilities.

#### **h. Limiting Yourself to Using Public Transportation**

The following table presents the frequency of respondents' answers regarding community compliance in complying with health protocols in terms of limiting themselves using public transportation.

**Table 10.** Community Obedience to Restricting Self Using Public Transportation

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	1	1	10	23	65	450	90%	Tall
2	0	0	9	25	66	457	91%	Tall
3	2	2	17	31	48	421	84%	Tall

Source: Processed data (2022)

Based on the table above, it can be concluded that the obedience of the people of West Nusa Tenggara in complying with health protocols during the post-vaccination Covid-19 pandemic related to limiting themselves using public transportation is categorized as high. This can be seen from the distribution of respondents' answers. Where the majority of respondents answered always, i.e. they prioritized the use of private vehicles for every activity outside the home. If they use public transportation, they always wear masks. They also will not choose to use public transportation if they are not forced to.

#### **i. Strive To Always Be At Home**

Below is the distribution of respondents' answers regarding the obedience of the people of West Nusa Tenggara in complying with post-vaccination health protocols, namely trying to always stay at home.

**Table 11.** Community Obedience to Always Try to Stay at Home

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	0	0	23	34	43	420	84%	Tall

Source: Processed data (2022)

Based on the obedience index above, it can be concluded that the obedience of the people of West Nusa Tenggara in complying with health protocols during the post-vaccination Covid-19 pandemic is in the high category. Where respondents answered, they prefer to be at home on holidays.

#### **j. Exercising Regularly**

Below is the distribution of respondents' answers regarding the obedience of



the people of West Nusa Tenggara in complying with the post-vaccination health protocol, namely exercising regularly

**Table 12.** Community Obedience To Exercise Regularly

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	4	7	32	26	31	373	75%	Tall
2	1	3	38	32	26	379	76%	Tall
3	3	3	33	33	28	380	76%	Tall

Source: Processed data (2022)

Judging from the value of the obedience index, it can be concluded that the obedience of the people of West Nusa Tenggara in complying with health protocols during the post-vaccination Covid-19 pandemic is related to regular exercise. This is because respondents often take the time to exercise every day. They also always wear masks when exercising outside the home. Then it is undeniable that respondents choose to exercise at home during the Covid-19 pandemic.

#### **k. Enough rest**

Below is the distribution of respondents' answers regarding the obedience of the people of West Nusa Tenggara in complying with post-vaccination health protocols, namely adequate rest.

**Table 13.** Community Obedience to Adequate Rest

Statement	Alternative Answer					Total Score	Index	Decision
	1	2	3	4	5			
1	4	4	40	30	22	362	72%	Tall
2	4	8	31	27	30	371	74%	Tall

Source: Processed data (2022)

Based on the table above, it can be concluded that the obedience index value of the people of West Nusa Tenggara in complying with health protocols during the post-vaccination Covid-19 pandemic is in the high category. This can be seen from the distribution of respondents' answers. where the majority of respondents answered that sometimes they sleep more than 8 hours a day and they also sometimes use their cellphones when they are resting.

## **V. CONCLUSION**

Based on the results of the research above, it can be concluded that the obedience index of the people of West Nusa Tenggara in complying with health protocols during the post-vaccination Covid-19 pandemic is in the high category. This is reflected in the awareness of respondents to always obey health protocols starting from washing hands with water and soap, avoiding touching the face area, carrying out

sneezing etiquette, avoiding crowds, avoiding physical contact, using masks, carrying and using hand sanitizers, limiting yourself. using public transportation, trying to stay at home, exercising regularly, and getting enough rest.

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